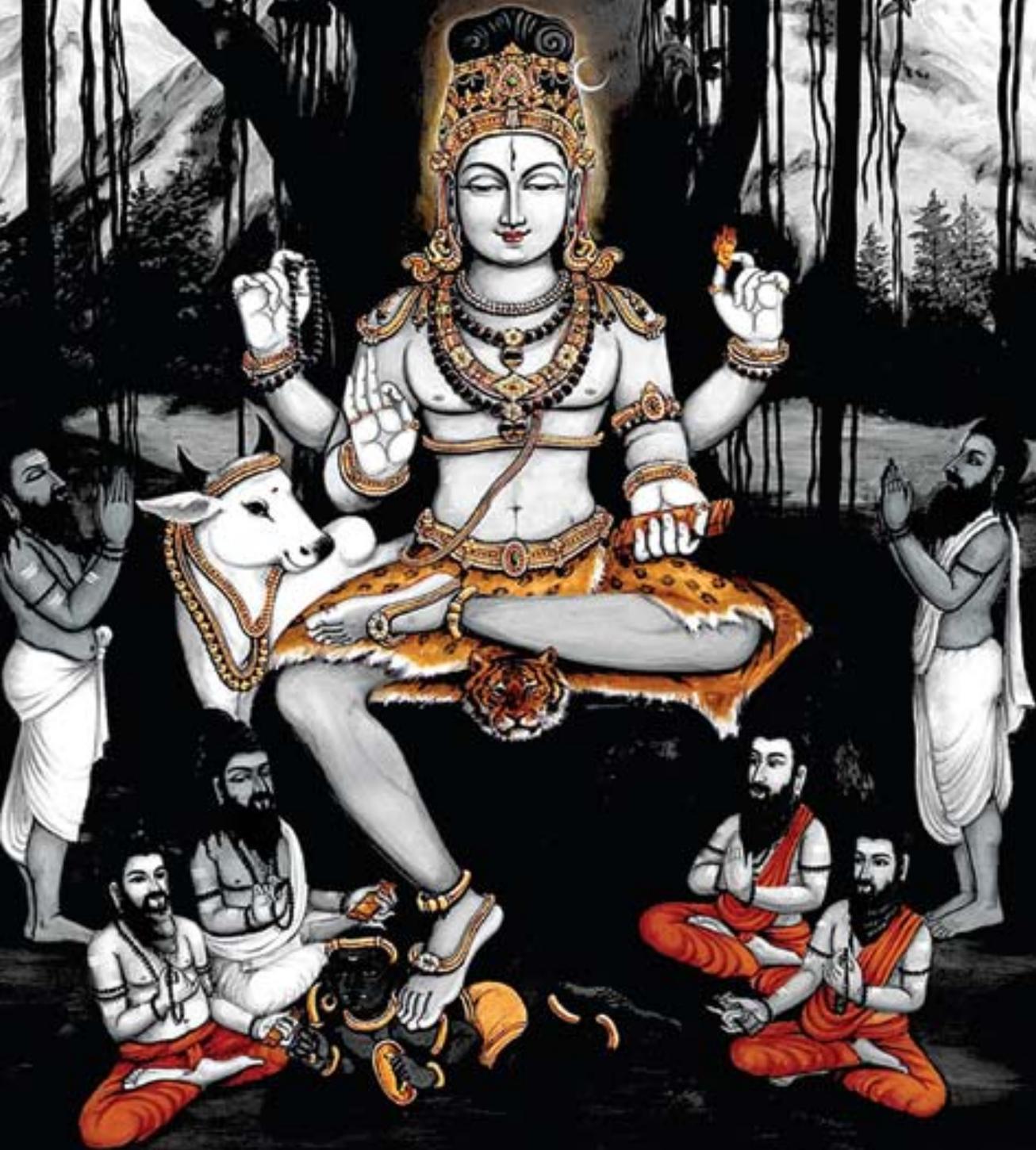


# *Nachiketanjali*

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# Life

We live in life. We talk about life.  
But we do not know what exactly life is.  
What a strange phenomenon!

It is like fish asking what the ocean is or  
bird asking what the sky is.  
Don't you think that, this strange phenomenon  
needs to be understood?

- *Swami Nachiketananda Puri*



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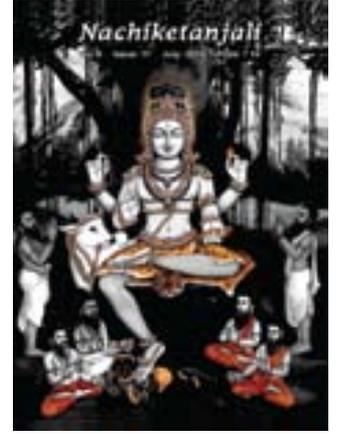
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## **Sri Dakshinamurthy**

*Lord Shiva manifested as Sri Dakshinamurthy when he decided to enlighten his disciples with the true knowledge that elevates and enriches. He is the Adi Guru and the Supreme teacher of Yoga, Jnana and even music. His teachings came in the form of silence which was inaudible to worldly ears. He had many rishis and sages as his disciples. However, his main disciples were Sanaka, Sananda, Sanathana and Sanatkumara who were born from the mind of Brahma.*

*When they met Sri Dakshinamurthy seated under a Banyan tree, facing the South, they were instantly drawn to him. They sat at his feet and asked him many shrewd and pertinent questions about the nature of reality and the means of attaining it. Sri Dakshinamurthy was overjoyed to see their earnestness, wisdom and maturity and out of great compassion imparted knowledge by answering all their queries. But the more he answered, more doubts arose in their minds and they came up with fresh questions. Sri Dakshinamurthy realized that there would be no end to their doubts arising out of their ignorance and decided to impart knowledge through silence. He merged himself into the Supreme Silence. Because of their maturity the four disciples also merged in the Supreme Silence and understood that Silence was the true state of the Self. They became enlightened and freed themselves from all fetters.*

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# GURU - Disciple

*bond is sacred*

We humans are ignorant if we think that we have control over our lives, actions and thoughts. In contrast there is a plan already in place, for every being on earth. All beings are interconnected and woven into one whole cosmic pattern. It is thus that nature has a way of knowing everything that happens within itself. There are no coincidences in life. Everything is part of a master plan. It is therefore essential to understand the plan designed for us and for this we need the help of a Guru.

Inner communion can happen in silence, for souls reside in silence. Many divine messages spring forth from this silence and when we stay tuned they are capable of being heard. Some get instantly transformed listening to these messages. Soul is the inner Guru, but it is not easy to have access to this inner Guru so we also need an external Guru who alone can guide us to the inner Guru- our soul. If the disciple is fortunate enough, the Guru enters his life, for when the disciple yearns, can a Guru refrain from responding? Can he turn him away? It is a karmic reward when the Guru chooses to enlighten his disciple.

The Guru embraces and enchants the disciple by weaving the spiritual web. He imparts eternal wisdom to the sincere disciple and the disciple starts experiencing indescribable, incredulous, celestial experiences. Light begins to dawn on the disciple opening up all his channels to receive the Divine wisdom. The disciple is swept up by the grace of the Guru. As the Guru-disciple relationship is firmly established, they grow closer in mind, intellect and spirit. The overpowering magnetism of the Guru shakes the disciple to the core.

Slowly, but steadily the disciple gains knowledge of the Self. Sincere pursuance gives him a glimpse of the Self. What a transcendental moment that would be! What an enrapturing experience! Love, light and energy engulf the disciple and he is hungry to learn more about this mystical knowledge of the Self. The disciple starts understanding how unified he is with all beings in nature. His vision and perception of the world changes and he becomes one, not only with himself but also with the universe.

When such souls connect, they contribute to bring a vast change in this mundane world? When a dolphin rides the deep sea, every fish around it enjoys the swift currents. They ride the foam much easier and frolic in the waves. Similarly, the world benefits by the sacred bond of Guru and the disciple.

*- Subhadra K.*



# Spiritual Quest

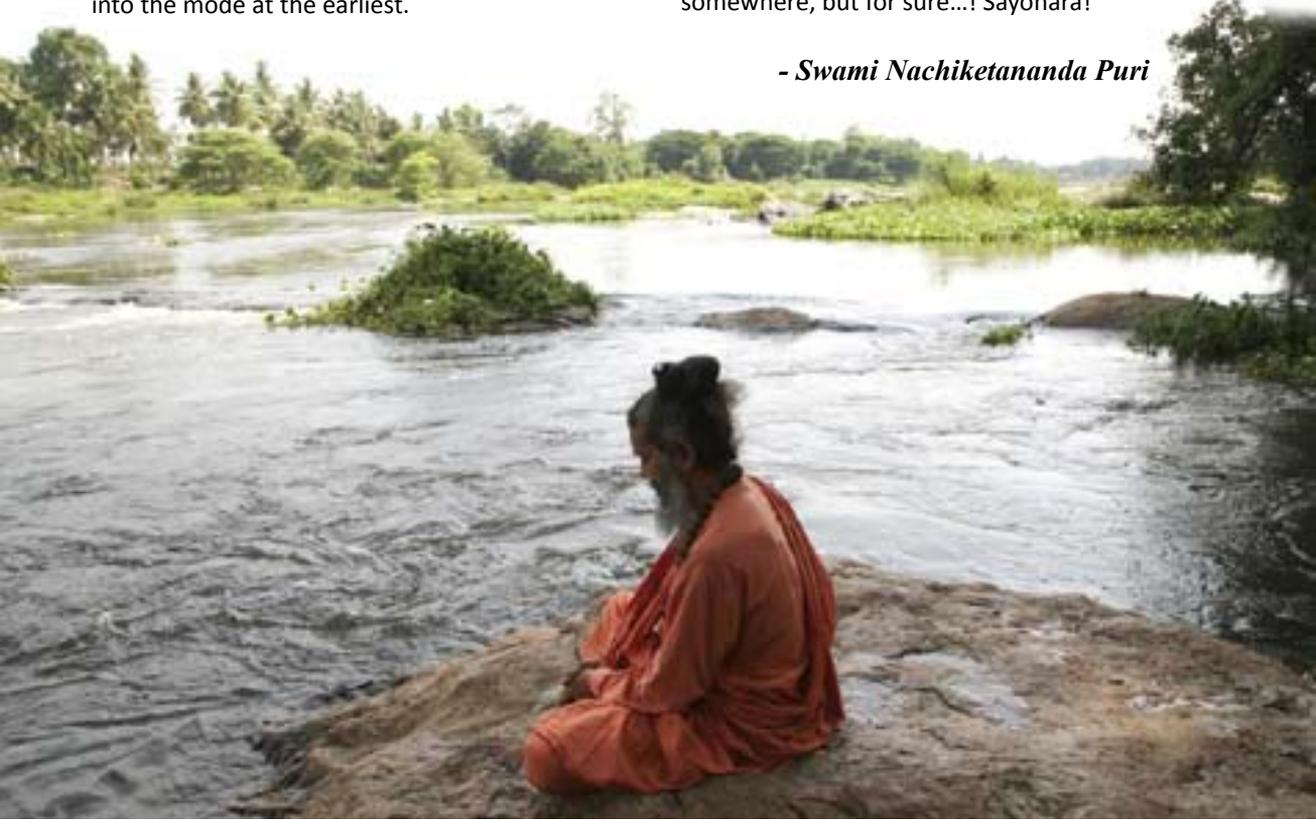
**Question:** I have been thinking about visiting the ashram for Sadhana. However, I've been initiated by my master and I fear that out of my ignorance, looking for anything outside of that will be foolish on my part?

