

Nachiketanjali

an offering...



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DR. T.K. SREEDEVI, IAS

Honourable Collector, Mahaboobnagar Dist.

Visits Nachiketa Tapovan Ashram on 1st July 2015



One of our young volunteer Mahi welcomes our Guest Sreedevi Ma, Honorable Collector

Mataji sharing Ashram information with Sreedevi Ma



Sreedevi Ma offering her prayers at the feet of Yog Lingam

Sreedevi Ma shares her views with Swamiji outside Ma Yogashakti Peetam



Swamiji explaining about children and their hunger for knowledge, simplicity and honesty

Sreedevi Ma having fun with Vedavyasa Vidyalaya Children



Dynamics of life by a dynamic personality

Having Prasad inside Ashram's Annapurna

She arrived, entered, dissolved, conquered and left her permanent footprint behind while walking through the corridors of our hearts... that's what we can say about our loving Sreedevi Ma, Honourable Collector, Mahaboobnagar District.

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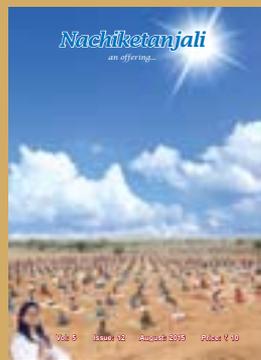
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Cover Story

Just as any accomplishment, it all started as a small idea of a great mind that slowly started taking form and materializing into a reality of great scale and greater purpose. When 21st June was declared as International Yoga Day, Swamiji, Mataji and a group of enthusiastic volunteers decided to celebrate Yoga Mahotsav at the Ashram. Like they say, 'when you want something, all the universe conspires in helping you to achieve it'. This is all the more true when the cause is good.

The expanse of the Ashram grounds studded with hundreds of students from schools in nearby *Tandas* and villages of *Jadcherla*, looked like a pond full of lotuses basking in the serenity of *shanthi mantras* and blooming at the stimulating touch of rays of the Sun God, the most illustrious chief guest of the event. Brushing aside all doubts and the looming clouds, the Sun rose to take our obeisances in the form of *Suryanamaskar*.

The core program, the performance of *Nachiketa Chaitanya Kriya* and *Suryanamaskar* was carried on very smoothly, thanks to Mataji's clear instructions and demonstration by our young and dynamic volunteers Maheshwari and Brahmachari Prema Chaitanya in amalgamation of the students' attention and awareness.

Behind the great success was Swamiji's and Mataji's *Suryanamaskar* orientation program. Accompanied by a group of volunteers they visited several schools and held orientation programs with the support of the school management. Time was short but the result was awesome as the success was achieved in just a week's time.

It is the learner who gives that status to a teacher. The spirit of the students and schools is to be commended for taking the step towards a healthier life and better nation by diligently learning and performing *Suryanamaskar* in the early hours of a Sunday, braving the rains.

Be a fighter, not a victim

He is running as if he is being chased. He is not even looking back. Surprisingly there is no one behind him. Then why is he running? He is trying to run away from himself. Earlier, man used to run away from wild beasts. But now he is running away from himself, not able to deal with the beast called fear that is hidden within him. He has lost faith in his own strength.

Man is gifted with the intellect and knowledge of differentiating right from wrong. But he is misusing his powers and is trapped in worldly pleasures. Instead of using his intellect to cure himself, he is using his senses to function in the world. The result – he is engulfed by problems and does not know how to combat them. Consequentially he is losing faith in himself. Thinking he can run away from his problems he commits suicide. But is that the solution? Isn't it high time he realizes that he has a mind, which when rightly used gives solutions to all his problems?

Running away is certainly not the solution. We have to halt and analyze. First off, what is it that makes us run? Is it fear? Fear for what? Fear will persist as long as the beast within is not driven out. The solution is not to run away but try and change ourselves and the change has to come in our mind sets. How can one leave behind his consciousness and run after his shadow? Is that possible? Change cannot happen overnight, but we must keep struggling for the change. There is nothing in this universe that is not part of us. We are one with the universe. Then how can one runaway from oneself? It sounds real comical. Doesn't it?

There might be a change in our perception. Though all her children are equal to a mother she might treat them differently according to a child's personal needs which are never identical. She reprimands a child when he misbehaves. This is only to correct him and does not mean that she loves him any lesser. All of them are part of her. We should look at the world the same way. We should exhibit unbiased love towards everything existing in this universe of which we are a fraction.

We should respect God's creation with equanimity. And when that love is reciprocated problems will run away and not vice versa.

If our freedom fighters had shown their heels, would we have gained this freedom? It was their passion for the nation that set India free. They struggled not for their own cause but for the cause of the nation. Their love for the country was unbiased. Their confidence and self-esteem were never corroded. Let us follow suit. Let us be fighters, not victims.

- Subhadra K.



*Nutrition that nourished my body... thought that ignited my mind
and selfless act that evoked my soul...*

*D*ear Readers!

It's an open thought... to open up closed minds and hearts...

It's an open mind and heart... to open up unsharpened intellect and imprisoned life...

It's an open intellect and life... to open up intrinsic chamber and innate soul...

I did contemplate time and again to know what food has to do with soul when the latter doesn't get affected by anything, neither by food nor by polluted thoughts. If bodily impurities have nothing to do with the soul, then why did the *Advaita* philosopher Sri Adi Shankaracharya, a great scholar, an enlightened Master enter into a king's body to know the fact about married life? If he was an enlightened soul and reached that stage where nothing can affect the soul, he would have experimented with the same body, but he didn't do so... Reasons might be many and also topic can be debated by scholars but what I strongly feel is that, there is a lot more than what we think about the body, mind relationship to the soul than just being logical, rational and above all cynical.

Dear friends, do you know, Sri Ramakrishna Paramhansa says, "Naren can digest anything and everything" but the same was not conveyed about other direct disciples. That shows and clearly indicates that what might be applicable to Swami Vivekananda may not be applicable to others. Therefore, it cannot be a universal principle, applicable to all irrespective of their class. Whether it is food or thought, if one doesn't take care of it properly, it would reflect on life directly.

Whatever might be the reason, whether it is due to unavailability of more vegetables or other vegetarian food or traditionally passed on food or due to staple food, people might have gotten into eating non-vegetarian food. But, today in this global village, almost everything is available at every nook and corner. So if one still thinks that non-veg is important for survival then one should check it for her/himself. It is accepted only in an extreme condition where survival is at stake. Therefore, every spiritually oriented service organization and all other NGO's who are dealing with society, trying their best to shape every individual should set an example by not getting indulged into it. Therefore, it is high

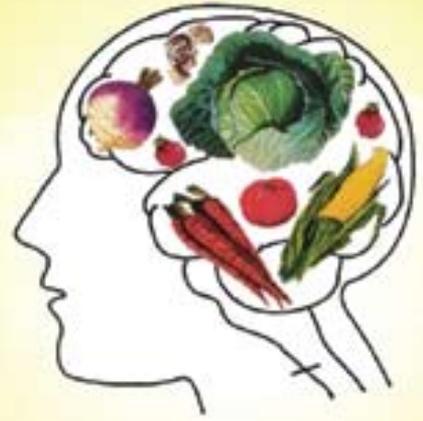


time for organizations, if they feel they should transform people around to develop new brains and a healthy society, they should propagate vegetarian food, refined thought and simple actions that they believe in.

Food is essential but what kind of food and what the quantity is, that defines one's own growth. Food is **Para Brahman** and it has to be consumed like a medicine otherwise we may have to consume medicines like food. Therefore, it is high time for all of us to make changes accordingly in our system. I have come across many organizations which have been practicing non-veg since ages and if they decide to give up then within no time, there would be a vast change. It is not that businesses are going to collapse or people are going to die without non-veg, but if one has control on food habits and shifts to pure vegetarian food, it would certainly have a kind of impact on life. Contribution however big or small is still a contribution in every sense, though it might not even get counted but as a whole it makes sense to one's own life, if not the universe.

People who are indulging in all sorts of practices in the name of *Tantra Sadhana*, should refrain from doing so. *Tantra* or tradition is not a license to lead a peculiar life. *Tantra* is the most ancient spiritual science that demands the highest disciplines in life. When Sri Ramakrishna was initiated into *Tantra Sadhana* by Bhairavi Brahmani, he had to taste everything to overcome likes and dislikes and there the matter was closed. It is just in the name of tradition we would like to continue and pamper our tastes and satiate our minds.

Recently, I read somewhere that almost in all processed food, we find some preservatives and some of the preservatives have extracts from animals like pig, cow etc. I do not know how consumption of such preservatives is supporting one's higher growth, but it is for sure, we are slowly heading towards our own downfall and nothing else.



“ I have come across many organizations which have been practicing non-veg since ages and if they decide to give up then within no time, there would be a vast change. ”

Therefore, it is high time for all of us to remind, redeem, relocate, redesign and redefine ourselves and get connected to that which we are missing out. It is a fact, life never ends, so the endless desires... life never stops, so the stopovers in life. Therefore, it is up to individuals to decide, design and redefine once again life that dwells into life and leads to the soul.

I wish you all the very best. Food and thoughts are like two banks of the river, life is like water and soul is like the essence that is everywhere. Take a pause, think for a while, make no efforts, have an open mind, throbbing heart, then look through it, and, ye the children of immortality, thou shalt find the lost treasure once again.



