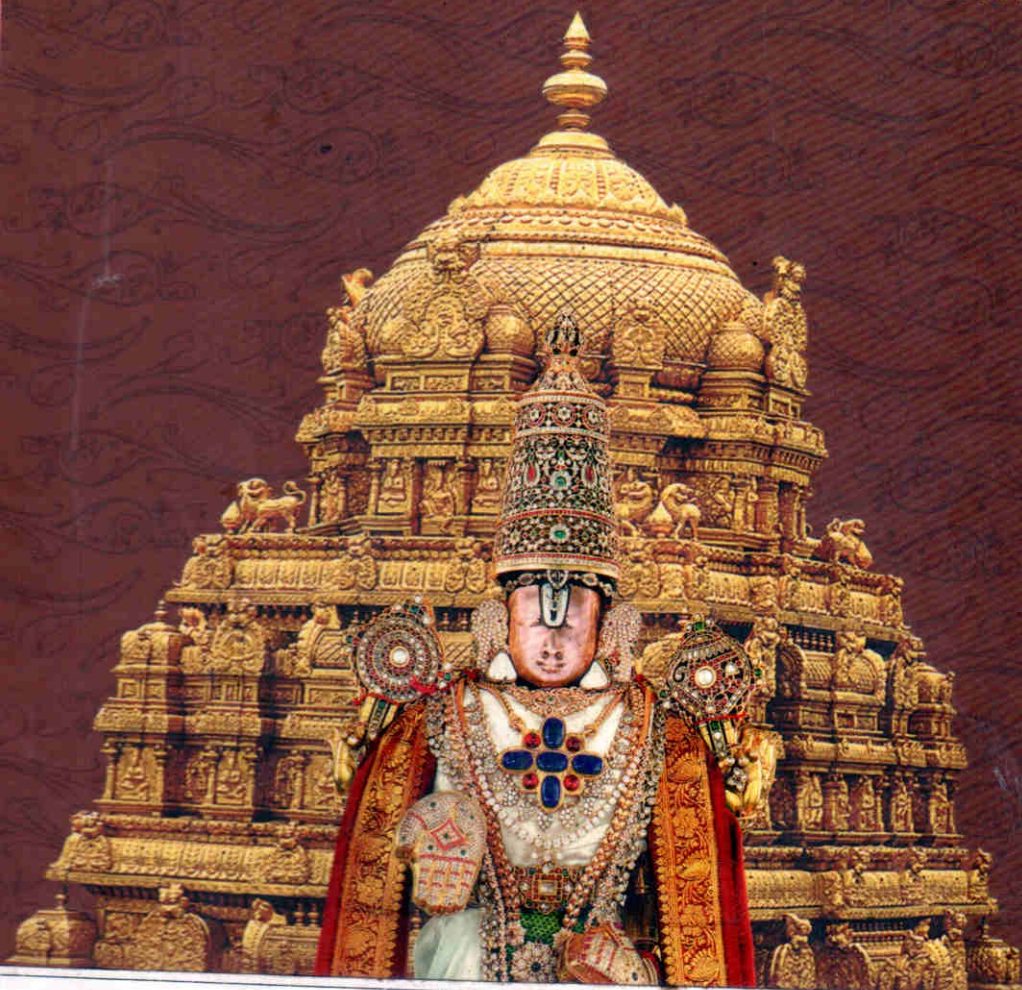




D Divine Inspiration

HANAM

2009
DIARY

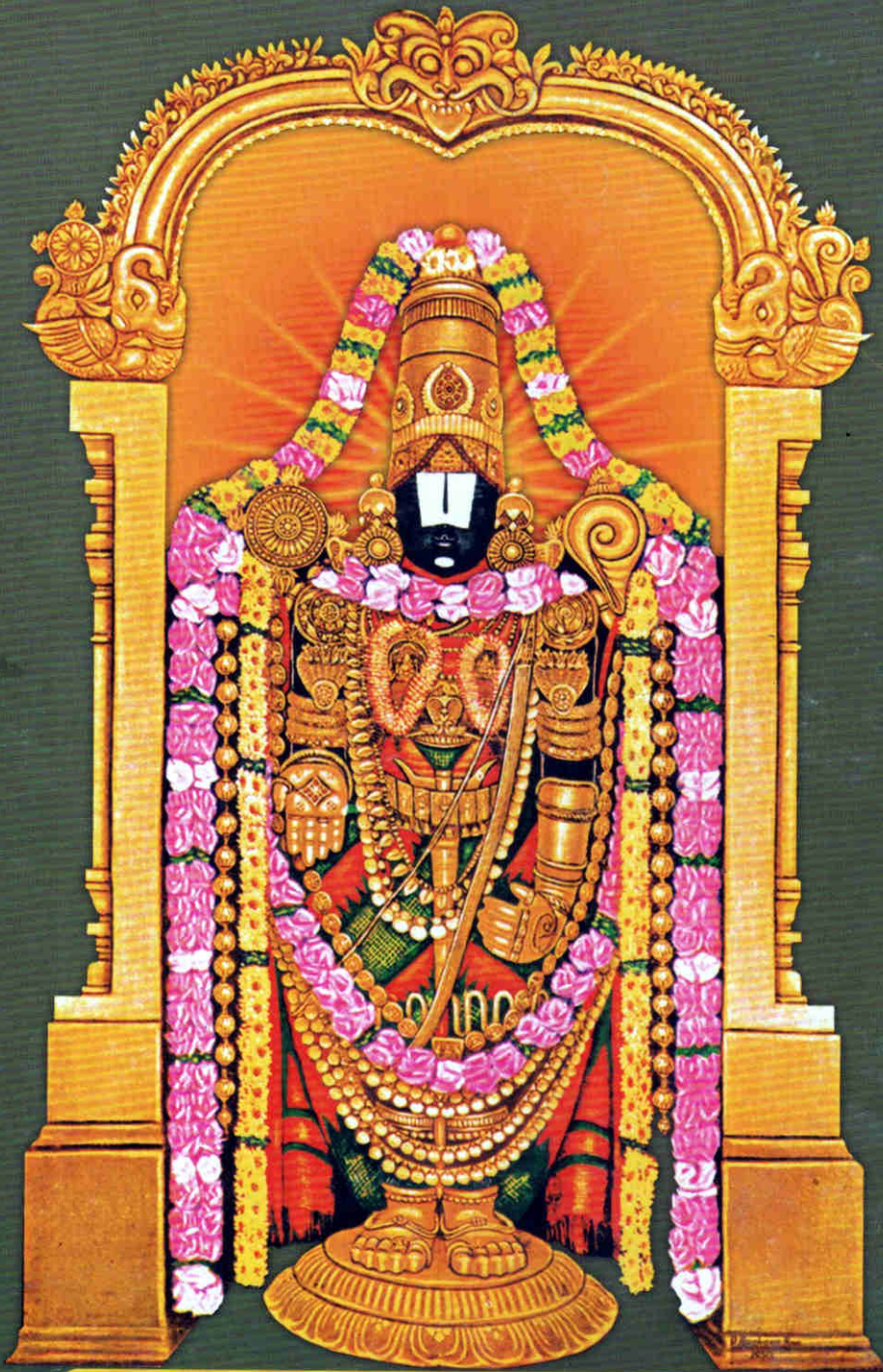


D for Divine Inspiration



D
Divine Inspiration

GOODBYE = let GOD be with U always.



Lord Venkateswara

PERSONAL RECORD

Name VR Radhakrishna Murthy
Office Address

Telephone 040 - 23840422 Personal

Mobile No. Pager No.

FaxNo. E-Mail

Residential Address

Telephone Blood Group

Height Weight On

Car/Motor Cycle No.

Driving License No.

Savings Bank A/c. No. Current A/c No.

Passport

Passport No. Issued on

To be renewed on

Insurance Policies

No. Due Date

No. Due Date

Credit Cards

Type No. Exp. Date

Type No. Exp. Date

Type No. Exp. Date

Type No. Exp. Date

Important Contacts

Doctor Bank Manager

Insurance Agent Travel Agent

PAN Card No.

.....

.....

.....

If this Diary is found, please return to the owner at the above address

God is There

YEAR PLANNER 2010

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

SUN						
MON	1	2	3	4	5	6
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SAT	30					
SUN	31					
MON						

God is there through the RAIN

God is there through the shine

God is there through the farm

God is there through good days

God is there through bad days

God is there always

To comfort when we are

God will never leave us astray

as long as we stay near Him

Written by

KIM DAVIS

FOUR STEPS

To live successfully

- 1) Look back & Thank God
- 2) Look forward & Trust God
- 3) Look around & Believe God
- 4) Look within & find God

SAI RAM

When GOD made MOMS

By the time The LORD made MOTHERS
He was in 6th day of Working OverTime

An angel appeared & said:

"Why are U spending so much TIME ^{on this}

The Lord answered & said:

Have U seen the spec sheet on HER?

She has to be completely washable, ^{but not} plastic

She has to have 200 ^{movable?} parts, all replaceable

She has to run on black coffee & leftovers

She has to have a lap to hold three children

& that disappears when she stands up;

She has a KISS that can cure anything from

A scraped knee to a broken heart &

& She must have six pairs of HANDS



The angel tried to stop the LORD

Thu 1 This is too much work for one day

Fri 2 Wait until tomorrow to finish

Sat 3 But I can't the Lord protested

Sun 4 I am so close finishing this creature

Mon 5 there is so close to my own heart.

Tue 6 She already heals herself when she is sick

Wed 7 I can feed a family ^{of six} on a ~~do~~ of Hanger

Thu 8 I can get a 94yr old to stand in the shower

Fri 9 The angel moves closer & touched the woman

Sat 10 "I made her so soft- LORD,

Sun 11 The Lord said: "I have also made her TOUGH

Mon 12 She has no idea what she can accomplish

Tue 13 "Will she be able to think" asked angel

Wed 14 The Lord: "Not only will she be able to think

Thu 15 ^{replied} she will be able to reason & negotiate

Fri 16 You are a genius, my Lord.

Sat 17 "I thought of everything, for women are truly amazing"

Sun 18

Mon 19

Tue 20

ANGEL

The angel was astounded at these requirements
"Six pairs of hands" No way - said the angel

The Lord replied:

"Oh it is not the hands that are the problem

It is the three pairs of eyes for mothers

"And that is just on the standard model"

The Lord nodded in agreement:

Yes one pair of eyes to see through closed door
as she asks her children what they are doing

Another pair in the back of her head to see
what she needs to know ^{even though} ~~no one~~ thinks she can

And the third pair here in front of her head

They are for looking at an errant child
Understand him her without saying a single word.

Forgetting cannot be forgiven
 But forgiveness shall not be forgotten

YEAR PLANNER 2010

JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

SUN		1				
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SUN				31		
MON						



Today is Mother's Day

Let all of us bow down to our beloved Mother in obedience to mother of mothers "శ్రీమతే"
The whole creation is decorated into 9
nine illusions. One who helps us to overcome
from these is Mother Goddess Durga.
When we start praying this divine
mother, she will shower her blessings
before the prayer is completed.

Soundarya Lahari of Adi Shankara
is very effective prayer for this benefit.
Divine Mother gives her dandam in
various forms & bestows her blessings
in the same form as the one which we
meditate & pray to her.

