

What is the most difficult question in the

June

universe for happiness

2009

"అపరిమితం న
క్షయమయ్య
మనస్సు లపన సు
ఖం పునః పునః"



శ్రీ విరోధినామ/జ్యేష్ఠ బ.30 స్వా
సోమవారము / MONDAY
జూన్ / JUNE

22

You can draw out from sand ; but -
You cannot regenerate the mind of an IDIOT .

Similarly even the boundless ocean can be
drunk by one with ease or huge mountains
can be lifted from the face of the earth
or flames of huge conflagrations can
be swallowed without any great difficulty
but - controlling the mind is far more
difficult than all these .

So if one can succeed in the
process of overwhelming his mind,
one can achieve the awareness of the soul.

Your mind is now in US & in the next fraction
of second it can go back to India &
stay in the corridor of your alma mater
where U enjoy the greatest satisfactions

The success in controlling your mind
can result only when one undergoes
many ordeals and denials & rejections
The bliss lies in the result of this effort

Of the Vedas I am the Sama Veda; of the gods I am Indra. Of the senses I am the mind, and of the
living beings I am consciousness. - Bhagavad Gita 10.22

is the biggest kind of HAPPINESS you can
expect.

July		2009				
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శ్రీవిరోధినామ/ఆషాఢ శు.2
 బుధవారము / WEDNESDAY
 జూన్ / JUNE

24

The awareness of Brahman (inner God)
 cannot be won by mere accumulations of wealth
 or by giving away or gifting away your riches
 Nor it can be achieved by reading text-books
 acquiring degrees or diplomas or performing
 spiritual sacrifices & rituals everyday.

Our body is an ant-hill but the mind
 (a fickle & wandering winging peice) in the cavity
 the mind is full of ignorance (Agyana)
 which can hit at any time the poisonous tongue
 of a snake. The serpent - cannot be killed
 by concealing to Kanya Karne (pleasurable
 activities)
 Vignane (spiritual wisdom). is the
 only weapon that combat its wavering mind &
 kill the serpent of ignorance.

A person who has faith in this
 little power of his mind alone
 can secure this spiritual wisdom

uly 2009

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June

What is Divine Life?

2009

(To be one with Divine Life)



25

శ్రీవిరోధినామ/ఆషాఢ శు.3
గురువారము / THURSDAY
జూన్ / JUNE

Divine life is

- 1) To practice non violence, truth & purity
- 2) To be kind & generous, humble & tolerant
- 3) To practice virtues & be righteous
- 4) To serve God in selfless & dedicated way
- 5) To serve the sick with "All-is-God" attitude
- 6) To be merciful, courageous & devoted
- 7) To sing the name of God & pray
reclaim his ^{senses} all his time or whenever he is free
- 8) To do japa & Meditation
- 9) To be an instrument in the hands of God
- 10) To act rightly & keep thinking of God
- 11) To do unconditional self-surrender to God

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Arjuna said: Out of fondness for me you have spoken about your secret, supreme-nature. Thus my delusion is gone.
Bhagavad Gita 11.1

12) To be a silent witness ^{during} all the 3 states
(waking - dreaming & deep sleep)

June

What is The Real Test of friendship?

2009



శ్రీవిరోధినామ/ఆషాఢ శు.4

శుక్రవారము / FRIDAY

జూన్ / JUNE

26

A bosom friend should be given
protection at any cost whether he is from
a high family or from a lowly background
or when he is happy or in a depressed state
(తలబా, బిచ్చ, మనః బిచ్చం మొదల అంత దుఃఖం)
or when he is innocent or guilty of an offence

The basic human law is that one
should not give up on his close friend
when he later is placed in a high position
or in a lower depressed state of mind.

When a friend is highly placed & having a
good name & status & enjoying all comforts
& wealth there is an expectation getting something
back from him,
all persons can be magnanimous
and play the friendship card with enthusiasm

But the litmus test for real friendship
comes when one of them is in dire straits
& then one has to take a bold & risky step

July 2009

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I have heard in detail from you, whose eyes resemble the petals of the lotus, about the origin and dissolution of beings, as well as of your imperishable glory. - Bhagavad Gita 11.2

to provide succour to your dearest friend.