- Swami Nachiketananda Puri





PARABLE OF THE FALSE ASCETIC

“One night, a fisherman went into a garden and cast his net into the lake in order to steal some fish. The owner heard him and surrounded him with his servants. They brought lighted torches and began to search for him. In the mean time the fisherman smeared his body with ashes and sat under a tree, pretending to be a holy man. The owner and his men searched a great deal but could not find the thief. All they saw was a holy man covered with ashes, meditating under a tree. The next day, the news spread in the neighbourhood that a great sage was staying in the garden. People gathered there and saluted him with offerings of fruit, flowers, and sweets. Many also offered silver and copper coins. ‘How strange!’ thought the fisherman. ‘I am not a genuine holy man, and still people show such devotion to me. I shall certainly realize God if I become a true *sadhu*. There is no doubt about it.’

“If a mere pretence of religious life can bring such spiritual awakening, you can imagine the effect of real *sadhana*. In that state you will surely realize what is real and what is unreal. God alone is real, and the world is illusory.”

Gospel of Sri Ramakrishna

**Translated into English by
Swami Nikhilananda**



Satya (Truth)

Sadhakas should have a strong desire to know the truth or the ultimate reality. So sadhakas should always walk on the path of Truth.

We tend to speak lies to save our skin, paying no heed to our true Self. But in order to save our true Self, we should pause and think before uttering a lie and only then express. Being true to oneself is the first and foremost quality of a sadhaka.

– Paramahansa Swami Shivananda Puri



The Path which led to our Independence



This month, we will be proudly celebrating our nation's 69th Independence Day. Marking this occasion, we present to you a synopsis of a few significant events which occurred from 1857 till we became independent.

The first war of Indian independence (1857) – Called as the 'Sepoy Mutiny' by the British, in this uprising, a band of sepoys from Meerut captured Delhi and proclaimed the Mughal Emperor Bahadur Shah II as *Shahenshah-e-Hindustan*. It was ultimately quelled by the British as the rebels lacked adequate support and planning. This was the first major challenge to the British in India, which led to transfer of power from the English East India Company to the British Crown. Many peasant and tribal uprisings followed.

Formation of the Indian National Congress (1885) – The educated Indians were organized under the banner of the Indian National Congress, albeit by an Englishman Allan Octavian Hume who was sympathetic to the cause of the nationalists. This organization encompassed within itself different shades of opinion and constantly pursued causes of national relevance with the British. Under the leadership of Mahatma Gandhi, its membership rose and it became a force to be reckoned with.

Partition of Bengal and Swadeshi Movement (1905) – The partition of Bengal into East and West Bengal under the guise of administrative convenience stirred the people. The British actually resorted to the partition in order to contain the political awakening of the people and in furtherance of their policy of 'divide and rule'. However, this anti-partition movement evolved as the Swadeshi Movement, where people boycotted everything foreign. Leaders like Bal Gangadhar Tilak took the movement to different parts of the country and a large section of population got politically awakened.

Split in the Congress and subsequent unification (1907) – There was a temporary split in the Congress when the Moderates, who believed in petitions and prayers to the British, parted ways with the Extremists, who advocated more radical methods. However, since the goal was the same they unified again in 1916 with the efforts of Lala Lajpat Rai and Annie Besant. This period also saw the rise of the revolutionary movement. Societies like the *Anushilan Samiti* and V.D.Savarkar's *Abhinav Bharat* were formed.

Gandhi returns to India (1915) – After a successful campaign in South Africa, where he experimented with non-violent *Satyagraha*, Gandhiji returned to India on January 9, 1915 to a warm reception in Bombay. On the advice of Gopal Krishna Gokhale, he toured the country for a year and sought to understand his people. Later, he got involved in the Champaran *Satyagraha* for the farmers and a strike in Ahmedabad for the mill workers.

Jallianwala Bagh massacre (1919) – The nation was stirred when the British army under General Dyer fired at an unarmed peaceful crowd which had gathered on Baisakhi day to protest the arrest of two leaders Dr.Satyapal and Dr.Saifuddin Kitchlew. The people lost faith in the British when they discovered that the Hunter Committee appointed to probe the incident was a farce and the House of Lords appreciated the action of Dyer.



Khilafat and Non-Cooperation Movement

(1920) – The British had enlisted the support of the Indians for its cause in the World War I by making false promises. When the people realized this, coupled with the anger over the Jallianwala Bagh killing and certain oppressive laws, they joined cause with the Muslims who were protesting the ouster of Mustafa Kemal Pasha of Turkey. Mahatma Gandhi led the people, armed with non-violence. However, as a crowd set a police station afire, Gandhiji decided to withdraw the movement. He was of the opinion that we were not yet ready for the greater task of self-governance. Nevertheless, the movement was an epoch in the freedom struggle because it forged Hindu-Muslim unity against the common oppressor, the British.

Heroic sacrifice of Bhagat Singh, Sukhdev and Rajguru (1931)

– There was a section of the youth which believed in direct action, whose philosophy was different from the teachings of Mahatma Gandhi. These brave young men took it upon themselves to free the nation and to build an egalitarian society. Their vision was of the long term, much ahead of many eminent leaders of the time. These individual acts of bravery stirred the nation when Bhagat Singh, Sukhdev, Rajguru and their comrades decided to make the court their platform for propagating their views to the masses. These three young men were hanged to death on March 23, 1931 after being convicted of murder of a British official and certain other offences.

Salt Satyagraha – In order to force the British to accede to the demand of complete independence, the Congress under the leadership of Gandhiji initiated the *salt satyagraha*. Salt is an essential item for everyone, be it the rich or the poor. Gandhiji saw it as a testimony of the cruelty of the British that they were imposing restrictions on its manufacture by the Indians. In an atmosphere charged with the trials of the revolutionaries, the people joined the movement in large numbers. Gandhiji marched with his followers from Sabarmati Ashram to Dandi (390 km) and broke the salt law. This march prepared the stage for the wider Civil Disobedience Movement.

Round Table Conferences and the Government of India Act, 1935 – The British held a series of Round Table Conferences in order to discuss the



question of Indian independence. The demand of complete independence was not conceded, but the aforesaid 1935 Act brought in significant changes, like greater representation of Indians in government. After the elections under the Act were held, the Congress formed ministries in a majority of the provinces and the people had a taste of what their own government would be like.

Cripps Mission and Quit India movement

– The Congress ministries quit the government after the British failed to consult them about the participation of Indians in the World War II. The Congress stated that they would support the British war effort, if India would be granted freedom after the War. The British faltered again. They despatched the Cripps Mission to resolve the problem. However, a solution was not in sight. The Quit India Movement began with the slogan of ‘Do or Die’. We were determined to achieve freedom. Though leaders like Gandhiji and Nehru were jailed, the leaderless masses protested peacefully even in the face of brutal repression.

We become free – Paraphrasing Nehru, when the world was asleep, India woke up to life and freedom on August 15, 1947. The joy of independence was accompanied with the pain of partition. Nevertheless, we had begun a great journey of moulding our nation into a successful democracy, and the drafting of the Mother law, the Constitution was already underway.

The freedom that we enjoy is a result of immense sacrifices by millions. On August 15 and always, let us remember the ideals of the struggle for freedom and let every step of ours be guided by love for our great nation.

- Neetika Gogula

An advocate and has passion for writing on social issues.





U. S. A.,
2nd May, 1895.

DEARS,

So you have made up your mind to renounce the world. I have sympathy with your desire. There is nothing so high as renunciation of self. But you must not forget that to forgo your own favourite desire for the welfare of those that depend upon you is no small sacrifice. Follow the spotless life and teachings of Sri Ramakrishna and look after the comforts of your family. You do your own duty, and leave the rest to Him.

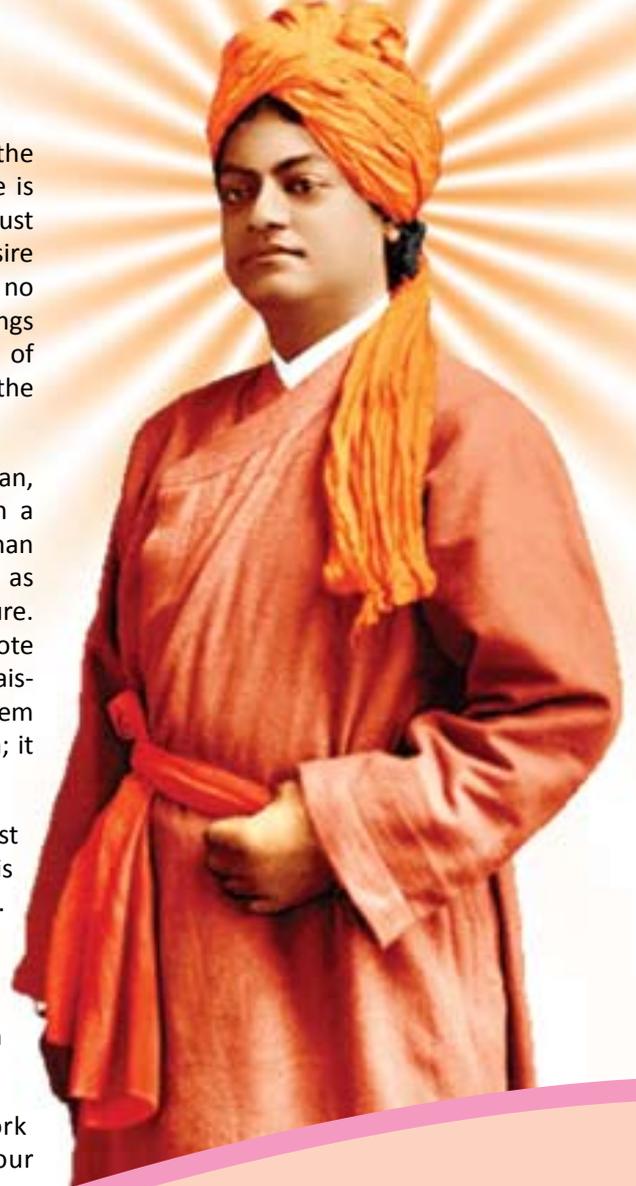
Love makes no distinction between man and man, between an Aryan and a *Mlechchha*, between a *Brâhmana* and a Pariah, nor even between a man and a woman. Love makes the whole universe as one's own home. True progress is slow but sure. Work among those young men who can devote heart and soul to this one duty — the duty of raising the masses of India. Awaken them, unite them and inspire them with this spirit of renunciation; it depends wholly on the young people of India.

