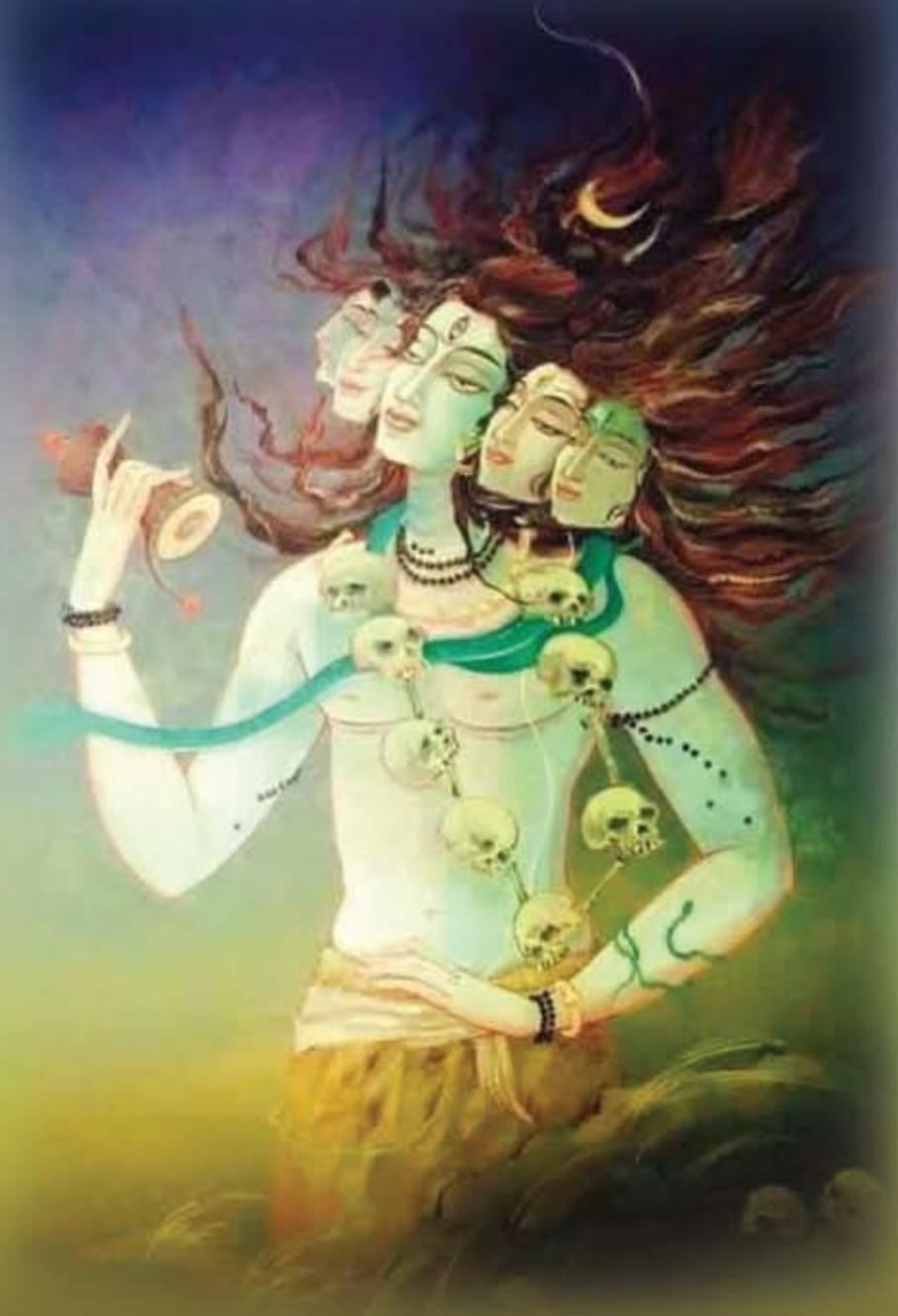
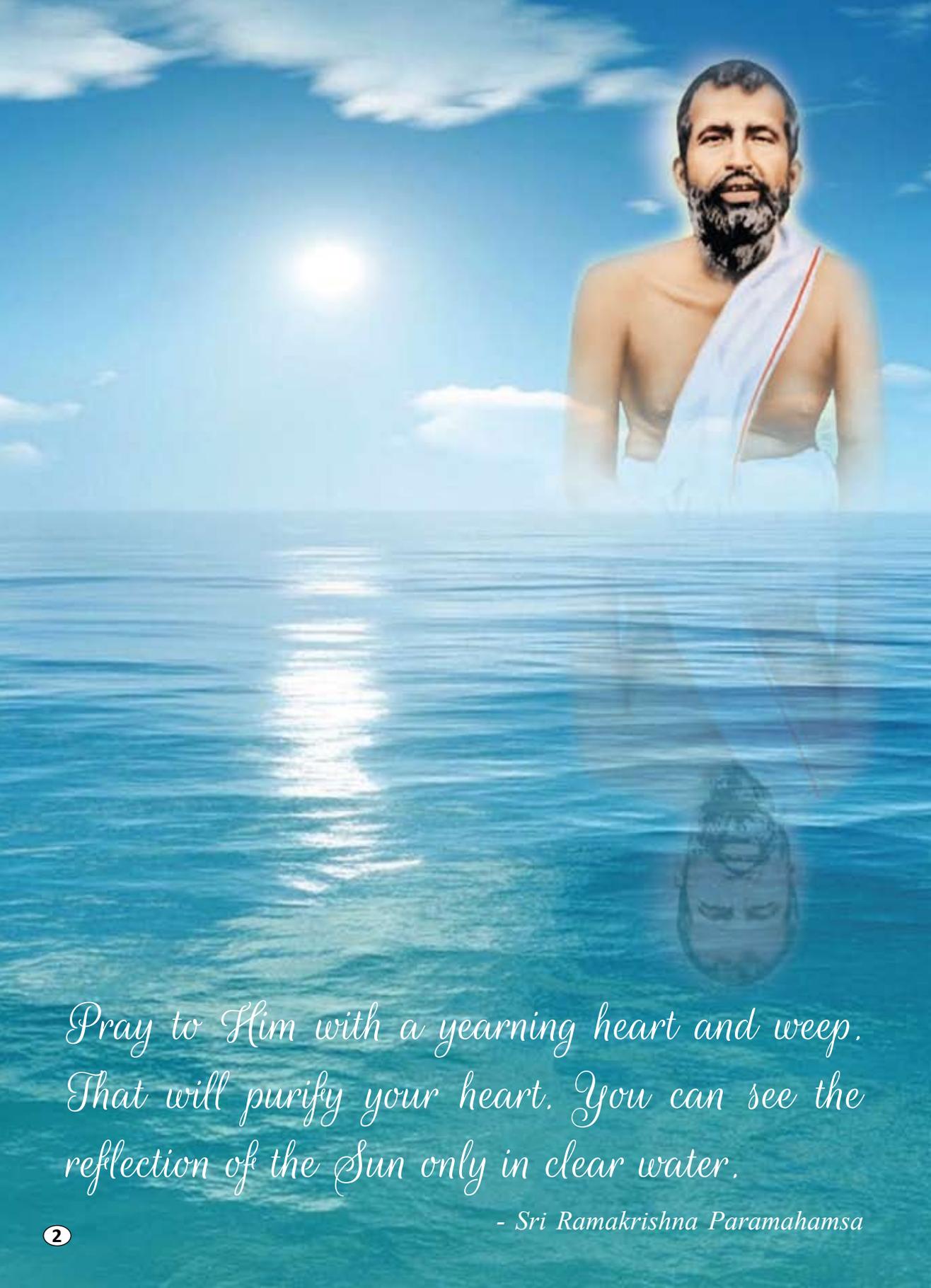


# *Nachiketanjali*

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*Pray to Him with a yearning heart and weep.  
That will purify your heart. You can see the  
reflection of the Sun only in clear water.*

*- Sri Ramakrishna Paramahansa*

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## Cover Story

Shiva has many forms, which are visible in His *Panchavaktra* form with five heads, a combination of all Shiva energies.

*Aghora* (resides in the cremation grounds)

*Ishana* (most often appears as the Shiva Lingam)

*Tat Purusha* (meditating)

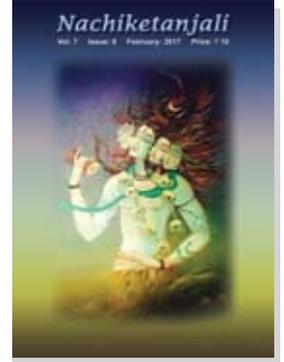
*Vama Deva* (the eternal Shiva)

*Sadyojat* or *Braddha Rudra* (the old wrathful form)

The *Mahamrutyumjaya* form of Shiva is the great conqueror of death. This form of Shiva also is the being of pure joy, referring to the unconditional enjoyment of the perfectly peaceful mind. That is the true nature of the divine elixir that Shiva offers His devotees in no less than four hands.

In Shiva the art of meditation takes its most absolute form. In meditation not only mind is stopped but everything is dropped. In deep meditation even the object of the meditation (like a *mantra*) is transformed into its formless essence, which is the essence of everything and everyone. Thus Shiva stands for letting go of everything in the world of forms. The path of Lord Shiva is the path of the ascetic *yogi*.

-Sanatan Society



### PLEASE NOTE

- The Editor does not accept responsibility for the author's views.
- Pictures supporting the text may have been gathered from internet sites that are believed to be in the public domain. It is to be noted that those images have been used solely for the benefit of our non-profit publication, Nachiketanjali.


 The logo for 'Soul Talk' features the word 'Soul' in a large, bold, black cursive font with a yellow-to-orange gradient. The word 'Talk' is written in a smaller, white, cursive font with a black outline, positioned to the right of 'Soul'. The entire logo is set against a large, glowing orange circle that fades into the background.

Any spiritual talk is incomplete without quoting the word Soul. We encounter this word in all spiritual texts. Holy men have stated that the soul has no birth or death and is eternal. 'Self', 'Atman', 'I' are the different synonyms given for the word soul. What exactly is this soul and how to understand its existence, is a major question posed to all spiritual seekers.

The knowledge about the soul can be received from a Guru but one has to gain direct experience of the soul. And those who have experienced this profound truth have become *Jnanis*. The 'I' in every individual is the soul. The soul exists in each and every living being and all attempts made to experience this truth turns out to be our *sadhana*. The seeker who has experienced this truth cannot help but love everyone because he doesn't see himself as diverse from others.

Sri Krishna says in the Gita, "Among the spiritual seekers only a few aim for *moksha* and among them only a few experience Me..."

Once the Koel realizes its nature it leaves the crow's nest, similarly the seeker who has experienced the soul does not give any importance to the body. However it is not just

enough to know that the 'I' in you and the 'I' in every one is one and the same. One has to experience this oneness. For us ordinary mortals this might appear as a difficult task. But if we watch the spider, making its web and the weaver bird weaving its nest we would definitely not back out from our pursuit on the spiritual path. We just need to remove the veil of ignorance and knowledge is sure to dawn on us.