EIGHT FLOWERS + nine ways

June

2009



27

శ్రీవిరోధినామ/ఆషాఢ శు.5
శనివారము / SATURDAY
జూన్ / JUNE

EIGHT FLOWERS

Ahimsa prakarana puspan
puspan Indriya Nigraha
Sarva bhoota Daya puspan
Kshama puspan Visesa thetha
Shanti puspan Tapah puspan
Dhyana puspan Prathai Vacha
Satyam Ashtabrahma puspan
Vishva preethi karam Bhaveth

- ① Non violence
- ② Withdrawing Senses
- ③ Compassion
- ④ Forgiveness
- ⑤ Peace
- ⑥ Austerities
- ⑦ Meditation
- ⑧ TRUTH

Flowers form an important - ingredient of worship of God
Without flowers & pooja is not complete & to achieve
the eight flowers of Human behaviour, realised by God

28

శ్రీవిరోధినామ/ఆషాఢ శు.6
ఆదివారము / SUNDAY
జూన్ / JUNE

Nine ways

- 1) Sravanam
- 2) Keerthanam
- 3) Vishno Smaranam
- 4) Paada Saranam
- 5) Archanam
- 6) Vandanam
- 7) DASYAM
- 8) SAKHYAM
- 9) ATMA Nivadanam (final surrender)

A sincere sadhaka
should practice all the virtues
In order follow these steps
or pray to God with
these Nine ways
that sadhaka will
soon enjoy the Bliss of God

June 2009

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Beautiful TENDRDS

I The most selfish one letter word (Avoid it)

WE The most selfish 2 letter word (Use it)

EGO The most poisonous 3 letter word (Overcome it)

LOVE The most used 4 letter word (Value it)

SMILE The most pleasing 5 letter word (Keep it)

ROMOUR The fastest spreading 6 letter word (Ignore it)

SUCCESS The Hardest working 7 letter word (Achieve it)

Jealousy The most envious (distance) 8 letter word (Urself from it)

KNOWLEDGE The most powerful 9 letter word (Respect it)
Education

FRIENDSHIP The most valued 10 letter word (Maintain it)

Monthly Planner

Four Noble Truths

2009

July



of
BUDDHA

Wed	1	(1) All the world is suffering
Thu	2	
Fri	3	
Sat	4	(2) The root of suffering is DESIRE
Sun	5	
Mon	6	
Tue	7	(3) To eliminate suffering
Wed	8	One must eliminate DESIRE
Thu	9	
Fri	10	(4) The way to supreme good
Sat	11	is Eight-fold noble path
Sun	12	
Mon	13	
Tue	14	(1) Right Thought
Wed	15	(2) Right Resolve
Thu	16	(3) Right Speech
Fri	17	(4) Right-conduct
Sat	18	(5) Right Livelihood
Sun	19	(6) Right Effort
Mon	20	(7) Right mindfulness
Tue	21	(8) Right Concentration
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Buddha

July

What is HAPPINESS?

2009



శ్రీవిరోధినామ/అష్టాధ శు.9-10
బుధవారము / WEDNESDAY
జూలై / JULY

01

Happiness is the only

State of mind that is sought by every human being that is known on this earth.

Misery is most unwelcome to all creatures.

Every living being is involved in ^{some} activity or other in search of eternal happiness. But by & large they are unable to secure it.

Indeed they get themselves entangled only in greater miseries. The main reason they seek ^{external} happiness from external objects.

While the truth is that eternal bliss is

within oneself and not from external objects.

So the search must be made from within

to attain the supreme bliss. The Vidya or knowledge of Advaita philosophy does help in showing the way to eternal bliss.

August 2009

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July

What is most difficult Quest in this Universe?

2009



02

శ్రీవిరోధినామ/ఆషాఢ శు.10-11
గురువారము / THURSDAY
జూలై / JULY

What is HAPPINESS

Man is capable of plucking huge mountains
from the face of earth or mount them
if he can even drink bundles over wires.

The flames of a huge conflagration can be
easily swallowed without any difficulty, but
controlling the mind dwelling towards HAPPINESS
is the most difficult task.

"అమలమమక న త్రే లంబ అమరము
కా మాశ్వుల మనసు రెడలర వాడు
చిచ్చికాభంగము — అమరకామ"

So if one succeeds in overpowering his mind
one achieves the awareness of the soul.
The bliss that is the result of his effort
is the highest kind of Happiness.

"This success can result
only when one undergoes
many long ordeals & denials"

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What are the two primary Qualifications

July

for enquiring



into the Divine Self 2009

శ్రీవిరోధినామ/అపాద పు.11

పుష్యవరము / FRIDAY

జూలై / JULY

03

For understanding the divine
more 'study' of Vedas are not do. One
should develop VIVEKA (discrimination)
between the transient & the eternal.
Atma alone suffers no change. It is TIMELESS.