February 2009

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* * * * *

There are many other heroes who are prepared to lay down their lives for my sake. All of them are well equipped with different kinds of weapons and all are experienced in military science. - Bhagavad Gita 1:9

January

2009



శ్రీసర్వధారి/పుష్య శు.7
శనివారము / SATURDAY
జనవరి / JANUARY

03

అక్షయ (ష) దాన సమయం నవవి (ష) మం
విద్యా (ష) దాన సమయం శరణు మహామలం
వచ్చి పిళ్ళ వర్షం వచ్చింది, తమలా నలా మ
దానిత్రాల్లాక్రీడనని కరణం ప్రవృద్ధి

శ్రీసర్వధారి/పుష్య శు.8
ఆదివారము / SUNDAY
జనవరి / JANUARY

04

We can experience God according
to our perception. If we start worshipping
a stone as "Mother Gauri" she will respond.
I feel divine mother as one of the members
of my family, or one among my children.

February 2009

S M T W T F S

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* * * * *

Adidampathulu have come out of our
(feel) Bhavana, so Bhava is named as BHAVA

All of you must now give full support to Grand father Bhishma, as you stand at your respective
strategic points of entrance into the phalanx of the Army. - Bhagavad Gita 1:11

Mother is named as "BHAVAAANI"



శ్రీసర్వధారి/పుష్య శు.10
మంగళవారము / TUESDAY
జనవరి / JANUARY

06

The whole process is called "Bhavanithvam".
Which means "Immerse me into yourself".
We can overcome our ignorance & enlighten
our lives only with the blessing of Jagan Maethe
If a child is hungry, she has to crave for Mother
Similarly when we live in ignorance,
we have to crave for Divine Mother
with utmost devotion & submission
to enlighten ourselves, so that she may
bestow knowledge upon us. & so she
is named as "భక్తి వక్రవాహిని" (Bhakti Vakra Vahini)

February 2009

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శివశక్తిక యుక్త యదభివ్రుతకీర్తనాభివ్రుతం
న భావోద్భవ కులకులలం. "



Adi Shankara's (సంస్కృతం) ప్రశ్నోత్తరాలు

① Who is dear to the Lord?

He who is fearless & free from fear from others

② How does one attain liberation?

By practicing Sadhana. (spiritual discipline)

③ Who is most lovable?

The one who possesses the knowledge of Brahman

④ How does one develop Viveka?

Through service to an elder

⑤ Who is an elder?

Those who realized the ultimate Truth -

⑥ Who is really wealthy?

He who possesses wealth of devotion towards the Lord/God Almighty

February				2009		
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January



YOGA

2009

శ్రీసర్వధారి/పుష్య శు.14
శనివారము / SATURDAY
జనవరి / JANUARY

10

7) Q Who profits from his life?

The one, Who is humble in learning

8) Who is a loser?

The one who is drunk with pride

9) What is the most difficult task of MAN?

To keep his mind under control constantly

శ్రీసర్వధారి/పుష్య శు.15
ఆదివారము / SUNDAY
జనవరి / JANUARY

11

10) Who protects an aspirant?

His guru

11) ^{To} Whom do you owe your ~~existence~~ ^{life}?

My parents

12) Of the two ~~humans~~ ^{humans} do you owe more

February 2009

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*	*	*	*	*	*	*

Obviously my mother has conceived me
Who carried me in her stomach for 9 months
Who gave me a safe delivery &
Who nourished me all through her life

Let me see those who have come here to fight, wishing to please the evil-minded son of Dhritarashtra
Bhagavad Gita 1.47

Talk on DIVINE INSPIRATION

January

by

YOGA

2009



Swami Venkatesananda

శ్రీ సర్వధారి / పుష్య బ. 3

మంగళవారము / TUESDAY

జనవరి / JANUARY

13

భోగి / Bhogi

Bhagavad Gita is considered as a YOGA TEXT, (a scripture dealing with YOGA)
When the hero of GITA (Arjuna) says
"Let me assess the relative strengths of
ourselves as well as the enemy" —
there is already a message, a vital truth of YOGA.

At the beginning of Bhagavad Gita,
the scene created is: "Two armies assembled
on the battle field & ready to fight". When
Arjuna asks Lord Krishna "Take my chariot
right up to the middle, between two armies"
"other I can estimate the relative strength
ourselves & our enemy".

February 2009

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* * * * *

In the presence of Bhishma, Drona and all the other chieftains of the world, the Lord said, Just behold, Partha, all the Kurus assembled here. - Bhagavad Gita 1:25

January

2009



శ్రీసర్వధారి/పుష్య బ.5
గురువారము / THURSDAY
జనవరి / JANUARY

15

Arjuna,
I place myself right in the middle,
find on one side all your lust; anger, greed,
jealousy, hatred, temptations & all sort of
things & encourage you to fight for justice
& on the other side I'm in good qualities
(nobody, even the worst criminal, ~~totally~~ free
from something good or semblance of good,
& not even the poorest saint is totally
free from some deficiency of good or evil)
And we prepared to look within & assess
the requirements of good & bad & arrive
at the net for survival and growth.
Such sane thinking is very rare.

February 2009

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When the son of Kunti, Arjuna, saw all these different grades of friends and relatives, he became over whelmed with compassion and spoke thus. - Bhagavad Gita 1:27



శ్రీ సర్వధారి / పుష్య బ.7
శనివారము / SATURDAY
జనవరి / JANUARY

17

Without rationalizing like this and

Without condemning or without justifying
Can I look at my self, standing in the middle,
to analyse — then are my spiritual moral assets
And these are my spiritual moral liabilities,
So to put lesson I learn from

This Chapter I reverence of GITA

శ్రీ సర్వధారి / పుష్య బ.8
ఆదివారము / SUNDAY
జనవరి / JANUARY

18

"I assess my relative strength & weakness
vis-a-vis my enemy".

The next lesson we learn in our life is:

Here is an attraction to fight — against

You are cousins or brothers

Like them I have seen playing &
repeating

February 2009

S M T W T F S

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* * * * *



You think over

శ్రీసర్వధారి/పుష్య బ.10
మంగళవారము / TUESDAY
జనవరి / JANUARY

20

"How can I break my friendship as

is it because they have been advancing
to snatch away your property & things?"

How do I know? Something in me tells
me "I don't want to sever from my

friendship I fight apart my own cousins

I look around for some excuse"

It is at the stage, Lord Venkateswara used to
bravely dash his thinking & make his thinking

with peaceful mind, a mind that is

inwardly alert & inwardly illuminated

February 2009

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* * * * *

It is only enlightened intelligence

that made him really see how the mind
fools up & plays into our infirmities

O Krishna, maintainer of the people, I have heard by disciplic succession that those who destroy
family traditions dwell always in hell. - Bhagavad Gita 1:43

of my a + ve thinking makes us rise to the occasion

January

2009



True Essence of GITA

శ్రీ సర్వధారి/పుష్కర బ.12
గురువారము / THURSDAY
జనవరి 8 / JANUARY

22

Whatever happened, it happened well.
Whatever is happening, is happening well.
Whatever can happen, it will also happen well.
What of yours, do you lose?
Why or for what are you crying?
What did U bring into your existence?
What U think U have lost it?
What did U create, to be wasted/destroyed?
Where U took, U have taken from here
Where U gave, U gave from here
What is yours today will belong to ^{another} tomorrow

February 2009

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January

Some thoughts on EGO

2009



Egocentric Desires

శ్రీసర్వధారి/పుష్య బ.13-14
శనివారము / SATURDAY
జనవరి / JANUARY

24

When any action is undertaken
with EGO or EGOCENTRIC desires,
denoted by the "I" or "I want" this
attitude in predominance,
it is an ^{an} impression of "Vaasana"

This Ego is the final
manifestation of the subtle ^{and}

శ్రీసర్వధారి/పుష్య బ.14-15
ఆదివారము / SUNDAY
జనవరి / JANUARY

25

powerful Vaasanas in our personality
the Ego-centric desire together constitute
Vishaya Sakthi (attachment to objects)

The source of ego lies in the Vanta of the agency,
the attitude of "doership" (I do attitude)
the attitude of "enjoyership" (I enjoy attitude)

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Sajaya Said: Seeing Arjuna full of compassion, his mind depressed, his eyes full of tears, Madhusudana, Krishna, spoke
of the following words. - Bhagavad Gita 2:1

How maintain themselves permanently in our bosom



శ్రీసర్వధారి/మాఘ శు.1
మంగళవారము /TUESDAY
జనవరి /JANUARY

27

Identification with the mind gives rise to the sense of 'enjoyership', while identification with the intellect gives rise to a sense of 'DOERSHIP'.

These two "enjoyership" & "Doership" put together constitute the Ego. There is nothing but the concept of Perceiver - feeler - Thinker - Entity. There is no other than the INDIVIDUALITY.

According to Vedantists, the self getting reflected in the intellect - Body & Senses into the Ego, which is the reflection of world of objects, feelings & ideas.

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శ్రీసర్వధారి/మామి శు.3
గురువారము / THURSDAY
జనవరి / JANUARY

29

Ego rises when the Supreme Self is not recognised & when his deep-rooted ignorance in MAN veils his divine nature for himself.. The Ego Centric idea that man is conditioned by his mind intellect body is the true seed of delusory attachments. It is only by rediscovering ourselves that we are really something higher than our own Ego, we can put an end to all the sorrows that have come to us through false identification, false prestige & false status of false men etc etc

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శ్రీసర్వధారి/మాఘ శు.5
శనివారము / SATURDAY
జనవరి / JANUARY

31

I (not my ego) have seen just ~~myself~~ myself
as to what constitutes a man's ego,
for sometime past when I realised:
"I (personality) in each one of us,
is nothing but the memories of certain facts of life
such as "I am the son of so & so
educated upto --- I lived at ---
loved by ---, hated by --- I taught by ---
In short, I am the sum total of all the
retained memories of all vivid experiences
I have had in the past. **The I-concept**
includes all my hopes & aspirations
of the ego in me has no existence at present
of things in the past & in unknown future
of any man be live vitally & dynamically
Never was there a time when I did not exist, nor you, nor all these kings. Nor shall any of us cease to exist in the future
Bhagavad Gita 2:13
in the present (NOT in the past / unknown future)
our ego will get annihilated.

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NAMOSTU Rameya Sa Lakshmana

(from SUNDARA KANDA)

శ్రీ సర్వదారి/మాఘ శు.6

పంజాబ్, భారత్
ఫిబ్రవరి 5, 2009

01

After his futile search for SITA at several places in LAN KA, Hanuman felt great depression for his failure in his mission to trace SITA. Here Maheshwari touches upon the tender human side of many the feeling of despair in the life of a human being, when he is confronted with several failures in his life. Hanuman was no ordinary deputy, sent by Rama, to find out the whereabouts of SITA. Still his hurdles proved formidable. At one stage he felt himself like giving up his life fasting (PRAYOPAVESATH), a suicide of sorts.