**Swamiji:** Dear One! I understand the turmoil that is going on within. Remember, Gurus are not to bind anyone but to free *sadhakas* from everything. If you haven't yet started feeling yourself as a free soul, with unlimited possibilities then you haven't gotten any connection with anybody so far, to free yourself from all bondages. Remember one thing, when a baby starts holding the finger of the mother, it is time for the mother to allow the child to explore... and that's what the Guru does. If your Guru still holds your hand, then either you haven't grown up enough to be let free or it is just the friendly act by your Guru. Just somebody holding your hand is not enough in life, you also need to understand your own potential and start getting into the mode at the earliest.

Remember, it is after all 'free will' that makes sense to life and nothing else and, it is very much your own. Guru just brings to your notice that you have everything in you. If someone says that you lack free will, note down, you are free from that person for sure. Therefore, have faith in yourself first, know that you have free will and with the support of it, you only can deal with yourself directly and no one else.

People who are into business and into number games might create fear but a real Guru would never create fear in anyone but instead would allow you to walk the path that you have chosen for yourself. If you feel like meeting people, please do so. But it is up to you to take a call and decide whether you really want to visit somebody or not. Take a pause, make an attempt to peep within, have one to one interaction with yourself, and thou shalt know through thyself. I wish you good luck and happiness. See you soon dear, sometimes, somewhere, but for sure...! Sayonara!

- Swami Nachiketananda Puri



# DETERMINATION

*D*etermination plays an important role in our commitment towards our goals and in pushing ourselves to do better. We all acknowledge its importance- however when the time comes for us to actually become determined and begin to reach for our goals, somehow it slips out of our minds and we are consumed by fear and exhaustion. This applied to me also. Then, a week ago, I experienced something that led me to become more determined than ever.

I had gone on a camp along with my friends from school. At the camp site, we were engaged in many strenuous and physically challenging activities. These included wall climbing, archery, and the most difficult, a six hour trek that involved climbing up a mountain till we reached a new campsite. This trek was tiring to the extremes- just twenty minutes through, my legs ached sorely and I was drenched in sweat. Being a person who was never very physically active, I questioned my ability to continue. However, I persuaded myself to keep going. I told myself "I can do this." Before I knew it, I had reached the campsite. Yes, my legs still pained terribly and I was breathing hard with exhaustion- but I had done it. The mixed feeling of pride, relief, joy and immense exhilaration you feel upon completing a task you thought was impossible, is immeasurable.

At that point, standing up on that mountain, I realised that determination can only come from within. It isn't about whether you have the physical capability to do something or not. It is about whether you have the mental strength to push yourself and tell yourself to go on. Your journey forward can only begin when you let yourself go, and most importantly, keep a positive frame of mind.



Now, my example of the trek might be quite a simple one, but there have been many great people who have achieved impossible feats simply due to their determination. For instance, there was recently an Indian woman, Arunima Sinha, who made headlines for being the first physically challenged person to climb Mount Everest. This amazing young woman had scaled the massive mountain without one of her legs, which she had lost in an unfortunate train accident. Her disability hadn't crippled her, but instead motivated her to go further and achieve the impossible. Her determination proved to be her saviour.

Therefore, we must remember that in our darkest times the light that guides can only come from within- we must find the determination to keep going within ourselves. We cannot expect the world to motivate us if we cannot motivate ourselves. Determination and positive thinking is the key to any problem. So next time you look at a task and say "I can't", stop for a second and think again. Then, smile your biggest smile, and say "I can."

- Ria Thimmaiahgari

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## The Gospel of Sri Ramakrishna

On May 2nd 1883, about five o'clock in the afternoon Sri Ramakrishna arrived at the temple of the Brahma Samaj in Nandanbagan, accompanied by M., Rakhai, and a few other devotees. At first the Master sat in the drawing-room on the ground floor, where the Brahma devotees gradually assembled. Rabindranath Tagore and a few other members of the Tagore family were present on this occasion.

Sri Ramakrishna was asked to go to the worship hall on the second floor. A dais had been built on the eastern side of the room. There were a few chairs and a piano in the hall. The Brahma worship was to begin at dusk.

### Why temples are holy

As soon as the Master entered the worship hall he bowed low before the dais. Having taken his seat, he said to M. and the other devotees, "Narendra once asked me, 'What good is there in bowing before the Brahma Samaj temple?' The sight of the temple recalls to my mind God alone; then God-Consciousness is kindled in my mind. God is present where people talk about Him. One feels there the presence of all the holy places. Places of worship recall God alone to my mind.

"Once a devotee was overwhelmed with ecstasy at the sight of a babla-tree. The idea flashed in his mind that the handle of the axe used in the garden of the temple of Radhakanta was made from the wood of the babla. Another devotee had such devotion for his guru that he would be overwhelmed with divine feeling at the sight of his guru's neighbours. Krishna-consciousness would be kindled in Radha's mind



at the sight of a cloud, a blue dress, or a painting of Krishna. She would become restless and cry like a mad person, 'Krishna, where art Thou?' "

GHOSAL: "But madness is not desirable."

MASTER: "What do you mean? Was Radha's madness the madness that comes from brooding over worldly objects and makes one unconscious? One attains that madness by meditating on God. Haven't you heard of love-madness and knowledge-madness?"

A BRAHMO DEVOTEE: "How can one realize God?"

MASTER: "By directing your love to Him and constantly reasoning that God alone is real and the world illusory. The Aśwattha tree alone is permanent; its fruit is transitory."



You see many stars in the sky at night, but not when the sun rises. Can you therefore say that there are no stars in the heavens during the day? O man, because you cannot find God in the days of your ignorance, say not that there is no God.

- Sri Ramakrishna Paramahansa

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**Arise! Awake! And stop not till the goal is reached!**



# IT'S ALL IN YOUR HEAD



I don't like coconut chutney. My mother makes it once in a while to eat with dosa, because my father likes it a lot. One day, my mother made some kind of chutney that looked different. I didn't ask what it was and just started eating it! And guess what, I liked it a lot! I asked my mother what this chutney was, and she said that it was coconut chutney, but in a different colour because green chilli was swapped with red chilli. After all, chilli is chilli, no matter what the colour. Then it hit me that it's all in my head. This chutney tasted the exact same as coconut chutney, but I was able to enjoy it because I thought it was different. Every time I ate the usual coconut chutney I started off with a mindset that I don't like it! That's why I never enjoyed it!

A psychological problem is any day much worse than a physical one. It all depends upon your mindset. If you make up your mind about something, it is near impossible for any force in the world to change your mind. Be open about things. I've met many people who have made up their mind that Pakistani's are all terrorists. Some of these people don't go watch some movies because there is a Pakistani actor in the movie. I have mentioned in my previous articles that it is not good to generalize anything. Don't antagonize a whole community because of the actions of a few people. Similarly, politicians! We all think that all politicians are money hungry and power hungry. But we see quite a few examples of those who are the exact opposite.

I want to go jogging every day in the morning. When I wake up, it's still dark outside, so I switch off my alarm and go back to sleep. When I wake up again it's too late to go jogging. If I had made up my mind that, whether it is dark or raining or burning outside, I would go jogging, then I would not have slept back. It's easy to make up your mind to do something, but you have to work for it. If you are not working hard enough for it, it simply means that you haven't made up your mind!

Another place where it's all in your head is when you think too much about the things happening around you. Whenever you do something, don't think what other people will think of you. Do it because you love to do it. Other people may not even think anything bad about you. It's just inside your head.

When you fall ill, keep a positive mindset. If you think that you'll be fine, you will. But if you think something bad will happen, it will. There is a movie dialogue, which said, "If a person is brave, he can even live through a cancer. But if he is scared, he can even die of tonsils!" Courage and fear are once again, just things in your head.

A mindset does not just affect us humans. It can even affect the life of a God. Let me tell you a story. When Saint Tulsidas was writing the Ramcharitmanas, he described Lanka as being a beautiful city in pure white. The flowers were white, the buildings were white, everything was white. Instantly Lord Hanuman appeared and corrected Tulsidas Ji, saying that everything was red in colour as he had seen it with his own eyes. Now both of them got into an argument and approached Lord Rama to settle it. Lord Rama told them that Tulsidas Ji was right. Lord Hanuman felt wronged and said, "How is that possible!? I have seen it with my own eyes!" Lord Rama explained to him that, when he went to Lanka, he was full of anger, and that's why it reflected in his vision, thus making Lanka appear red in colour! In this way, we can see how Lord Hanuman's anger, made him see things in a different way!

So,

Keep a check on what's inside your head,

For it can change everything on the outside!

**N. Rohan C. Govind**

Class 12,

GT Aloha Vidya Mandir, Chennai





## ***Moon of Miracle***

*R*emember when you were a child  
Young, naive and carefree  
Not caring what anyone thought  
As long as you were happy

Then something came along  
You fell and scraped an elbow  
As fast it came, the smile vanished  
And all you remembered was the sorrow

You see it now  
You see it then  
It disappears  
It comes back again

But just because we don't see it  
That doesn't mean it's disappeared  
It might be covered by the clouds  
But it always will be there

Happiness will never leave  
Even if there's a wave of grief  
But it can still be fleeting and fast  
Just nurture it and make it last

When you see the dazzling moon  
Forget about the future and past  
Don't think about the clouds that cover it  
Just cherish it until it lasts

At moments the cloud might take over  
Not letting you see the moon  
But know that when hope seems lost  
Happiness can still come back soon

So laugh it off, and enjoy the scene  
Forget about the drama and sorrow  
No matter what, the moon will stay  
So live like there's no tomorrow.

*- Pratya Poosala*

## ***Rhapsody at the Feet of my Master***

*H*e called me to come to his room  
And the moment I entered into his room  
I felt as if I am entering  
The sanctum Sanctorum  
He sat down on his chair  
And closed his shimmering eyes  
His face was having a shine of another world  
What a rhapsody I felt at his feet!  
With his calm breaths  
My breathing also became calm  
Bliss was just overflowing from him  
And that bliss surfaced everything  
Words are inadequate to say something  
About that experience  
I was wondering whether  
I am in a trance or it is a reverie  
I tasted rhapsody of peace first time at his feet  
He was in a trance  
I just put my head on his feet  
And went into a semi-trance state  
God knows how many hours passed  
Neither had he opened his eyes  
Nor I removed my head...