Cultivate the virtue of obedience, but you must not sacrifice your own faith. No centralization is possible unless there is obedience to superiors. No great work can be done without this centralization of individual forces. The Calcutta Math is the main centre; the members of all other branches must act in unity and conformity with the rules of that centre.

Give up jealousy and conceit. Learn to work unitedly for others. This is the great need of our country.

Yours with blessings,

VIVEKANANDA



NARADA Bhakthi Sutras



Let there be strict adherence to the injunctions of the Sastras till a firm conviction in God is attained (also till profound devotion is fully developed).

That is the reason why Lord Krishna says: “The ignorant, the faithless, the doubting self goes to destruction; there is neither this world nor the other, nor happiness for the doubting self.” (Gita: IV-40.)

“Therefore, let the scriptures be the authority in determining what ought to be done and what ought not to be done. Having known what is said in the ordinance of the scriptures, thou should act here in this world.” (Gita: XVI-24.)

The mind should not be allowed to have its own ways. He who follows the injunctions of the *Sastras* will evolve quickly. He will have no uneasiness in mind. He will have satisfaction. He will feel that he is in the right path and progressing rapidly in spirituality. He will feel the nearness of God. He will have peace of mind.

Scriptures are infallible. Vedas have come out from the mouth of God. They are revelations. They are traditionally handed down from *Rishis* and Seers to their disciples in succession (*Parampara*). So long as there is world, there are scriptures and teachers to guide the people in the path of Truth and Righteousness. The number of teachers may be few in the iron age, but they do exist. Books are not eternal. But the ideas in the Vedas are eternal.

It does not require much wisdom and reasoning to have a firm conviction in the existence of God. I do not know why these rationalists, socialists and materialistic scientists are unnecessarily racking their brains, fighting and doubting. It is really a great pity! It is their stiff egoism that makes them deny the existence of God. Whether they accept His existence or not, He is shining from eternity to eternity. The sun is always there whether the owls accept the existence of the sun or not. There are gross impurities in their minds which screen and cloud their understanding. There are sins in their *Antahkarana* which make their intellects perverted. They will have to wait for some time for grasping the Truth.

Just as a young plant is fenced in the beginning and protected, so also a neophyte in the path of devotion should be well-protected. If he mixes with atheists, he will lose his faith in God quickly. He must be always in the company of *Sadhus*, *Mahatmas* and *Bhaktas*. Their company is an iron fortress for him. If the injunctions of the *Sastras* are rigidly followed, nothing can shake one's convictions. Just as a nail is driven deep into a plank by frequent hammerings, so also the *Samskaras* and convictions become very deep by observing strictly the sacred laws of the scriptures. This is the meaning of this *Sutra*.

Notes and Commentary by Swami Shivananda





FALL DOWN SEVEN TIMES STAND UP EIGHT

"Fall down seven times, stand up eight"

This is an old Japanese proverb reminding us that no matter how hard life knocks you down, the choice is ours if we want to Give up or Get up. Sometimes even if you start feeling like one of those inflatable punching bags that kids use, you have to get back up every single time. The quote also tells us that the only way we really lose if we choose not to get back up and let the other guy knock you down.

When I read this quote, I remembered about a world famous runner, Jesse Owens who demonstrated this spirit in every way. He had to fight against poverty, racial discrimination and many other hardships to pursue his dream of becoming an Olympic racer. Every time he faced a hardship, he took it up as a challenge to beat the odds and do even better. For example, once the whites hurt his leg by hitting with a baseball bat. This did not slow him down, because he had the confidence to still participate. Milkha Singh and Martin Luther King are also examples of someone who demonstrated the same character.

Not just the famous people, we also see many common people around us facing many day to day problems and still going through life with lot of positivity to achieve their goals.

I would like to give you my first experience when I learnt this lesson. It was when I was learning how to ride a bike. When I was learning how to bike I fell down 7 times to bike 8 meters. After some practice I was biking smoothly without any falls and started enjoying it.

Another recent experience that also taught this life lesson to me- Last summer, while I was learning skating, the initial classes were very difficult and I literally fell more times than I could skate. I was almost ready to give up but, then I looked around and saw that falling was part of everyone's learning. So, I decided to get up instead of giving up. By the 3rd day, I was able to skate like I was born for it.

And that's what the quote is all about, in my opinion. Getting back up, no matter what. Over and over and over again. Until you win. Until the other guy gets tired of swinging, or loses interest and wanders off. You just don't stop until you have what you set out to achieve. No matter how big the problem is or how much better your opponent is, just remember you still have a choice of whether you want to fight it or fall down and give up. I hope I have inspired you enough with the examples so you will always choose not to give up until you win.

To end, I would like all of you to give me your word, that no matter how hard it may seem, you will never give up until you reach your goal!

I am not done, wait... I have a riddle for you all... if someone has fallen down 7 times, how can he/ she get up 8 times?

This counts the very first time when you are standing up before you fell the first time.

THANK YOU!

- *Abhiram Boddu*





QUESTIONS, QUESTIONS...



I spent a wonderful couple of days at Nachiketa Tapovan Ashram in April, during the residential camp that was going on there. During those days, I had a lot of spare time to interact with Swamiji and Mataji; and so I had the chance to get the answers to some questions that were in my mind for a long time. The following is a discussion between Mataji and me as accurately as I can remember it, with a few inputs from my side as well.

Q. Mataji, I recently watched the PK movie, and though it didn't portray its message well enough. I understood it. He said that we should believe in God who created us and not in the God whom we created. Is he right? Did God create us or did we create him?

A. According to our ancient Vedic culture, the *Pancha Maha Bhutas* or the five great elements, i.e., Earth, Air, Fire, Water and Space, were to be worshipped. In the times of Vedic culture, people used to worship these elements in the form of trees, nature, animals and even in fellow human beings. That's actually the reason why so many go green initiatives are being set up now. Before there was no need for these initiatives, as their sole deity was Mother Nature, and their worship was to protect her. As time went on, people's understanding of Vedic knowledge reduced, and they started believing that there is a different entity behind these elements.

Q. So does this mean that the Gods whom we worship today, did not exist back then? Did we just make them up?

A. No. The Gods we worship today were also present at that time. They were just worshipped in their true form, i.e. without idol worship. All Gods were and still are, present in very subtle forms, or vibrations. These vibrations can take a form or shape and that is where we get these Gods in the way we visualize them. When you repeat a *mantra*, it creates certain vibrations, and these vibrations can give shape to something. These *mantras* are like seeds for these Gods, who are like trees. That is why we call them *Bija Mantras*.

Q. Ok Mataji, all this is fine, then why do we do *Sadhana*, by saying any *Bija Mantra* or a God's name. We do *Japa* and *Sadhana* to attain self realization, don't we? Then why do we have to say any of these *Mantras*?

A. The self is something that needs to be experienced. There are many ways to do this. One way is through *Mantra Japa*. In *Mantra Japa*, the objective is to be in a thoughtless state. You must not concentrate on anything, not even the *mantra*. You must not let any thoughts come to you either. It must be effortless. You shouldn't need to control your mind. Instead it should be able to calm itself. When you attain that state of thoughtlessness, you will experience *Japa*. There are three layers around our inner self, which prevent us from reaching it. They are the mind, ego and intellect. Through *Japa*, all these three can be overcome, only because, through *Japa*, we can discipline the mind. The mind is a very powerful tool. You might think that it is easier to reduce your ego, but what you do is only control your ego and your anger and frustration comes out at some point in time. That is where *Japa* helps. If you can discipline your mind, ego and intellect are automatically disciplined.

Q. So, are you saying that simply by doing a few *malas* of *Mantras*, I can attain self realization?

A. Yes, provided that you are regular and sincere. The trick is not to concentrate on the *Mantra*. Remember, the trick is to render your mind thoughtless. Even if you get any thoughts, you need to come back to saying the *mantra* thoughtlessly. Slowly, you will attain that and you will experience *Japa*.

To all my fellow Sadhakas, I hope this article was enlightening and motivating, because, I was very motivated to do my *Sadhana* regularly after my talk with Mataji.