O son of Kunti, happiness and distress are temporary experiences that arise from sense perception. Heat, cold, pleasure, and pain come and go and you must learn to tolerate them, O descendant of Bharata. - Bhagavad Gita 2:14

in stead of returning with a blank face

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February

2009



A sudden flash of hope

శ్రీ సర్వధారి / మాఘ శు.8
మంగళవారము / TUESDAY
ఫిబ్రవరి / FEBRUARY

03

emerged on a seep a woman
at a distance, who had long braided hair,
trying both the branches of a tree to hang herself
Feeling a doubt, he chanted this sloka:

Namosthu Rameswasa Lakshmanaaya

Servaisena Prasanna Janakeatmajayai

Namosthu Rudrendraya Manibhuyo

Namosthu Chandraerke Manu Ganeshyaka

Meaning I bow to Sri Rama Lakshmana the angel,
to SITA, to God Rudra, Chandra, the SUN,
the Wind & the legion of heavenly Demi-Gods,

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When he chanted this sloka. LIT Beeza Aksharag
his spirit raised & soon he found out SITA. (X)

February

RAMA VS KRISHNA

LORD

VENKATESWARA



2009

శ్రీసర్వధారి/మాఘ శు.10-11
గురువారము / THURSDAY
ఫిబ్రవరి / FEBRUARY

05

Looking deeper into The Two

Incarnations of LORD RAMA & LORD KRISHNA

We find that Rama was born in Uttarayana
Krishna was born in Dakshinayana

~~Rama~~ Rama was born at noon
While Krishna was born at midnight

Rama took birth in Soorya Dynasty
While Krishna took birth in Chandra Dynasty

Yogis say that Rama Avataar denotes Surya Nadi
While Krishna " denotes Chandra Nadi

Krishna means darkness &
that is why he is black skinned in color
While Rama is fair in color

When Krishna departed from the face of the Earth

after completion of his Avataar, the entire Earth
was drowned in darkness & people
prayed for light.

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శ్రీసర్వధారి/మాఘ శు.13
శనివారము / SATURDAY
ఫిబ్రవరి / FEBRUARY

07

Sage Narada prayed
to the Lord in Sri Vaiturthem :

" Oh Lord ", You left the Earth undarkened
Please incarnate again "

But God feared to incarnate once again

So Narada suggested "ARCHAVATHAR" form.

Thus God incarnated as LORD SRINIVASA

in Thirupathi. The Archavatara of the Lord

is not a SHILPA MOORTHI (the one shaped by a sculptor)

శ్రీసర్వధారి/మాఘ శు.14
ఆదివారము / SUNDAY
ఫిబ్రవరి / FEBRUARY

08

but a SWAYAMBHU MOORTHI meaning

(a form taken by the LORD HIMSELF)

Thirupathi falls in the area of 8 forests (7 hills)

Adisesha, the serpent bed of the LORD. This

February 2009
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The holy places of Ahobila, Kelchasi, Srirangam

The self cannot be pierced by weapons, burned by fire, moistened by water, or withered by wind
Bhagavad Gita 2:23

also are formed by the Divine serpent - (Adisesha)

What is REALITY?

February

2009



The Very Question speaks of reality.
No two humans are alike.
While one Questions the other answers.
Only because of duality, a Qn + Ans are possible.
This is so in every relationship.
If the other does not do what you expect,
You suffer the other.

శ్రీశక్తిధారి / మాఘ బ.1
మంగళవారము / TUESDAY
ఫిబ్రవరి / FEBRUARY

10

French Philosopher Jean Paul said:

"The other is HELL"

Unless you are in yoga (identification with self) suffering is inevitable, depending upon your ability to manage life, but it is inevitable because there is pleced called HELL

This is the reason why people are trying to build their own safety cocoon. Why family is such an important establishment in the world is because it is a safe cocoon. The more insecure u feel, the more valuable your family situation becomes.

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★	★	★	★	★	★	★

But within the family also, if u look deep, they are all others. When there is an outside problem, they are all one. But within the family, we are all others.

February

2009



శ్రీ సర్వధారి/మాఘ బ.3
గురువారము / THURSDAY
ఫిబ్రవరి / FEBRUARY

12

For most people, it is the problems that unite them.
They value the problems so they have endless problems.
Once U value the problems, ^{unknown} you create more problems.
The world is full of problems, because people value them.
Your problem has come up :: if you identify with the body.
If U disassociate from body, next minute the thought-process begins.
It is easy to see that it is always on recycle.
If U can identify with these recycles.
Why can't you identify with the planet itself?
Remember the LIFE is always on recycle all the time.
It is an ongoing process. If U want to experiment,
stop eating for ten days, U will know the difference.
because U will start shrinking.
So don't start experimenting with your life
but keep going with God in your mind.

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Death is certain for all who take birth. Birth is just as certain for all who die. Therefore, do not lament in matters like this, which are unavoidable. - Bhagavad Gita 2:27

God Bless U With Grace



శ్రీసర్వధారి/మాఘ బ.5
శనివారము//SATURDAY
బి.వరి /FEBRUARY

14

Prayer is not a "spare wheel" which you can pull out when in trouble or Tension; but it is a "steering wheel" that directs to the right-path throughout your life. So you know why the car's rear shield is so huge while the Rear-view Mirror is so small. Because, our ~~past~~ ^{present} is not so important — as our future. So

శ్రీసర్వధారి/మాఘ బ.6
ఆదివారము//SUNDAY
బి.వరి /FEBRUARY

15

Look ahead carefully before making a ^{fresh} step. When God solves your problems, you gain faith in his abilities; but when God does not solve your problems, it looks as though he has faith in your abilities. When you lose hope & think for this is the end,

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I have spoken to you of how to use wisdom in sankhya, now hear about wisdom in yoga. With this wisdom, Arjuna, you will free yourself from the bondage resulting from karma. - Bhagavad Gita 2:39

God smiles for a reason to tell U "This is just-a BOND, not an END"

Friendship - Two Types

March

2009



శ్రీ సర్వధారి / పాల్కుణ శు.5
ఆదివారము / SUNDAY
మార్చి / MARCH

01

Friendship with a silly-idiotic person
like appear to be very serious and
brightly in the beginning but slowly the
relation will get thinner & thinner with time
to disappear into obscurity.

but the friendship with a noble person
may look insignificant to start with,
but as time progresses & the understanding
is fortified, it progresses from strength to strength.
The two phenomenon are like the
disappearance & growth of a shadow

April in 2009

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one step with the movement of the SUN
from dawn to midday & midday to dusk

Whichever of the roving senses the mind runs after, that sense carries away one's intelligence, just as the wind carries away a ship on water. - Bhagavad Gita 2:67

(bto)

March

2009



02

శ్రీసర్వధారి/ఫాల్గుణ శు.6
సోమవారము / MONDAY
మార్చి / MARCH

The shadows at Sunrise can be long
but by midday it has got smaller
till it becomes non-existent.

This face is compared to our
friendship with an idiot

From midday to sunset,
the shadows get longer & longer

This friendship is compared
to friendship with noble souls

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29	30	31	★	★	★	★	

FUN LIVE RAMA NAMA

March

2009



శ్రీసర్వధారి/పాల్కుణ శు.7
మంగళవారము /TUESDAY
మార్చి /MARCH

03

Once a guru was teaching

Vishnu Sahasranama to a group of boys
aged 8-12 yrs. Guru chanted the sloka

"SRI RAMA RAMA RAME THI

RAME RAMA MANORAME

SAHSRA NAMA TARTULYAM

RAMA NAMA VARANAME

If you chant-Ramename 100 times
it is equivalent to chanting the whole of
Vishnu Sahasranama or Chanting the Lord
Rama's name one thousand times.

One day many boys, who always questioned,
Rose up & asked "How can 3 times be equal to 1000
times
What is the logic behind it?"

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If in your opinion, O Janardana, knowledge is superior to action, then why, O Keshava, are you engaging me in this
horrible action? - Bhagavad Gita 3:1

March

2009



శ్రీసర్వధారి/పాల్గుణ శు.9
గురువారము / THURSDAY
మార్చి / MARCH

05

Take the name RAMA into 2 syllables RA & MA

When U count the consonants in Sanskrit alphabet

RA is the 2nd consonant in } YA [RA] LA, VA, SHA
the group of 5 consonants

MA is the 5th in group of } PA, PHA, BA, BHA, [MA]
five consonants

When U substitute the values in RAMA

$$RA * MA = 2 \times 5 = 10$$

When you chant RAMA RAMA RAMA(citi) =

$$RAMA \times RAMA \times RAMA = 10^3 = 1000$$

The boy was happy with this argument &

started learning Krishna Sahasra Nama

with full devotion & concentration.

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Jan Sri Ramesh

March

What is the most important spiritual activity
we must be engaged
to lead a HAPPY LIFE?

2009



శ్రీసర్వధారి/పాల్గుణ శు.11
శనివారము / SATURDAY
మార్చి / MARCH

07

A life lived without mastering your senses
does not ^{deserve} merit any name being a recognition
As a human being, U have been endowed with
many senses, many capabilities, multidimensional
If U dont control your senses & direct them
properly, then your life is a WASTE / DULL
VIDYA (education) promotes humility &
humps humility, you acquire ^{deservedness} to engage in a profession
Deservedness confers prosperity & wealth
A prosperous person gets capacity to do CHARITY
things Right-living, which brings you
HAPPINESS throughout your life.
So keep chanting God's name

శ్రీసర్వధారి/పాల్గుణ శు.12
ఆదివారము / SUNDAY
మార్చి / MARCH

08

April 2009
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March

How can you win
the game of



Life & Death

2009

శ్రీవారి తెప్పోత్సవ సమాప్తి / Sri T.T. Float Ends
హోళి / Holi

శ్రీసర్వధారి / పాల్గుణ శు.14
మంగళవారము / TUESDAY
మార్చి / MARCH

10

Life & Death are reciprocal.

Death depends on safe discharge of Ur duties.
Traditionally, people tend to delay doing ^{their} duties.
But, for undertaking spiritual practices
delay does not affect. No Yesterday, no Tomorrow.
The moment you get a flash in your mind
this very moment is the most sacred moment.
If you have engrained such an understanding
in your heart, you can merge with Lord Shiva.
If this truth is not assimilated &
you get immersed in your worldly activities,
you will not know the difference
between today, tomorrow and days
pass on one after another.

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Having created humanity along with sacrifice, the progenitor said at the beginning of creation, "By this (sacrifice) you shall attain all things; may such sacrifice be your wish - fulfilling cow of plenty." - Bhagavad Gita 3:10

March

2009



11

శ్రీ సర్వదారి / పాల్గుణ శు.15
బుధవారము / WEDNESDAY
మార్చి / MARCH

శ్రీ లక్ష్మీ జయంతి / Sri Lakshmi Jayanthi

This lays the foundation for your deep attachment to worldly activities. You will start committing sins & crimes leading to frequent births & deaths. Then you will be born again & again face the wrath of Yama Bhairava. Those who realize this truth, will not fall a prey even to the slightest extent in their spiritual practice. It is better you spend your life purely on divine activities to secure the Vision of Shiva (Lord of Auspiciousness).

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Try to perform Sandhya Vandana at least once

By sacrifice you will satisfy the gods, who in turn will satisfy you. By this mutual arrangement, you shall attain the greatest good. - Bhagavad Gita 3:11

to secure the blessings of Gayatri Mata

March

2009

What are four goals of life?