The second Qualification is RENUNCIATION
of the desire to enjoy the fruits of
one's actions, here & hereafter in this world.
This is called VAIKARANYA (Non-attachment).

Nonattachment does not mean giving up
hearts & home & spouse & children and
taking refuge in a far away forest land.

It only means awareness of the world as a
temporary dwelling & transient stop over &
as a consequence of this feelings disappear I & MINE.

finally then this 1) Discriminate between Temp & Ever lasting

2) Detatch from worldy things

3) Don't feel about I & MINE

August 2009

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What is the LITMUS TEST for true Happiness

July

2009



శ్రీవిరోధినామ/ఆషాఢ శు.14
సోమవారము / MONDAY
జూలై / JULY

06

If the Intellect is dull & derives HAPPINESS from sleep & sloth, it cherishes THAYASIC nature which makes one ignore the knowledge of self throughout one's life.

True Education is that which directs & counsels the mind & intellect of MAN towards earning SATWIC happiness. The scriptures declare

NA SUKHAATH LABHATHE SUKHAM.
(Happiness cannot be derived from Happiness)

By undergoing UNHAPPINESS alone, can HAPPINESS be won. This truth can be derived only through (or) Education or self Education. If you understand the joy of satwic Happiness only true MOGYA will be found to be easy & palatable and make you a great personality's philosopher.

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Distinguish between Conscious & Unconscious

July

2009



The human mind is divided into two: Conscious & Unconscious →
Whether it is male or female does not matter.

శ్రీవిరోధినామ/ఆపాద బ.1
బుధవారము / WEDNESDAY
జూలై / JULY

08

The Conscious mind deals with everything that is within the realm of our awareness, whereas the Unconscious mind deals with all those thoughts which the individual is unaware of but which influences his behaviour.

Our body is a highly complex organism. There are numerous functions going on at all times in our whole body like seeing; respiration; digestion; hearing; inspiration; indigestion; & different kinds of movements like walking, running etc. All these functions are governed by the unconscious without your active involvement & very little effort is required for smooth functions of these bodily requirements which run as a matter of routine course.

The conscious mind has unlimited capacity for thinking & analysing facts. But if every activity is done by unconscious what is the Role of Conscious mind?

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Though you are impossible to see, I behold you crowned, armed with a club and bearing a discus, a mass of brilliance glowing all around you on all sides like the immeasurable radiance of blazing fire and the sun. - Bhagavad Gita 11.17

July

2009

09

That is why,



శ్రీవిరోధినామ/అపాధ బ.2
గురువారము / THURSDAY
జూలై / JULY

The Creator has made ^{the} mind conscious
only to involve itself solely in the more
important job of seeking the TRUTH.
To search for greater truth &
realize the purpose of our life
is the job of conscious mind.

What is TRUTH?

TRUTH is the reality of LIFE

We must realize the secret of life,
its goal & purpose of its achievement

To realize what is RIGHT & what is WRONG

What are the Plus & Minus points of life

What is positive & negative thinking?

What is good for the individual?

What is good for society at large?

(Contd)

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శ్రీవిరోధినామ/ఆషాఢ బ.3
శుక్రవారము / FRIDAY
జూలై / JULY

10

The answers to these are not written on any school Blackboard or on any mountain side. It is up to us to discover the truth from our own practical experience of our life. First you all realize that the Creator has consigned our body's routine affairs to the unconscious mind. It is only when I don't realize this truth, you live in a state of ignorance & frustration resulting in tensions & stress.

Now try to realize that every person is a seeker right from his birth. He lives in a state of aimlessness & confusion without knowing the purpose of his birth. They may be speaking something but without any clarity. They can't spend without knowing what for. They yearn to find something without knowing what that something is about.

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People work but without job satisfaction. People earn money without inner satisfaction. They want to enjoy life without knowing what LIFE is!

I behold you without beginning, middle or end, with infinite power, with innumerable arms, with the sun and moon as your eyes, with a mouth like blazing fire, scorching the universe with its brilliance. - Bhagavad Gita 11.19

It is a paradoxical situation in which one lives in a state of self-contradiction (Pro)

July

2009



11

శ్రీవిరోధినామ/ఆషాఢ బ.4
శనివారము / SATURDAY
జూలై / JULY

It is all our own creations.

When the creator has given you a MIND & made U freely use it without limits, you waste your energies & thinking power without activating your thinking power beyond what you see, spend & enjoy.