Mahatmas have reiterated that Real happiness lies within us and it is for us to explore and experience it. No one else can work it out for us. One has to be cautious about the changes that occur when the churning goes on internally. The search commences with cleaning up the impurities of mind. Can one see his reflection in a mirror which is covered with layers of dirt? Similarly getting rid of all impure thoughts is of utmost priority. The cleansing process is not that easy. Thoughts which have accumulated from ages are not easy to get rid of. They might cause a riot. But never give up! If we can stay focused on the fruit of our efforts nothing would seem difficult to us.

- **Subhadra K.**



# Who we are?



### Question: Who we are?

**Answer:** Let us understand it from the creation point of view. Even if, one doesn't believe in Creator, one has to believe in creation. Creation is a package of known and unknown elements and we the human beings with full of possibilities are part of this very creation. Everything that is seen and is beyond complements each other making it complete. If we look at every creation, surprisingly one can know everything is complete in its own way.

Even if we take a speck of dust, it is complete, it is absolute and that's the beauty of creation. And even if we separate it, of course in the mind, it is still absolute. Everything has its own unique place and flavor. Nothing is anomalous in Divine Mother's creation. It is simply superb creation. And this completeness is such a beautiful phenomenon and one can easily get lost to find out the lost one. It is vast, huge, infinite, and so is the creation and the Creator.

Therefore, being a human being and that too a complete human being itself, is everything. Surprisingly, it becomes irrelevant, 'who we are and what our journey is'. It's all about what we are and not who we are... it is all about experiencing our completeness and nothing else. It is all about knowing that we can also complement. It is all about creation within creation. It is all about

creation within Creator and Creator within creation. It is all about just being and nothing else.

Remember, nothing is incomplete. What appears incomplete is not creation by the Creator. It is all in the mind and our understanding towards creation. Therefore, we are what we are; we are who we are. Just get back to the basics and the whole thing would change. Then the question becomes irrelevant.

Dear One! Yes, we are human beings not just with divine possibilities but with full of possibilities of completeness. And that shows we are neither separate from the creation, nor from the Creator. We are one. 'One' stands for 'We' and 'We' stands for 'One'... it is all about feeling. The day all feelings would collapse and we rise above them, we shall know by ourselves that we do not exist and what exists is just the existence and nothing else! Remember, we are existence and nothing else and in existence everything happens.



- Swami Nachiketananda Puri

# Who is Siva?



Who is Lord Siva? Is He just one of the Trimurtis? All of us have different perceptions about Him depending upon one's state of mind. A householder may think that He is an ideal *Grihasta*, a *Sanyasi* may think He is the ultimate *Vairagi*, a Yogi may think that He is the one immersed in *Samadhi*. The answer to these and to any other question will be answered when we truly realise what Lord Siva is. Till then we will continue to attribute various perceptions with our limited knowledge.

The nature of Siva may not be realised through our limited mind and senses. One needs to travel inward in order to see Him within. This is expressed symbolically in all Siva temples wherein a tortoise is placed before the sanctum sanctorum. This signifies that all the five sense organs have to be turned inward like a tortoise which withdraws into its shell whenever it senses danger. Therefore do we need to travel inward to experience Siva? Here we may get a doubt as to how to travel within. There are various paths prescribed by our sages according to one's nature. If we take example of *Puja vidhi* or *Parayana*, they are meant to withdraw our senses from the external world. Shiva who is worshipped externally needs to be worshipped internally too. Other tools are *Japa* and meditation.

When we close our eyes we shut out the limited world outside of us and explore that which is unlimited through the inner eye. This inward

journey allows a *Sadhaka* to experience, the various levels of energies and its beautiful play of subtle and gross transformations. If we want to interact personally with Siva one can do so. To make it simpler, if one has an intense longing to see and talk to Siva, one can experience Him. Few people say that Lord Siva walked on this earth many ages ago. What does it mean? Is he not walking now? In Tamilnadu, Nayanars were live examples who fill our lives with the nectar of devotion.

We worship Lord Siva in the Linga form, as it is the source of all energy. The universe's energy is represented in that form. Why in the Linga form? Is there is a science behind it? These two questions may arise. He is *sakara* and *nirakara*, *saguna* and *nirguna*. If we have to see an answer in the light of physical science about Siva, energy transforms into matter and matter transforms into energy. *Yat bhavam tat bhavati*, one can perceive Him in any form according to his *bhava*. Therefore Siva not only existed, millennia ago but He exists in every animate and inanimate object in the universe. He is omnipresent, all encompassing, everlasting and eternal in nature.

Perception is always according to one's state of mind which evolves by reading and listening, but experience is without dilution. Mere perception cannot give answers to our question. It is always important for a *Sadhaka* to examine his perception because perceptions may give us insight but may not help in realising the true *tatva* of Shiva. Siva is like the sky limitless in nature. If you see Him through limited perception it is like viewing the sky from one's window. Seeing through the window gives a glimpse of the truth but to see the limitless sky you need to use your inner eye. So let us experience Siva in all his glory as He is ever blissful within our hearts. Marching towards the ultimate truth to realise the limitless form should be the goal of all *sadhakas*. Sivoham!

- Paramahansa Swami Shivananda Puri



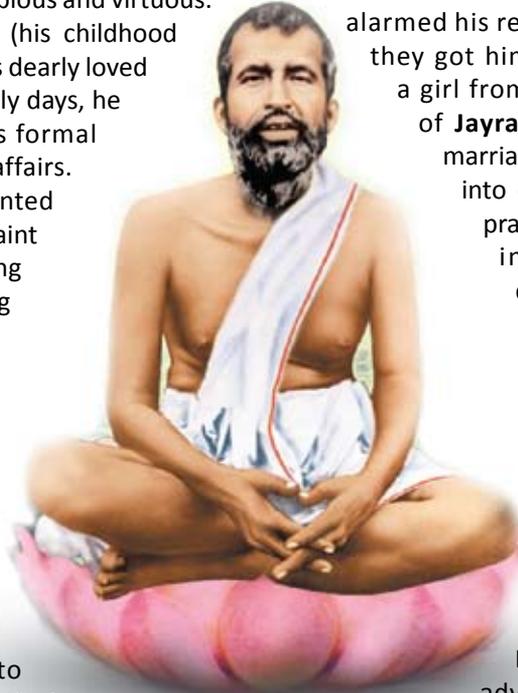


# Sri Ramakrishna Paramahansa

Sri Ramakrishna was born on **18 February 1836** in the village of **Kamarpukur** about sixty miles northwest of Kolkata. His parents, **Kshudiram Chattopadhyaya** and **Chandramani Devi**, were poor but very pious and virtuous. As a child, Ramakrishna (his childhood name was **Gadadhar**) was dearly loved by the villagers. From early days, he was disinclined towards formal education and worldly affairs. He was, however, a talented boy, and could sing and paint well. He was fond of serving holy men and listening to their discourses. He was also very often found to be absorbed in spiritual moods. At the age of six, he experienced the first ecstasy while watching a flight of white cranes moving against the background of black clouds. This tendency to enter into ecstasy intensified with age. His father's death when he was seven years old served only to deepen his introspection and increase his detachment from the world.

When Sri Ramakrishna was sixteen, his brother **Ramkumar** took him to Kolkata to assist him in his priestly profession. In 1855 the Kali Temple at **Dakshineswar** built by **Rani Rasmani** was consecrated and Ramkumar became the chief priest in that temple. When he died a few months later, Ramakrishna was appointed the priest. Ramakrishna developed intense devotion to Mother Kali and spent hours in loving adoration of her image, forgetting the rituals of priestly

duties. His intense longing culminated in the vision of Mother Kali as boundless effulgence engulfing everything around him.



Sri Ramakrishna's God-intoxicated state alarmed his relatives in Kamarpukur and they got him married to **Saradamani**, a girl from the neighbouring village of **Jayrambati**. Unaffected by the marriage, Sri Ramakrishna plunged into even more intense spiritual practices. Impelled by a strong inner urge to experience different aspects of God he followed, with the help of a series of Gurus, the various paths described in the Hindu scriptures, and realized God through each of them. The first teacher to appear at Dakshineswar (in 1861) was a remarkable woman known as **Bhairavi Brahmani** who was an advanced spiritual adept, well versed in scriptures. With her help

Sri Ramakrishna practised various difficult disciplines of the **Tantrik path**, and attained success in all of them. Three years later came a wandering monk by name **Totapuri**, under whose guidance Sri Ramakrishna attained **Nirvikalpa Samadhi**, the highest spiritual experience mentioned in the Hindu scriptures. He remained in that state of non-dual existence for six months without the least awareness of even his own body. In this way, Sri Ramakrishna relived the entire range of spiritual experiences of more than three thousand years of Hindu religion.



With his unquenchable thirst for God, Sri Ramakrishna broke the frontiers of **Hinduism**, glided through the paths of **Islam** and **Christianity**, and attained the highest realization through each of them in a short span of time. He looked upon **Jesus** and **Buddha** as incarnations of God, and venerated the ten **Sikh Gurus**. He expressed the quintessence of his twelve-year-long spiritual realizations in a simple dictum: *Yato mat, tato path* “**As many faiths, so many paths.**” He now habitually lived in an exalted state of consciousness in which he saw God in all beings.

In 1872, his wife Sarada, now nineteen years old, came from the village to meet him. He received her cordially, and taught her how to attend to household duties and at the same time lead an intensely spiritual life. One night he worshipped her as the Divine Mother in his room at the Dakshineswar temple. Although Sarada continued to stay with him, they lived immaculately pure lives, and their marital relationship was purely spiritual. It should be mentioned here that Sri Ramakrishna had been ordained a *Sannyasin* (Hindu monk), and he observed the basic vows of a monk to perfection. But outwardly he lived like a lay man, humble, loving and with childlike simplicity. During Sri Ramakrishna’s stay at Dakshineswar, Rani Rasmani first acted as his patron. After her death, her son-in-law Mathur Nath Biswas took care of his needs.

Sri Ramakrishna’s name as an illumined saint began to spread. Mathur once convened an assembly of scholars, and they declared him to be not an ordinary human being but the Avatar of the Modern Age. In those days the socio-religious movement known as **Brahmo Samaj**, founded by **Raja Ram Mohan Roy**, was at the height of popularity in Bengal. Sri Ramakrishna came into contact with several leaders and members of Brahmo Samaj and exerted much influence on them. His teaching on harmony of religions attracted people belonging to different denominations, and Dakshineswar became a veritable Parliament of Religions.

As bees swarm around a fully blossomed flower, devotees now started coming to Sri Ramakrishna. He divided them into two categories. The first one consisted of householders. He taught them how to realize God while living in the world and discharging their family duties. The other more important category was a band of educated youths, mostly from the middle class families of Bengal, whom he trained to become monks and to be the torchbearers of his message to mankind. The foremost among them was **Narendranath**, who years later, as **Swami Vivekananda**, carried the universal message of Vedanta to different parts of the world, revitalized Hinduism, and awakened the soul of India.