How should we pursue them?



Vedas lay down

four goals of life before MAN

శ్రీసర్వధారి/పాల్కుణ బ.1-2
గురువారము / THURSDAY
మార్చి / MARCH

12

Dharma (Righteousness)

Artha (Wealth)

Kama (Desire)

Moksha (Liberation)

But they have to be pursued in pairs (together)

Dharma & Artha together is wealth has to be earned
through right-means
Desire & Moksha (i.e. Desire should be for liberation)

But man, without knowing this linkage between the two
accepts whatever he desires separately by most of them
going in for Artha (Riches) & often go for Kama (Lust)

& ends up losing everything in the process.
He puts them into separate compartments & goes in

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Whatever he wants & in the process lose all;
wastes his life in the pursuit of wealth & lose all.
Desire

The gods, nourished by sacrifice, will certainly bestow the fulfillment of your desires. However, one who enjoys the gods' natural gifts without acknowledging the gods themselves is a thief. - Bhagavad Gita 3:12



13

శ్రీ సర్వధారి / పాల్గుణ బ.3
శుక్రవారము / FRIDAY
మార్చి / MARCH

Part of body
Linkes with

Five senses are

Eye

1) SIGHT ^{Aspects} with fire

Limbs

2) TOUCH with air

EAR

3) Sound with ether

Nose

4) Smell with earth

Tongue

5) Taste with water

Lesson of life : U cant judge a person or tree in one season

The essence of who they are & the pleasure & joy

U derive from their life can be measured only at the end of the year after all seasons

If U give up in winter, U live in joy of spring

& the joy of summer + fulfillment of fall

Don't let the passing of one season

destroy the entire joy of the year

Don't just judge life by one season

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The saintly, who even while eating perform sacrifice by offering food and then eating the remnants, are released from evil. The wicked, who cook only for themselves, eat only impurities. - Bhagavad Gita 3:13

(Jai Hrud)

What are five senses?
Who guards them?

March

2009



శ్రీసర్వధారి/పాల్గుణ బ.4
శనివారము / SATURDAY
మార్చి / MARCH

14

In classical Hindu thought,
the five senses (listed along side)
are often compared to five elements,
fragile & capable of moving along
in any direction. Control of senses
is compared to the elephant-tamer's
use of the hook to keep it under control.

శ్రీసర్వధారి/పాల్గుణ బ.4-5
ఆదివారము / SUNDAY
మార్చి / MARCH

15

One who thus does not allow
his senses to take him over completely
is a self-disciplined individual
who can not allow his senses to take over
to live a ~~SEE~~ for a higher world &
is destined to reach higher of higher
levels of fulfillment. (Jai Hrud)

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One who takes pleasure in the self, whose satisfaction is derived from the self, and who is content in the self alone has
no need to perform duties. - Bhagavad Gita 3:17

(p h)

March

2009



16

శ్రీసర్వధారి/పాల్గుణ బ.5-6
సోమవారము / MONDAY
మార్చి / MARCH

→ "Kural" Says That
the ascetic gains full understanding
of the connection between the five
That understanding endows him with
great powers by which he can
have control over the whole world,
that is to say, that he may wish to have
in other words, "Self-control endows one
with enormous power"

Which means U should make the right use of
the eyes, ears & Tongue When God has gifted you
Whoever is able to control his five senses will
achieve greatness & attain Divinity
This is the essence & message of Ramayana
He has nothing to gain by acting and nothing to lose by not acting. He needs no one for any purpose.
Bhagavad Gita 3:18

Month	S	M	T	W	T	F
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15	16	17	18	19	20	21
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29	30	31	*	*		

DEVELOPE POSITIVE MENTAL ATTITUDE

March

2009



శ్రీ సర్వధారి / పాల్కుణ బ.6-7
మంగళవారము / TUESDAY
మార్చి / MARCH

17

- 1) Time can turn any time in your favor!
Don't neglect any one. *వికృతా*
When snake is alive, snake eat ants
When snake is dead, Ants eat snake
- 2) Never make the same mistake twice
Try a different one each day if you choosy
- 3) The best way to change someone's attitude
is to change yours; ∴ the same sun who
melts butter, also hardens clay
Life is as we think — so think ^{positively} beautifully
- 4) Life is just like a SET without an end
No time stays with us
What remains is just the memories of
some people who touched like waves
- 5) Heart tells eyes: See less because I see
I suffer a lot —

April 2009

S	M	T	W	T	F	S
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19	20	21	22	23	24	25
26	27	28	29	30	* *	

Eyes Replied: Feel less, because I feel
and I cry a lot —
/oo

March

2009



18

శ్రీసర్వధారి/ఫాల్గుణ బ.7
బుధవారము / WEDNESDAY
మార్చి / MARCH

6) Blessen U heart to know
how rich U are,
Don't even count U'r currency
Just try to drop a ~~water~~ TEAR,
& count how many hands reach out to
help you then.
That is True Richness

7) Never change U'r originality
for the sake of others,
because no one can play
Your role better than you.
So be yourself

8) Baby Mosquito } Life is wonderful.
Mother Mosquito } Everyone is clapping for me
That is a +ve attitude

March						
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22	23	24	25	26	27	28
29	30	31	*	*	*	*

March

The Art of Giving

2009



(fun.com)

శ్రీసర్వధారి / ఫాల్గుణ బ.8
గురువారము / THURSDAY
మార్చి / MARCH

19

There is a saying:
"Rivers do not drink their own water, nor
the trees their own fruit nor do
the rains clouds eat the grains reared by them"
The wealth of the noble is ^{solely} meant for the benefit of others.
Even after accepting that giving is good, still
one should learn to give, find answers for these Qns:

- ① When should one give? We all know the
famous incident of Mahabharat. When
Yudhishthira asks a beggar seeking alms to
come the next day. He questions
his brother whether he was sure of surviving
till the next day & whether he conquered "death".
Yudhishthira got the message & gave immediately
whatever he wanted to give to the beggar.
The time to give therefore is right "NOW".

April				2009		
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19	20	21	22	23	24	25
26	27	28	29	30	★	★



2) How much to give?

శ్రీసర్వధారి/పాల్కుణ బ.10
ఆదివారము / SATURDAY
మార్చి / MARCH

21

Rama Pratap was reeling after defeat from Hogenah
He lost his army, wealth & hope & left to fight
At the darkest hour, his erstwhile Minister Bhanshal
placed his entire future at his disposal 100%
With this Rama Pratap raised another strong army
& defeated his enemy. So "Give as much money
as U can for the occasion."

శ్రీసర్వధారి/పాల్కుణ బ.11
ఆదివారము / SUNDAY
మార్చి / MARCH

22

3) What to give?

It is not necessarily money or ⁱⁿ kind.

It could be a flower or a word of encouragement
It can be even a smile from a stranger
or a word of encouragement in distress

You can give anything, but U must
give with Ur heart & encouragement

April 2009

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19	20	21	22	23	24	25
26	27	28	29	30	*	*



శ్రీ సర్వధారి/పాల్కుణ బ.13
మంగళవారము / TUESDAY
మార్చి / MARCH

24

How to give?

Many times we avoid giving by finding fault with the person who is seeking? However being judgmental & rejecting a person on the presumption that he may not be deserving. So give without being judgmental about recipient.

Next the answer how to give?

Come to the manner of giving, we should ensure that the receiver is not humiliated, nor the giver feels proud of giving. While giving, follow the dictum: "Let not your left hand know what your right hand is doing". So give quietly. So while giving let not the recipient feel small or humiliated. We enter the room empty & leave empty handed. So my take pride. So give with grace & gratitude & in time &

April	Feb 2009						
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19	20	21	22	23	24	25	
26	27	28	29	30	★	★	

Offering all of one's actions unto me in knowledge of the indwelling Supersouls, free from desire, selfishness and grief, fight! - Bhagavad Gita 3:30

even before he asks & without waiting for his request.



శ్రీ సర్వధారి / పాల్గుణ బ.30 స్వాతి
గురువారము / THURSDAY
హరి / MARCH

26

'HOW

Q) What should one feel after giving?

We all know the story of Elakalya, who cut off his thumb & offered it as Guna Dakshina to Aronacharya.

Elakalya has asked "What he regretted the act of giving away his thumb (at a time when he was dying)"

His reply was: "Yes, I regretted only once in my life"

It was when Pandavas were coming to kill

Aronacharya who was broken hearted for the death of his son Abhisheka. It was then

I regretted for the loss of my thumb. If I had my thumb none can dare to hurt my gun.

So the message is: "Give & never regret giving"

Q) How much should I return for your favors?

Ask Yourself better we are taking away from them the gift of work: a source of happiness.

April 2009

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	*	*

Leave ur kids enough to do anything but - not enough to do nothing

I will conclude by saying & anchoring SA:

Therefore, O best of the Bharatas, at the very outset regulate your senses and kill this devil that destroys knowledge and self-realization. - Bhagavad Gita 3:41

When the wealth in the house increases dangers
"THROW them out with BOTH HANDS"

March

UGADI DAY

2009



27

శ్రీవిరోధినామ / చైత్ర శు.1
శుక్రవారము / FRIDAY
మార్చి / MARCH

What is the best way
to celebrate UGADI?

ఉగాది / Ugadi

HAPPY UGADI to all my readers

Though the name of the year is VIRODH

The purpose of the name is to ~~wake~~ U

keep away from your enemies

UGADI is the day when MAN has to give up
his bad qualities and wrong habits,

fill his heart with love & affections
and take up the path of sacrifice.

Do not limit the celebration of UGADI
to wearing new clothes & standing

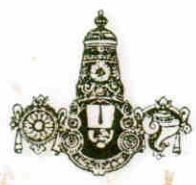
of new shoes or meeting new
friends or wearing a new Saree

March							20
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15	16	17	18	19	20		
22	23	24	25	26	27		
29	30	31	*	*	*		

UGADI : Beginning of New Year

March

2009



శ్రీవిరోధినామ/చైత్ర శు.2
శనివారము / SATURDAY
మార్చి / MARCH

28

Today U may wear a new shirt ;
but how long will it remain new & fresh.
Tomorrow it becomes old and soiled
Today's newspaper becomes a waste paper
by tomorrow. Our life is also like a newspaper
Once U finish reading a newspaper, you

శ్రీవిరోధినామ/చైత్ర శు.3
ఆదివారము / SUNDAY
మార్చి / MARCH

29

may not like to read it again
You are given the birth & have gone
through various experiences of pain & pleasure
Try to celebrate the good things & good
habits & endeavor into good chanting of
life protecting mantras like "Anirudha Hanuman"

April 2009

S	M	T	W	T	F	S
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19	20	21	22	23	24	25
26	27	28	29	30	*	*

of Surya Mantra Ashvakani & (Aardra)
of Brahma "I don't give me another birth"

Thus, knowing oneself to be superior to the intellect, control the mind with intellect. In this way O mighty - armed one, destroy the unconquerable enemy in the form of desire. - Bhagavad Gita 3:43

Lead a successful life of good habits

March

2009



30

శ్రీవిరోధినామ/చైత్ర శు.4
సోమవారము / MONDAY
మార్చి / MARCH

Do you notice anything
amazing about this sentence
This is a sentence where

The first word has one letter

The second has two letters

The third has three letters

The eighth has eight letters

The 20th has 20 letters

March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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22	23	24	25	26	27	28
29	30	31	*			

What is the most beneficial way
to lead a life in this world? 2009

April

Any Advantages?