Aum Namah Shivaya!

N. Rohan C. Govind
Class 11,
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Goswami Tulsidas

After the decline of the Vedic and Buddhist thought, the *Bhakti* movement was ushered in by a host of saints and Tulsidas was one among them.

The great Saint Tulsidas spread the conflagration of *bhakti* across the land. His spiritual sojourn brought Tulsidas to Varanasi, where he received a divine command to go to Ayodhya and write the immortal epic of Sri Ram in the local dialect.

At a subtle level, legends and myths can carry more of reality than so-called real, sensible, and provable facts. A legend has it that Sri Ram had himself approved Valmiki's Ramayana by putting his signature on it. After that, Hanuman wrote another Ramayana on stone with his nails and took it to Sri Ram. Sri Ram approved it also, but as he had already signed Valmiki's copy, he said that he could not sign another, and that Hanuman must first approach Valmiki. He did so, and Valmiki realized that this work would soon eclipse his own. So, by a stratagem, he induced Hanuman to fling it into the sea. Hanuman, in complying, prophesied that in a future age he would himself inspire a *brahmana* named Tulsi, and that Tulsi would recite his— Hanuman's— poem in a tongue of the common people and so destroy the fame of Valmiki's epic.

Tulsidas soon went to Ayodhya after receiving the divine command. In a secluded grove, under one of the banyans, a seat had already been prepared for him by a holy man who told Tulsidas that his guru had had the foreknowledge of Tulsidas's coming. It was 1575, the Ramnavami day. As per legend, the position of the planets was exactly as it was when Sri Ram was born in the bygone age of Treta. On that auspicious day, Tulsidas commenced writing his immortal poem: the Ramcharitmanas.

The composition of the Ramcharitmanas was perhaps Tulsidas's own *sadhana*, his act of prayer and offering. It is an expression of creativity that blends the inner and outer worlds with God. It is an inner experience expressed in the form of legend through the medium of poetry. He wrote for two years, seven months, and twenty-six days, and completed it in *Margashirsha* (November–December), on the anniversary of Sri Ram's marriage to Sita. He then returned to Varanasi glowing with the *bhakti* inflamed during the period of writing the devotional epic and began to share his ineffable experience with others. Because of Tulsidas's good demeanour, loving personality, and exquisite devotion, people would gather around him in large numbers.

That in Varanasi, the stronghold of orthodoxy, erudition, and Sanskrit learning, resistance should develop towards the growing popularity of the unsophisticated Tulsidas is not surprising. Two professional thugs were employed to steal his Ramcharitmanas— with printing not available in those days only a few copies existed. When the thieves entered Tulsi's hut at night they saw two young boys, one of blue complexion and the other fair, guarding the work with bows and arrows. The terrified thieves gave up their plan and the next day informed Tulsidas of their experience. Tulsidas shed tears of joy, for he realized that Sri Ram and Lakshman had themselves been the guards.



Another legend tells us that Tulsi would pour some water at the base of a banyan tree when he passed that way after his morning ablutions. A spirit that was suffering the effects of past evil deeds lived on that same tree. Tulsi's offering relieved the spirit of its agony. Wanting to express gratitude to Tulsi, the spirit asked him what he wished. What else would Tulsi want but the holy *darshan* of Sri Ram? The spirit replied: 'An old man attends your discourses; he arrives first and is the last to leave. He will help you.' The next day, Tulsidas identified the man who answered to the description and fell at his feet. The old man told Tulsi to go to Chitrakut, where he would have the *darshan* of Sri Ram. Who

could the old man be but Hanuman himself? It is well known that Hanuman is always present wherever the name 'Ram' is being uttered.

Tulsi remained in Chitrakut, making sandal paste and giving it to the devotees who came there. One day, while he was making the paste, Sri Ram appeared in front of him and said: 'Baba, give me some sandal paste.' Tulsi was overwhelmed and went into *samadhi*. Sri Ram applied sandal paste to Tulsi's forehead with his own hand. Tulsi remained in *samadhi* for three days. This was the first time he experienced *samadhi*—and that through the *darshan* of Sri Ram himself!

Source: **Hindupedia**

Freedom

I seek freedom.

What do I seek freedom from?

My compulsions, my repetitive thinking, the endless desires...

I yearn for freedom.

Why do I yearn for this freedom?

I can see myself getting entangled... I know intellectually, that the things that are consuming me are worthless. Worthy, neither of my time nor energy, and yet, I spend hours thinking about them...these unnecessary thoughts gnaw at me from inside... I yearn to be free...

I was born for freedom.

I realise that we each are born with a potential, a potential to transform and transcend.

All the things that make sense to me, that bring me closer to myself, bring me in touch with my very being...are the things that lead to liberation.



I want to make myself a worthy recipient of the ultimate grace, a vessel that can contain the needed awareness and knowing, a vehicle that can help me transcend and attain the ultimate freedom...

Freedom...

Freedom that I seek, Freedom that I yearn for, Freedom I was born to attain.

- **Gautam Vir**



Expecting from Expectations

*H*ave you ever noticed when we store water for animals and birds to drink in a container the algae start accumulating at the bottom of the container but those animals and birds still drink it to quench their thirst.

Can we human beings drink such water?

No, we need purified water and hence we have discovered today different techniques. This makes human beings different and supreme from other living beings as we can utilize our brain to the optimum.

Have ever we given a thought about the algae of negativity-positivity, *sukha-dukkha* and expectations which makes our brain and heart stale and stagnant?

By keeping this as center of discussion, I have tried to come up to discuss one very important source of our sorrow in life “**Infinite expectations**”.

One might find the things mentioned here to be repeated and someone might also think have already known about it. But have those people really worked on it ?

Let me give you an example: a child is taught initially to speak small words like Maa Paa. Later stages sent to school and college then further professional colleges. These planned stages help the child to face challenges of life. Same way the spiritual articles, lectures, meditation etc. should be the consistent knowledge to be gathered in different ways in different stages of life to achieve the main goal of our life i.e. **to control our wavering expectations**.

We need to realize one thing that we are God's children. Like when we leave our parents for attaining higher studies or doing job then our parents expect that either the child will come back after some duration or will call to stay in touch. Means, parents cannot stay away from

their children. Same way God has sent us to this world to appreciate His creation and gain knowledge of difference between *Sukha* and *Anand*. In the end this body will be burnt into ashes and *Atma* (the soul) merges with the supreme. We have forgotten our supreme parent while being engaged in getting our endless expectations of temporary worldly pleasures fulfilled.

We assume joy, *sukha*, pleasure, enjoyment, peace in being relations like husband-wife, mother-father, siblings, boyfriend-girlfriend, relation with materialistic things etc. Eventually one after the other our expectations grow and we get trapped in the *chakravayuh* of “*sukha dukkha*”.

Take the example of an ant. Where ever it finds sweetness it will go there rather than feed on salty things. Same way humans want to get rid of *dukkha* and people whom they think are the source of *dukkha*. In this process we create knowingly or unknowingly expectations. This is the reason many a times we say-

“I wish my boss could give me promotion”,

“I wish my in laws could appreciate me”,

“I wish my husband or wife may have all the qualities I want”,

“I wish I could have an apartment better than my colleague” ...so on!!!

“I and I wish” multiplies for infinite which we don't realize gives birth to endless expectations and is source of the vicious cycle of *sukha-dukkha* (pleasure & sorrow).

We often say “I hate or I like or I love xyz person.” Actually we like or love people in whom we find motives that may satisfy our expectations. It is also true that it is not easy to discard or stop expectations as being social animals we human beings are dependent on each other.



Rejection doesn't hurt,
expectation does
Lying doesn't kill,
denial does
Forgetting doesn't heal,
forgiveness does



Our Ancient Scriptures remind us-

“Chitta tyagam Viduh Sarva tyagam”

It means *chitta tyaga* (detachment from wishes) leads to the *tyaga* of everything of this world. Without the *tyaga* of *chitta* a human being cannot be *mukta* or free from expectations and the repercussions of it.

Now the question arises whether this is possible?

“Mahapurusha- Sanshrayah”

Means, with the company of *Mahapurush/Sadguru* getting rid of expectations is possible.

I remember the lines here that my father often tells me quoting from the Ramayana-

“When Hanumanji went to Lanka He met Vibhishan, which was with the *Kripa* of Lord Rama. Here Lanka is meant as the worldly attractions

and Hanumanji is the *Mahapurush*. Vibhishan is the soul surrounded by demon-negativity and expectations in life ‘Lanka’. Hence with God’s grace only *Mahapurusha/Sadguru* himself searches us to bless with his company- *satsang*.

Our thought is the toughest power. What you think the institutions of Meditation, religious gathering, army training, militant training etc. are doing? They are not training the humans rather their thoughts, their brain to act according to certain parameters.