Sri Ramakrishna did not write any book, nor did he deliver public lectures. Instead, he chose to speak in a simple language using parables and metaphors by way of illustration, drawn from the observation of nature and ordinary things of daily use. His conversations were charming and attracted the cultural elite of Bengal. These conversations were noted down by his disciple **Mahendranath Gupta** who published them in the form of a book, Sri Sri Ramakrishna Kathamrita in Bengali. Its English rendering, ***The Gospel of Sri Ramakrishna***, was released in 1942; it continues to be increasingly popular to this day on account of its universal appeal and relevance.

The intensity of his spiritual life and untiring spiritual ministration to the endless stream of seekers told on Sri Ramakrishna’s health. He developed cancer of the throat in 1885. He was shifted to a spacious suburban villa where his young disciples nursed him day and night. He instilled in them love for one another, and thus laid the foundation for the future monastic brotherhood known as Ramakrishna Math. In the small hours of **16 August 1886** Sri Ramakrishna gave up his physical body, uttering the name of the Divine Mother, and passed into Eternity.

Source: [www.belurmath.org](http://www.belurmath.org)



## Death, chance and change

I stood at the edge of the bridge, looking down into the dark waters that would soon claim my life. The water seemed to be calling out to me, screaming at me to jump into it and end my miserable existence. "I guess this is it" I thought. It was now or never. I took a deep breath, and was ready to plunge in- when I heard a voice. "Who is there?" the shrill voice called out. Great. Now not just living, I couldn't even die without being questioned. In frustration I called out, "I'm Rahul! And I'm here to die! Will you please let me do so in peace?!". To my surprise, the little figure in the distance responded softly, "You too?".

At first I thought it was a joke. It was only when the stranger came nearer that I could see her clearly- and her serious expression meant she was definitely not in a mood for humour. "How strange. We are both here to die on the same day" she said. I looked at her for a moment. She was small in stature. She was terribly thin and wore a kurta that was ten times bigger to her size. She had large eyes lined with thick *kajal* and limp, shoulder-length hair that stuck to the sides of her face. Intrigued by the stranger before me, I decided to put my suicidal mission on hold for a while, and attempted to make conversation.

"Let me guess. Are you here today because of your parents as well?" I asked. Her eyes widened and she looked at me, astonished. "How did you know?" she asked. "It is always parents", I replied, "I am here because they will not let me live my life. They are torturing me- making me study day and

night to prepare for IIT. They want me to become an engineer like all the other men in my family. Cruel isn't it?". I looked at the girl intently, waiting for her to nod with sympathy. But instead she stared at me in a confused manner. "You want to die because your parents are letting you study?" she asked. "Not so much letting as forcing", I said, now slightly put off by the fact that the girl seemed to think I was stupid. But who cared what this girl thought? I was going to die in a minute anyway.

'You do not know how lucky you are. I want to die for the very opposite reason. I want to study to become a lawyer. My *appa* wanted me to- but he died in an accident last year. My mother wants to get me married instead- she says education is only for men and that I am stupid to even think of pursuing such a thing. I tried many times to persuade her- but she won't listen. And then things got worse. Yesterday, a man came to see me. He is twenty-three years older than me and he already has a wife. He has agreed to make me his second one. My mom was overjoyed- can you imagine such a mother? What kind of a mother would marry her daughter off to an old man? Tell me- do you really think your life is worse than mine?"

I stared at the girl. She could not be more than seventeen years old. I imagined her getting married and cringed at the thought. But I was not going to let her win this battle of self-pity. I said in a firm voice, 'You don't understand what it is like to be forced to become something you don't

want to be. My parents decided on my career before even deciding on my name! They are always telling me what a disappointment I am to them. I am not cut-out for physics or math. The numbers and equations simply float before me- I cannot understand them. I want to be a writer! But my parents do not care. They send me to a math tuition at four in the morning. I study for two hours and then go to my school- which is a special IIT coaching centre. There I must study these terrible equations for hours and hours. It is eight in the evening when I come back home. Even then my parents have no mercy! They give me further lectures on how getting into IIT should be the sole aim of my life! Every student and parent only wants to get into IIT's or Stanford's- and they don't even know why! All parents and children around the world are chasing after the same thing, running the same psychotic race to win what is deemed to be the only pathway to success. If there is nothing more to someone's life than getting into IIT or Harvard, then I've decided that I don't need one."

The girl looked at me in silence for a moment. "You are right", she said. "There is no use of living when you must live as someone you are not. I do not want to live as the wife of a forty- year old man, starved of an education. You do not want to live as a puppet- trampling your own dreams to imitate those of countless students across the globe, pressurised by their parents. Neither of us want to live with crushed hopes and ambitions. We should die. To end this misery once and for all." She looked me in the eye, her own eyes filled with steady determination. "Dying is the only solution. Let us jump."

We both looked into the deep waters that churned and splashed as if to welcome us. I imagined the headlines tomorrow. Two unidentified bodies found in river. My heart sank at the very thought of it. After all our troubles, at the end of the day, we would just be two bodies. Two soulless, silent bodies whose stories of suffering were never heard out. The problems that we were facing were probably the same as the problems being faced by millions of children across the country. We both would simply be two teenagers who had succumbed to these problems. Millions would still continue to fight these very battles every day. Was dying really worth it?

"Stop!" I yelled. The girl looked at me startled. "We can't die. Dying isn't a solution- it is cowardice. We are running away from our problems. But we deserve to live- and accomplish our dreams. Let us solve our problems." The girl seemed to be in a state of ambivalence. "But how?" she asked. I began to think. I crammed my mind for ideas. Slowly an idea came to me. "It's an idea that might not work- but I think it's worth a try."

\*\*\*\*\*

Two years later I stood once more at the bridge. Kanya stood next to me, her large eyes gazing at the waters below. She held in her hands, two law textbooks. "Did you ever imagine- that our book would become such a success?" I asked her. She smiled, replying "Never. Thank goodness you thought of writing it. Or else- we might have jumped off from here that very day!" My mind flashed back to that day on the bridge, when I had decided that we would write about our troubles as students: students who wanted to study but were denied the opportunity, and students that had the opportunity to study, but weren't allowed to make use of it as they wished. We had initially posted a short article on social media- but as it grabbed more attention, we decided to write further about the issue, and it gained recognition worldwide. Our writing was published in the form of a book, and once that happened, everything fell into place. Kanya was allowed to study- by a reluctant but embarrassed mother, who had been criticized by the media for her actions. My parents and I came to an understanding once they realised the severity of the issue, and I was allowed to pursue journalism. But the best part was that the publication of the book had encouraged students across the nation to speak up. An intangible platform had been established for students to express what they really felt- and it was wonderful to see the change that we had been able to create. I smiled at the beckoning water below. "Sorry but I'm not going to jump", I said to it, "because I've got what I wanted- not death but change."

(An article which won a merit certificate in Kloud 9 Contest)

**- Ria Thimmaiahgari**

Grade 11, Indus International School  
Hyderabad.





## *Song of the Sannyasin*

Wake up the note! the song that had its birth  
far off, where worldly taint could never reach,  
in mountain caves and glades of forest deep,  
whose calm no sigh for lust or wealth or fame  
could ever dare to break; where rolled the stream  
of knowledge, truth, and bliss that follows both.  
Sing high that note, Sannyâsin bold! Say  
“Om Tat Sat, Om!”

Strike off thy fetters! Bonds that bind thee down  
of shining gold, or darker, baser ore—  
Love, hate; good, bad; and all the dual throng.  
Know slave is slave, caressed or whipped, not free  
for fetters, though of gold, are not less strong to  
bind.  
Then off with them, Sannyâsin bold! Say,  
“Om Tat Sat, Om!”

Let darkness go, the will-o'-the-wisp that leads  
with blinking light to pile more gloom on gloom.  
This thirst for life forever quench; it drags  
from birth to death, and death to birth, the soul.  
He conquers all who conquers self.  
Know this and never yield, Sannyâsin bold! Say  
“Om Tat Sat, Om!”

“Who sows must reap,” they say, “and cause must  
bring the sure effect: good, good; bad, bad; and  
none escapes the law. But whoso wears a form  
must wear the chain.” Too true; but far beyond  
both name and form is âtman, ever free.  
Know thou art That, Sannyâsin bold! Say,  
“Om Tat Sat, Om!”

They know not truth who dreams such  
vacant dreams.  
As father, mother, children, wife and friend.  
The sexless Self—whose father He? Whose child?  
Whose friend, whose foe, is He who is but One?  
The Self is all in all—none else exists  
And thou art That, Sannyâsin bold! Say  
“Om Tat Sat, Om!”

Composed by Swami Vivekananda



## A LETTER OF INSPIRATION

### **MANJULA,** **Ever-smiling Girl!**

*A student of Nachiketa Vidya  
Mandir, Kodgal.  
from 4th Grade*



*Happy birthday dear, ever-smiling, Manjula. Sorry I could not come for your birthday. I hope you have an amazing day filled with nothing but laughter.*

*So far you have done a fantastic job in growing up mentally, physically and most important Spiritually. May you have glowing years ahead under the guidance of all your teachers in Ashram, Swamiji and Mataji!*

*Talking about spiritual growth, I still can't forget how you bravely endured the pain after fracturing your knee when we all climbed the hill near Ashram.*

*You never complained and you never gave up... you kept limping and kept going with a single-minded goal to reach our Ashram. This is the true spirit of Nachiketa!!!*

*You should always be happy and stay positive, no matter what you go through in life, you should never let life drag you down, and you should aim high and work hard with single-minded focus.*

*Keep smiling! Happy birthday and stay blessed!*

*With lots of love,*



**Ajith Bhaiyya**  
TatvaSet  
Kondapur, Hyderabad.

When ever there is an occasion, we always wish our near and dear ones, but It is a very heart touching gesture by Ajith who has written this letter to our student whom he has sponsored for education. Going one step ahead and feeling for others is a great spiritual quality demonstrated by Sri Ajith.

**Nachiketa Tapovan**



# Shiva Tattva

It is very difficult to understand Shiva *tattva* or the essence of Lord Shiva. He originates creation and dissolves his creation as well. Hence it is evident that Lord Shiva existed even before creation. He exists at the centre of creation and he will also exist at the end of creation. He exists in all living beings and also in non-living beings. He is eternal. The universe has its origin in him. In Shiva alone the Whole exists and in Him alone it dissolves. He is the all-pervading transcendental consciousness. He is beyond the pairs of opposites.

A flower holds fragrance, the moon holds coolness, sun holds the heat and similarly Lord Shiva holds the feminine energy too. This feminine energy might be called by many names like Durga, Parvathi, Kali, Uma, Chandi, Lakshmi, Saraswathi and so on. But Lord Shiva is the source of all these energies. If Shiva is the male aspect, Parvathi is the feminine aspect. If Shiva is Agni, Parvathi is Swahadevi. If Shiva is the moon, Parvathi is the star. Shivalinga also holds the male and female energies.

According to the Puranas, in the beginning of creation, a supreme power appeared in the male form and he was called Sadashiva. He imparted *jnana* (knowledge) to human beings and thus became Adi Guru. Again we call Guru as Shiva as both the Lord and Guru do the same work. They have a common goal of protecting mankind from ignorance and make them understand the true knowledge. The *Siddhantas* or tenets revealed by Lord Shiva are termed as *Nigamas*. And these *Nigamas* when put into practice have become *Agama Shastras*.