*- Lokendra Singh*





# My Master

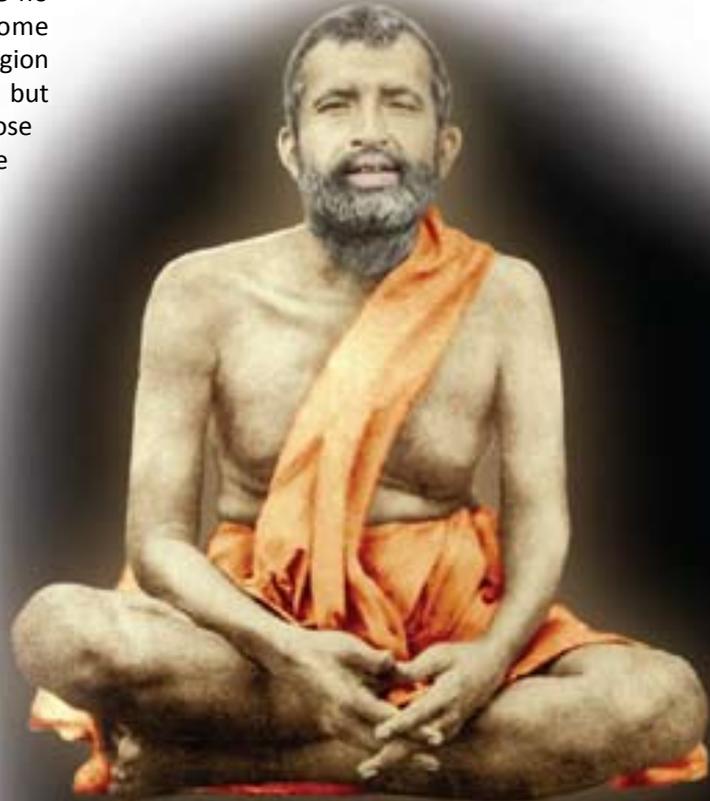
Today the name of Sri Ramakrishna Paramahansa is known all over India to its millions of people. Nay, the power of that man has spread beyond India; and if there has ever been a word of truth, a word of spirituality that I have spoken anywhere in the world, I owe it to my Master; only the mistakes are mine.

This is the message of Sri Ramakrishna to the modern world: "Do not care for doctrines, do not care for dogmas, or sects, or churches, or temples; they count for little compared with the essence of existence in each man, which is spirituality; and the more this is developed in a man, the more powerful is he for good. Earn that first, acquire that, and criticize no one, for all doctrines and creeds have some good in them. Show by your lives that religion does not mean words, or names, or sects, but that it means spiritual realization. Only those can understand who have felt. Only those who have attained to spirituality can communicate it to others, can be great teachers of mankind. They alone are the powers of light."

The more such men are produced in a country, the more that country will be raised; and that country where such men absolutely do not exist is simply doomed, nothing can save it. Therefore my Master's message to mankind is: "Be spiritual and realize truth for yourself." He would have you give up for the sake of your fellow-beings. He would have you cease talking about love for your brother, and set to work to prove your words. The time has come for renunciation, for realization; and then

you will see the harmony in all the religions of the world. You will know that there is no need of any quarrel. And then only will you be ready to help humanity. To proclaim and make clear the fundamental unity underlying all religions was the mission of my Master. Other teachers have taught special religions which bear their names, but this great teacher of the nineteenth century made no claim for himself. He left every religion undisturbed because he had realized that in reality they are all part and parcel of the one eternal religion.

- Swami Vivekananda



# THE **2** WINDOWS

Two windows are there: one looks on to space,

The other on the world, both blurred by thought

Of I and mine. This stopped; now not a trace

Through that first window still was seen of ought,

And none to see, no seeker and no sought.

And yet no blankness this,

But unimagined bliss,

It's gateway not through terror but through

Grace.

"The world and dissolution, day and night,

Both are, eternally." "All things join hands

In cosmic dance," all things now seen aright:

The gnarled and somber northern pine-trees stand,

And star-shaped jasmine of this sun-baked land;

Through the breached ego-wall

Pure love flows out to all,

Even a stray dog draws love as a child might.

Is and Is not, both at once are true,

"Although to sight they seem to alternate."

Life, death, pass over, but they are not you;

Fate fashions life, while you, immaculate,

Remain unchanged beyond life, death and fate.

You feel love outward flow

Towards others, while you know

All otherness a dream, the Truth not-two.

**Be Still, It Is The Wind That Sings**

**Arthur Osborne**

**Sri Ramanasramam**

## An Appeal

Basic education is a distant dream for hundreds of underprivileged in and around the villages of Jadcherla Mandal. Education is the fundamental right of every child. Nachiketa Tapovan Vidya Mandir strives to make basic education an achievable goal for these children.

*Help us Build! Help us secure a safer place!*

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The rapidly rising costs of building materials have placed a great strain on our ability to complete the projects. With your helping hands we aim to change the course of many.

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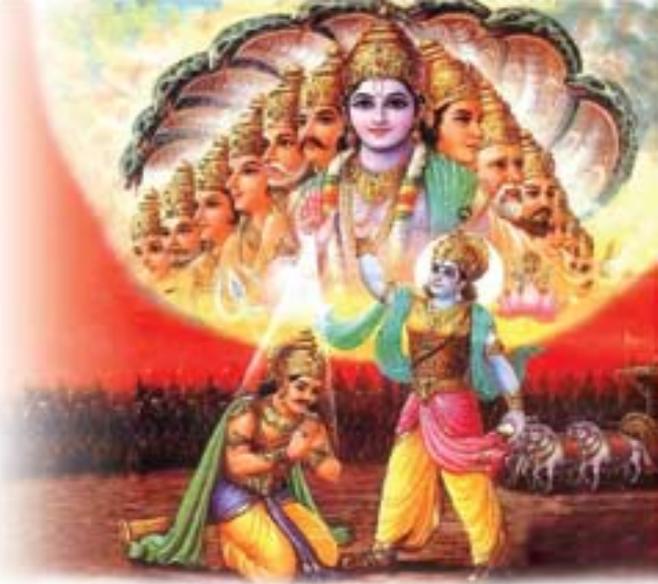
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# THE VARIOUS GITAS – and the place of bhagavad gita among them

There are innumerable works in world literature that bear the name Gita as a suffix, like Ashtavakragita, Avadhutagita, Ribhugita, Brahmagita, Vasishtagita, Hanumadgita, Parasaragita, Sivagita, Hamsagita, Bikshugita, Kapilagita, Devigita and so on. But it is significant to note that the title of Gita is applied to Bhagavadgita only and to no other work. According to common usage, since Krishna uttered the Gita, it should have been called Krishna Gita. But the title for this wonderful work is not Krishna Gita, but Bhagavadgita. It is not the utterance of a sage or saint, poet or philosopher, or even any divine incarnation, but it is the veritable utterance of God Himself. The title is justified by its universality and its freedom from narrow limits of sects and creeds. Therefore great western thinkers like Maxmuller, Carlyle, Edwin Arnold, Annie Besant and others felt its magnetic power, studied it, reformed their lives according to its teaching and popularized the work in the world. Edwin Arnold rendered it into English poetry under the beautiful title “The Song Celestial”. Such tributes inspire reverence for the work. The Gita is translated into many languages all over the world and millions of people are thus enabled



to fill their life with peace and bliss by drinking deep the pure waters of spiritual knowledge that flow from the book.

## GITA – THE MOTHER

In fact, the Gita is not merely a book in the ordinary sense of the word. Gita is the Mother. The living spirit of a mother's heart breathes through it. When Lord Krishna dispensed with his Avatara, he left the Gita behind for the benefit of mankind. Ever since, Gita is conferring the blessing of wisdom and removing the sorrows of mankind... As the universal Mother, the Gita makes no distinction among her children. She welcomes all to her bosom. She declares with her majestic voice that liberation is the birthright of all humanity without distinction of race and religion, colour and nationality, age and sex.

Source: Gita Makarandam  
by Swami Vidyaprakashananda

*The need of a GURU*

BRAHMO: “Is spiritual knowledge impossible without a Guru?”

MASTER: “Satchidananda alone is the Guru. If a man in the form of a Guru awakens spiritual consciousness in you, then know for certain that it is God the Absolute who has assumed that human form for your sake. The Guru is like a companion who leads you by the hand. After the realization of God, one loses the distinction between the Guru and the disciple. ‘That creates a very difficult situation; there the Guru and the disciple do not see each other.’ It was for this reason that Janaka said to Sukadeva, ‘Give me first my teacher's fee if you want me to initiate you into the Knowledge of Brahman.’ For the distinction between the teacher and the disciple ceases to exist after the disciple attains to Brahman. The relationship between them remains as long as the disciple does not see God.”

# Becoming a witness

“Stillness is the only thing in this world that has no form. But then, it is not really a thing, and it is not of this world.”

- Eckhart Tolle

I'm beginning to see clearly, that the more gracefully and gently we handle life and whatever life has to offer to us, that much more we evolve and grow and go deeper...

And whatever is happening, the easy sublime days and the painfully tough days, the free flowing moments and the excruciatingly dragging moments, the joyful completeness and the gnawing emptiness... is what was meant to be in that moment... **what we make of it, 'how' we 'receive' it and how we 'respond' to it, will determine where we go from there...**

In this moment if we are in depression or sinking or the perspective isn't there, in this moment if we are being sucked into a negative spiral of self-pity