You have to discover the reality beyond what you see & spend, no matter whether it is clear or Vague.

You have to discover what is hidden in nature beyond your visible form.

12

శ్రీవిరోధినామ/ఆషాఢ బ.5
ఆదివారము / SUNDAY
జూలై / JULY

There is the only way to extricate yourself from the state of IGNORANCE & CHAOS.

The consciousness of truth is easy & within Ur reach. The only cause is to distract yourself from the glamour & splendours in sight & look beyond. Through simple living & high thinking.

You don't go astray but concentrate on thinking. This week & U will reach the gates of TRUTH.

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Who do U understand by MIND CONTROL?

July

2009



శ్రీవిరోధినామ/ఆషాఢ బ.6

సోమవారము / MONDAY

జూలై / JULY

13

Mind is a hidden part of human body but
it plays an active role in our life.
Mind Control is very hard to obtain in our life.
Mind can cause Bondage as well as liberation.
It is an amalgam of our passionate & ignorant
attitude of the mind & can be easily polluted.

It refuses to hide the real nature of things
caring on them the forms & values it desires.
So it is up to us to regulate & direct our mind.

The first characteristic is to run after senses.
Unless U know the consequences & regulates the
working of Ur mind, U may invite disaster.

When a pot of water becomes empty, we may
infer the water has seeped out through holes.
It need not be all the nine holes (నవదిశలు)
One hole is enough to empty the tank.

So even if one sense goes out of control
Your mind will throw U into bondage.

So U must control all Ur senses,
in order to control your mind.

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The host of gods enter into you. Fear stricken, some praise you with folded palms, while groups of perfected rishi's
praise you with meaningful hymns saying, "May all auspiciousness prevail throughout the universe"

Bhagavad Gita 11.21

With U Good Luck



PARENTS are your living GODS on EARTH

శ్రీవరధనమ్ / ఆషాఢ బ.8
 బుధవారము / WEDNESDAY
 జూలై / JULY

15

Your first duty is to make Ur parents happy
 U must therefore try to learn how to make them happy
 Some parents are admitted into Old age Homes
 While some are used as domestic servants,
 While some are asked to take care of children,
 That is not the hallmark of real education.

It is your responsibility to look after Ur parents

to look after Ur parents & provide all support to them

U need not worship them as flowers,
 But treat them as senior human beings
 Who lived their life as human beings,

Gave U birth, educated U & brought U up

U must keep them all good & serve their needs
 in stead of sending them to old age Homes,
 When they face "out of sight, out of mind"

U must thank them U are lucky to have your parents

August 2009

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of not thanking Urself for being fortunate
 Unlike others who lost them early in life.

Better feel proud of having them before U
 in life & blood

Having seen your great form, which has many mouths, eyes, arms, thighs, feet and bellies, and which bears many teeth, O mighty - armed, the world trembles, as do I. - Bhagavad Gita 11.23

Thank Your Stars & serve them with their final end

What is the Most Powerful Weapon.
We must treasure it!

July

2009



It is the

WITHDRAWAL from sensory objects.

శ్రీనివాసామ/ఆషాఢ బ.10
 శుక్రవారము / FRIDAY
 జూలై / JULY

17

It implies a state of mind that
 is above & beyond all discharges, ^{like grief & joy} that
 agitates us & even most educated & refined person

Withdrawal from sensory objects can
 be achieved when engaged in day-to-day
 activities & get involved our team in toto.

Try not to look at the world with a naked eye
 but with our inner eye.

Only then U can escape from grief & joy
 & get involved with their opposites and
 attain balance & equal mindedness.

If U surrender yourself to your mind,
 U feel the same experience as others,
 because of the mind playing the game.

If U practice seeing everything as a projection
 or extensions of the Loving LORD Krishna,
 U will be able to cross the horizon of dualities
 into the region of one &

August 2009

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Having seen your mouths made frightening by many teeth glowing like the fire of universal destruction, I have lost my
 sense of direction and find no comfort. Be merciful, O God of Gods, abode of the universe. - Bhagavad Gita 11.25

only one ALMIGHTY

July

2009



18

శ్రీవిరోధినామ/ఆషాఢ బ.11
శనివారము / SATURDAY
జూలై / JULY

The awareness of Brahman (GOD)

Cannot be realized by the accumulation of wealth
or even by giving away your riches.