శ్రీవిద్యాపీఠం / చైత్ర శు.6
బుధవారము / WEDNESDAY
ఏప్రిల్ / APRIL

01

Living a regulated & disciplined life
is very essential. Real education must
help U to acquire these qualities & observe
certain limits & restrictions. U might appear
lucky here, undergo pain & suffering to master
the knowledge of this world; follow certain
restrictions to develop your physique
What U want to achieve, U must
Obey appropriate code of discipline.

Advantages: Rules & Regulations of discipline
may be elementary at first. But later on
they extend to control your senses & regions
of mind. Finally, U learn to trust in God
& ultimately reach the state of moksha.

Whenever, O descendant of Bharata, Dharma is diminished and unrighteousness is on the rise,
at that time I myself manifest. - Bhagavad Gita 4:7

Finally, U can be filled with BLISS when U develop faith in God.

Apr	May						2009
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19	20	21	22	23	24	25	
26	27	28	29	30	★	★	

April

2009



02

శ్రీవిరోధినామ/చైత్ర శు.7
గురువారము /THURSDAY
ఏప్రిల్ /APRIL

Discipline fructifies ourselves
that U should make right use of
the eyes, ears & tongue gifts by God
Whoever is able to control his 5 senses
can achieve greatness.

One should therefore cultivate discipline
acquire all virtues & attain divinity.
This is the primary objective of all education
Those tempt of the virtues are called DEMONS
This is the essence & message of an epic
Never neglect or overlook the virtues
They are for emancipation & redemption
of mankind. Put them in practice
in your daily life

May						
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24	25	26	27	28	29	

For the protection of the saintly and the destruction of evil doers, as well as for the purpose of establishing dharma
manifest in every age. - Bhagavad Gita 4:8

God Bless You

April

What is TRUE YOGA

2009



శ్రీవిరోధినామ / చైత్ర శు.8-9
పుష్యవారము / FRIDAY
ఏప్రిల్ / APRIL

03

శ్రీరామనవమి / Srirama Navami

Yoga is: Work done with no concern
or desire for profit.
purely out of love or from a sense of DUTY.
Such work destroys your animal nature
of man & transforms you into a Divine Being.
Serve others also visualizing them as Divine Souls.
That will help you progress upwardly &
Liberate you from sliding down the spiritual
stage / level you have attained by your effort.
Service is to make salutary than work & washing.
Service disintegrates selfishness latent
in you and opens your heart to the world wide.

April				2009		
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19	20	21	22	23	24	25
26	27	28	29	30	★	★

It makes your heart blossom

SARVE JANA BHIA SUKHINO BHAVANTU

Why Should We MEDITATE?

April

2009



శ్రీవిరోధినామ/చైత్ర శు.12
సోమవారము / MONDAY
ఏప్రిల్ / APRIL

06

The human incarnations we have embarked upon is incredible & divine. It is by virtue of positive karma that we have accumulated over the years (numerous incarnations) that we are born humans. However, driven by our sensual desires, we may succumb to MAYA & enter the unending cycle of birth & death. During these various cycles we find people suffering in various forms { physical
financial
psychological out of our own making in our past lives.

Poorna Janme Krithem Papam
Vyachhi Rupam Peedayathe

It is the negative karma we accumulated in past that is making us suffer. We can experience the supreme knowledge of the past through Meditations & thus attain ultimate goal of Enlightenment.

April							2009
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Worldly people who desire material success perform sacrifice in worship of the gods. Surely in this world they quickly get results from such ritualistic acts. - Bhagavad Gita 4:12



According to Karma Siddhanta,

the incentive or sufferance that befalls every human being is in essence driven by one's own thoughts & deeds. Every entity in this universe in essence ~~is driven~~ ^{also} culminates its journey at the place of its origin. Hence we have to be careful about our thoughts & deeds. Whatever be the manifestation (love or hatred; good or bad) the origins in our self, its effect upon the passage of time will definitely get back to us. So our thoughts, words & deeds should be pared to be beneficial to all those around us.

What should we do to attain such state?

April 2009

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19	20	21	22	23	24	25
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April

2009



శ్రీవిరోధినామ/చైత్ర బ.1
పుకవారము /FRIDAY
ఏప్రిల్ /APRIL

10

All that we have to do is to use God-given wisdom
to listen to our inner conscience, only to rid ourselves
of the vicious grip of Karma; as Lord Krishna said

Jnanagni Bhaghe Karmasam

It means that the entire Karma can get decimated
in the inner fire of Supreme knowledge we enter into.

We can experience this Supreme knowledge only
through *Meditation* to attain ultimate goal of Enlightenment

There are many popular misconceptions re: *Meditation*

Some think that we should leave our families & get

into a forest/caves; often think it is duty of only ELDERs

What I want to say is that we should not leave home & enter forests

April 2009

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18	19	20	21	22	23	24
25	26	27	28	29	30	*

or need not be beyond certain age. or spend

any money through any external source.

A person who has removed desire and motivation from his undertakings and consumed his karmic reactions in the fire of knowledge is called a sage by the wise. - Bhagavad Gita 4:19

(p 10)



11

శ్రీవిరోధినామ/చైత్ర బ.2
శనివారము / SATURDAY
ఏప్రిల్ / APRIL

Each one of us have a great
Opportunity & plenty of time to begin MEDITATION.
Only U have to find some leisure time to sit just
& enter into some sort of samadhi & keep
Your mind blank free from external pressures.
If we can put one step forward then in

12

శ్రీవిరోధినామ/చైత్ర బ.3
ఆదివారము / SUNDAY
ఏప్రిల్ / APRIL

meditation, God will take Ten steps
towards presenting us with most rewarding
Supreme knowledge & unbounded Joy
MEDITATION ^{simply} is the highest & most elevated
spiritual path to reach God
& get freed from
worldly pressures &
Troubled Tribulations

May							2009
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17	18	19	20	21	22	23	
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April

What are Methods of MEDITATION

2009



శ్రీవిరోధినామ/చైత్ర బ.4
సోమవారము / MONDAY
ఏప్రిల్ / APRIL

13

The preeminence of Meditation as a spiritual path has been cited in the Vedas:

Prachinam Kevale pooja

Japa sthoharam Manthyanam

Prithiviam Manasa pooja

Soham pooja Uttamottamam

This means that idol worship is the most basic of them followed by the practice of chanting sthohar mantras. Higher to both these is the inward incarnation of God from one's own heart; while the highest of them all is MEDITATION.

Meditation has many other more advantages which are innumerable in an ordinary

in an day to day activities :-

b.h.o'

April 2009		S	M	T	W	T	F	S
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In acts of sacrifice, that by which the offering is made is Brahman, as is the offering itself. Sacrifice is offered by one who is himself Brahman into the fire of Brahman. One who is absorbed thus in thoughts of Brahman in Sacrificial action attains Brahman. - Bhagavad Gita 4:24

April

2009



14

శ్రీవిరోధినామ/చైత్ర బ.5
మంగళవారము / TUESDAY
ఏప్రిల్ / APRIL

సామంత్యదినం / Tamil New Years Day

It is only through meditation

that we can gain perspective of spiritual Truth:

"Yogaha Karmasu Kausalam"

It is only through Meditation that

we can achieve Efficiency, Accuracy & proficiency in our day to day activities.

"Yogo Bhavathi Dhrukha"

— See the —

It is only through practice of meditation

that our difficulties & sorrows can be eradicated

enabling us to carry on with our daily activities in full vigour.

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ಶ್ರೀವಿಠಲನಾಥ/ವೈಷ್ಣವ ಬ.6
ಬುಧವಾರ WEDNESDAY
15

Lord Krishna instructed saying in UJTARA GITA:

Koli pooja Samam sthokam

Koli sthokam Samam Japam

Japa Koli Samam Dhyanam

Dhyana Koli Samam Layaharam.

What means to say that:

the recital of one crore ~~pooras~~ is equivalent

to invocation of a sthokam (sthokam = 1 crore pooras)

the invocation of one crore sthokams is equal to

the performance of one japam (Japam = 1 crore sthokam)

the performance of one crore japa is equivalent to

one sitting of MEDITATION (Mn = 1 crore Japas)

one crore sitting of Meditation is equal to
being one with God = (1 crore of Meditation)
sitting

April	2009					
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19	20	21	22	23	24	25
26	27	28	29	30	★	★

April

2009



16

శ్రీవిరోధినామ/చైత్ర బ.7
గురువారము / THURSDAY
ఏప్రిల్ / APRIL

Sundara

Tapasvi Byodhiko yogi

Jnani Byodhi Matto dhike

Karmabhya sha Adhiko yogi

Thasmaa yogi Bhava angina

Meaning Meditation / Yoga / Penance are same

A Tapasvi is one who performs prayers / fasts - festivals by giving corporal / bodily suffering & penance

A Jnani is one who studies all Vedas / puranas & gets fully immersed in them

A Karma yogi is one who performs Yagnas / Yagnas & other rituals & sacrifices

But,
Anubhava Jnani (who experiences spiritual Meditation) is more profound than ^{the above} all who perform penance / fasts. It is only through meditation ^{that} one gains perspective of spiritual TRUTH

All these persons know well the purpose of sacrifice and are purified from evil through its performance. They enjoy the nectar of sacrificial remnants and attain eternal Brahman. O best of the Kuru dynasty. Without sacrifice no one can live happily even in this world; what then of the other? - Bhagavad Gita 4.30 - 4.32

May 2009						
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April

What is the Object of Man's Birth?

Man is on destination 2009



శ్రీవిద్యానామ / చైత్ర బ.8
శుక్రవారము / FRIDAY
ఏప్రిల్ / APRIL

17

A serious Question: worries an mind

Periodically ^{about} the purpose of our birth / destination
Despite achieving multiple success / achievements
Throughout our life, man is not happy &
aspires for more & more not knowing his destination
of entire process suffer w/o eternal happiness.

Are we born only for worldly pleasures?

Whether we have a desire to learn about "ATMA"
SOUL

If along these lines we showed on ourselves
to achieve salvation. The answers
to all these Qns can be safely gotten through
Regular practice of meditation.

April 2009

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It is only through meditation that

all our sorrows can be completely eradicated



శ్రీవిరోధినామ/చైత్ర బ.10-11
సోమవారము / MONDAY
ఏప్రిల్ / APRIL

20

Prayer, fast, sacrifices & Tapas

Reading of spiritual books are all preparatory steps of Meditation. Generally we perform all these processes, but the notion that we (our bodies are distant & detached entities from God). However through MEDITATION we experience oneness with GOD

It is only through meditation, we can get

- 1) a feeling & understanding of the fact that GOD is within us
- 2) oneness with GOD
- 3) we can gain deep realization & insight into GOD
- 4) Start performing our duties ^{with} more enthusiasm, perfection & joy
- 5) gain the highest state of living.