Our Sages and many *Sadhakas* have had the *darshan* of Lord Shiva. He appeared in a very simple form. His Trishul indicates the three *kalas*, past, present and future. Shiva's three eyes are symbols of *Surya*, *Chandra* and *Agni* (sun, moon



and fire). His garland of skulls gives a message that death is inevitable. Shiva is formless, yet he has shown a form to his devotees who craved for his *darshan*. He is timeless, yet he is the Lord of time. He is the substratum of the three *Shakthis* – *Ichha*, *kriya* and *Jnana Shakthis*. Commanding these three forces Lord Shiva helps mankind to evolve.

According to Linga Purana, Shiva is the form of Ardhanareshwara, meaning his form is half male and half female. And from this feminine form emerges the entire creation. Shiva originates the seed of creation. He has many attributes which can't be expressed in words. We can perform *abhishekam* and offer prayers to please Lord Shiva but Shiva bestows immense grace on the *Sadhakas*- those who seek him in their hearts.

So this Shivaratri, when Lord Shiva's energies are highly prevalent let us understand his essence, meditate on him and derive his grace. Then our lives will turn out to be beautiful as we become blessed souls.

- Nitya



# Pada Gaya Kshetra

*K*ukkuteshwara Swamy temple in Pithapuram, is in the East Godavari District of Andhra Pradesh. As per the legend, Lord Shiva self-manifested in this *kshetra* in the form of a cock's head which later transformed into a Shivalinga.

Gayasura, a devotee of Lord Vishnu performed a severe penance and pleased with his penance, Lord Vishnu granted his wish that whoever sees Gayasura will attain salvation. Gayasura with his spiritual powers started increasing his body with the intention that everyone should attain salvation. Indra, the God of heaven was worried that if everyone attains salvation it would result in an imbalance in creation. He sought a solution from Lord Brahma, Vishnu and Shiva.

The Trinity transformed into Brahmins and approached Gayasura, with a request for a space for performing a *yagna*. Since there were many evils on Earth, they asked Gayasura to offer his body on which they would perform their rituals. They also warned him that the *yagna* would continue for seven days and he should not move his body and he has to bear the pain. Gayasura accepted their request and slept on the ground with his head in Siro Gaya (Gaya in Bihar), navel in Nabhi Gaya (Gaya in Jajpur, Orissa) and feet in Pithapuram (Pada Gaya in East Godavari, Andhra Pradesh). Gayasura started counting days listening to the Rooster crowing at early hours but on the last day of the *Yagna*, Shiva took the form of a Cock and crowed in the midnight. Gayasura was tricked and he woke up disturbing the *yagna*.

Trinity in the form of Brahmins, accused him of disturbing their *yagna* and said if he is not able to tolerate the pain for seven days, how is he going to absorb the sins of the entire mankind. Realising his mistake, Gayasura offered himself as promised to the Brahmins, who now revealed their true forms as Brahma, Vishnu and Maheshwara. Gayasura asked them the boon that whoever performs *pinda pradhan* in the three Gayas: Siro Gaya, Nabhi Gaya and Pada Gaya should credit their ancestors and salvation should be attained. The Trinity granted his wish. It was mentioned in Skandha Purana that this *kshetra* was visited by Lord Rama in Treta yuga, Sage Vyasa, Kunti and Pandavas in the Dwapara Yuga and by the Trinity in kruta Yuga.

Divine Mother has also manifested here as Purohuthika Devi and this is also one among the Ashtadasa Shakthi Peethas. There is an interesting story about this *Kshetra*. Several decades ago the trees and creepers in this *kshetra* had no leaves and flowers. As the trunks of trees without leaves are considered to be inauspicious, people stayed away from this *kshetra*. The trees asked Lord Shiva, what sin had they committed to be punished thus. Lord Shiva explained to them that life does not mean only pleasure but is also a combination of pleasure and pain. When the trees bloom they look beautiful but look desolate when they shed all their leaves. So is human life. It is a combination of happiness and sorrow and both should be accepted equally. When we watch intently the stubs have tiny leaflets appearing on its surface which indicates re-birth. Life is not permanent. That which takes birth has to die. Lord Shiva grants the boon to these trees that who so ever worships the tree trunks, realizing they have energy hidden within, will attain salvation. Since then, it is said that devotees worship tree trunks too in this *kshetra*.

Devotees give more importance to this Pada Gaya *kshetra* as this land was tread by Lord Brahma, Vishnu and Maheshwara.

- Lakshmi





## Teaching the good

The school in my neighbourhood just got over for the day. The children were happily chit-chatting, perhaps discussing the events of the day and planning for the next. Some quietly sped off on their bicycles, while a few others got into the buses and autos waiting for them. For yet a few others, parents were eagerly waiting. One such parent seated his kids on his bike, tore off a 'gutka' or 'supari' packet, ate the contents, threw the wrapper on the road and left the place. The driver of an auto was smoking while the children were getting into the auto. No one was there to oversee the children. I am not sure if many parents are aware that their children breathe in the dangerous fumes exhaled by someone else for their supposed pleasure.

All of us know that children have impressionable minds. They not just obtain knowledge in school, but also imbibe lessons from their surroundings. Remember imitating your parents and teachers when you were a child? For me, correcting my own books in the style of my favourite teacher and awarding marks for the work was a game I relished during holidays. Then, the cousins would get together and we would have a whole class!

Many of us do not look at things so closely. But many children notice them all. Inhaling the cigarette fumes and eating harmful substances like gutka, chewing tobacco etc. is downright

unhealthy. When they see their parents doing things right in front of them, they find them to be okay and even take to doing them by themselves. Another thing that the parent did was littering around. The Prime Minister of our country himself is tirelessly advocating cleanliness, and awareness campaigns on the same abound. As we simply blame the municipal officials for an unclean road, we need to think twice before we pollute the surroundings.

This is where the teachers need to step in, raise such issues in parent-teacher meetings and inculcate good habits in the children in school. Many times, if the parents are explained that what they are doing is not right in the long run, they change their behaviour. A friend of mine, who is a teacher in a school, once told that she asks the children in her class to clean their desks by themselves every day before leaving for home. The children readily do that and also volunteer with picking up cups, papers etc. after a celebration or a meeting in school. Education should not just be of qualifications and degrees, but of finer aspects which mould an individual's character.

I thankfully remember my teachers for saving us from all the things not perceived to be good. They taught us the good, by simply keeping us away from the bad. Never did we find a cigarette, a food wrapper or anything else strewn around in our school. It was the school's commitment to cleanliness and I understand how difficult it must have been with over a thousand children around. Let's have the same commitment towards our 'today' and our 'future'!

**- Neetika Gogula**

An advocate and has passion for writing on social issues.



### NACHIKETA'S GO GREEN CLUB...

*We convey our thanks to all the participants of the WOW initiative. You helped us earn Rs. 13,369 in the month of November and helped in keeping Mother Earth cleaner by recycling about 2228 kg of plastic and paper waste material.*





## Swami Ranganathananda's Birthday Celebrations



**Mataji delivers a soul-elevating talk**



On 15th December 2016, Swami Ranganathananda's Birthday was celebrated at Vinaya, the residence of Sri Suryanarayana Reddy and Smt. Vasundhara. Coincidentally, this residence, which was graced by Swamiji was also named by him as Vinaya, which highlighted the character of its inmates. Moreover, he prophesied that this house would become a Tapovan and so it did, spreading its wings as Nachiketa Tapovan.

The evening of Dec 15th was pleasant and there was excitement all around, as guests awaited the birthday celebrations of a great and humble soul. Swami Nachiketananda, cordially welcomed the guests and the celebrations started with a *Bhajan* session, followed by a soul-elevating talk by Swami Shivananda Puri. It made the audience travel to a different realm, far beyond the worldly reach.

Sri Prem Kumarji, Smt Veenadevi and Smt Vasundhara, staunch disciples of Swami Ranganathananda, shared memories of their association with their Guru. It was overwhelming to learn about the simplicity and humbleness of such a great soul. Their experiences proved that Swami Ranganathananda lived up to his statement, 'My Life is my Work'.

Ramya, a young volunteer of Nachiketa Tapovan and a great singer, sang beautiful *kirtans* and her melodious voice electrified the atmosphere pushing everyone into a devotional mood. *Prasad* was served to everyone and many stayed back till late in the night, conversing with Swamiji and Mataji and receiving their blessings.

**Smt. Vasundhara shares her memories of Swami Ranganathananda**



**Sri Prem Kumar**



## Sharada Ma's Jayanthi

On 22nd December 2016, Sharada Ma's Jayanthi was celebrated at Nachiketa Tapovan. An essay writing and painting competition was conducted for the children.



## Christmas Celebrations

On 24th December 2016, Vidya Mandir children celebrated Christmas at Nachiketa Tapovan with great joy.



# Knots, Unknotted

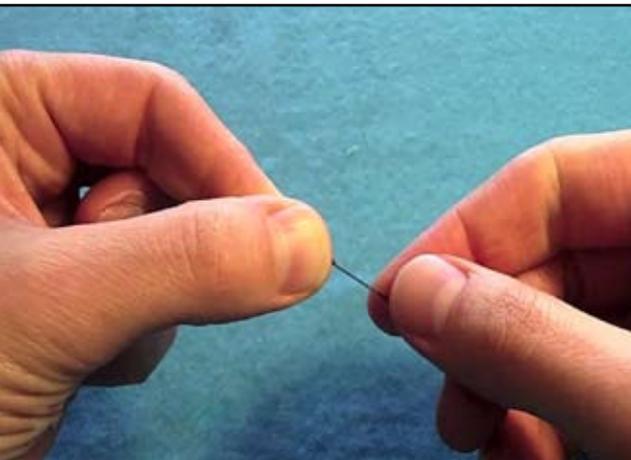
*Don't* complicate that which is simple, don't simplify that which is complicated.

Most things in life are very simple. Life 'is' simple, for the most part of it. But we complicate it. We make it heavy and cumbersome and a burden, when in truth, it is as light as breeze. If only, we simply flow with it, seamlessly and effortlessly.

Having said that, some aspects are a little complicated and multifaceted and multi-dimensional, and oversimplifying them and painting them as one-dimensional would also be a folly.

I was talking to a very close friend, for the most (and better) part of our relationship, our bond is seamless. There are, however, certain aspects which need to be dealt with and handled with a certain kind of sensitivity and care. She was talking to me about relationships... relationships with our families/friends and how/why, some of the people who are not a part of our everyday lives now, either because we have drifted away, because of some situations or misunderstandings, or because something happened, which made us 'choose' to step back...but still we hold on to these relationships...something is yet not resolved, the bond hasn't dissolved... something is still alive, some things are still stuck, something is still knotted...

And that's when I spoke...



I spoke about knots, being unknotted...it being a journey, a process, a continuum...

The stronger, harder we hold on to people, situations, past incidents...the more these knots are formed...the impressions of these incidents, the memories, keep piling and before we know it, the knots are so tight, so stuck, that it is very hard to unknot them. They are mountains than knots.