Hence we need to train our mind to focus on **E³ i.e. END EXPECTING EXPECTATIONS.**

Best Wishes,

Om Iti

- Lokesh Kohli





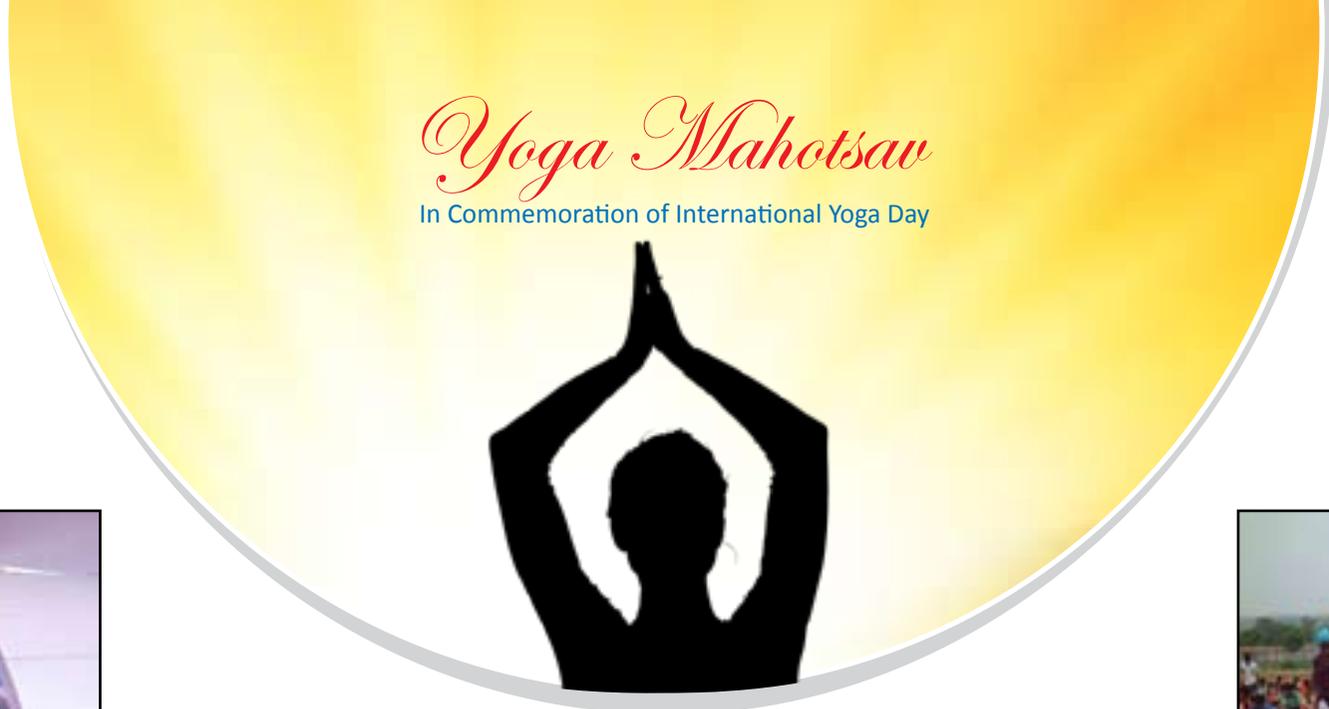
Mataji enraptures the gathering



Sri Ghazal Srinivas felicitates Heeru Naik for his 'The Green Print' initiative



Display of Yoga Pyramid by Young Volunteers



Anchor Sri Venkatram looks on as Sri Ghazal Srinivas presents memento to Chief Guest Sri Damodhar garu



Distribution of Prasadam



Maheshwari - the silent power behind Yoga Mahotsav



Participants offer obeisances to Sun God



A Paradigm shift from Sickness to Health

According to the World Health Organisation (WHO)- Health is a state of complete physical, mental, social well-being and not merely the absence of disease or infirmity.

The definition of Health by WHO started as physical well being but was found to be inadequate as it did not account for physically fit but mentally ill individuals. To it, after the advent of Freud and his psychoanalytical studies, mental dimension was added. But this failed to explain abnormal social behavior of those individuals who were physically fit and mentally sound but pursued terrorism, genocide etc. This prompted the addition of social aspect after the Second World War. But unlike birds and other animals, man is not content with fulfillment of the physical, mental and social well-being parameters. Dr. D.B. Bisht pointed this out in a meeting organized by WHO at Bangalore by posing the question, "...in what way is you, a sane man different from a pack of wolves?" Bishtavers: "It is the 'soul' that sustains all the other parts of the being. Otherwise, the body and the mind and the emotions, being often at conflict with one an-

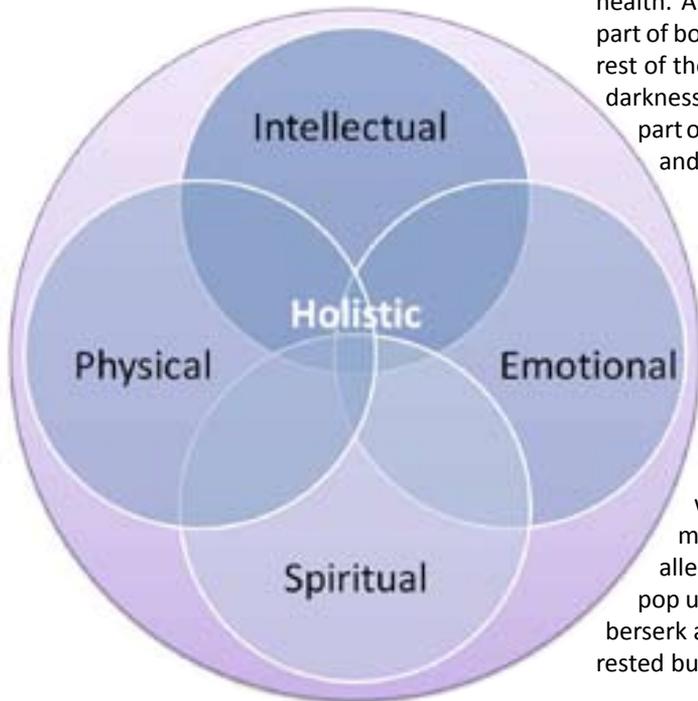
other, would easily fall apart." He then proposed the addition of spiritual dimension to the WHO's existing definition of Health.

Thus, **Wellness** is much more than merely physical health, exercise or nutrition. It is the full integration of states of physical, mental, and spiritual well-being.

The word 'Health' comes from Healing. 'To heal' means to make whole. Healing is a process natural to the human body and originates from within... from the soul. Nobody other than self can grant us health. A broken bone, burnt skin, bruise, cut etc., could heal naturally without any human intervention. A doctor only facilitates, promotes and monitors the healing process but he cannot cause it. Perfect health and harmony is seen in a baby who is at total ease with its body. But as it grows, this state of equipoise is disrupted by various disturbances and this gradually leads to disharmony and upon accumulation, precipitates as disease.

A closer analysis of definition of "Health" would prompt us to shift the focus from sickness to health. At the time of sickness, it is only a small part of body that is affected while a majority of the rest of the body is healthy. Instead of blaming the darkness of sickness, the brightness of healthy part of the body can be invoked **psychologically** and **emotionally** to heal the sick fraction.

Modern medicine addresses sickness but no focus is laid on health. It employs chemical formulae to alien with the organism, to address sickness and offer quick relief. When a medicine is used, it draws positivity and energy from the healthy parts of body to restore the sick part. As a result, one part is fixed but a few others are disturbed. That is what is experienced as side effects of medicines. With mainstream medicines, allergies subside but sleepiness and dryness pop up; Cholesterol is controlled but liver goes berserk and hot flashes show up; Seizures are arrested but thyroid function may be affected.



Traditional Indian medicine relies on 'Self' optimization methods such as *Yoga: Yogasanas, pranayama*, meditation; naturopathy and Ayurveda. *Asanas* for physical body, *pranayama* for breath control, meditation for mind control and *Samadhi* for uniting us with our spiritual nature. The most important holistic healing technique is *Ashtanga* (8-steps) Yoga by sage Patanjali. It is the only technique that integrates various dimensions of a human being and makes one free from body-mind ailments. In this sense Yoga truly takes us home. The next best technique is Naturopathy where through control of food (drinking fluids, fasting etc.,) imbalances are purged out. Ayurveda is used as the third technique for restoring balance between body-mind through use of natural products.

Surplus resources: We should be thankful to the beauty of human body that it is endowed with surplus resources. Two lungs, two kidneys, two eyes and so on. There are numerous examples of achievers functioning normally with just one or part of the organs. It is said that less than a tenth of brain's capacity is used even by Einstein. Only a part of lung space is used by a typical healthy individual. The surplus will pitch in, in case of sickness. This is another reason why the focus should be on health rather than sickness.

It is important that we maintain **physical well-being** by daily exercise, **yogasanas mental well-being** by *pranayama* and meditation; **social well-being** by service related activities; **spiritual well-being** through reading, understanding and adhering to scriptures, prayer, meditation, devotional chanting and sessions. Failure to maintain a harmony between body, mind, social and spiritual aspects could lead to Psycho-somatic disorders such as depression and anxiety. Low spiritual quotient could become a precursor to depression and other ailments. Let us not forget that we are a spirit with a psychosomatic apparatus not the other way round.

"EACH SOUL IS potentially DIVINE, manifest that divinity by controlling nature internal and external and be FREE." Swami Vivekananda.