April

2009



Meditation lifts an mind
Soul towards eternal truth.

శ్రీవిద్యాపీఠం / చైత్ర బ.12
బుధవారము / WEDNESDAY
ఏప్రిల్ / APRIL

22

From Meditation we raise ourselves
from corporal manifestations of our worldly
existence to the state of Divine Existence
Meditation is the precious tool that enables
us to stabilize our turbulent thinking / waves
of disturbing thoughts to give us eternal peace
Meditation can ~~Reform~~ the wicked
into the holy type of ~~Transform~~ the physically
weak & mentally unsound to absolute
realisation of their profound strengths
eliminate weakness to hard races &
clubs to utter devotion to God's activities

April 2009						
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శ్రీవిరోధినామ/చైత్ర బ.14
శుక్రవారము / FRIDAY
ఏప్రిల్ / APRIL

24

We can repair the entire spectrum
of values & harmonious living through regular
practice of meditation, things harmonizing

- 1) Human Health & mental peace
- 2) Mutual understanding & common sense
- 3) memory & concentration & bravery
- 4) Tolerance of pain & suffering
- 5) Self confidence & self control
- 6) Release from bad habits
- 7) Mental strength & stability of mind
- 8) Spiritual wisdom & steadfastness
- 9) Purpose of human life & finally
- 10) Self realization & eternal bliss

April				2009		
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26	27	28	29	30	★	★



శ్రీవిరోధినామ/వైశాఖ శు.2-3
సోమవారము / MONDAY
ఏప్రిల్ / APRIL

27

One who meditates can fill the entire creation with

- 1) kindness & empathy to mankind
- 2) generosity & love to all human beings
- 3) everlasting peace & tranquillity
- 4) security & recovery
- 5)

of his himself of human vagaries

- like 1) unmet desires and gains
- 2) making many things ready & handy
- or 3) unfulfilled joy in making merry etc

Meditation enables us to treat these varied & volatile experiences with equanimity & embrace us like joyous & confident even in the face of

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One who works without attachment ascribing his actions to Brahman is not trained by evil, just as a lotus leaf is untouched by water. - Bhagavad Gita 5:10

numerous adversities



This is a new type of Meditation that is now being propagated (through Bhakti pages) that can be exercised while living normal samsara life of a Grihastha.

Sri Bhogendra Siddar taught the system to Sri Mayi Smt Vasanthakrishna on the sacred festival day of Vinayaka Chaturthi in tune to the needs of modern times. (7th Sep. 2005)

- ① This can be performed in Padmasana Sukhasana.
- 2) Make sure to keep Ur back & head straight.
- 3) Close your eyes & bring Ur palms together in Yoga Mudra
- 4) Index fingers & thumbs to be kept together to enhance the flow of more divine energy
- 5) By meditating on this Yoga mudra, the enhanced flow of divine energy spreads throughout the body & balances the spreading evenly towards the left & right of the mind.

The mind rechannelises this energy into our body so that we can gain greater concentration & alertness.

NADI MEDITATION

April

2009



Process of Meditation

శ్రీవిరోధినామ/వైశాఖ శు.5
బుధవారము / WEDNESDAY
ఏప్రిల్ / APRIL

29

- 1) Chant the Pranava Nada omkaram 7 times beginning with deep inhalation & slow release
- 2) Deep breathing to be performed 14 times to infuse the body with more life energy
- 3) Focus to be maintained between ^{two} eyebrows & a thoughtless state should be ensured
- 4) Do not chant any mantra
- 5) Do not think any form of God
- 6) Maintain a state of perfect Bliss
- 7) When this Bliss combines with our prana sakti (life force) divine energy emerges in our body taking us into "INNER" unmeasurable into meditation at a stand still stage.
- 8) Abundant divine energy passes into our body through meditation. This energy will encircle us & take us to a blissful state.

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26	27	28	29	30	★	★	

Those whose intelligence is absorbed in God, whose minds are fixed on God, whose faith is in God, who are devoted to God, and whose impiety has been thus cast off through knowledge, go to that place where one again take birth.

Important points to be ensured during Meditation

- 1) It is best to meditate during Brahma/Intuition between 3 AM & 6 AM as far as possible
(Those who cannot can meditate at any time convenient for them)
- 2) Best to drink a glass of Water (^{before}/_{after}) in order to increase the body heat that is generated & to stabilize body temp
- 3) If we can meditate just before sleep & slowly slip into sleep posture, it results in deep yoga sleep
- 4) If meditation is practised jointly, we can gain more divine energy through group meditation than when we meditate alone
- 5) No restriction of age, sex or gender
- 6) Minimum Meditation times:

<u>AGE</u>	<u>TIME</u>
Below 10 years	7 mb
10 to 15 years	14 mb
15 to 21 years	21 mb
> 21 years	49 mb

(sushrampadi.meditation@gmail.com)

May

शैल शैल न माणिक्यम्
मौक्तिकम् न गजे मौ 2009



श्री विरोधनाम/वैशाख शु.7
शुक्रवारम् /FRIDAY
मै /MAY

01

ಮೆಡೆ /May Day

Shaily Shaily Na Manickyan
Mauktikam Na Gajey Gajey
Saadhero Nahu Saadhera.
Chendannam Na Vaney Vaney

शैल शैल (Ruby stone) is not found
in all mountains ;(nor) any
pearls (मौक्तिकम्) stored in forehead
of all elephants ; (nor)
Sandal wood grow in all forests

(nor) good people found in abundance
everywhere : They are found
only in some selected areas
so we cannot fence big human
being

June							2009
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28	29	30	★	★	★	★	

Shutting out external sense objects and fixing the eyesight between the two eye brows, equalizing the incoming and outgoing breaths that move through the nostrils, restraining the sense, mind, and intelligence dedicating oneself of

May

YAT PHALAM NAASTI TAPASYA
NA YOGE NA SANADHIMAH 2009



శ్రీవిరోధినామ/వైశాఖ శు.10

సోమవారము / MONDAY

మే / MAY

04

Many people face a lot of trials & tribulations in their life time

This is a poison for Bhopavakam
When says Ket even against Kali hostile
a solution can be found.

Do not fear.

There is a potent medicine for KALI
By the use of the medicine
You can fence off the negative aspects
of Kali & lead a happy life

Those who do God's name Sankethane
will not be touched by the evil doing

June 2009

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28	29	30	★	★	★	★

of KALI and lead a comfortable
of protected day of life

One who is self-satisfied by dint of scriptural knowledge and realization and is steadfast and sense controlled sees a piece of earth, a stone and gold equally. One so fixed is said to be a yogi. - Bhagavad Gita 6.8

Best Remedial measures to lower BP

May

2009



శ్రీ విరోధినామ/వైశాఖ శు.12-13

బుధవారము / WEDNESDAY

మే / MAY

06

120/80 is normal BP for good health
Measures to lower the BP level are:-

- ① Drink plenty of water 6-8 glasses a day
- ② Moderate exercise 20mts to 30mts at least 5 days a week
- ③ Take low fat, low sodium diet
- ④ With whole food, vegetables, and fibre
- ⑤ Eat raw amla-grapes in the morning
- ⑥ Avoid packaged & processed food
- ⑦ Avoid sweets as far as possible
- ⑧ NO alcohol even at parties
- ⑨ NO Smoking even once
- ⑩ Take Vitamins C & E, calcium etc
- ⑪ Use olive oil instead of veg-oil
- ⑫ Morning Walk (30mts to 45mts)
- ⑬ Perform Soorya Namaskars

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28	29	30	★	★	★	★	

The yogi should always concentrate his mind on the self, remaining alone in a secluded place with mind and body controlled, free from desire and devoid of possessions. - Bhagavad Gita 6.10

May

What Exactly is the Secret of ensuring

Peace & Prosperity

2009



for
Human Kind

శ్రీవిరోధినామ/వైశాఖ శు.14-15
శుక్రవారము /FRIDAY
మే /MAY

08

Rendering service to others, ^{expecting} without ^{any} ^{thing} in return
is the secret to ensure peace & prosperity
for all

Karma a activity which binds you is
a huge fast growing tree. so undertake

every act as an act of worship to glorify the LORD

This is true yagna, the most important ritual

that one must practice in one's life time.

This sacrifice promotes & confers Brahma Vidya
(self knowledge)

The yearning to do seva must flow in

every nerve of the body, penetrate every bone &

activate every cell

Istama Sattgameya - Tame some Tyohir gameya

June 2009

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May

Why should I be a DHARMIC?

2009



శ్రీవిరోధినామ/వైశాఖ బ.2

సోమవారము / MONDAY

మే / MAY

11

The followers of Sanatan Dharma is DHARMIC

We live in an age in which we find it challenging to express LIFE giving principles of spirituality & Religion, with as much seriousness, enthusiasm & dedication as we used to before. We face around us destructive ravages of MATERIALISM, CONSUMERISM, self-centeredness along with Greed/Anger/LUST.

Much of the clashes/pain/depression/social ills that are rampant today are definitely due to absence of God fear/atheism & unhealthy life style dedicated more to materialism to the detriment of our inner growth.

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28	29	30	★	★	★	★	

With his mind quieted, fearless, observing a vow of chastity, controlling his mind by fixing his thoughts on me, he should sit concentrated in devotion, holding me as the highest object. - Bhagavad Gita 6.14

plc

May

2009



12

శ్రీవిరోధినామ/వైశాఖ బ.3
మంగళవారము /TUESDAY
మే /MAY

We have Substituted
Television for Meditation
E-mailing for Prayer schedule
Internet for community care
sports for spirituality

Given all the challenges we are facing
it is understandable that some of us
might find ourselves asking

"Why should I not become a Dharmaic
Is there any other way of
improving Yarn lot or
find solution for all of our society?"

May	2009						
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With his mind quieted, fearless, observing a vow of chastity, controlling his mind by fixing his thoughts on me, he should sit concentrated in devotion, holding me as the highest object. - Bhagavad Gita 6.14

Jai Hrudai

May

What are the main envt Qualities of a Human Being

2009

How to Transform him

శ్రీవిరోధినామ/వెనాఖ బ.4
బుధవారము / WEDNESDAY
మే / MAY

13

Anger is the first enemy of every aspirant
of falsehood/untruth is even more disgusting
Hisselness is like the behavior of a dog

All these destroy our vital powers & ruin ^{our} life
and reduces priceless human life cheaper

Moderate food } all these help an upkeep
Moderate sleep } of both body & mind
Love & fortitude } however you are &
Care of less privileged } in whatever condition U are.

If U give no room for disappointment &
fear and remember the Lord with unshaken
faith & confidence & w/o any ulterior motive
all suffering & sorrow will fly away &
create a spirit of calmness & peace
in our human body/spirit/mind.

June				2009		
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28	29	30	★	★	★	★

Thus always disciplining the self, the yogi whose mind is controlled attains the supreme peace situated in me,
beyond the cessation of material existence. - Bhagavad Gita 6.15

Sarve Janah Sukhino Bhavanthu

How can U love & be loved in return?