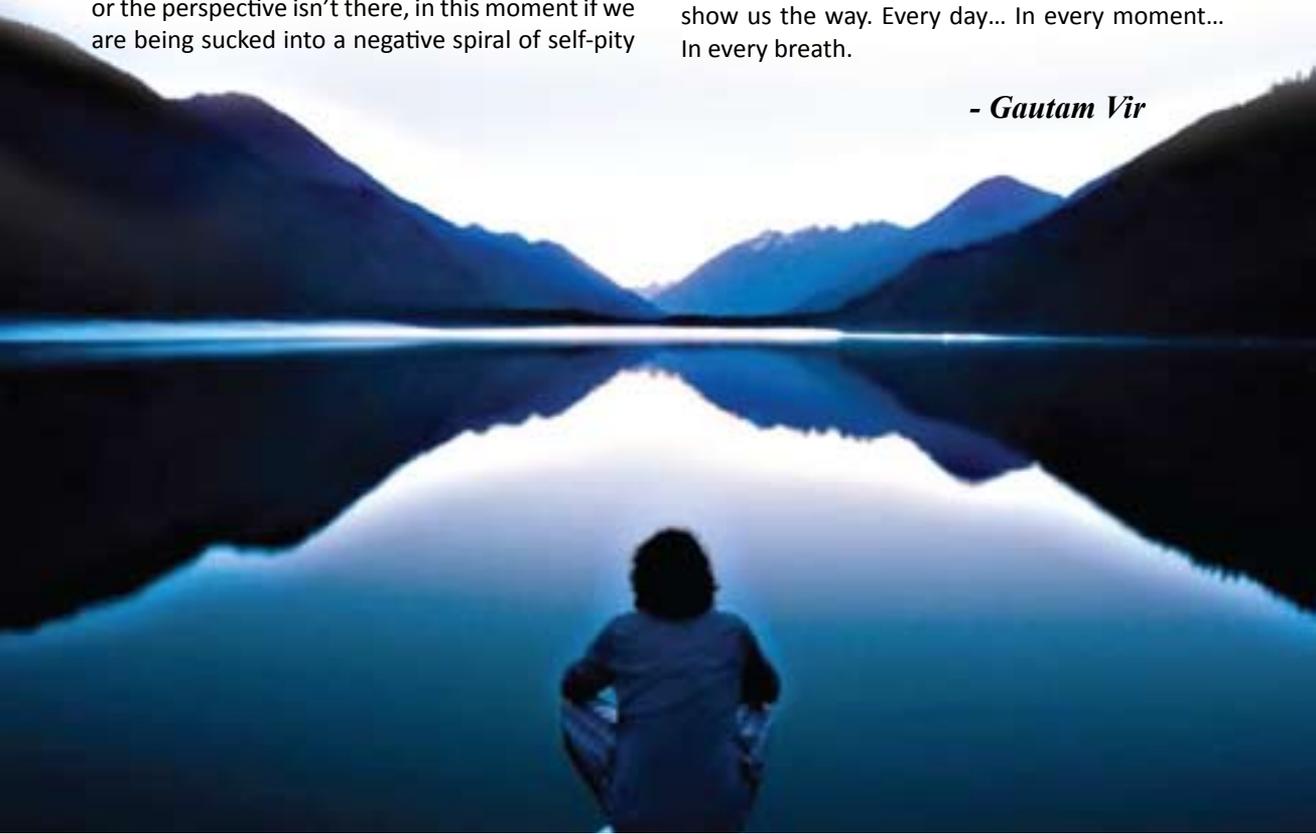
and loneliness and disillusionment...then for some time let's not fight it, let's not press the panic button...let's simply observe, simply be a witness to it... **And the moment we become still and become a witness in the true sense of the word, the mysteries and magic of life reveal themselves to us.**

We simply need to have this faith within ourselves that life and the universe is on our side... that we are part of the sublime magic and everything that is happening in this moment...

**We can either become one with this huge creation or remain a spec of insignificant self-absorbed life...**

It is my wish and prayer that we choose the first option each and every time we are faced with this question... It's my wish and prayer that the grace of our Guru(s) is always there to guide us and show us the way. Every day... In every moment... In every breath.

- Gautam Vir

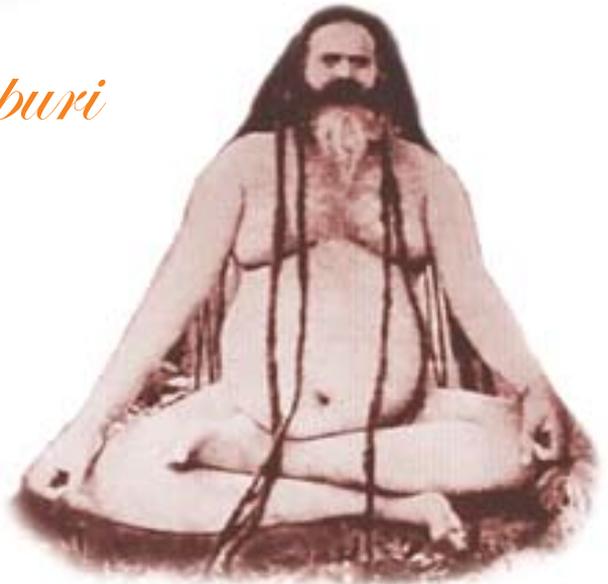


# Totapuri

Totapuri arrived at the Dakshineswar temple garden toward the end of 1864. Perhaps born in the Punjab, he was the head of a monastery in that province of India and claimed leadership of seven hundred sannyasis. Trained from early youth in the disciplines of the Advaita Vedanta, he looked upon the world as an illusion. The Gods and Goddesses of the dualistic worship were to him mere fantasies of the deluded mind. Prayers, ceremonies, rites, and rituals had nothing to do with true religion, and about these he was utterly indifferent. Exercising self-exertion and unshakable will-power, he had liberated himself from attachment to the sense-objects of the relative universe. For forty years he had practiced austere discipline on the bank of the sacred Narmada and had finally realized his identity with the Absolute. Thenceforward he roamed in the world as an unfettered soul, a lion free from the cage. Clad in a loin-cloth, he spent his days under the canopy of the sky alike in storm and sunshine, feeding his body on the slender pittance of alms. He had been visiting the estuary of the Ganges. On his return journey along the bank of the sacred river, led by the inscrutable Divine Will, he stopped at Dakshineswar.

Totapuri, discovering at once that Sri Ramakrishna was prepared to be a student of Vedanta, asked to initiate him into its mysteries. With the permission of the Divine Mother, Sri Ramakrishna agreed to the proposal. But Totapuri explained that only a sannyasi could receive the teaching of Vedanta. Sri Ramakrishna agreed to renounce the world, but with the stipulation that the ceremony of his initiation into the monastic order be performed in secret, to spare the feelings of his old mother, who had been living with him at Dakshineswar.

On the appointed day, in the small hours of the morning, a fire was lighted in the Panchavati. Totapuri and Sri Ramakrishna sat before it. The flame played on their faces. "Ramakrishna was a small brown man with a short beard and beautiful eyes, long dark eyes, full of light, obliquely set and



slightly veiled, never very wide open, but seeing half-closed a great distance both outwardly and inwardly. His mouth was open over his white teeth in a bewitching smile, at once affectionate and mischievous. Of medium height, he was thin to emaciation and extremely delicate. His temperament was high-strung, for he was supersensitive to all the winds of joy and sorrow, both moral and physical. He was indeed a living reflection of all that happened before the mirror of his eyes, a two-sided mirror, turned both out and in." (Romain Rolland, *Prophets of the New India*, pp. 38-9.) Facing him, the other rose like a rock. He was very tall and robust, a sturdy and tough oak. His constitution and mind were of iron. He was the strong leader of men.

In the burning flame before him Sri Ramakrishna performed the rituals of destroying his attachment to relatives, friends, body, mind, sense-organs, ego, and the world. The leaping flame swallowed it all, making the initiate free and pure. The sacred thread and the tuft of hair were consigned to the fire, completing his severance from caste, sex, and society. Last of all he burnt in that fire, with all that is holy as his witness, his desire for enjoyment here and hereafter. He uttered the sacred mantras giving assurance of safety and fearlessness to all beings, who were only manifestations of his own Self. The rites completed, the disciple received from the Guru the loin-cloth and ochre robe, the emblems of his new life.

The teacher and the disciple repaired to the meditation room nearby. Totapuri began to impart to Sri Ramakrishna the great truths of Vedanta.

“Brahman”, he said, “is the only Reality, ever pure, ever illumined, ever free, beyond the limits of time, space, and causation. Though apparently divided by names and forms through the inscrutable power of *maya*, that enchantress who makes the impossible possible, Brahman is really One and undivided. When a seeker merges in the beatitude of *samadhi*, he does not perceive time and space or name and form, the offspring of *maya*. Whatever is within the domain of *maya* is unreal. Give it up. Destroy the prison-house of name and form and rush out of it with the strength of a lion. Dive deep in search of the Self and realize It through *samadhi*. You will find the world of name and form vanishing into void, and the puny ego dissolving in Brahman-Consciousness. You will realize your identity with Brahman, Existence-Knowledge-Bliss Absolute.” Quoting the Upanishad, Totapuri said: “That knowledge is shallow by which one sees or hears or knows another. What is shallow is worthless and can never give real felicity. But the Knowledge by which one does not see another or hear another or know another, which is beyond duality, is great, and through such Knowledge one attains the Infinite Bliss. How can the mind and senses grasp That which shines in the heart of all as the Eternal Subject?”

Totapuri asked the disciple to withdraw his mind from all objects of the relative world, including the Gods and Goddesses, and to concentrate on the Absolute. But the task was not easy even for Sri Ramakrishna. He found it impossible to take his mind beyond Kali, the Divine Mother of the Universe. “After the initiation”, Sri Ramakrishna once said, describing the event, “Nangta began to teach me the various conclusions of the Advaita Vedanta and asked me to withdraw the mind completely from all objects and dive deep into the Atman. But in spite of all my attempts I could not altogether cross the realm of name and form and bring my mind to the unconditioned state. I had no difficulty in taking the mind from all the objects of the world. But the radiant and too familiar figure of the Blissful Mother, the Embodiment of the essence of Pure Consciousness, appeared

before me as a living reality. Her bewitching smile prevented me from passing into the Great Beyond. Again and again I tried, but She stood in my way every time. In despair I said to Nangta: ‘It is hopeless. I cannot raise my mind to the unconditioned state and come face to face with Atman.’ He grew excited and sharply said: ‘What? You can’t do it? But you have to.’ He cast his eyes around. Finding a piece of glass he took it up and stuck it between my eyebrows. ‘Concentrate the mind on this point!’ he thundered. Then with stern determination I again sat to meditate. As soon as the gracious form of the Divine Mother appeared before me, I used my discrimination as a sword and with it clove Her in two. The last barrier fell. My spirit at once soared beyond the relative plane and I lost myself in *samadhi*.”

Sri Ramakrishna remained completely absorbed in *samadhi* for three days. “Is it really true?” Totapuri cried out in astonishment. “Is it possible that he has attained in a single day what it took me forty years of strenuous practice to achieve? Great God! It is nothing short of a miracle!” With the help of Totapuri, Sri Ramakrishna’s mind finally came down to the relative plane.

Totapuri, a monk of the most orthodox type, never stayed at a place more than three days. But he remained at Dakshineswar eleven months. He too had something to learn.

Totapuri had no idea of the struggles of ordinary men in the toils of passion and desire. Having maintained all through life the guilelessness of a child, he laughed at the idea of a man’s being led astray by the senses. He was convinced that the world was *maya* and had only to be denounced to vanish forever. A born non-dualist, he had no faith in a Personal God. He did not believe in the terrible aspect of Kali, much less in Her benign aspect. Music and the chanting of God’s holy name were to him only so much nonsense. He ridiculed the spending of emotion on the worship of a Personal God.