Acceptance is the only key to unknitting these knots. Acceptance, not just in the form of words, not even from the mind, it is much deeper... deeper even than the heart...this acceptance has to come from the core of our being and then there 'are no knots', because 'there', at the core of who we are, there 'are' no knots...there is no mind, no emotions, there is only awareness there. Pure, pristine awareness.

Then the next obvious question that arises is that there are many people and many situations, which are still 'knotted' in our lives. Even after having 'offered' this 'acceptance', to a fair degree of integrity and sincerity, things are still unresolved. What must we do then? What can be done?

Well, nothing. Just becoming 'still', being able to wait. It is this ability to wait, not with anxiety and impatience, but with utter calm and stillness, that helps resolve things...truly, deeply.

There are many things, people, relationships that are still not free and unknotted in my life. But I'm not rushing it. I'm sitting still. I understand now, the difference between, 'not doing anything and sitting still', these two things are poles apart... one is passive inaction, the other action through stillness.

Before the end, or should I say 'before the real beginning', I want to become 'free' of all these knots...completely free, free like the cool summer evening breeze, carrying with it the sweet fragrance of the jasmine blossoms. Shambho.

- *Gautam*

# The Message of VIVEKACHUDAMANI



**Cittasya suddhaye karma na tu vastu  
upalabdhaye;**

**Vastu-siddir-vicarena na kimcit-karma-  
kotibhih - 11**

Work leads to purification of mind, not to perception of the reality. The realization of Truth is brought about by discrimination and not in the least by ten millions of acts.

The realization of Truth is brought about by discrimination (*Vastu-siddir-vicarena*) and not in the least by ten millions of acts (*na kimcit-karma-kotibhih*). We may do millions of acts blindly, mechanically. It would not give us anything spiritual. Unless the mind is handled consciously, mere actions turn out to be mechanical. A machine does more work than any human being can. It does not become wiser thereby. It doesn't get any knowledge. Man also usually works like a machine. As said earlier, we have to learn the technique of squeezing out knowledge from our every action. As long as our actions emerge from our psycho-sensory impulses, we are not different from animals. But with the touch of conscious awareness, our

actions begin to bring about a transformation within us. This is something wonderful. It makes us purer. This is what Shankara says here: such work leads to purification of mind (*Cittasya suddhaye karma*). It is for the purity of the mind that work is prescribed. It does not lead to the perception of the reality (*na tu vastu upalabdhaye*). It doesn't give us directly the spiritual realization. Work is a physical and mental act. But the important point is that the attitude of the mind behind the work must be pure and selfless. Then only it gradually leads us to the doors of spiritual realization. Therefore, it is to purify the mind that work is prescribed. Mechanical impulsive actions have no value at all as far as spiritual realization is concerned. There should be that magic touch of discrimination in every act we do. This makes us gradually gain higher levels of conviction about ourselves.

**- Swami Ranganathananda**

## Eye Camp

Our sincere thanks to 'Titan Eye' for conducting a free eye camp for the children of Nachiketa Tapovan Vidya Mandir, on 23rd November 2016.



## Gita Jayanthi

On 6th December 2016, Gita Jayanthi was celebrated by Nachiketa Vidya Mandir children. Slokas were chanted from the Bhagavad Gita.



# Nirvanashatakam

In his Nirvanashatakam, Sri Adi Shankaracharya emphasizes on our true Self as SatChitAnanda (ever existing, ever consciousness, ever new bliss). Generally this true self is covered by bio-psycho-social self and we always attribute to one of them as our real self. Sri Adi Shankaracharya explains how the bio-psycho-social self-sense covers our true self and how to overcome it.

**1. Mano buddhi ahankara chittani naaham  
na cha shrotravjihve na cha ghraana netre  
na cha vyoma bhumir na tejo na vaayuhu  
chidananda rupah shivo'ham shivo'ham**

I am not the mind, Intelligence, sense of 'I' (aham karta iti ahamkara), anthakarna (Conditioned consciousness). I am not the sense organs (ears, tongue, nose, eyes and skin). I am not the pancha bhutas (five elements viz., sky or ether, earth, light or fire, the wind and the water). I am "Shiva" (SatChitAnanda) beyond all these.

**2. Na cha prana sangyo na vai pancha vayuhu  
na va sapta dhatu na va pancha kosha  
na vak pani-padam na chopastha payu  
chidananda rupah shivo'ham shivo'ham**

I am neither the vital energy nor pancha vayu (vital airs viz., prana, vyana, apana, samana, udana) I am not the saptha dhatu (seven essential elements viz., Rasa=lymph, Rakta=blood, Mamsa=Muscles, Medha=Fat, Asthi=bone, Majja=Marrow, Shukra=Semen). I am not the Panchakosha (five sheaths covering the true self viz., Annamaya=Gross body, Pranamaya=Vital energy, Manomaya=Mind sheath, Vijnanamaya=Intellect, Anandamaya=Bliss sheath). I am not the Karmendriyas (Motor organs viz., speech, hands, legs, organs of procreation and the elimination). I am "Shiva" (SatChitAnanda) beyond all these.

**6. Aham nirvikalpo nirakara rupo  
vibhut vatcha sarvatra sarvendriyanam  
na cha sangatham naiva muktir na meyaha  
chidananda rupah shivo'ham shivo'ham**

I am all pervasive, and without any form, pervade all senses and world. I have neither attachment to the world, nor to the liberation (mukti). I am "Shiva" (SatChitAnanda) beyond all these.

**3. Na me dvesha ragau na me lobha mohau  
na me vai mado naiva matsarya bhavaha  
na dharmo na chartho na kamo na mokshaha  
chidananda rupah shivo'ham shivo'ham**

I have no hatred or dislike, neither greed nor liking, no delusion. I have no pride or haughtiness, nor jealousy. I am beyond four purusharthas (human goals viz., Dharma=righteousness, Artha= Prosperity, Kama=Desire, Moksha=Liberation). I am "Shiva" (SatChitAnanda) beyond all these.

**5. Na me mrtyu shanka na mejati bhedaha  
pita naiva me naiva mataa na janmaha  
na bandhur na mitram gurur naiva shishyaha  
chidananda rupah shivo'ham shivo'ham**

I have no fear of death, nor do I have death. I have no doubt and discrimination. I have no father or mother, I have no birth. I have no relatives, nor friend, nor the guru, nor the disciple. I am "Shiva" (SatChitAnanda) beyond all these.

**4. Na punyam na papam na saukhyam na dukkham  
na mantro na tirtham na veda na yajnah  
aham bhajanam naiva bhojyam na bhokta  
chidananda rupah shivo'ham shivo'ham**

I am beyond virtue, vice, pleasure, pain, mantras (sacred chants), pilgrimages, scriptures (Vedas) and rituals or sacrifices (yajnas). I am neither the enjoyed nor the enjoyer, nor enjoyment. I am "Shiva" (SatChitAnanda) beyond all these.



## Don't overthink

Let me tell you a small story. Once, a woman was stitching a piece of cloth with needle and thread at her home. Her two year old was running around, playing with his toys. In his excitement, the little boy jumped on his mother, unaware of what was in her hand. The mother would not allow a scratch on her child, and so pulled the needle away from the child in the nick of the moment. But with the force that the boy jumped on her, the needle impaled her eye. She was rushed to the hospital, not mortally wounded, but in pain. The doctor was informed about the case, but he dismissed it as nothing serious, and told them to wait while he tended to another patient. Meanwhile, he told his assistant to go to the market and buy 20 broomsticks made of straw. The assistant was confused but unquestioningly went to the market to carry out his master's orders. Once he brought the broomsticks, the doctor told him to unstring them all, thereby creating a pile of straw on the examination table. Now the woman was brought in and made to lie down on the bed of straw. The doctor then put a thread through the eye of the needle and tied it to the roof with optimum tension on the thread. Now he told the assistant, I shall pull out one straw from under her head and at the same time you must pull out one from under her legs. A lot of time passed by, removing straws one by one, from under the leg and from under the head... Slowly as each straw was removed, the needle at an unnoticeable rate, was pulled out of the woman's eye. No damage done, no discomfort caused. Her eyesight was restored to normal in a few days by some medicines and eye-drops.

What I want to quote from the story is the importance of critical thinking and common

sense, which is surprisingly very uncommon. Most other doctors would have gone by their conventional textbook method of admitting the patient, operating on the eye, a surgical process that costs a fortune, and then discharging their patient with partial or maybe damaged eyesight. But this man, thought of an idea that isn't in any book. He used his common sense and skill together under pressure, to solve a problem in a simple way. In fact, it didn't even seem like he was under pressure.



Let me tell you another story. After a long scientific convention, a bunch of the participating scientists decided to go out for dinner together. As they were sitting at their table in the restaurant, they noticed that the caps on the salt and pepper shakers were mismatched. They all being scientific geniuses, came up with a detailed and complex plan of interchanging the salt and pepper in the containers without spilling

any and by using just the available materials, which involved a straw, a napkin and a saucer. Before they executed their plan, they called the waitress over to show her how smart they were. So one of them said, "We noticed that the salt and pepper shakers were interchanged, so we came up with a brilliant ..." But before he could finish, the waitress said, "Oh sorry about that!", and unscrewed the caps of the two containers and switched them and walked away. The scientists stared at each other dumbfounded.

Once again this proves that even if you are the smartest, most knowledgeable person on the planet, if you don't apply your common sense where necessary, then your knowledge is useless.



In our daily lives, we may come across a lot of situations where things may seem a little difficult. But the use of common sense can help simplify even the most difficult problems. Also the way you think and act under pressure, defines your character and semblance of mind. So critical thinking is something that all of us must develop. To put it simply, complex situations have simple solutions. Stay calm and don't let the pressure get to you. And certainly don't overthink things. Find the easiest way to solve a problem.

Remembering every formula in the math textbook is knowledge. But knowing that one formula, from which all the others can be derived, is common sense. Worrying about not knowing the answer in an exam is useless. Thinking about what you know, that may be remotely related to the question, is critical thinking. Don't overthink all the other formulae that you may have learnt or all other answers that you may know. Think of a way to solve the problem at hand in a simple manner. So this year, and this upcoming exam season, use your common sense and think critically to get past your exams. At the same time, please don't forget that you need to put in your hard work and study the entire portion for the exam! Good luck!

Don't overthink,

Use your common sense,

All your problems will shrink,

Though they may be very tense!

**N. Rohan C. Govind**  
Class 12,  
GT Aloha Vidya Mandir, Chennai



## An Appeal for Sponsor-a-Child Corpus Fund

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#### For further details please contact:

Nachiketa Tapovan, Kodgal: 8008882828,

Nachiketa Tapovan, Hyderabad: 9849168937

SMS to Swamiji: 9908234545

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Website: www.nachiketatapovan.org





## The Form of the Gita

the last verses from the seventy third verse of the eighteenth chapter are called the Epilogue. This consists of the speeches of Arjuna and Sanjaya. All that comes in between the Prologue and the Epilogue is the stream of wisdom flowing from the lips of the Divine Master. The doubts and questions put forward by Arjuna are just the same as those of the common seeker. As the Gita is in the form of conversation, all doubts are cleared and all questions are answered at once directly.