May

2009



ಶ್ರೀವಿಠ್ಠಲನಾಥ/ವೈಷಾಖ ಬ.6
ಶುಕ್ರವಾರಮು /FRIDAY
ಮೆ /MAY

15

Man is a bundle of wants. In his search for wants & he is prone to commit lot of mistakes, without being aware. Even when U do some good deeds, there is liking to see a trace of evil or bad. So our effort should be to eliminate all evil & concentrate only on better side of life, so that good is more & bad is less.

Secondly U must know the consequences of doing bad or evil, taking & expending. In whatever way you expect others to behave or respond to you, we must be able to treat them also in the same way. Only then they will respond to you and comply with you talk & behave well. In fact it is your initiative to love that responds favorably in return. Initiative shall be yours

ne 2009
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How should we look & behave As a spiritual Aspirant

2009



శ్రీవిరోధినామ/వైశాఖ బ.9
సోమవారము / MONDAY
మే / MAY

18

As a spiritual aspirant,
you should always seek the
truthful & joyful & avoid all thoughts
that are sad & depressing.

When Ur devotion is well established,
even after depression or doubt arises later,
you can easily discard them.

It is desirable that as an aspirant
you are joyful, smiling & enthusiastic.
This pure attitude is ^{more} desirable than
even devotion or wisdom. If you are
doubtful & worried & depressing
you can attain Bliss.

Hence the beautiful task to
look like a spiritual aspirant.

God Bless You.
Success in every effort.

2009

T W T F S
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May

What is the Secret - To achieve Victory
in all your efforts 2009



శ్రీవిరోధినామ/వైశాఖ బ.11
బుధవారము / WEDNESDAY
మే / MAY

20

Everyone in the world
Wants only VICTORY
& nobody wants defeat } in all
their efforts

All crave for wealth only & no poverty
How should one achieve wealth & victory
in all their endeavours

There is no need to undergo three fold
torture involving

- 1) Physical
- 2) mental or gain
- 3) Intellectual / victory

Nobody need get perturbed or anxious
to pursue for wealth or prosperity, if

- 1) You take refuge in the Lord
- 2) wield the bow of Courage & conviction
- 3) hold your heart pure

As you pursue your effort for wealth & victory
remember yourself that they are like shadows
but not substantial & eternal things.
They are only transient visitors.

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28	29	30	★	★	★	★

person who is situated in yogic concentration by controlling all the gates of the body, confining the mind within the heart, and fixing the vital force at the top of the head and then utters om, the single - syllable form of Brahman, and remembers me as he quits the body, attains the Supreme Goal. - Bhagavad Gita 8.12 - 8.13

May

What is the right code of conduct 2009



21

శ్రీవిరోధినామ/వైశాఖ బ.12
గురువారము /THURSDAY
మే /MAY

Everyone should lead their life
so that no pain is caused to any living being.
That is the supreme duty for everybody.

- 2) It is also the duty of everyone, who had the
Chance to be born as a human being,
to spare a p/o their energies for prayer
& think of God in all their efforts for success.
- 3) He must also devote to a life of TRUTH,
righteousness, peace & work in service to others.
- 4) Be afraid of doing any harm to others.
- 5) must have steadfastness & pursuit to do good &
- 6) In making others happy and
- 7) In worshipping the Lord & thanking
him for success in all his pursuits.

May							2009
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The Lord of Shri said: O Arjuna, you are nonenvious, and therefore I shall impart this supreme secret to you, in terms of both theory and experience, knowing which you shall be free from inauspiciousness. - Bhagavad Gita 9.1

This is called Human Dharma

May

Self Realisation

2009



శ్రీవిరోధినామ/వైశాఖ బ.13

శుక్రవారము / FRIDAY

మే / MAY

22

I am considered a fool if
 I consciously live in the physical world
 I am a greater fool if I
 constantly adore & admire my physical body
 I am the greatest fool, if I live
 only to satisfy ^{needs of} my physical existence

Instead I am considered a Wise person
 if I know that there is something called
SOUL hidden in my physical body
 I am considered a WISER person, if I
 care to see and feel my own SOUL
 I will be the wisest person if I live
 in my soul & for my soul constantly
 unreservedly & unconditionally

June 2009						
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May



23

శ్రీవిరోధినామ/వైశాఖ బ.14
ఆదివారము / SATURDAY
మే / MAY

①

From an physical body

We get message of attachment

Our body is limited & hence the body
wants us to bind us & limit our actions
It wants to bind us & limit our
outer capacity & our inner potentiality

②

What is ATTACHMENT?

24

శ్రీవిరోధినామ/వైశాఖ బ.30
ఆదివారము / SUNDAY
మే / MAY

Attachment is the dance
of our outer pleasures

Attachment ends in the prisonall
of frustration & destruction

3)

if we are all-ahed to someone
we go out to do all for them
out of attachment &
so no personal benefit

2009

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శ్రీవిరోధినామ/జ్యేష్ఠ శు.1
సోమవారము / MONDAY
మే / MAY

25

① From our soul ,

We get the message of detachment
Our soul in its potentiality & capacity
is designed to be endless & limitless.
Therefore the soul wants to free us
from the meshes of our ignorance
& liberate us from the bondage night.

② What is DETACHMENT ?

Detachment is the song of
our inner joy .

Detachment fulfills itself in the
palace of DIVINITY & IMMORTALITY

3) If we work devotedly & selflessly
action does not bind us &
we work for God's sake
That is true detachment

June				2009		
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28	29	30	★	★	★	★

May

2009



26

శ్రీవిరోధినామ/జ్యేష్ఠ శు.2
మంగళవారము / TUESDAY
మే 26 MAY

4

When we are attached to the body
We become, in no time, impulsive
When we are attached to the vital,
We will very soon become explosive
When we are attached to physical mind
We ultimately become destructive

3) Many people are under wrong impression
that attachment & devotedness are
one & the same. But it is not.
Attachment is when we are finite
& when we are attached to the finite
Devotedness is when we devote
ourselves to the infinite &
are liberated by the infinite.

May		2009				
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On the other hand, O Partha, those great souls who take refuge in the divine nature worship me with undeviated minds, knowing me to be the origin of all beings and imperishable. - Bhagavad Gita 9.13

May

2009



శ్రీవిరోధినామ/జ్యేష్ఠ శు.3
బుధవారము / WEDNESDAY
మే / MAY

27

4) When we are in the body detached
we consciously feel our aspiring
consciousness.

But when we are in the vital,
but detached, we expand & widen
our aspiring consciousness.

But when we are in the mind detached
we fulfill supremely our
unlimited consciousness
here on the face of the earth.

5) Detachment is also misunderstood.
We feel ^{that} someone is detached &
he is indifferent. This is not true.

June 2009

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28	29	30	★	★	★	★

When we are indifferent, we do nothing for him.
But when we are detached, we work for him
devotedly & selflessly.

It is I who am the ritual, the sacrifice and the offering. I am the medicinal herb, the mantra and also the ghee. I am the fire
and I am the act of offering. - Bhagavad Gita 9.16

What do you understand by FAITH?
 What are the steps to lead an unattached life
 like LOTUS in the water?



28

శ్రీవిరోధినామ/జ్యేష్ఠ శు.4-5
 గురువారము / THURSDAY
 మే / MAY

2009

FAITH is very important :-

Faith will increase when other evil qualities
 like lust, anger & disbelief disappear
 & faith in religious enquiry will grow.

Non-Attachment is the SIN-QUO-NON
 for attaining the Universal Absolute.

Even for a small civil structure
 foundation has to be stable & strong
 otherwise it will fall into a heap pretty soon

To make a garland, we require
 a string, a needle & flowers
 So when you want to realize Gnanana
 (WISDOM)

Must have a string of devotion

a needle of nonattachment
 & flowers of single pointed
 & steady thoughts

so Best of luck :-

May							200
S	M	T	W	T	F		
31	*	*	*	*	1		
3	4	5	6	7	8		
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24	25	26	27	28	29		

Therefore the scripture is your authority in the matter of determining what is to be done and what is not to be done.
 Understanding the scriptural injunctions, you should act accordingly in this world. - Bhagavad Gita 16.24

What do U understand by TRUST?

May

2009



శ్రీవిరోధినామ/జ్యేష్ఠ శు.5-6
శుక్రవారము /FRIDAY
మే /MAY

29

Trust is for third EYE.

Just as the two primary eyes are seeing the Universe, there is a third eye inside everyone of us called TRUST, with which we can see the DIVINE. This third eye can operate only with a sense of LOVE & confidence & belief in the existence of God.

If U love someone, U will see certain things in him, which no one else without love can see.

In that person you will see sweetness & loveliness which you cannot see in other beings. A touch of love & confidence is needed to feel it, when you hear an echo of faith & confidence which no one else can hear. Only you are there close.

The one with whom U fall in love with, begins to be beautiful & faithful throughout

for your life. U will feel all life's grandeur & all of its dignity is revealed in that person. Not that you are imagining.

I am the father of the world, its mother, its nurse, and its grandfather, I am that which is to be known, the purifier, the sacred syllable om, the Rig, Sama, Yajur and Atharva Vedas. - Bhagavad Gita 9.17

As soon as the 3rd eye glows & opens; the invisible becomes visible, & the unperceivable become perceivable.

May

2009



30

శ్రీవిరోధినామ/జ్యేష్ఠ శు.7
శనివారము / SATURDAY
మే / MAY

Finding upon waking doors bolted
Who knows by whom door he enters "leaves"

Your beloved is sleeping behind closed doors
Yet her love enters in her dreams &
both opened happy time singing songs"

After he leaves, she wakes up to see doors shut
She wonders how he entered & through which door

" Which way did you enter
Which way did you depart "
Oh my dear? "

31

శ్రీవిరోధినామ/జ్యేష్ఠ శు.8
ఆదివారము / SUNDAY
మే / MAY

That WINDOW is called TRUST

Trust is the culmination of LOVE & Affection
Trust is the faith by which that has not already
happened seems happening or begin to happen
There is beauty in each bird singing & in each leaf
Trust is the belief in the energy hidden in all
Objects of nature & energy/creating various colors

Trust also means the acceptance of the source
from which U receive the subtle & delicate
Feelings of love, affection & confidence

May							2009
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17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

I am the goal, support, master, witness, abode, refuge, friend, origin, dissolution, maintenance, store house and
imperishable seed. - Bhagavad Gita 9.18

Notes

As a spiritual Aspirant,
How should U look & behave?

As a spiritual aspirant, U should always seek the truthful & joyful & also avoid thoughts of sadness or depression. When your devotion is established, even if symptoms of depression/doubt/concept appears, you can easily discard them.

As an aspirant, you must be

- a) joyful
 - b) smiling &
 - c) enthusiastic
- } under all circumstances

This pure & smiling attitude is more desirable than devotion & wisdom. If you are worried or depressed or doubting you can never attain BLISS & CLIMAX no matter U perform any spiritual practice.

Hence the first task of a spiritual Aspirant is the cultivation of ENTHUSIASM & Balance of Mind.

U should never get inflated even praised nor get deflated when U are blamed. U must analyse yourself & correct ur faults & Become a spiritual Lion.