[www.ramakrishnavivekananda.info](http://www.ramakrishnavivekananda.info)



*From pain comes strength. From the negative comes the positive.  
Relish in this strength. Nurture it. It will take you through the great  
fire. It will pull you up to the high path. It will light you up to serve as  
a beacon for humanity. Sentient beings will come out of the darkness to  
your beacon of light to destroy the lower destructive self.*

***Sri Babaji***

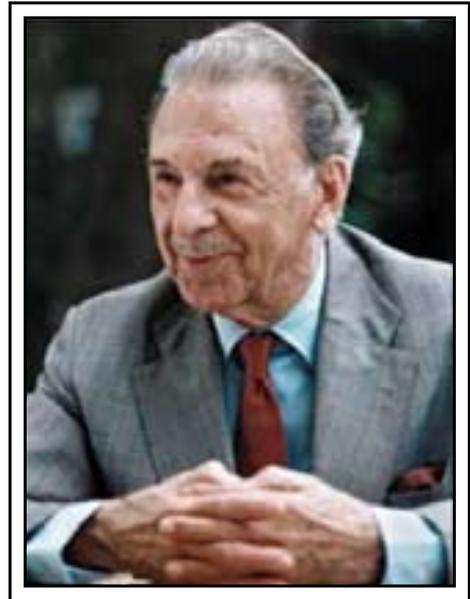


# Business with Values and Social Responsibility

July 29 is the birthday of Jehangir Ratanji Dadabhoy Tata, a business tycoon with a difference. He was the Chairman of the Tata group from 1938 to 1988, and under his Chairmanship, the group grew from 14 enterprises to 95 enterprises (including those in which the group held controlling interest). He founded India's first commercial airlines, Tata Airlines, which went on to become Air India, India's national airline.

"Money is like manure. It stinks when you pile it; it grows when you spread it." A person epitomizing this was Tata. Being the trustee of the Sir Dorabji Tata Trust right from its inception in 1932, he spearheaded the establishment of Asia's first cancer hospital, the Tata Memorial Centre for Cancer, Research and Treatment, in Bombay in 1941. He was instrumental in founding the Tata Institute of Social Sciences (the first school of social work in India), the Tata Institute of Fundamental Research (an outstanding centre of scientific research), and the National Centre for Performing Arts (a multipurpose cultural centre devoted to preservation and promotion of India's cultural heritage). He would say, "I do not want India to be an economic superpower. I want India to be a happy country." He surely did his bit and a lot more for spreading happiness.

According to him, "To lead men, you have to lead them with affection." For him, employee welfare was of paramount importance. He believed that employees should have a strong voice in the management of companies. What we see today in numerous labour welfare legislations were voluntarily put in place by J.R.D.Tata even before the laws were enacted. Mrs. Sudha Murty, the Chairperson of the Infosys Foundation relates an anecdote when Mr. Tata stayed back with her, then an ordinary engineer in Telco, as she was waiting for her husband to pick her up from office. He was the chairman of the company where she was working as an ordinary engineer, yet there was no air of superiority.



Jehangir Ratanji Dadabhoy Tata

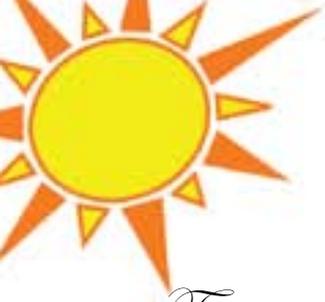
When one does one's work with passion and dedication, awards and recognition follow. He was felicitated with a number of awards, including our country's highest civilian honour, the Bharat Ratna. It would not be an exaggeration to say that the awards got honoured because they were bestowed on him. That he was deeply revered is evident from the fact that on his death, the Parliament of India was adjourned, which is usually done only for members of the Parliament.

Isn't his life worth emulating? Today, we become arrogant after achieving little success or growing taller in a post. But, Mr. Tata was ever humble. As people affectionately addressed him, 'appro JRD' (appro in Gujarati means 'our') truly epitomized values. He was a great businessman, yet a social engineer. He managed an empire as huge as the Tatas but he always had time for society and placed social responsibility at the forefront. Salutations to the great man!

- Neetika Gogula

An advocate and has passion for writing on social issues.





# Summer Camp 2016

The Personality Development Summer Camp 2016 was conducted between 1st and 8th of May 2016 at Nachiketa Tapovan, Hyderabad. Children from various schools participated in the program and clearly enjoyed it. Every day would start with Yoga conducted by Manikanta, a student of Nachiketa Tapovan Vidya Mandir. Next would be a one minute game that tested the campers' ability to act under pressure and would make them active after *Shavasana*. The campers would then break for breakfast. After breakfast there would be a *Bhajans* session by Rohan Bhaiyya. The children actively participated and sang *Bhajans*. Next would be a story telling session by Gayathri Ma. Various stories about mythology and moral values were narrated to the children. After this the children were made to face their stage fear and become bold. They were given activities like Shipwreck, Adzap, Debates, Skits etc. By the end of the camp, every child left feeling bolder than ever. After this session, Vandana Ma would tell the

children the reason behind the various practices we follow in Hinduism. She also told them a lot about going Green. Hungry, the campers would break for lunch. After lunch would be a craft session conducted by Vandana Ma and Navitha Ma with the invaluable support of Latha Ma. The children were given waste materials and they came out with many creative ideas. Next would be the Hanuman Chalisa class by Ravi Ganesh Sir, because of whom, the children were able to recite the entire Chalisa by the end of 7 days. Finally the children would play a game divided into two teams, which taught them team spirit, and sportsmanship. On the last day, i.e., 8th of May, the children put up a show for their parents, by showcasing all that they had learnt in the past week. The day ended with a talk by Mataji- Swami Shivananda Puri followed by lunch, where painful good byes were told, emails and phone numbers exchanged and all children finally returned home with expectations of another camp next year.



# Vivekachudamani

***Labdhva kathamcit nara-janma durlabham  
tatrapī pumstvam srutipara-darsanam***

***Yastvatmamuktau na yateta mudhadhih sa  
hyatmaha svam vinihantyasadgrahad – 4***

***Itah ko nu asti mudhatma yastu svarthe  
pramadyati;***

***Durlabham manusam deham prapya tatrapī  
paurusam – 5***

The man who, having by some means obtained a human birth, with a male body and mastery of the Vedas to boot, is foolish enough not to exert himself for self-liberation, verily commits suicide, for he kills himself by clinging to things unreal. What greater fool is there than the man who having obtained a rare human body and a masculine body too, neglects to achieve the real end of this life?

Having by some means obtained a human birth, that too with a male body and mastery of the Vedas to boot and yet that foolish man who doesn't strive to attain spiritual freedom, what is he actually doing? Such a one is verily committing suicide. Why? Because he kills himself by clinging to unreal things. It is not suicide of the body, but of the soul. As far as man is concerned, death of the body is not a serious matter, but death of the soul is a great danger, because he thereby shuts the door to his infinite dimension. Such people repeatedly commit this kind of suicide.

Today millions of people commit this kind of suicide every day! Their lives are suicidal in the sense that it is centered merely on the body and senses and motivated by their narrow circle of selfish interests. Human life today firstly needs to be released from this thralldom to sensory existence to find a higher expression in the form of concern for one's fellowmen and a life dedicated to self-sacrifice and service. Swami Vivekananda writes to the Maharaja of Mysore in a letter ... 'They alone live who live for others, the rest are more dead than alive.'

What an utterance! How many millions of people are dead today from this point of view!

That's why Vivekananda referred to Vedanta as a means to de-hypnotize people. People are hypnotized into thinking that they are men, women, rich, poor, black, white, Hindu, Christian, Muslim, etc. without even an inkling of the knowledge of their potential divinity, which is their true identity. We have to de-hypnotize mankind. Man as the Self, of the nature of pure-consciousness, is unknown to most of us.

Therefore, says Shankara: 'having obtained a rare human body and a masculine body too, what greater fool is there than the man who neglects to achieve the real end of his life? Having got this rare human body, if one does not put it to right use, being attached to unreal things, one is truly a fool. Such a person may think he is intelligent, but actually he is a fool, because his sensate life makes him self-centered and bound, shutting the doors to his infinitude and thus causing his spiritual death.'

Thus the main purpose of human birth is the realization of the Atman and the attainment of the supreme freedom.

**Source: The Message of Vivekachudamani  
By Swami Ranganathananda**

# *Is external beauty indispensable?*

External beauty might give happiness but in fact it is the inner beauty we have to perceive. An apple might look glossy and attractive on the exterior but its inside might be rotten and inedible. If we spend all our lives giving importance to external beauty alone, we are sure to regret in our old age when the beauty diminishes. Eternal beauty always lies within and not in the exterior.

Here is the story of Rambola who got confused with external beauty. He was born with all 32 teeth and stayed in his mother's womb for 12 months. Soon after birth, instead of crying, he uttered the name Rama and hence was named Rambola. However his parents died when he was still young and he became an orphan. At the age of five years, Rambola was adopted by Naraharidas, a Vaishnava ascetic of Ramananda's monastic order. Rambola treated him like his Guru and would often ask him to narrate stories from the Ramayana. Listening to the Ramayana, he eventually became a great devotee of Sri Rama and translated the great epic Ramayana in Hindi.

Once, Rambola set out on a pilgrimage. Midway he came to know that Ramanandacharya had the Divine *Darshan* of Sri Sita Rama at Jagannath Kshetra in Puri. He too aspired for the Divine *Darshan* and proceeded to Puri. But he was utterly disappointed when he saw the incomplete form of the deities made of wood. He didn't find the deities to be beautiful in any way and he left the place saying 'My Rama is not here'. He went and sat under a tree feeling dejected. A little boy approached him and offered him *Prasad* saying "Lord Jagannath has sent you this *Prasad*." Rambola refused to accept it.

"The entire world craves to receive this *Prasad*, why not you?" asked the little boy. "I don't have the habit of partaking, any food without offering to my *Ishta*, Sri Rama. But what I see in the temple is a mere wooden doll without hands and legs and unsightly ball like eyes. How can I offer him this *Prasad* sent by Lord Jagannatha" replied Rambola. The little boy laughed and said "Did you not write in your Ramayana that God is capable of doing everything and he doesn't need a physical body with hands and legs?" Listening to this, Rambola was flabbergasted. He now understood the secret behind Jagannatha's form in the temple.

'Yes, I did write that the Lord doesn't need eyes, ears, nose, hands or legs to function like us humans. He can be formless and yet create this entire universe. Then why did I think of Lord Jagannatha in this manner', ruminated Rambola. He looked around for the boy but he had disappeared. He ran to the Jagannatha temple and in the place of Jagannatha, Balabhadra and Subhadra he had the Divine *Darshan* of Sri Rama, Sita and Lakshmana. He understood that the little boy who removed his veil of ignorance was none other than his *Ishta* Sri Rama. Tears streamed down his face. He served the Lord with great devotion.

In fact, Rambola was none other than Goswami Tulasidas who sanctified his life by writing the great epic Ramayana in Hindi.