**From a talk by Yogasree NV Raghuram,
faculty member, SVYASA, Bangalore
Compiled by Annapurna**



An Emotional field... **MINE**

Ego is annoyed
Anger is repressed
Goodness is fed up
Patience has run out
Understanding is exhausted
Disappointment is expected
Despair is silently waiting at the edge
Kindness has vanished
Humour is lying dead on the side
Benevolence is ashamed of itself
Honesty knows it means nothing
Generosity has become weary and suspicious
Inner strength is wrecked and weakened
Courage has lost its guts
Hope has become helpless, hopeless
Words have become blurred
With tears of regret and shame
And right has become completely wrong
In this chaotic field of emotions and feelings.
Yet in the midst of all this mayhem and mess
Malice, blame, grudge or
Jealousy have never entered
Into this heart of love or
Into the centre of this soul

- Mallika Shastry Chandrasekhar



Great women of India

Sri Gangamata Goswamini was born as Sachi, the princess daughter of King Naresh Narayana in the present state of Bengal. She was a great devotee of God from her early childhood. As she grew and entered into her education, she studied grammar and poetry but soon spent all her time studying the Vedic scriptures. All the boys were attracted to her and her father began to think of arranging for her marriage. But she was not the least bit attracted to any young men. She was always filled with thoughts of Madana Gopala, Krishna.

Gradually the king and queen grew old and left this world, leaving the responsibilities of governing the kingdom to Sachi. She accepted these, but later arranged to allow other relatives to govern in her place as she went to see the holy places on the plea of traveling throughout the kingdom. After so much travel, she still was not satisfied and wanted to find a spiritual master. Then she went to Jagannatha Puri and while having *darshan* of the Deities she was inspired with an inner message to go to Vrindavana.

After arriving in Vrindavana she met Haridas Pandit, who was solely devoted to Lord Gauranga and Nityananda. Sachi was filled with ecstasy and after meditating for several days Haridas Pandit gave her shelter, upon which she prayed to him with tearful eyes begging for his mercy for spiritual advancement. Haridas discouraged her from staying in Vrindavana, telling her that it is not possible for a princess to remain absorbed in *bhajan* with little to eat and no comforts. But she stayed and gradually gave up her nice clothes and opulent ornaments. Noticing this determination, Haridas instructed with his blessings that she could wander throughout Vrajamandala and beg from place to place as a renounced devotee. Having accepted Haridas as her guru, she was filled with joy. Thereafter, freed from her false ego and dressed in rags, she went begging alms and exhibited her intense renunciation which astonished all the devotees.

Her body grew thin and physically exhausted. She would sleep on the banks of the Yamuna and rise to sweep the Lord's temple, have *darshan* and

listen to the *Bhagavatam* classes. Haridasa became very happy seeing the intent of Sachi and promised to give her initiation into the *mantra*. Haridasa Pandit had another disciple named Lakshmi Priya who at that time arrived in Vrindavana. She used to chant 300,000 names of Krishna everyday. Haridasa sent her to live near Sachi on the banks of the Radhakunda. Everyday Lakshmi Priya and Sachi would circumambulate Govardhana Hill. Thus they continued in their devotional service to the Lord with great determination. Then one day Haridasa Pandit instructed Sachi to return to Jagannatha Puri to continue her *bhajan* there and preach what she learned of Sri Chaitanya's teachings. However, most of Sri Chaitanya's associates had already left the planet.

Sri Sachidevi returned to Jagannatha Puri and stayed in Sarvabhauma's house where she engaged in *bhajan* and gave classes on the *Srimad-Bhagavatam*. She also established first class worship of the Damodara Salagram in that house, which was crumbling and where few people ever visited. However, her classes became famous and many people started to attend to listen to her discourses. One day even the king of Puri, Mukunda Dev, came to hear her *Bhagavatam* class, and he was astounded. He wanted to make a nice offering to her in appreciation for her worship to Lord Krishna, and that night he had a wonderful dream in which Lord Jagannatha appeared to him and said to offer her a place on the banks of the *Sveta* (White) Ganges.

The next day the king went to make the offering to Sachidevi, but she was not inclined to accept any wealth or comforts and wanted to refuse. The king persisted and not wishing to violate Lord Jagannatha's order, he issued a decree dedicating a holy ghat by the side of the White Ganges after Sri Sachidevi. The decree stated that she was a princess that gave up everything to come to Puri and preach the teachings of Lord Chaitanya.

One day Sri Sachidevi wanted to go to the Ganges to bathe, but remembered the order of her spiritual master never to leave Jagannatha Puri.





That night she had a dream wherein Lord Jagannatha appeared to her and told her not to worry, that the day when Varuni will take bath is approaching when you must go to bathe in the White Ganges. Gangadevi had been praying for Sachidevi's association, so she should go.

Sachidevi was extremely happy, having had this divine vision. The day of the *Varuni-snana* came and in the middle of the night Sachidevi went to the White Ganges to bathe, but the current of Gangadevi overflowed the pond and carried her away to the Jagannatha Mandir. Seeing this, thousands of devotees became ecstatic and also took their holy bath in the Ganges.

In the midst of the commotion, the guards of the Jagannatha temple awoke and were speechless to see all that had happened. Hearing the noise, they went inside the temple. The king had also awoken and ordered the gates of the temple to be opened. When the doors were open, Sachidevi was standing there alone inside the temple. The servants and priests concluded that she must be a thief to steal Jagannatha's valuable ornaments. Then Sachidevi was taken to the dungeon where she was imprisoned to stand trial for theft. Sachidevi was indifferent and remained absorbed in chanting the Lord's holy names.

Later that night, Lord Jagannatha appeared to Mukunda Dev in a dream and demanded that he release Sachidevi. The Lord explained that it was because of His personal arrangement to wash Sachidevi's holy feet that He had the Ganga bring

Sachidevi to His temple. If the king wanted his life to be auspicious, then he better have all of the *pandas* and priests bow at her feet and beg for forgiveness, and the king must take initiation from her. The next day the king did as he was told, making sure that everyone paid full obeisance to her while asking for forgiveness for the offenses made at the feet of a devotee. He also begged that she accept him as a disciple and give him initiation.

Sachidevi became very joyful, understanding that this was all due to the arrangement of the Lord. Placing her hand on the king's head, she blessed him, and soon thereafter she gave him initiation into the eighteen syllable Radha-Krishna *mantra*. Many of the priests also took shelter of her on that day. It was from that day that Sachidevi became known as Gangamata Goswami.

One day a strict *smarta-brahmana*, Mahidhara Swami, came to the banks of the Sveta-Ganga and wanted to have *darshan* of her holy feet. He had come to offer worship for his ancestors and while in discussion with Sri Gangamata Goswami, she instructed the *Srimad-Bhagavatam* to him. The *brahmana* was astonished by her explanations and asked to take shelter of her. On an auspicious day she initiated him into the Radha-Krishna *mantra* of ten syllables. On the order of Sri Gangamata Goswami, he preached the message of *nama-prema*, ecstasy of the holy name, and the teachings of Lord Chaitanya throughout Bengal.

**Source: Women in Vedic Culture
By Stephen Knapp**



WORK & WORSHIP

George Gamow, a renowned nuclear physicist, was excited with merriment on hearing the news of the discovery of the neutrino and entered into a harangue in a splendid way. The neutrino which tricked man for a long time was at last before the scientists who had faith in its existence and worked in different ways to catch it.

Neutrino is a stable elementary particle which has no mass and no electric charge. The particle has been established experimentally and applies to laws of conservation of mass, energy and momentum.

At last they succeeded. God is monopolist, omnipotent, omniscient and omnipresent –yet, we are unable to understand or feel Him because of our preoccupations in this mundane world characterised by pampering of flesh and starvation of the soul. However if we proceed with the conviction that God exists, relentless efforts will be awarded. Yes, all doctrines are so many paths but a path is by no means God Himself! Indeed one can realise God, if he follows any one of the paths with whole-hearted devotion. For me, neutrino is a symbol for God. It has all the characteristics of the Supreme Being. It goes unscathed through a lead block several kilometres thick. No effect on it is observed in just the same way as God remains unaffected in and out of the happenings of this universe created and sustained by Him.”

A very large number of eminent scientists like Nicholos Copernicus, Kepler, Faraday, Edison and so many others had faith in God. Some like Einstein, Madam Curie etc. had faith in God but as rational God. God is there not to shower gifts and blessings. They deem prayer as a response to the divine call to spread love and joy. A good deed is the best prayer.

The following short story was written by the author and published in the YOUNG WORLD of the HINDU.

James is a factory worker. He goes to the factory early in the morning and returns dog-tired very late in the evening. On reaching home, he quarrels with his wife and children even for trivial things.

James’ neighbour, John is a stone-cutter. He also works hard like James but he returns home smiling. He spends some time with his wife and children happily.

What is the secret behind uncle John’s happiness? -Paul wanted to know. One evening while Paul was playing with John’s children, John returned from work and started playing with them for a while. Paul asked John, “Uncle, where do you work?”

John replied, “I am helping Sir Christopher Wren in building St. Paul’s Cathedral.”

Paul got the answer to the question nagging him. While working, whoever feels that work is worship and that he is contributing in his own way for the welfare of the nation of which he is an integral part, he feels neither fatigue nor boredom. That sacred feeling gives strength to work harder still.

He that loveth not, knoweth not God; for God is love.