The world is your Mirror

Monthly Planner

2009

June



The world is your Mirror-

Mon	1	
Tue	2	The good you find in others
Wed	3	
Thu	4	is in you too
Fri	5	
Sat	6	The faults you find in others
Sun	7	
Mon	8	are your faults as well
Tue	9	
Wed	10	After all,
Thu	11	
Fri	12	To recognise something in others
Sat	13	
Sun	14	you must also know it
Mon	15	
Tue	16	The possibilities you see in others
Wed	17	
Thu	18	are possible for you as well
Fri	19	
Sat	20	The beauty you see around you
Sun	21	
Mon	22	is your own reflection
Tue	23	
Wed	24	The world around you
Thu	25	
Fri	26	a reflection of yours
Sat	27	
Sun	28	A mirror showing you
Mon	29	
Tue	30	what person you are!
★★	★	

How to Change The World?

June

2009



శ్రీవిరోధినామ/జ్యేష్ఠ శు.9
సోమవారము / MONDAY
జూన్ / JUNE

01

To change your world,

You must change yourself

See the best in others

U will be your Best-

Give to others, U will give to Urself

Appreciate beauty in others

And You will feel beautiful

Admire creativity in others

And U will feel creative

Love + You will be loved in return

Seek to understand others +

U will be understood by others

Listen + U r voice will be heard around

Teach + You will learn more.

July					2009	
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19	20	21	22	23	24	25
26	27	28	29	30	31	★

Those well versed in the three Vedas seek heavenly attainment after worshipping (me) through sacrifices, drinking soma and thus becoming purified of sin. Having acquired the results of their piety, they attain the abode of Indra, where they enjoy godly delights in heaven. - Bhagavad Gita 9.20

(PROVS WORLD)

What is FEAR? Why do we fear?

June

2009



శ్రీవిరోధినామ/శ్లోకం శు.11
బుధవారము / WEDNESDAY
జూన్ / JUNE

03

Most fears are nothing but movements of our own thoughts. A thought is a language that we give to our words & feelings. Putting in a different way, a thought is just a movement of word, picture or feeling passing through U's mind & when U try to interpret in your mind in a language that you are afraid of, then you experience fear. What happens when U are asleep? In sleep U don't experience any thought & hence no fear at all. In deep sleep, even if a snake passes through you U are not afraid because U don't think about it or a piece of rope to the end, when U come across a snake when U are awake, U will run with fear.

July							2008
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19	20	21	22	23	24	25	
26	27	28	29	30	31	★	

June

2009



04

శ్రీవిరోధినామ/జ్యేష్ఠ శు.12
మంగళవారము / TUESDAY
జూన్ / JUNE

Don't forget that U have The

mental capacity to understand the cause
of Your fear & try to eliminate or fear
First understand the nature of object
that causes fear then try to find remedy
In example, if you are afraid of ur future,
What you are afraid of is the uncertainty
that surrounds events you are going to face.
By living totally in the present and also
planning ahead for your future,
You can reduce the uncertainty & fear.

You may not be able to plan for all kinds of
uncertainties but being prepared to a
reasonable extent, reduces ur fear to a

Those devoted to the gods go to the gods; those devoted to the ancestors go to the ancestors; those devoted to the
ghosts go to the ghats, those who worship me surely attain me. - Bhagavad Gita 9.25

large extent & U will enjoy the process too.

June	2009					
S	M	T	W	T	F	S
★	1	2	3	4	5	6
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28	29	30	★	★	★	★



శ్రీవిరోధినామ/జ్యేష్ఠ శు.13
శుక్రవారము / FRIDAY
జూన్ / JUNE

05

Sometimes,
Even when you are thinking positively,
negative thoughts may intrude in ur mind
for ex. when we open our computer, usually
we ^{don't} get what U want but U are expecting
some unwanted package U don't want.
There is nothing wrong with the computer
but it is the fault of the built-in program.
So you have to change the programming,
in such a way U get what U want / U are seeking
immediately after setting it on. Similarly,
the psychological programming inside
our brain or subconscious mind should be
changed to suit our needs. In other words,
wise thinking (that is our programme)
leads to discrimination of good & bad.
It is our own wise thinking that holds
the key to a positive frame of mind.

July 2009		S	M	T	W	T	F	S
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19	20	21	22	23	24	25		
26	27	28	29	30	31	★		

Whatever you do, whatever you eat, whatever you offer or give away, whatever austerities you perform, O son of Kunti,
do that as an offering unto me. - Bhagavad Gita 9.27

(Swami Sukhabodhanand)

When does Service to MAN become Service to God

June

2009



శ్రీవిఠ్ఠలనామ/జ్యేష్ఠ బ.1

సోమవారము / MONDAY

జూన్ / JUNE

08

Politicians profess during elections
that "Service to MAN is Service to God" &
Offers so many things but fail to do ultimately
NO doubt Service to Man is Service to God
But unless the Service is linked to the bigger ideal
people will not benefit from the service
No matter, how huge is the magnitude of Service
You must have faith in the essential
divinity of every person & have the Lord in
Your mind while rendering the Service
If U also follow the path of TRUTH &
rightful conduct, then it will be considered
as Service to the LORD

More repetition of the slogan, as
to the practice during Election time is useless

Unless the service is done with faith in the
divinity of the MAN & ~~the~~ have an eye
on the name & fame of fruits of their
actions

July 2009

S M T W T F S

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26 27 28 29 30 31 ★

Even if a person of very bad behaviour worships me with undivided devotion, he is to be thought of as saintly, for he has the proper resolution. He quickly becomes righteous and attains lasting peace. O son of Kunti, declare it boldly that no devotee of mine is ever lost. - Bhagavad Gita 9.30 - 9.31

June

In this mundane world,
How can a common man do
what he should do for the wellbeing
of
humanity?



శ్రీవిరోధినామ/శ్లోక బ.3
 బుధవారము / WEDNESDAY
 5 JUNE

10

Anybody who is sane & God fearing
 can change the world, by his own
 initiative & selfless activity.
 Truly speaking, prayers of holy people
 act as an invitation to the advent of the Lord
 in the external world. When the people
 or subjects of the Kingdom need any service or
 convenience or help they approach the
 Ruler & inform him of their needs.
 So also in the spiritual Kingdom, when there
 is no scope of achieving them all by itself,
 pray to the Lord asking for such help.
 In response to their prayers, the Lord takes
 his birth on the soil like SAIBABA
 or some such Avataar to relieve mankind.

July							2009						
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19	20	21	22	23	24	25							
26	27	28	29	30	31	★							

Neither the gods nor the great sages know my origin. Indeed, I am in all respects the source of the gods and great sages.
 Bhagavad Gita 10:2

from stressful life

Why do people say "God Bless You"
When You Sneeze?

June

2009



శ్రీవిరోధినామ/జ్యేష్ఠ బ.4-5
శుక్రవారము /FRIDAY
జూన్ /JUNE

12

When you sneeze,
Your heart stops for a millisecond.
If you sneeze too hard & fast,
You can even fracture a rib of yours.
If you try to suppress your sneeze
You can rupture a blood-vessel
in your head or neck & even die.
Does not matter, do not suppress sneezing.
My doctor also confirmed this aspect
& Mr. a smile (or sniggers) said "YES"
So don't control your sneeze
You can sneeze as many times
as you want
& get as many blessings as you ^{mom} say
DAD

July				2009		
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The seven great sages of old, as well as the four (Kumaras) and the Manus from whom the world's creatures have come, originated in me, born of my mind. - Bhagavad Gita 10.6

June

What is the Real Joy in our life?

2009



శ్రీవిరోధినామ/జ్యేష్ఠ బ.7
సోమవారము / MONDAY
జూన్ / JUNE

15

Involvement in Objective pleasure
leads us ultimately to Grief & suffering.
So we must direct ourselves towards
right means to attain Bliss.

Where does this Bliss come from?

Bliss is not inherent in material ^{external} objects.

Though external object appears attractive to
bring pleasure, they bring in Grief as well.

Upasakas; Gita & other Brahmic sutras
clarify the truth that YOU are the very
embodiment of Bliss.

The scriptures also clarify the truth
that help everyone attain this
highest wisdom only if U look for it.

July				2009		
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How can We obtain Real Bliss.
It does not disappear?

June

2009



WEDNESDAY 17
 30th JUNE

Every living being craves for **HAPPINESS**
 Some desire acquisition of riches, some for GOLD
 of some for articles of luxury, some ^{ask for} vehicles etc.
 But everyone is bent upon obtaining things
 that he believes can give him/her joy or happiness

But those who know wherefrom they get
 this happiness are few and far between

SATWIC happiness is of the nature where
 it appears to be poisoning in the beginning
 turns into nectar after reasonable time
 The happiness is generated through awareness
 of the limitations of self using SADHANA
 of SAMA (control of the senses)
 of DAMA (control of emotions) etc

Though it involves struggle & effort to
 understand their significance, the reaction
 may be bitter & ultimate result is **HAPPINESS**

July 2009
 S M T W T F S
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 26 27 28 29 30 31 ★

You alone know yourself through your own power, O best of persons, cause of the welfare of beings, Lord of beings, God
 of Gods, Lord of the universe. - Bhagavad Gita 10.15

This is called SATWIC HAPPINESS which is
 long standing

June

నేన లెక్కన ముచ్చాశా
Man is not Satisfied with WEALTH 2009



శ్రీవెంకటేశ్వరస్వామి ఆలయం
 తిరుమల రమణ ఆశ్రమం
 FRIDAY
 జూన్ / JUNE

19

This is a positive corollary to the idea that unchecked pursuit of wealth & personal satisfaction does not express true glory of the human spirit. The glory we find only things control of sensual nature. This is Renunciation of the trivial & finiteness of manifestation of the large & infinite.

True freedom & delight comes to MAN only through RENUNCIATION.

ISA UPANISHAD

Nachiketa has not an ascetic pursuing sterile ascetic way.
 He loved life & its plenty of joys
 But he loved truth more than both.

He pursued life singlemindedly, so that life he lived might be true life & the joys he experienced might be true joy & happiness.

He realized that pursuit of knowledge & excellence is a strenuous exercise needing all health & vigour of the psycho-physical system. He has decided - set on his pursuit of excellence that he politely asks

July 2009
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The Lord of Shri said: Listen as I explain to you only those divine manifestations of my self that are prominent, for there is no end to the extent of my opulence. - Bhagavad Gita 10.19

YAMA to keep all the attractive things for himself.



20

శ్రీవిరోధినామ/జ్యేష్ఠ బ.12-13
శనివారము / SATURDAY
జూన్ / JUNE

Nachiketa, though was a child, he lived intelligently & was fully aware of his own experience & limitations, that he came to the conclusion that

"mere wealth alone cannot provide the possessor with a free passport to HAPPINESS"

HAPPINESS is a state of mind arrived at by itself during its transition with the external setups functioning in time place & conditions

21

శ్రీవిరోధినామ/జ్యేష్ఠ బ.13-14
ఆదివారము / SUNDAY
జూన్ / JUNE

Nachiketa's statement that no man can be made happy by WEALTH only is a state of TRUTH. This is obvious but rarely recognized in life. Man can gain HEALTH only as long as he is alive but not later. Recognise the TRUTH

June	2009					
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I am the self, O Gudakesa, abiding in the hearts of all beings. Of all beings I am the beginning, middle, and end
Bhagavad Gita 10.20

I behave well
to my riches