- A Story Retold





## Journey from Dvaita to Advaita

Swami Vivekananda in recent times has exposed the beauty and subtlety in his own, characteristic inimitable way of Advaita (Non Dual) Vedanta, the same philosophy, which was developed by the genius of Sankara, and which was long hidden as the deepest secret of India. What we call the Brahman or the Supreme Being or the Godhead, the entity beyond attribute and beyond quality, is, described by three terms – Existence, Consciousness and Bliss or Sat-Chit-Ananda. It is also called “Asti-Bhati-Priya” or “existence-realization-devotion”. This entity is the purest form. The term pure signifies that it is not afflicted by Nature’s modification. It is immutable and infinite. The pure is manifested as impure by *Maya*, which is the apparent universe of names and forms. Anything coming under the sway of *Maya* is impure. It cannot claim back the original pure state as long as it is under the influence of the *Maya*, better described as an individual’s ignorance about his own true pure state.

Thus God or personal God exists in dualism (*Dvaitavada*) because of this distinction between pure and impure consciousness. Our individual ego and consciousness are impure and yet we inwardly feel the strange attraction to that original pure state. Therefore we call it as God and give it all the good attributes that we can conceive of. Personal God is thus a relative truth, conditioned by individual ego and consciousness which aspires to become pure like that entity and therefore aims for emancipation or *moksha*, Nirvana or kingdom of heaven. Thus as long as we are different from that pure state and remain in that apparent state of impurity (which Semitic religions call Sin) under the influence of mysterious *Maya*, we are all *Dvaitavadis*. According to Swami Vivekananda, when we attempt transcending that state, our spiritual journey begins. In the state of pure consciousness all names and forms of the apparent universe dissolve. According to Sri Ramakrishna, however, as long as we have body consciousness, it is better to remain on a

plane of dualism than aim for a false sense of Advaita. Body consciousness means relative plane and in relative plane one cannot gain the knowledge of the Absolute.

It is quite obvious that all major religions have the same idea about the pure and impure consciousness, although the terminologies and the languages may be different- conditioned by different cultures, beliefs and values. Adam's and Eve's fall from grace, the original sin, is thus pure consciousness becoming impure through ignorance and delusion. Temptation by devil is probably a mere common man's definition of apparent universe tempting an individual with all sensory attractions, thereby throwing him from the pedestal of a spiritually evolved state. As pointed out by Swami Vivekananda this is the mirror image of the Vedantic Truth. In Vedanta there is no fall from grace, but one has to realize that he is pure consciousness itself and then the veil of *Maya* falls.

Therefore journey towards Advaita is basically impure consciousness aiming for the state of purity. Instead of saying that it's the original state, Vedanta declares that it is the only state. The apparent impurity is a result of our ignorance, conditioned by desires and when that ignorance is dispelled we'll find ourselves in that state again. But till the time the ignorance is removed it is better to treat the pure consciousness as a separate entity and worship it as God, as a dualist or a qualified dualist would do, than rejecting it altogether just because it is not discernible to the ordinary senses.

However materialists and scientists may argue that since it is not definable and not discernable through senses, a pure consciousness called God therefore does not exist. The response as given by those who have realized it is that we can neither define, nor realize pure consciousness because impure state cannot realize the pure state. Only those who have gone beyond the apparent world of names and forms can explain that pure state. It is indeed possible to transcend the state of ignorance and go for the pure state

as there were many others who have done the same. One path is the path of negation (*Neti-Neti*), by rejecting the world and its constituents. The other path is the path of assertion (*Iti-Iti*), i.e. accepting Brahman or pure consciousness as everything.

According to the great teachers, the journey unfolds from atheism, from the material universe as projected in the senses and not thinking beyond it. Then comes the dualist stage - the impure consciousness and its pining for the pure state as worship of a personal God, the symbol of the pure state. This is followed by the impure consciousness and its realization that the pure state has somehow reflected as impure in the apparent universe, but still treating it as separate, which is the qualified dualist stage. Finally the understanding dawns that the impure consciousness does not exist. It is actually the pure state that has been appearing as impure through ignorance. This is the Advaita stage, which knows that one grand unique infinite eternal consciousness pervades anything and nothing other than that consciousness exists. This is also the state of everlasting bliss (*Sat-Chit-Ananda*). According to Sri Ramakrishna, "God is beyond ordinary speech, mind and intellect. He can be realized with a pure mind. A pure mind, pure intelligence (consciousness) and pure Atman, all are same." The Great Master illustrates this with the state of Hanuman. In Gospel of Sri Ramakrishna, Hanuman tells Rama, "Rama, sometimes I see myself as the servant and you as the Lord, at other times I see that you are the whole and I am the part. But Rama, when I get *Tatva Jnana*, I realize that you and me are in reality one." This is the perfect depiction of the journey from one state to the other, the progressive spiritual evolution.

- *Shantanu Dey*



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Father: Stone Cutter, Mother: Housemaid  
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Exam Qualified : EAMCET Rank: **34728 (SC)**  
College: Awaiting for counselling Group: CSE  
Father: Watchman, Mother: Housemaid  
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#### K. Shanaiah

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Father: Driver, Mother: Housemaid  
Sponsorship requirement : **₹50000 per annum**  
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### Gurubrahmia

Educational Qualification : SSC  
H.T. No. : 1603119924, Grade: **8.8/10**  
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Educational Qualification : SSC  
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Sponsorship requirement : **₹50000 per annum**  
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Educational Qualification : SSC  
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## Awaiting to pursue Intermediate



### V. Mahesh Raj

Educational Qualification : SSC  
H.T. No. : 1603120135, Grade: **8.7/10**  
College: Narayana Group: **MEC**  
Father: Driver, Mother: Teacher  
Sponsorship requirement : **₹10000 per annum**  
Sponsored by: **Own parents**



### G. Ravi Kiran

Educational Qualification : SSC  
H.T. No. : 1603119914, Grade: **8.3/10**  
College: Narayana Group: **MPC**  
Father: Vegetable Vendor, Mother: Housewife  
Sponsorship requirement : **₹50000 per annum**  
Sponsored by: **Own parents**



### P. Prudhvi

Educational Qualification : SSC  
H.T. No. : 1603119722, Grade: **8.2/10**  
College: Vignan Group: **MPC**  
Father: Driver, Mother: Housemaid  
Sponsorship requirement : **₹50000 per annum**  
Sponsored by: **Own parents**



### M. Manikanta

Educational Qualification : SSC  
H.T. No. : 1603119840, Grade: **7.8/10**  
College: Vignan Group: **MPC**  
Father: Driver, Mother: Housemaid  
Sponsorship requirement : **₹50000 per annum**  
Sponsored by: **Own parents**



### K. Ramesh

Educational Qualification : SSC  
H.T. No. : 1603119802, Grade: **7.2/10**  
College: Vijetha Group: **MEC**  
Father: Driver, Mother: Housemaid  
Sponsorship requirement : **₹10000 per annum**  
Sponsored by: **Own parents**



### K. Gayathri

Educational Qualification : SSC  
H.T. No. : 1603120083, Grade: **7.8/10**  
College: Sharadha Group: **CSE**  
Father: Watchman, Mother: Daily wage  
Sponsorship requirement : **₹4000 per annum**  
Sponsored by: **Needs to be sponsored**



### Y. Girija

Educational Qualification : SSC  
H.T. No. : 1603120055, Grade: **7.3/10**  
College: Sharadha Group: **CSE**  
Father: Stone Cutter, Mother: Housemaid  
Sponsorship requirement : **₹4000 per annum**  
Sponsored by: **Needs to be sponsored**

All Donations are exempted from I.T. Under 80-G & accorded permission under FCRA

#### Bank details to transfer funds:

Donations can be made directly by cheque or DD in favor of "Nachiketa Tapovan". The donations in India are exempt under the U/s 80G of IT Act, 1961. PAN No. AAATN2406K

Bank : Indian Bank Branch : Jubilee Hills, Hyderabad.  
A/c : Nachiketa Tapovan A/c No. : 6156742000.

IFSC Code : IDIB000H025 (Note: IFSC code contains the number "zero" not letter "O")  
In case of online transfers, we request you to inform us the transaction details and address immediately.

#### Overseas Donations- Details

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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")

*Let us help them climb the ladder of life  
by supporting their higher education.*

**For further details please contact:**

Nachiketa Tapovan, Hyderabad: 9849168937

SMS to Swamiji: 9908234545

nachiketanda@gmail.com; admin@nachiketatapovan.org

Website: www.nachiketatapovan.org

# Free Residential Camp for Youth



Nachiketa Tapovan Ashram conducted a 7 days Spoken English and Personality Development Camp from 14<sup>th</sup> to 21<sup>st</sup> May 2016 for 40 youth of various villages of Balanagar, Jadcherla, Pedda Adirala, Chinna Adirala, Peddarevalli, Chinnarevalli, Maktapally, Midjil, Kadapa and Mahabubnagar.

In these seven days they were taught application of English grammar in daily life. These talented youth were very enthusiastic and had a great desire to learn not only English but about life as well.

Their day would begin with yoga at 4 am and end with a prayer in the night at 10 pm. Apart from English they learnt about Personality Development and won over stage fear. At the end of the course, an exam was conducted and qualified students were felicitated with certificates.

On the last day, all the students showcased their talent with a spectacular performance, in the form of skits from the lives of Sri Ramakrishna, Ma Sharada, Swami Vivekananda and Sri Adi Shankaracharya.