- The Bible

- *K.V. Ramakrishna Sastry*



Gaiya - Mother Earth

During the last century, exploitation of Mother Earth (Gaiya) for natural resources has been enormous and is on the increase exponentially. This writer had an opportunity to listen to Dr. Lavanam. A brief introduction of Dr. Lavanam- aged about 85, he is the son of Gora (Late Sri Goparaju Ramchandra Rao garu), who set up an ashram sort of facility. His avowed goal was to rid the people of superstitions and other social evils. He is a brahmin by birth; he married his daughter to a person hailing from a scheduled tribe and his son (Dr. Lavanam) to a body hailing from scheduled caste. Dr. Lavanam aspired to be an aide to Mahatma Gandhiji. At a tender age, he joined as an aide to the Mahatma. He had been with the Mahatma throughout.

The essence of Dr. Lavanam's talk that summer evening at Dr. Manthena Satyanarayana Raju's Arogyalayam was pollution of Earth. His considered view was that if Gandhiji were alive today his endeavours would have been centred around pollution of Earth and he would have fought against indiscriminate exploitation of earth's resources. Even during his lifetime, he said, there was enough for everyone's need but not for everyone's greed.

In areas in and around Madhapur in Hyderabad already water paucity is being felt severely throughout the year due to too many bore wells being sunk in that area. People seem to believe that the water resources available underground are inexhaustible. If this rate of exploitation of natural resources goes on, one shudders to imagine what the situation would be like fifty years hence.

It is essential that people are made conscious of this fact. Seminars can be conducted and people should be educated of consequences of excessive exploitation. Imaginative programmes like movies depicting the horrors of indiscriminate exploitation can be shown instead of SciFi movies. While one understands well that one cannot draw beyond what one has deposited in one's bank account, one seems to be oblivious of the limitation of Earth's resources if the consumption exceeds the rate of replenishment. Conducting essay competitions and debates on conservation of natural resources would go considerable way in inculcating the consciousness of conservation of Earth among posterity.

- Sitarama Raju



Swaminarayan AKSHARDHAM

Swaminarayan Akshardham in New Delhi epitomizes 10,000 years of Indian culture in all its breathtaking grandeur, beauty, wisdom and bliss. It brilliantly showcases the essence of India's ancient architecture, traditions and timeless spiritual messages. The Akshardham experience is an enlightening journey through India's glorious art, values and contributions for the progress, happiness and harmony of mankind.

The Swaminarayan Akshardham complex was built in only five years through the blessings of HDH Pramukh Swami Maharaj of the Bochasanwasi Shri Akshar Purushottam Swaminarayan Sanstha (BAPS) and the colossal devotional efforts of 11,000 artisans and thousands of BAPS volunteers. Heralded by the Guinness World Record as the World's Largest Comprehensive Hindu Temple, the complex was inaugurated on 6 November, 2005.

What to Experience:

Akshardham Mandir



A traditional mandir (temple) dedicated to Bhagwan Swaminarayan that reflects the beauty and spirituality of India's ancient art, culture, and architecture

Nilkanth Varni Abhishek



A hallowed spiritual tradition in which prayers are offered for world peace and continual peace for oneself, family, and friends with the water of 151 holy rivers, lakes and ponds of India.

Exhibitions

Hall 1 - Hall of Values



Experience enduring human values through films and robotic shows that depict the ideals of nonviolence, honesty, family harmony, and spirituality.

Hall 2 - Giant Screen Film



Discover India through the incredible story of an eleven-year-old *yogi* named Nilkanth that brings to life the culture and spirituality of India's customs, the majesty of its art and architecture, and the unforgettable sights, sounds, and power of its awe-inspiring festivals.

Hall 3 - Cultural Boat Ride



Sail through 10,000 years of India's glorious heritage. Learn about the discoveries and inventions of the *rishi*-scientists of India, see the world's first university of Takshashila, sail through the caves of Ajanta-Ellora and discover India's contributions to humanity through the ages.

Musical Fountain - Circle of Life (Evenings at Sunset)



A spectacular musical fountain show that depicts the cycle of birth, life, and death as described in Indian philosophy.

Garden of India



Sixty acres of lush lawns, gardens and exquisite bronze statues, honouring India's child heroes, valorous warriors, national patriots and great women personalities who inspire values and character.

Lotus Garden



A lotus-shaped garden echoing spirituality as expressed by philosophers, scientists, and leaders throughout history.

Source: Delhi Tourism

इवल्लइरगोः षड्ढक = इश्रुणु विपार

tvAtumun

(Continued from last issue)

Last and Next (गत-, आगामि-)

Similarly, for the following usages, note the presence of upasargas: प्र-कल्पितवान्, वि-लपितवान्, सम्-प्र-आप्तवान्.

- 1) शूर्पणखायाः कोपं प्रकल्पितवान्।
- 2) सीतापहरणकारणात् बहु विलपितवान्।
- 3) कथञ्चित् सुग्रीवस्य साहयं गृहीतवान्।
- 4) सीता लङ्कायाम् अस्ति इति ज्ञातवान्।
- 5) रावणं हतवान्।
- 6) सीतां सम्प्राप्तवान्।
- 7) अयोध्यायां सुखेन बहुवर्षाणि यावत् राज्यं कृतवान्।
- 8) अन्ते ब्रह्मलोकं प्राप्तवान्।

For sentences 8th onwards, we can combine as: शूर्पणखायाः कोपं प्रकल्प्य, सीतापहरणकारणात् बहु विलप्य, कथञ्चित् सुग्रीवस्य साहयं गृहीत्वा, सीता लङ्कायाम् अस्ति इति ज्ञात्वा, रावणं हत्वा, सीतां सम्प्राप्य, अयोध्यायां सुखेन बहुवर्षाणि यावत् राज्यं कृत्वा, अन्ते ब्रह्मलोकं प्राप्तवान्।

As an exercise, you can combine all the 15 sentences into one composite sentence. Note that 'चिन्तितवान् - चिन्तयित्वा' is the combination. Fill the blank slots in the following 3-column list.

Past tense usage of the verb	Upasarga exists?	क्त्वान्तम् (-त्वा) अथवा ल्यबन्तम् (-य)
गतवान्	उपसर्गः नास्ति	गत्वा
		मिलित्वा
		कारयित्वा
		उषित्वा
		चिन्तयित्वा
प्र-आप्तवान् = प्राप्तवान्	उपसर्गः अस्ति	प्राप्य
		निहत्य
		प्रकल्प्य
		विलप्य
		गृहीत्वा
		ज्ञात्वा
		हत्वा
		सम्प्राप्य
		कृत्वा

(To be continued in the next issue)

- Krupalu Ogeti

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



Boost up your Immunity in all seasons

1. Pat yourself very gently just below the collar bone in the morning before leaving the bed, with left hand, till you get palpitation. Pat maximum 10-15 times. This helps to activate the thymus gland which is responsible for the immunity system in the body.

2. Acupressure; Colour Therapy; Seed therapy

- Press this (Fig-1) point, and search for painful point before placing light green color on it.
- Then stick a whole *moong* seed with paper surgical tape on this point.
- Leave the seed for 6 hrs.
- Repeat it for 10 days.

Then discontinue and check how well thymus has started working and body immunity system has increased.

3. Nail Therapy

- Take left hand little finger nail and left leg little finger nail

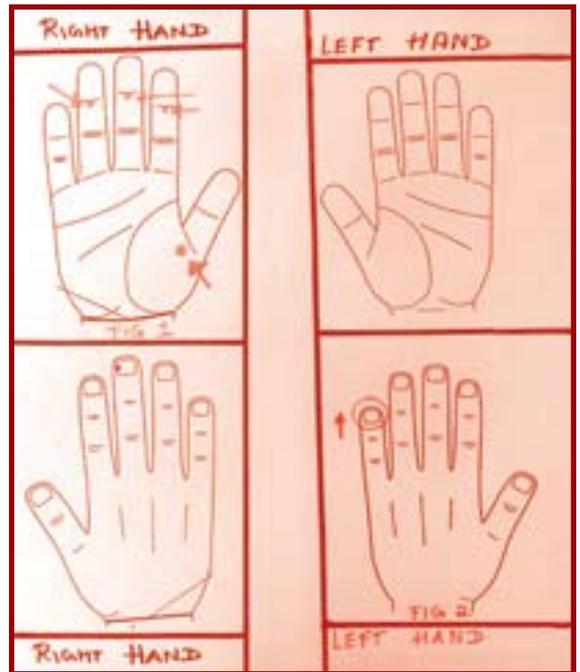
- Apply light green nail polish on it (Application of nail polish as per arrow shown in Fig-2)

Please make sure the polish is fresh, unchipped for 10 days.

Then, remove the polish

If needed any of the above treatments can be done again after a week's break. But any treatment can be done only for maximum 10 days at a time.

Prof. Park Jae Woo, the father of all the therapies, belongs to South Korea. He has taught us 26-27 types of different therapies under onnuri medicines. He started with Su (hand) Jok (foot) in Korean language.



All the treatment is done on hand/foot for any types of ailments with many different types of therapies like - Acupressure, Acupuncture, Seed, colour, Magnet therapies, Smile meditation, Twist Therapy.

We would like to help our readers to heal self & others from many types of ailments. With the weather changing from Summer to rainy season prompted the consideration of Immunity Boosting as this month's remedy.

Readers' requests to the writer for specific ailments and other information, help and questions, as per their need, are whole heartedly encouraged and shall be detailed in future issues of the magazine.