Although the essence of Divinity is taught throughout the book, the idea is made manifest in the *Viswarupasandarsana Yoga*, in the eleventh chapter. This is the unique feature of the Gita. It is not enough to hear philosophical theory. Direct experience is necessary. The practical side of spiritual life is brought out in the eleventh chapter. In the teaching of material sciences, theory is demonstrated by practical experiments. So in the Gita, almost in the central part of the work, Lord Krishna reveals his universal form and emphasizes the need and importance of practical experience for the aspirants.

The Gita teaches all the different paths of *Yoga*. But they are mainly classified as *Karma*, *Bhakti*, *Dhyana* and *Jnana Yogas*. When we read each theory expounded by the Lord, we feel as though he is emphasizing only that theory above all the others. For those who are inclined to a life of activity, it appears that the Gita teaches *Karma Yoga*. They find ample evidence for it. Similarly for men of devotion and for men of rational thought, the Gita appears to emphasize *Bhakti* and *Jnana*. But the teacher of the Gita brought into harmony all the paths of *Yoga* and taught their essential unity and importance for God-realisation. Therefore the Gita is the *Yoga* of synthesis. Whatever path one may follow, the aspirant honors all the creeds and knows fully well that all paths lead to the same goal. It is this universality which is the unique feature of the Gita.

Source: Gita Makarandam  
by Swami Vidyaprakashananda

The Gita consists of 18 chapters. Like the Vedas, it is divided into three parts. The first part of the Vedas, the *Samhita*, deals with rituals (*Karma*); the second part deals with worship (*Upasana*); the third part deals with the knowledge of the Supreme (*Jnana*), and constitutes the *Upanishads*. As the Gita is the essence of the Vedas, its form consists also of three parts, each six-chapters forming one part. The first part deals with *Karma yoga*; the second with *Bhakti Yoga* and the third with *Jnana Yoga*. This cannot be a rigid mechanical division. In all the three parts we find references to all the three parts of *Yoga*. So we must consider the division of parts only as a convenient external classification. All the three *Yogas* are essential for spiritual life. One should possess the heart of Buddha, the head of Sankara, and the hand of Janaka. All these three qualities are bound up together in the Gita to help mankind to attain the highest goal.

The first chapter of the Gita and the first ten verses of the second chapter are considered as prologue to the main work. The teaching of the Gita actually starts with the eleventh verse of the second chapter (*Asochyananva sochastvam*). Therefore that verse is called the *Bija*, in the *Anganyasa* (i.e) touching the different limbs of the body with appropriate *Mantras*. Similarly,



# Empower Sport

Empower Sport has been running a Football and Fitness Outreach program at Nachiketa Tapovan, over the past 2 years. Through the outreach programs, the organization employs trained coaches to increase fitness, teach skills and train under-privileged children who have not had the opportunity of experiencing the joy of sport. They conduct tournaments and ensure that children from varying social backgrounds participate in this program. This program doubles up as a talent search too.

In the recently conducted Fitness & Football league held at Topstrike, on the 4th December, over 30 boys participated in the event. The players were divided into 4 teams and league matches were conducted amongst the boys. There was



an exhibition match organized between Oakridge International School and Nachiketa Tapovan where the boys put up a stellar performance.

Registered as an independent, professionally run organization, founded on the belief that sport is a medium that keeps the unity, energy and morale of a nation running high, Empower Sport, focuses on giving impetus to Indian sport and building a strong sporting culture in our country.

Nachiketa Tapovan thanks Hitha and the entire Empower Sports team for infusing true sportsmanship spirit in all our budding children. Their dedication in coaching the children is truly amazing.



## Children's Day Celebrations

On 14th November 2016, Children's Day was celebrated by Nachiketa Tapovan Vidya Mandir. Grade II & III children danced to the music. Students from Rockwell International School, presented a puppet show for our little ones and distributed some goodies. Children enjoyed watching the movie M.S. Dhoni.



# Don't shun the Sun

The Sun is our visible God. The morning Sun is identified with the Creator, Brahma, and the midday Sun with Maheshwara. The evening Sun is none other than Vishnu, the sustainer of the universe. We so venerate the Sun because our ancestors could distinguish the life giving elements in his rays and knew the secret of separating these elements to get control over the etheric forces in sunlight which have a magic spell.

Paul Brunton, who toured India extensively and met many *yogis* in the Himalayas, narrated in one of his books that a *yogi* using a convex lens made a gleaming ray of sunlight to hover on his handkerchief which began to evict the smell of violets grown only in Tibet. He was more astounded when another *yogi* restored life, though for a short period in a dead sparrow by concentrating a beam of sunlight on its eyes. It is unfortunate that we shut ourselves in air-conditioned dark rooms, and do not expose ourselves to the beneficial sunlight to the minimum.

A sizeable percentage of our population is afflicted with the SAD syndrome (Seasonal Affective Syndrome). People with this affliction often are down with anxiety, irritability and depression. But at times, they are quite cheerful. If the pineal gland located at the centre of the brain secretes melatonin in excess, this trouble is caused. Melatonin secretion can be inhibited with exposure to sunlight. Exposure to sunlight for three to four hours a day cures these patients without drugs, surgical operation and hospitalization.

**Radiation:** When sunlight passed through a glass prism, it undergoes dispersion, splitting into the constituents – the rainbow colours extending from it. This we call the visible part of the spectrum. Extending on either side of this visible spectrum are the invisible ultraviolet and infrared radiations. These different radiations have different types of energy depending upon their wavelengths.

Vitamin D increases the utilization of calcium and phosphorous by the human body. The deficiency of this vitamin results in abnormal bone formation, a disease known as rickets. Children afflicted with rickets have bow legs, knobby bone growth where the ribs join the breast-bone, pigeon breast and uncouth tooth formation. Women, who have had many pregnancies, develop Osteomalacia, a condition characterized by fragile bone structure.

**Sunshine vitamin:** People working outdoors and children playing in sunshine seldom suffer from this deficiency. So this vitamin is called 'sunshine vitamin'. This vitamin is formed in the skin by the action of ultraviolet light. Why should we feed our children with cod liver oil to supply this vitamin when we can allow them to play under the Sun for a while?

Violet light is efficacious in the treatment of tuberculosis, superficial septic wounds, septic burns etc. With poor air circulation in dark, damp rooms resistance to these diseases is almost nil. These rays have germicidal properties too. Water, air and food materials exposed to the ultraviolet rays of the Sun are freed from bacteria. They can



penetrate through the skin and are absorbed by the cells causing an increase in the number of red cells of the blood and the haemoglobin content. The white cells are activated to fight, like sentinels, the disease-causing germs.

**Germ-kills:** The infrared rays are powerful germ-killers. They penetrate through the skin. The tissues absorb them and give energy to the circulating blood. So, the circulation of blood and the rate of biochemical reactions increase. This accelerates any healing process. They are also used to relieve pains at the joints. They are extensively used in curing paralysis. Strained ligaments can be soothed.

**Excretion:** We profusely sweat in the sun because of these rays. The perspiration from the 2.5 million sweat glands is called sensible perspiration (beware, the sweat on your body beckons the female fly only in darkness). Sweating is activated by a rise in blood temperature and it rejects the drugs we consume such as caffeine, morphine, nicotine, alcohol either in the form of coffee or other beverages and in smoking. It also helps us to keep cool as each gram of water that evaporates from our body absorbs 540 calories of heat itself.

Exposure to natural light keeps the receptor cells of the retina of the eye-cones and rods- in a fit condition and colour blindness is rarely found in those nomadic races which live outdoors for a major part of their lives. Probably, Dalton was afflicted with this defect (Daltonism is colour blindness) because he was shutting himself in his laboratory with his elements.

My advice to people to come out of the cosy comfort of AC rooms may bring tears into their eyes. But it is also good for them for tears contain lysozyme that ruptures bacterial cell walls and this action helps prevent eye infection. My wife never suffered from any eye infection during all these 50 years of our blissful wedded life.

So far so good! The Sun is our nearest star. Every star twinkles according to Snell's law of refraction of light rays when they pass from medium to another. The ray of light starting from the star passes straight through empty space before entering our atmosphere. The atmosphere shielding the earth

from dangerous radiations like hard cosmic rays (whose origin is not yet established) grows denser and denser towards the earth. So the path of the ray continuously changes giving us the impression that the star twinkles. That is how our favourite bed-time rhyme

Twinkle, Twinkle little star!  
How I wonder what you are!  
Up above the world so high  
Like a diamond in the sky!

has come out of holy lips of a holy poet! The more you study physics, the more you advance towards God. But the modern age is not only confronted by the serious problem of environmental pollution but also a more serious problem of thought pollution. Man has started "uglifying" the wonderful, lovely and beautiful elements in nature. The inner sanctum of sovereign mind is dethroned from its dais and crowned the rank of smelling libido in its place. No longer he finds sermons in stones, books in brooks, tongues in trees, lust in ladies and good in nothing. Here is an example of how our stars are ridiculed.

Twinkle, twinkle little star  
I do not wonder what you are!  
For, by the spectroscopic ken  
I know that you are hydrogen!

Because of the continuous bending of a ray of light from the star, before reaching the earth, the star appears to be slightly higher than where it actually is. In the language of physics, it is said that apparent zenith distance of the star is greater than it's real. This apparent shift in the position of a star is peevishly pushed into the same rhyme.

Twinkle, twinkle little star  
How I wonder where you are!  
'1.73 seconds of arc from where I seem to be'  
Replied the star, 'oh' said Arthur, 'Now I see'.

Such hurdles are forced on our way to God to retard our advances towards Him! Such words engulf me in remorse in the same way in which I find myself when a boy throws an acid bottle on his girlfriend for not returning his love!

**- K.V. Ramakrishna Sastry**



# Bhakta Sabari

Sabari was the daughter of a hunter. She was religious and sensitive by nature. When her marriage was fixed, her father being a hunter brought more than a thousand goats and sheep to be sacrificed for the wedding, as was their custom. Sabari, on seeing this, ran away into the forest in the early hours, to avoid killing of those animals.

She wanted to take the spiritual path and approached many spiritual teachers to teach her true wisdom. However, no teacher was ready to accept her as a disciple because of her low caste.

Finally, Sage Matanga accepted her as his disciple though he had to face criticism from other sages. He gave her the task of cleaning up the Ashram and to serve him. Sabari was very dutiful and took great care of Sage Matanga and all the daily activities of the Ashram. The Sage grew old and knew he had to leave his body. He asked Sabari if there was anything he could do for her, as it was time for him to leave.

Sabari cried, and asked Sage Matanga to take her along with him to the higher abode. The Sage assured her that Lord Rama would come along and liberate her one day and she should patiently wait for his arrival. Sabari, faithfully waited for Lord Rama. She would go to the forest and collect berries for Rama to eat when He arrived. This became a part of her daily routine and several years had thus passed by.

Sabari grew old and one day she went to Lake Pampasar, flowing nearby, to fetch water. A *rishi* with long matted hair was meditating near this divine lake and when he saw Sabari drawing water with her pot he was displeased as she was a low caste woman. He hurled a stone at her and it hit her leg which started bleeding. A drop of blood fell into the lake and instantly all the water in the lake turned into blood and the *rishi* was aghast. He reported this to other sages. They tried to purify the lake by chanting several *mantras* and



performing *yagnas* and sacrifices but nothing changed. They didn't have water to drink or for performing their rituals.