Campers listen with rapt attention



Yoga and Meditation session in a serene atmosphere



Mataji enlightens the Campers

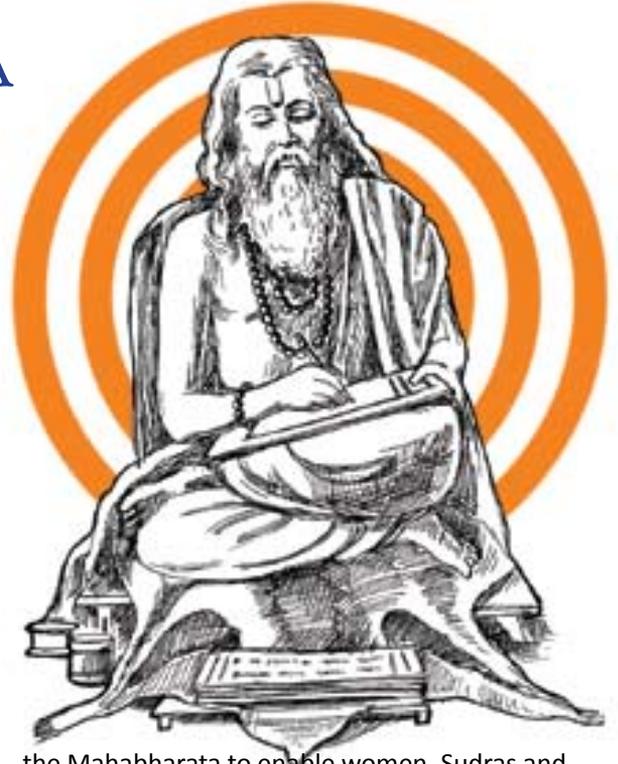


Swamiji felicitates a Camper

# MAHARSHI VYASA

It is said that there have been twenty-eight Vyasas before the present Vyasa- Krishna Dvaipayana- took his birth at the end of Dvapara Yuga. Krishna Dvaipayana was born of Parasara Rishi through the Matsyakanya- Satyavathi Devi- under some peculiar and wonderful circumstances. Parasara was a great Jnani and one of the supreme authorities on astrology and his book Parasara Hora is still a textbook on astrology. He has also written a Smriti known as Parasara Smriti which is held in such high esteem that it is quoted by our present-day writers on sociology and ethics. Parasara came to know that a child, conceived at a particular Ghatika or moment of time, would be born as the greatest man of the age, nay, as an *Amsa* of Lord Vishnu Himself. On that day, Parasara was travelling in a boat and he spoke to the boatman about the nearing of that auspicious time. The boatman had a daughter who was of age and awaiting marriage. He was impressed with the sanctity and greatness of the Rishi and offered his daughter in marriage to Parasara. Our Vyasa was born of this union and his birth is said to be due to the blessing of Lord Siva Himself who blessed the union of a sage with a Jnani of the highest order, although of a low caste.

At a very tender age Vyasa gave out to his parents the secret of his life that he should go to the forest and do *Akhanda* Tapas. His mother at first did not agree, but later gave permission on one important condition that he should appear before her whenever she wished for his presence. This itself shows how far-sighted the parents and the son were. *Puranas* say that Vyasa took initiation at the hands of his twenty-first Guru, sage Vasudeva. He studied the *Shastras* under sages Sanaka and Sanandana and others. He arranged the Vedas for the good of mankind and wrote the Brahma Sutras for the quick and easy understanding of the Srutis; he also wrote



the Mahabharata to enable women, Sudras and other people of lesser intellect to understand the highest knowledge in the easiest way. Vyasa wrote the eighteen Puranas and established the system of teaching them through Upakhyanas or discourses. In this way, he established the three paths, viz., Karma, Upasana and Jnana. To him is also attributed the fact that he continued the line of his mother and that Dhritarashtra, Pandu and Vidura were his progeny. Vyasa's last work was the Bhagavata which he undertook at the instigation of Devarshi Narada who once came to him and advised him to write it, as without it, his goal in life would not be reached.

Vyasa is considered by all Hindus as a *Chiranjivi*, one who is still living and roaming throughout the world for the well-being of his devotees. It is said that he appears to the true and the faithful and that Jagadguru Sankaracharya had his *Darshan* in the house of sage Mandana Misra and that he appeared to many others as well. Thus, in short, Vyasa lives for the welfare of the world.

Source:Hindupedia

# William Blake & Catherine

Indian or British or any tradition, generally respects womanhood. Even God is regarded as half-man and half woman (Ardhanareeswara). Manu declares that where women are honoured, there the Gods are pleased; where they are not honoured all men and women become bondslaves. Women are human beings and have as much right as full development as men have. Mahabharata says: the end of marriage is spiritual comradeship. Let this heart of yours be mine, and let this heart of mine be yours. Yet sex life was not despised. Its importance for human development was recognised. Holy Mother, Sri Sarada Devi is the spiritual consort of Sri Ramakrishna Paramahansa. She became a true disciple of her husband and during the 13 years of *sadhana* under the Master attained to the highest degree of spiritual realization.

James Blake was a hosier of Broad Street, London. He was poor due to the decline in demand for his goods. His third child, William Blake was born on November 28th, 1757. The young boy's super sensitive imagination is related to the early influences of his home life and their ancestors. He never stepped into a school and his reading and writing was at home only in a much disciplined manner. He was singing, playing with butterflies without harming them, drawing figures, writing poems and helping his parents in domestic work. He learnt that small aim is a big crime.

The first poem that came out from the kid is:

How sweet I roam'd from field to field  
And tasted all the summer's pride  
Till I the prince of love be held  
Who in the sunny beams did glide!



This poem made William Blake a poet at the age of 12 and an artist at 10. The boy quickly manifested a talent of drawing, making sketches and work done on prophetic books. As he was growing, his wife encouraged his love of art and both printed, bound, coloured and published the works and illustrations. The beauty of work lay in the interdependence of design and matter. Songs of Innocence, Songs of Experience, The Marriage of Heaven and Hell, There Is No Natural Religion, and All religions are One went into volumes. He was writing and decorating of his own works.



When Blake was four year old, he suddenly woke up in the early morning. He saw God near the window and observed that 'He put His head' to the window, peeped into the room and smiled and then He vanished. The boy was engrossed in himself. From that time his visions became regular. Once he told his mother that he has seen the Prophet Ezekial under a tree. She was shocked, terrified and pinched him blue and black. On another occasion, he had seen a widely spread tree with branches and innumerable Angels sitting and singing melodiously.

God! Thou art Love!

'I build my faith on Thee'.

When his father heard about these visions, he became angry and immediately rushed to punish the boy. On the way the mother met him and revealed the secret to the husband and due to God's grace the boy was rescued from the thrashing by his father.

Once Boucher and his daughter, Catherine were going to the market. They met William on the way. Catherine was modest, demure and spiritual in nature. She saw William for the first time and felt he was her future husband. He was overwhelmed, looked at Catherine and innocently told 'I am poor, do you pity me'? Catherine said, 'Indeed. I will be consistent with you throughout my life. Poverty is not a sin'. Supreme Being showered blessings from the Heaven on Blonde Catherine and Cute Blake. Then the couple went to London.

When failing health compelled William Blake to go to the bed, still he continued with designs for Dante. When he heard of the death of his old friend, he remarked: 'I thought, I should have gone first', and after a short pause, 'I cannot think of death as more than the going out to one room from another'. Then suddenly he called his wife and asked her to 'Stay as you are! You have been an angel to me, I will draw you.' He caught hold of the tools and began working. It was almost exactly 45 years since wedding day. But Blake was sinking. He lay back in bed singing songs to God. He died like a Saint on 12-8-1827. His wife Catherine, whose love and loyalty is as inspiring as her husband's inspiration. She passed away on 18-11-1831.

The panorama of great men and women of India, England and other countries represented in this short essay cannot but evoke a profound interest.

*- K.V. Ramakrishna Sastry*



# Festivals of India



## Champakulam Boat Race

**When:** July 1st

**Where:** Champakulam, Alappuzha district, Kerala

It is no doubt that the boat races of Kerala are a one of a kind sporting event.

The Champakulam Boat Race is **the oldest snake boat race of Kerala** and the first boat race of the season. Colorful boats with fascinating designs attract both locals and travelers to witness this unique spectacle of speed, skill and endurance

## Dree Festival

**When:** July 4th – 7th

**Where:** Ziro, Arunachal Pradesh

Dree is a one of a kind agriculture related festival of the **Apatani Tribe of Arunachal Pradesh**. This annual festival is celebrated to seek the blessings of the Gods and Goddesses of crops for harvest and protection of their crops, mainly rice. There is singing, dancing, sacrificial offerings, prayers and other cultural performances. Dree Festival of Arunachal Pradesh is **one of the most famous events of the state**.

The festival of Dree is a **reflection of the rich traditional cultural heritage** of the Apatani community.



## Puri Ratha Yatra

**When:** July 6th

**Where:** Puri-Orissa

The festival at Puri's Jagannath Temple marks the annual **journey of the deities** Lord Jagannath (a reincarnation of Lords Vishnu and Krishna), along with and his elder brother Balabhadra and sister Subhadra **on a chariot** which are replaced by new idols symbolizing reincarnation.

It is the **oldest, biggest and most visited Rath Yatra** in the world.

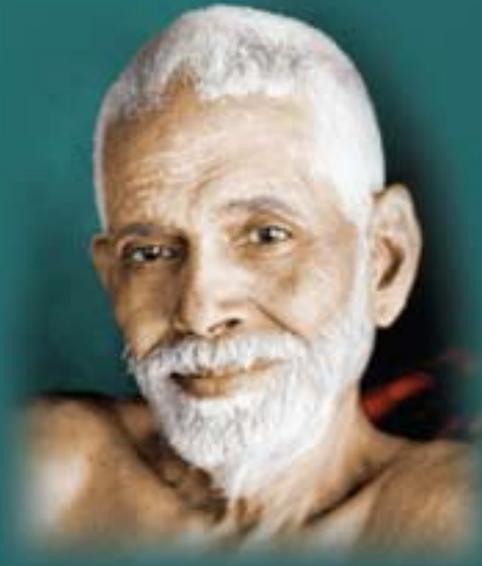


## Eid-ul-Fitr

**When:** July 8th

**Where:** All across India

Eid-ul-Fitr marks an **end of Ramadan**, the Islamic holy month of fasting. Eid-ul-Fitr festival is celebrated to commemorate Islamic prophet Muhammad and his attainments by the God by breaking fast after a long period of fasting by eating delicious foods as a mark of **brotherhood**. Eid-ul-Fitr is observed with great enthusiasm across all parts of India.



*For those who  
have obtained  
unobstructed  
knowledge of  
Self, the world is  
seen merely as a  
bondage causing  
imagination.*

*Bhagavan Sri Ramana Maharshi*

## *Only Because of YOU...*

**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)	₹ 6000/day
Alpa Aharam (Snacks)	₹ 1200/day
Vastra Daanam (Uniforms)	₹ 900/2 pairs
Stationery Supplies (Copier Paper)	₹ 5000/term
Medicines (For needy people)	₹ 5000/month
Festival at Ma Yogashakti Peetham	₹ 20000

### **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

'Nachiketa Tapovan' A/c No 18090100004093, Bank of Baroda, Jubilee Hills, Hyderabad.

IFSC Code : BARBOJUBILE

(Note: IFSC code contains the number "zero" not letter "O")

### **\*Corpus Fund**

Sponsor a child ₹ 1 Lakh

\* 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.

### **Overseas Donations- Details**

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#### **Bank Information**

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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")

#### **For further details please contact:**

Nachiketa Tapovan, Kodgal: 8008882828,

Nachiketa Tapovan, Hyderabad: 9849168937

SMS to Swamiji: 9908234545

nachiketananda@gmail.com; admin@nachiketatapovan.org

Website: www.nachiketatapovan.org

# KNOW YOUR GURU

Devotion to the Lord dawns in the heart of a man who has done virtuous actions in his previous births without expectation of fruits and egoism or the idea of agency. Devotion leads to knowledge of the Self (*Jnana*) and through *Jnana*, he attains *Moksha* or the final emancipation.