Kindly mail to nachiketanjali1@gmail.com

Sujok Therapist Mamtaa Agarwal
jd_mamta@yahoo.com





Ashram News

Yoga Mahotsav

The Rains paused, Sun came out all fired up, Earth started drying up, Winds started slowing down and Sky started clearing up. It was one of those rare days when all five elements of nature cooperated with the pure human spirit ...to make Yoga Day at Nachiketa Ashram a thumping success.

Nearly thousand school children with sheer willpower braced against the wet and windy weather on a Sunday early morning traveled away from their home on June 21st 2015, to take part in a groundbreaking new event - "International Yoga Day".

It marked the culmination of several weeks of hard work and dedicated efforts of selfless volunteers under the guidance of Swamiji and Mataji.

While all the participants performed *Hatha* "willpower" Yoga with perfection, the volunteers have subconsciously and silently performed *Karma* "selfless" Yoga in preparation for the Yoga Day.

Mataji took the stage and quickly captured the imagination of children and in no time they were transported from their physical world into the realm of meditation with the exquisite methodology of **Nachiketa Chaitanya Kriya** to settle the mind.

What followed was a spectacular performance of *Surya Namaskar* in perfect tandem with everyone around as though the children have realized the interconnectedness within and with every living thing around.

Kalaratna "Maestro" Dr. Ghazal Srinivas garu and Sri Damodhar Reddy garu, Project Director DWMA, Mahaboobnagar were the chief guests and featured speakers, inspiring children to champion environmental causes and encouraged them to plant and protect trees in their neighborhood.

Ghazal Srinivas's thought provoking speech on the sacrifices made by parents met with thunderous applause. The applause only grew louder and louder when Heeru (a true Nachiketa) was awarded for his stupendous achievement in 'The Green Print' Initiative to plant saplings.



A song of Prayer



Participants in action





Towards the end of the program *Prasad* and Certificates were distributed to all Yoga participants with support from Shivyoga volunteers. *Prasad* was sponsored by Sri Ghanshyam Das Sultania, Smt. Gayatri Kedia, Rajashree Nethi, Sunita Sultania and Sri Sarvesh Gupta.

With the motivation from these children high on willpower, a chance to interact with selfless volunteers like Muralidhar Garu, Venkat Ram garu, Mamta ji, Maheswari, Heeru, Purnachan-

dra Rao garu etc. and a captivating sunrise with fragrance of the earth after the heavy rains, it was truly a day to remember.

Just like Yoga is a union of body, mind and soul, International Yoga Day at Nachiketa Ashram was made possible with the union of selflessness of the volunteers, willpower of the participants and cooperation of the nature.

- *Ajith Nallari*



Brahmachari Prem Chaitanya demonstrates Surya Namaskaras

We are extremely thankful to

Sri Mohan Reddy, Ohio, USA

for his kind donation of
₹ 6,36,000 towards
Corpus Fund - Vidyadanam
for Nachiketa Tapovan Ashram

Donor

for her kind donation of
₹ 1 lakh Corpus Fund - Sponsor a Child Education
&
₹ 60,000/- Corpus Fund - Annadanam
for Nachiketa Tapovan Vidya Mandir



Natco Pharma Ltd.

Donated ₹ 7 Lakhs for Vedavyasa
Vidyalaya 1 classroom construction
at Nachiketa Tapovan Ashram

Smt. B. Udaya Lakshmi

for her kind donation of
₹ 1 lakh Corpus Fund -
Sponsor a Child Education
for Nachiketa Tapovan Vidya Mandir

Smt. G. Shyamala

for her kind donation of
₹ 1 lakh Corpus Fund - Sponsor a Child Education
for Nachiketa Tapovan Vidya Mandir



Happy Onam

28th August 2015



Friendship Day

*A friend is one
who knows you and
loves you
just the same.*

Elbert Hubbard





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. 262 children receive education in English as medium of language offering levels 1-10. Apart from education Yoga, Arts & Crafts, Vocational Training, Music, Dance, Sanskrit 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 76 corpus sponsorships, help us reach all of our 262 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 262 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)	₹ 5800/day
Alpa Aharam (Snacks)	₹ 1200/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)	₹ 60000/-
Alpa Aharam (Snacks)	₹ 10000/-

* 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")

NACHIKETA'S GO GREEN CLUB...



We convey our thanks to all the participants of the WOW initiative. You helped us earn **Rs. 17,530/-** in the month of June and helped in keeping Mother Earth cleaner by recycling about **2504 kg** of plastic and paper waste material.



Invitation

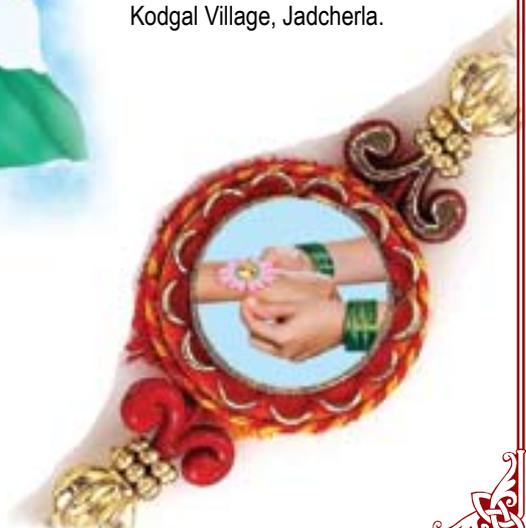


We cordially invite you to attend our celebrations



INDEPENDENCE DAY

15th August 2015 at 9am
at Nachiketa Tapovan, Kavuri Hills, Hyderabad.
&
at Nachiketa Tapovan Ashram,
Kodgal Village, Jadcherla.



RAKHI PURNIMA

28th August 2015 from 1pm to 2pm
at Nachiketa Tapovan, Kavuri Hills, Hyderabad.

2



Friendship Day

15



Independence Day

28



Onam

29



Raksha Bandhan

Festivals & Events of AUGUST 2015





Nachiketanjali



Why Advertise a Page in our Magazine?

- 📖 *Nachiketanjali's sole aim is to spread the message of universal truth, peace and love*
- 📖 *The publication is sold at a very nominal cost so that it is affordable and accessible to all*
- 📖 *You will lend a great hand in meeting our printing and mailing costs*
- 📖 *Nachiketanjali is circulated in many reading areas through subscriptions and free distributions and it reaches a wider audience throughout the city, state and country*
- 📖 *The magazine content is usually reread during the month and hence gives more visibility than a single newspaper Ad*

And to top it all...

- 📖 *You will involve in a noble and non-profit cause- a **Jnanayajna**, that is vital for today's world!*

HELP US KINDLE MORE HEARTS!

We invite individuals, institutions or corporations to

ADVERTISE A PAGE

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Duration	Actual Rate	Discounted Rate
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6 Months	72,000/-	60,000/-
1 Month	12,000/-	-

PAGE FACING BACK INSIDE COVER (B/W)		
Duration	Actual Rate	Discounted Rate
12 Months	96,000/-	80,000/-
6 Months	48,000/-	40,000/-
1 Month	8,000/-	-

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

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**.

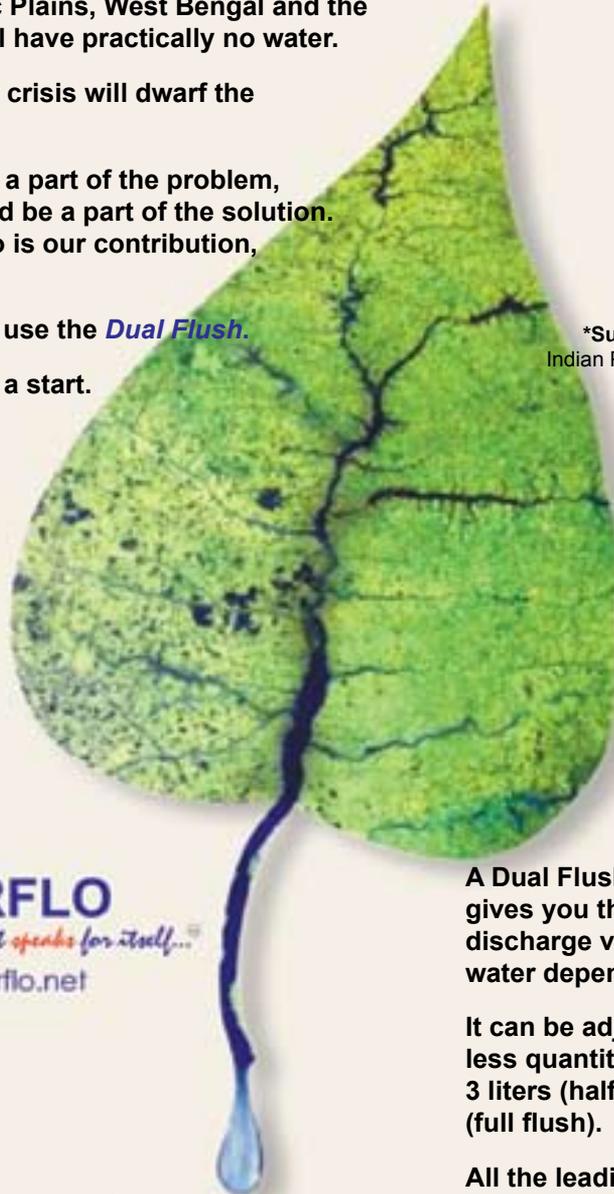
Flush the **Superflo** way, use the **Dual Flush**.

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