They heard that Lord Rama was coming to that forest and decided to ask Him for help. They brought Him to the lake and asked Him to purify it. Rama asked them how it happened and when the sages narrated Sabari's story, Rama put His hands on His chest and said 'It is not Sabari's blood. The blood came from my heart as you have injured my devotee. I am helpless. I can't do anything for you. Only Sabari can help. Bring her to me.' When word reached Sabari that Rama had arrived, she was overwhelmed and came running to see Him. Some dust from her feet fell into the lake and lo and behold, the water turned back to its normal state. The Sages were astounded and begged pardon from Sabari for treating her as a lowly woman.

Sabari, shed tears of joy on seeing Lord Rama and Lakshmana. She invited them to her house and they followed her to the hermitage. She offered them sweet berries in a bowl made of leaves from trees and said they were the best berries and they should eat them. Lakshmana on seeing the half eaten berries tried to stop Rama from eating them. But Rama ate them with love, saying any offering made by His devotee with love is sacred to Him. He was touched by Sabari's love and devotion and blessed Sabari and also the tree whose leaves were made into a bowl for offering Him the berries. He told Sabari that He would grant her whatever she wished for. Sabari asked Rama to unite her soul with that of her Guru, Sage Matanga, and her wish was granted. Sabari's body disappeared and her soul merged with her Guru's.

- A Story Retold

## 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!*

### ONGOING PROJECTS: Classrooms



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.

### Our Requirement, Our Request

Particulars	Specification	Amount	We need
Single Classroom accommodating 25 children	Outer Dimension 30'.0" x 30'.0" Construction area: 980 sq.ft	₹ 8 Lakhs per classroom.	5 classrooms

### About How You Can Help:

- ◆ by contributing to our Building Fund
- ◆ by donating building materials (steel, cement, bricks, sand, electrical fittings, tiles, flooring, paint, window glass, etc.)
- ◆ by donating classroom requirements like desks, mats, blackboards, e-learning kit, stationery etc.
- ◆ help us raise Corpus Fund for projects to become self-sustainable.

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

**Bank details:** State Bank of Hyderabad, Ac No. 52012846158, Jubilee Hills Branch, Hyderabad. IFSC code SBHY0020458, Branch code 20458 (Note: IFSC code contains the number "zero" not letter "O")

### For further details please contact:

Nachiketa Tapovan, Kodgal: 8008882828,

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# Prayer

Experts in physical health and wellbeing often utilize prayer in their therapy. Disability, tension and kindred troubles may result from a lack of inner harmony. It is remarkable how prayer restores the harmonious functioning of body and soul. People are doing more prayer today than formerly because they find that it adds to personal efficiency. Prayer helps them to tap forces and to utilize strength not otherwise available.

Prayer power is a manifestation of energy. Just as scientific techniques exist for the release of Atomic energy so are the scientific procedures for the release of spiritual energy through the mechanism of prayer. Prayer power seems able even to normalize the aging process, obviating or limiting infirmity and deterioration. It is not necessary to allow your spirit to sag or grow stale or dull. Prayer can freshen us up every evening and send us out renewed every morning. We can receive guidance in our problems if we let the prayers permeate our subconscious, the seat of the forces which determine whether we take right or wrong actions. Prayer has the power to keep our actions correct and sound. Prayer driven deeply into our subconscious can remake us.

If we have been praying in a certain manner, even if it has brought us blessings, which it doubtless has, perhaps we can pray even more profitably by varying the pattern and by experimenting with fresh prayer formulas.

If it sounds new and strangely scientific, bear in mind that the secrecy of prayer is to find the process that will most effectively open our mind

humbly to God. Any method through which we can stimulate the Power of God to flow into our mind is legitimate.

In our daily life, we should pray as we walk or drive our car or perform other everyday activities. We should work hard and intelligently, thus doing our part to achieve success in the matter. Prayer is a sending out of vibrations from one person to another and to God. The entire universe is in vibration. The air is filled with vibrations. The reaction between human beings is also in vibration. When we spend out a prayer for another person we employ the force inherent in the spiritual universe. We transport from ourselves to the other person a sense of love, helpfulness and support- a sympathetic, powerful understanding and in the process we awaken vibrations in the universe through which God brings to pass the good objectives prayed for.

One of the important functions of prayer is a stimulus to creative ideas. Ideas are present in consciousness which when released and given scope together with proper implementation, can lead to the successful operation of any project or undertaking. It remains to us to tap and develop these powers.

Alert people everywhere are finding that by trying prayer power they feel better, work better, do better and sleep better.

We should like to fall asleep while praying, for we should believe that our subconscious is most relaxed at that time. It is in our subconscious that our life is largely governed. If we drop a prayer into subconscious at the moment of its greatest relaxation, the prayer has a powerful effect.

In our brain we have about two billion little storage batteries. The human brain can send off power by thoughts and prayers. The human body's magnetic power has actually been tested. We have thousands of little sending stations and when these are turned up by prayer it is possible for a tremendous power to flow through a person





and to pass between human beings. We can send off power by a prayer which acts as both a sending and receiving station.

We should note that “every day is a good day if we pray”. We should set aside a few minutes every day. We should not say anything. Simply practice thinking about God. This will make our mind spiritually receptive. Utilize minute prayers by closing our eyes to shut out the world and concentrating briefly on God’s presence.

We should pray with a belief that sincere prayers can reach out and surround our loved ones with God’s love and protection. We should not use any negative thoughts in our prayer, only positive thoughts precipitate results.

We should accept always willingness of God. We have to ask for what we want but be prepared for what he gives in turn. It may be better than what we have asked for.

We should practice the attitude of putting everything in God’s hands. We have to ask for the ability to do our best and to leave the results confidently to God.

We have to pray for people we do not like or who have illtreated us. Resentment is a blockade number one of spiritual power.

We have to make a list of people for whom we have to pray. The more we pray for other people, especially those connected with us, the more prayer results will come back to us.

**- Siluveru Sudarshan**

## Hyderabad Kids Run 2016

On 24th December 2016, children of Nachiketa Tapovan participated in 2K & 5K Run, organized by Hyderabad Runners and received medals and participation certificates. Jyothi our head mistress, along with the teachers made the run memorable for our children.



## NTT DATA & The Green Print

Dec 3, 2016



# Live for the Moment

Most of us have heard a story of Mahabharata times. Yudhishthira was the King and one day a man came to his palace seeking justice. Yudhishthira told him that he would hear his grievance the next day and would render justice. On hearing this, Bheema his younger brother said "Brother, are you sure you will be able to do what you have said to that man tomorrow? When the present moment itself, is not in our hands, how can you be so certain about the future which is uncertain." On hearing this, wisdom dawned on King Yudhishthira.

Similarly, we do actions as if we live on this Earth forever. In the process, we hurt people while fulfilling our desires. We expect people to be kind to us but never try to be the same with them. We get into arguments with people and it leaves an impression on our mind. The argument may end on that day but its impact will take away all our peace of mind. When we come across the same person in future, the sequence of events will run in our mind and make us live in

the past. Our body language changes instantly. It is not our fault but ego. It never lets us accept the reality but makes us dwell in the past. We feel we are always right and expect others to correct themselves. Tomorrow may be too late to admit our mistake. Life is too short, so is the journey.

Forming opinions, having a fixed way of looking at people and being judgmental will only spoil our perception. Let us look at everyone as we look at our own self. We make so many excuses despite our own shortcomings. Why not apply the same yardstick to others and see the difference. When we know the pain and grief of those weaknesses unbalancing us, how can we be so stubborn with others? Expectations from others make us lose our peace. Expectations from self will surely help us grow. The cause of all disappointment, resentment and dissatisfaction is all about the people who do not reach our expectations. They never will. Who are we to measure other's worth?

As a great man said 'Life is too short, to be little'. Let us make it a celebration and wear a smile that dispels the disappointment and gloominess from the people around us. Live for the moment. Do not let the moment rob our excitement. Celebrate Life. Stop expecting and start accepting. People love children as they do not have expectations from them. Be childlike, living for the moment. Life is the way it is and it will not change its course for us. Be with the flow. Be happy with the world around for all its bountiful beauty. Do not grumble. Be a peacemaker and be blissful. What authority do we possess to brand people? Do not judge people for judging them will shorten our time in loving them. Life's journey is too short, so let us live for the moment.

**- M. Koti Rajasekhar**

Email at [mkrsekhar1973@gmail.com](mailto:mkrsekhar1973@gmail.com)



# Bhishma

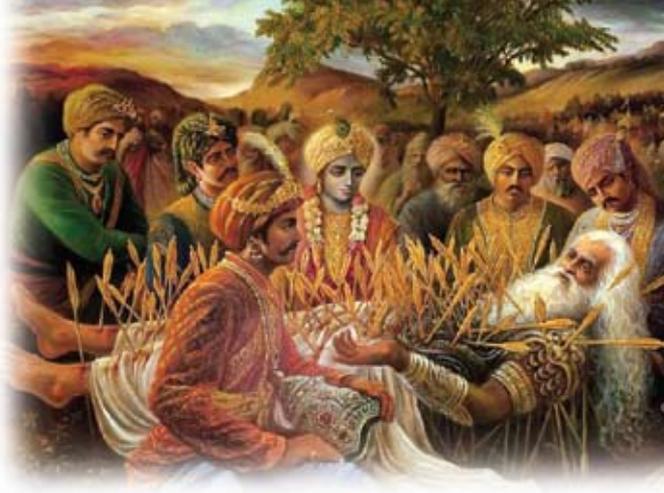
*Bhishma Pitamah*, the greatest warrior in the Hindu epic **Mahabharata**, was a man of valor, truthfulness, forgiveness, empathy and wisdom. He is known as a great intellectual who had mastered the art of concentration and at the same time he was the supreme warrior who had defeated his guru, **Parashurama** himself.

## Devoted Son

**Bhishma** was the son of **King Shantanu** and **River Goddess Ganga**. He was known as Devavrata before getting the title of Bhishma. As Devavrata, was the heir apparent to the throne of Hastinapur, being the only son of **Shantanu** and due to his great abilities as a warrior, noble, student and an able administrator. The **Bharatvansha** was at its prime under the command of the young prince **Devavrata**. But the fate had other plans, as the **King Shantanu** fell in love with a fisherman's daughter, **Satyavati**. But Satyavati's father had one condition to marry his daughter to Shantanu. He wanted that the children of Satyavati should rule the kingdom of Hastinapur instead of Devavrata. To this condition Shantanu rejected the proposal of Satyavati's father. But Devavrata couldn't see his father's pain and took an oath for lifelong celibacy and also stated that he would never sit on the King's throne and serve the King as long as he lives. Hence, the marriage of Satyavati with Shantanu took place and from that day, Devavrata was given the title of **Bhishma**, which means huge, because of his huge oath, the **Bhishma Pratigya**.