In days of yore, Virasindhu was the king of Kalinga country. He did severe *Tapas*, meditation and Yoga in his previous birth, but did not attain *Moksha*. He became a *Yoga-Bhrashta* as he had to enjoy the fruits of some residual *Karmas* in this last birth of a King. He took his birth as the son of a king. When he attained the proper age, he was crowned as the king of Kalinga. He ruled the kingdom for a period of ten years.

Owing to the force of previous spiritual *Samskaras*, and the grace of the Lord, discrimination and dispassion dawned in his heart. He reflected within himself: "I am doing the same acts of eating, drinking and sleeping. My several forefathers, who ruled the country, had been reduced to dust. I have no peace of mind despite my wealth and dominion. I should get a Guru and obtain initiation from him to get knowledge of the Atman and reach the abode of immortality and eternal bliss.

King Virasindhu sent invitation to all *Pandits*, *Sannyasins*, *Sadhus* and *Mahatmas*. He wrote in the letter thus: "I will give half of my dominion to that supreme Guru who will give me the right initiation and make me realize the Self. If he fails to do so he will be put in the prison."

Many *Pandits* and *Sadhus* saw the king. One gave him *Taraka Mantra*, another gave *Panchakshara*, a third gave him *Ashtakshara*, but no one was able to satisfy the king. He put them all in the prison. He had initiation into these *Mantras* in his previous births.

King Virasindhu became very restless as he did not obtain his Guru. Lord Siva assumed the form of an ordinary coolie. He had a very black complexion. He wore some rags and appeared before the king. The king went in advance to receive him. Through the grace of the Lord, he came to know that this coolie was none other than the Lord. The coolie raised his hand towards the king and said "stop", and vanished immediately. The king understood that the Guru has commanded him to stop the mind and control its movements. The king closed his eyes, while he was standing, and did not allow the mind to think of the sensual objects. He controlled all the modifications of the mind. It was easy for him as he had practised Yoga and meditation in his previous birth. He entered into *Nirvikalpa Samadhi* and became like a statue. He did not open his eyes.



The ministers were waiting in the Durbar Hall for hours together. King Virasindhu did not open his eyes for days together. Then the ministers reflected: The king is in *Samadhi* now. We do not know when he will return from the *Samadhi*. We will have to manage the affairs of the State.” They removed the ring from his finger and used it for putting the seal in the papers of the State.

The king opened his eyes after six years, and asked the ministers: “Where is my Guru?” The ministers replied: “O venerable king! The Guru said a word to your majesty and vanished at once. You are standing here like a statue for the last six years. We are conducting the affairs of the state with the aid of your ring. Here is the seal of your ring in all the registers and papers.”

The king was struck with awe and wonder. He thought within himself: “Six years have passed like a second. I enjoyed supreme bliss. I have no desire to rule the State after tasting the supreme bliss.” He left the palace and entered the forest and sat in *Samadhi*.

The force of Yogic *Samskaras* of the king that was generated by the practice of Yoga in his previous birth, helped him in the attainment of the beatitude in this birth. Those who have not much piety and religious inclination in this birth should do *Japa, Kirtan*, meditation, and study of religious books. They should live in the company of sages. They will then develop good religious *Samskaras*. This will be a valuable asset for them in the next birth. They will start the practice of Yoga in the next birth in the early age.

It is difficult to say in what form the Guru or the Lord will appear before you to initiate you. He may come in the form of a leper as Sri Hanuman did, or in the form of an untouchable as Lord Krishna did, or in the form of a groom as Lord Siva did. The aspirants must be very careful and vigilant to detect the Lord in the various forms which He assumes.

**Lord Siva and His Worship**  
**By Sri Swami Sivananda**

1. In the whole Ramayana, Lakshmana cut the nose and ears of three *rakshasis* (rakshasa women). Who are those three?
2. Who are those four persons that Hanuman thought could enter Lanka?
3. What is the length and breadth of the bridge across the ocean constructed by Nala?
4. What did Vamana ask Bali Chakravarthi?
5. How many Ministers are there in the Court of King Dasaratha? Who are they?
6. Valmiki Ramayana comprises of how many slokas?
7. What is the guise in which Hanuman met Rama and Lakshmana when he was sent by Sugreeva to ascertain their identities?
8. What did Ravana do to delude Sita of the death of Rama?
9. In the war with Ravana, what is the *Vyuha* [Military Array] in which Vanara troops were positioned by Sri Rama?
10. What are the different Omens shown instantly at the time of ‘tie of friendship’ between Sri Rama and Sugreeva ?

**By Dr. Kalluri Venkateshwar Rao, MA Ph.D**  
**Translated by Manjula**

- ANSWERS**
1. Tataka [Bala Kanda], Surpanakha [Aranya Kanda], Ayomukhi [Aranya Kanda]
  2. Angada, Neela, Hanuman and Sugreeva
  3. Length – 100 *yojanas*, Breadth – 10 *yojanas*  
[One *yojana* is about 10 miles]
  4. 3 feet of land
  5. 8 ministers and they are 1. Dhruv 2. Jayantha 3. Vijaya 4. Siddhartha 5. Arda Sadhaka 6. Ashoka 7. Mantrapala 8. Sumantara
  6. 24,000 Shlokas
  7. Hanuman disguised himself as ‘Sanyasi’
  8. Ravana has shown fictive [fake, sham] head and bow and arrows of Rama
  9. Garuda *Vyuha*
  10. Left eye tremor [an involuntary muscle contraction] for Sita [Good Omen]  
Left eye tremor for Vali [bad omen] Left eye tremor for Ravana [bad omen]  
This happened for all the three [Sita, Vali and Ravana] at the same time

## Annadhata Sukhibhava!

Celebrate birthdays, anniversaries, festivals, or special occasions with children of Ashram by contributing ₹4000

We thank our sponsors for their Annadanam to our Vidya Mandir children at Nachiketa Tapovan, Kodgal. The children are greatly benefited by your contribution.



Date	Name of the Sponsor
16-5-2016	Sridhar Singh (Marriage Day of R. Tagore & Saraswathi)
17-5-2016	Sridhar Singh Ruchira
18-5-2016	Thouriya ADE
19-5-2016	Nalini (In the memory of Dr. Sridevi)
20-5-2016	Nagaradhesh
21-5-2016	Ruchira, Sharada (In the memory of K. Kamala)
22-5-2016	Thouriya ADE

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SMS to Swamiji: 9908234545  
nachiketananda@gmail.com admin@nachiketatapovan.org  
Website: www.nachiketatapovan.org

Thanks to Donors



We are thankful to

**Smt. T. Nirupa**

(in the memory of

Sri Menakuru Venkata Ramana Reddy)

for her kind donation of ₹ 1 lakh Corpus Fund  
Sponsor a Child Education

We are thankful to

**Smt. Rathi Arvind Kumar**

for her kind donation of ₹ 50000/-  
for Vidyanjali Higher Education



## Nachiketa's GO GREEN CLUB

We convey our thanks to all the participants of the WOW initiative. You helped us earn Rs. 15,725/- in the month of May and helped in keeping Mother Earth cleaner by recycling about 2246 kg of plastic and paper waste material.

“Through  
Kriya  
practice, the  
Third Eye  
is opened,  
Third Eye  
is the Guru  
to Whom  
obeisance is  
paid.”

Yogiraj  
Sri Shamachurn Lahiree Mahasaya



*Nachiketa*  
विद्या

An Appeal for Sponsor-a-Child Corpus Fund

For ₹ 1 Lakh

Your donation will last a lifetime, Turn around their future!

**VIDYA MANDIR, HYDERABAD**

*A free Home School for underprivileged children  
&*

**VIDYA MANDIR, KODGAL**

*A free Home School for Tribal and local children*

- ✎ Nachiketa Tapovan aims at imparting a value-based education along with Yoga, Arts & Crafts, Vocational Training, Music, Dance, Samskrit and Computer classes as a part of the curriculum
- ✎ Education is received by 270 children from Vidya Mandir Hyderabad from levels 1 - 10 and 150 tribal and local children from levels 1 - 3 at Vidya Mandir, Kodgal
- ✎ Interest accruing from your donation is only used without touching the principal itself.
- ✎ At present, we only have 105 corpus sponsorships. Help us reach all of our 270 children in Hyderabad & 150 children in Kodgal
- ✎ Donors receive annual report card
- ✎ We express our thanks to Corpus Donors by permanently inscribing their names on the recognition board at Nachiketa Tapovan



All Donations are exempted from I.T. Under 80-G & accorded permission under FCRA

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# Guru Purnima

In yogic lore, it is said that Guru Purnima was the day that saw the birth of the Adi Guru, or the first Guru. The story goes that over 15,000 years ago, a yogi appeared in the upper regions of the Himalayas. Nobody knew what his origins were. But his presence was extraordinary, and people gathered. However, he exhibited no signs of life, but for the occasional tears of ecstasy that rolled down his face. People began to drift away, but seven men stayed on. When he opened his eyes, they pleaded with him, wanting to experience whatever was happening to him. He dismissed them, but they persevered. Finally, he gave them a simple preparatory step and closed his eyes again. The seven men began to prepare. Days rolled into weeks, weeks into months, months into years, but the yogi's attention did not fall upon them again.

After 84 years of sadhana, on the summer solstice that marks the advent of Dakshinayana,

the earth's southern run, the yogi looked at them again. They had become shining receptacles, wonderfully receptive. He could not ignore them anymore. On the very next full moon day, the yogi turned south and sat as a Guru to these seven men. The Adiyogi (the first yogi) thus became the Adi Guru. Adiyogi expounded these mechanics of life for many years. The seven disciples became celebrated as the Saptarishis and took this knowledge across the world.

Guru Purnima is held sacred in the yogic tradition because the Adiyogi opened up the possibility for a human being to evolve consciously. The seven different aspects of yoga that were put in these seven individuals became the foundation for the seven basic forms of yoga, something that has still endured.

## Invitation



*We cordially invite you to attend our celebrations*



### **GURUPOORNIMA**

*19<sup>th</sup> July 2016*

at Nachiketa Tapovan Ashram,  
Kodgal Village, Jadcherla.



## THE TRUE GURU

The true Guru is the one who is beyond miracles, name and fame. He frees you from ignorance and illusion. A true Guru will never misguide you; He leads you on the right path. You may think that in this day and age it is difficult to find a Guru like Sri Ramakrishna Paramahansa. But if you are prepared, if you have a strong and burning desire to experience self-realization, it is very much possible to find one. God will certainly guide us. He will never leave us in the midst of maya. God has to take form and will make you cross this ocean of illusion.

Sishyatva is also important; the true seeker is the one who has a burning desire and longing to experience the ultimate reality. If you are pure, true to yourself and have the yearning to know the truth, God will definitely guide you.

*- Paramahansa Swami Shivananda Puri*

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 this fact and do something sensible about it.*

– Gautam Vir