## The Most Generous Warrior

**Bhishma** had the blessing of Immortality and moreover, he was super skilled in warfare and there was no warrior at the time of Mahabharata, that could defeat the mighty Bhishma. But, he knew that he was fighting for the wrong cause and Pandavas were righteous in their cause. Though, he had pledged that he wouldn't kill any of the Pandavas in the battle of Mahabharata, but he also knew that as long as he is in the battlefield, Pandavas wouldn't be able to win the war. That is why, he himself told the Pandavas that if they brought a female into the battlefield, Bhishma



wouldn't attack her. In a way, he gave Pandavas, the clue to defeat him. As a result, **Arjuna** fought standing behind **Shikandi** the eunuch, who was **Amba** in its previous birth. Hence, Bhishma didn't attack Shikhandi or Arjuna in the battlefield and eventually, collapsed after a thousand arrows had pierced his body. This shows the generousness of this great warrior, such a fine example of empathy and charity is not seen anywhere in the history.

## A Loyal Servant of Hastinapur

**Bhishma** had vowed to protect and serve the King of **Hastinapur** as long as he lives. He did so, by serving four generations of the kings of Hastinapur. From serving his father **Shantanu**, to his step brothers **Chitrangada** and **Vichitravirya**, to **Dhritarashtra** and **Pandu** and finally **Duryodhana**. Bhishma had selflessly served the king irrespective of the cause and condition. Even when Duryodhana was fighting for an evil reason, Bhishma served as the supreme commander of Duryodhana's army in the **Mahabharata** war. This shows us the great loyalty and faithfulness of the great **Bhishma Pitamah**.

All these qualities serve a lesson for all of us, to transform ourselves and become selfless and kind to others. Bhishma's life is a great source of wisdom for us Indians, to respect our parents and teachers, to love our family, to protect the weak and to help the needy. Bhishma led his life with an example and even after many thousand years of the Mahabharata war, his story is immortal.

Source: Hindutva



## Shri Ram - Quiz



1. Who is "Makarashudu" and who killed him?
2. What did Angada tell Jambavantha regarding his incapability to cross the ocean and go in search of Sita?
3. Who is the elder sister of Sage Vishwamitra?
4. Who is the wife of Himavantha? Whose daughter is she?
5. What are two boons that were asked by Kaikeyi?
6. What did Lakshmana say after seeing the golden deer?
7. Where did Sri Rama, Sita and Lakshmana spend the first day of their exile?
8. How did Hanuman kill Akshakumara (son of Ravana)?
9. What did "Viradha" tell about his rakshasa form to Sri Rama?
10. Who is the Rakshasi that Sri Rama and Lakshmana saw after crossing the Croucharanya (Croucha forest)?

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

07. Taking only water as food Sri Rama, Sita and Lakshmana spent their first day of exile on the banks of the river Tamasa

08. Hanuman broke the chariot of Akshakumara, killed the horses and caught hold of Akshakumara who was in the sky and swirled him hundreds of times and threw him to the ground. Badly wounded, Akshakumara died

9. He said he is a Gandharva by name Tumbura. One day, he delayed his services to Kubera and being annoyed, Kubera cursed him and he turned into rakshasa

10. A rakshasi named Ayomukhi with a huge body and tummy and with a rough skin, shabby hair and was eating the flesh of wild beasts

1. Makarashudu is the son of Khara (rakshasa who was killed by Sri Rama in Dandakaranya) and Sri Rama killed him with "Agnestaystra"

2. I can cross the ocean and go to Lanka but I doubt if I am capable of coming back again by crossing the ocean

3. Satyavathi

4. Menadevi daughter of Meruparvatham

5. 1. Ascension of her son Bharatha to the throne of Ayodhya

2. Exile of fourteen years to Sri Rama

6. This is surely a fake animal. This type of deer does not exist in the whole universe and might be Mareecha, disguised himself as this deer

**ANSWERS:**



## Annadhata Sukhibhava!

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
Dec 3	Dr. Vijaya Laxmi
Dec 4	Sri Srinivas Raju (Birthday)
Dec 4	Smt. Vaishnavi (Birthday: Chinmayi Chetana)
Dec 6	Smt. Geetha (Birthday: Anil)
Dec 10, 11	Smt. Roopa (Birthday: Ramamma)
Dec 13	Smt. Rama Devi (Birthday: DVS Raju)
Dec 15, 22	Smt. Vasundhara (Swami Ranganathanandaji's Birthday)
Dec 17	TatvaSet (The Green Print Celebrations)
Dec 17	Sri Arun Kumar (In the memory of Sri Dinesh Prasad)
Dec 20	Sri Vasavi Print
Dec 21	Smt. Sharada (In the memory of Smt. Kamala Kumari)
Dec 24	Sri Ch. Laxminarayana
Dec 26	Smt. Neeru
Dec 27	Sri Vijay Basetti (Smt. Suryakantham B. & Sri Laxminarayana B.)
Dec 27	Ajith N. (Birthday: Nachiketa Vidya's Manjula)
Dec 28	Madukar
Dec 29	Smt. Geetha (Birthday: Adityaram)
Dec 30	Sri Balakrishna Singh & Smt. Nagamani (Birthday: B. Rajashekar)



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

Contact for further assistance

Ashram: 8008882828 Tapovan: 9849168937

SMS to Swamiji: 9908234545

nachiketananda@gmail.com admin@nachiketatapovan.org

Website: www.nachiketatapovan.org

## 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:

#### Bank Information

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 "zeros" not letters "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

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")

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# The Fanatical Worshiper of Shiva



There is an old story of a man who was a worshipper of Shiva.

There are sects in our country who worship God as Shiva, and others who worship Him as Vishnu.

This man was a great worshipper of Shiva, and to that he added a tremendous hatred for all worshippers of Vishnu, and would not hear the name of Vishnu pronounced.

There are a great number of worshippers of Vishnu in India, and he could not avoid hearing the name. So he bored two holes in his ears, and tied two little bells on to them, and whenever a man mentioned the name of Vishnu, he moved his head, and rang the bells and that prevented his hearing the noise.

But Shiva told him in a dream, “What a fool you are! I am Vishnu, and I am Shiva; they are not different, only in name; there are not two Gods”.

But this man said, “I don’t care I will have nothing to do with this Vishnu business”.

He had a little statue of Shiva, and made it very nice, built an altar for it. One day, he bought some beautiful incense and went home to light some of the incense for his God. While the fumes of his incense were rising in the air he found that the image was divided into two: one half remained Shiva, and the other half was Vishnu.

Then the man jumped up and put his finger under the nostril of Vishnu so that not a particle of the smell could get there.

Then Shiva became disgusted, and the man became a demon. He is the father of all fanatics, the “bell-eared” demon. He is respected by the boys of India, and they worship him. It is a very peculiar kind of worship. They make a clay image, and worship him with all sorts of horrible smelling flowers. There are some flowers in the forests in India which have a most pestilential smell. They worship him with these, and then take big sticks and beat the image. He is the father of all fanatics, who hate all other Gods except their own.

This is the only danger in this *Nishta Bhakti*, becoming this fanatical demon. The world gets full of them. It is very easy to hate; the generality of mankind get so weak that in order to love one they must hate another; they must take the energy out of one point in order to put it into another. A man loves one woman, and then loves another, and to love the other, he has to hate the first. So with women. This characteristic is in every part of our nature, and so in our religion.

The ordinary, undeveloped weak brain of mankind cannot love one without hating another. This very [characteristic] becomes fanaticism in religion. Loving their own ideal is synonymous with hating every other idea. This should be avoided, and at the same time the other danger should be avoided. We must not fritter away all our energies. Religion becomes a nothing with us; just hearing lectures. These are the two dangers.

Source: Tales and Parables of Swami Vivekananda



## Manovignanam-II

**M**anovignanam level-II, a Residential Camp was conducted from 1st to 3rd December 2016 for the participants who attended Manovignanam Level-I. Manovignanam Level-II was a 3 days Residential Camp in which true seekers from BDL, Bhanoor have learnt the art of unveiling the mysteries of mind. Some of these sadhakas were getting wonderful and exceptional experiences. This camp was all about educating, exploring and experiencing various dimensions of the mind and beyond. Sadhakas were fortunate enough to excel in their sadhana under the guidance of Swamiji and Mataji.



## Udayan Care Team's visit to Ashram

**We** are greatly indebted to Udayan Care Team for visiting Nachiketa Tapovan Ashram at Kodgal, on 17th December 2016. They have fulfilled the wishes of LKG and UKG children, which brought them immense happiness.



## The Green Print initiative



**TatvaSet**  
team, visited  
Nachiketa Tapovan  
Ashram on 17th December  
2016 and participated  
in the Green Print  
initiative.

**We are extremely thankful**  
to  
**Tatvaset IT Architects Pvt. Ltd.**  
for their kind donation of ₹ 2,00,001  
towards Corpus Fund -  
Sponsor a Child Education





# Invitation



We cordially invite you to attend our celebrations



## Shivaratri

24<sup>th</sup> February 2017

### Venue:

Nachiketa Tapovan,  
Kodgal Village,  
Jadcherla.

SHIVARATRI PROGRAM DETAILS	
Time	Program
6:00 pm - 8:00 pm	Bhajan
8:00 pm - 9:00 pm	Cultural Programs
9:00 pm - 10:00 pm	Yagna
10:00 pm - 11:00 pm	Mantra Deeksha / Pravachan
11:00 pm - 12:00 pm	Samoohik Japa
12:00 am	Lingodhbhava
12:00 am - 2:00 am	Abhishekam
2:00 am - 2:30 am	Divya Pravachan
2:30 am - 3:00 am	Theerth Prasad Distribution
3:00 am - 3:30 am	Bhajan
3:30 am - 4:00 am	Cultural Programs
4:00 am - 4:30 am	Veda Parayana
4:30 am - 5:00 am	Harathi



## Sri Ramakrishna Paramhansa Jayanti

28<sup>th</sup> February 2017

## Festivals & Events of FEBRUARY 2017

3



Ratha Saptami

1



Sri Panchami

7



Bhishma Ekadasi



## *Yashoda and her darling child Krishna*

*S*ri Krishna won the love of every one and proved a born leader. But to Yashoda he was her darling little child. Some times when he was too naughty the *Gopies* complained to Yashoda, and she punished him, too. But before his mother he looked like an innocent little child.

There is a very interesting story about the boy Krishna. One day Balarama rushed to Yashoda: he said: "Mother! Krishna is eating mud. His body is all covered with mud and his mouth is full of it." Just then the lovely child came up. His face and body were covered with mud. Yashoda began to question the boy, "You naughty fellow! Haven't you had enough butter at home? Do you eat mud?"

With a wry face Krishna lisped: "Oh no, mother! Brother is uttering a lie. I have not touched mud at all." Yashoda said angrily, "Enough! Open your mouth." Krishna opened his mouth.

Yashoda looked. She was startled and could only exclaim 'Ah!'

She did not see mud in Krishna's mouth. But she saw all the worlds! As she looked she was dazed. She was terrified and folded her hands and closed her eyes.

When she opened her eyes she saw the laughing little child before her. She forgot all she had seen. She, too, laughed and swept the child into her arms. And Krishna laughed as if he knew nothing.



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*