Now can be achieved by Reading Texts
or Acquiring Degrees
or Spiritual Sacrifices
or Performing Rituals

The body is an Ant Hill but the fictitious King
inside the castle playing the mischief

19

శ్రీవిరోధినామ/ఆషాఢ బ.12
ఆదివారము / SUNDAY
జూలై / JULY

It is poisoning a serpent-like
Angel known as A Q N A S H A
foolishness
or IGNORANCE

The serpent cannot be killed by resorting to
KAMYA KARMA (pleasurable activities)

JNANA (WISDOM) is the only weapon
that can kill the serpent of IGNORANCE

That person who fails can only become SPIRITUAL
of awareness of Bliss a Freedom

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All the sons of Dhritarastra, along with the multitude of earthy kings such as Bhishma, Drona, and Karna, the son of a chariot driver, together with the principal warriors on our side, are rushing headlong into your fearfully gaping mouths with their many teeth. Some of them appear to have had their heads crushed and are now caught between those teeth - Bhagavad Gita 11.26 - 11.27

TOTAL HAPPINESS

July

What should we do Today & Every Day to win the grace of God? 2009



శ్రీవిరోధినామ/అష్టాద బ.13
సోమవారము / MONDAY
జూలై / JULY

20

The blemishes of our heart
have to be washed by leading a moral life &
doing one's duty. A time may come when
you are tired & become weak. If it is so,
then you should pray like this:

"Oh God,
things have gone beyond my control.
Pl give me strength & power to withstand

At first,
you God may stand at a distance & watch
whether U are really making any effort or
playing mischief. When U shed
your attachments to enjoyment & take to
good deeds & service, God comes near
to encourage U in your efforts.

For He is like the Sun God, who
stands waiting outside a closed door,
like the servant, who knows of the master's
his own limitations, God does not announce
his presence or bang the door.
He simply waits. But when
you open the door just a little,
the Sun rushes & promptly drives out the
darkness from within.

August 2009		S	M	T	W	T	F	S
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As rivers' currents rush toward the sea, so do these worldly heroes enter your flaming mouths.

Bhagavad Gita 11.28

610

July

2009



21

శ్రీవిరోధినామ/ఆషాఢ బ.14-30స్వా
మంగళవారము /TUESDAY
జూలై /JULY

So too when God's help
is asked for in emergency,
He stands unobscured by your side
but extends his hand to render
assistance at the time of need.

All that is needed is the wisdom
to identify Him and
feel His presence. I
remember to seek his help
& the discrimination to pray
& ask Him that - your
innumerable refinements
& not - feel contributions
to an entire world
to be kept at your
disposal.

God bless you

Saravali

July		2009				
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26	27	28	29	30	31	★

What is difference between Love & Devotion?

July

2009



శ్రీవిరోధినామ/ఆషాఢ బ.30స్వా-

శావణ శు.1

బుధవారము / WEDNESDAY

జూలై / JULY

22

సూర్యగ్రహణం / Surya Grahanam

Love has conditions attached to it. If your expectations are fulfilled, your love affair will succeed & continue otherwise it will end.

Devotion is not like that. It is unconditional. Love also genuinely becomes a fulfilling & life nurturing process for any one only when it is unconditional. The moment it ~~is~~ is made conditional it becomes a mutual benefit scheme or conditional transaction.

Human transactions at the physical, emotional & intellectual levels are often referred to as "LOVE DEALS".

Observe as a place of worship or temple, what people exhibit is devotion to God. If only it is also a deal making or unfair one.

Simply speaking there is no love without devotion, no devotion without love. You can't act like a devotee. Cultivated devotion is deception.

August

2009

S	M	T	W	T	F	S
30	31	★	★	★	★	1
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Tell me who you of such terrible form are. Homage to you, O best of gods, be merciful I want to understand you, O primal one. Indeed, I cannot comprehend your actions. - Bhagavad Gita 11.31

July

LOVE IS a DOMINANT FORCE

2009



23

శ్రీవిరోధినామ/శావణ పు.1-2
గురువారము / THURSDAY
జూలై / JULY

There is nothing in the world,

Which U cannot achieve with true love
With love U can conquer everyone & everybody.

When love is associated with thought it becomes Truth
When love is introduced into your activities,
Your actions become righteous. When values
from love to guide your actions, understanding
Your intelligence becomes saturated with
deep respect & caring for life and you
manifest the quality of non-violence

Keep love in heart & love is right actions
If there is no love in your actions,
righteousness can not be present
If U don't feel love in your heart
there can be no peace

So just as Sugar is the basis for all sweets,

Love is the basic ingredient of TRUTH

Love is God

God is Love

Love is divinity itself

1) Righteousness

2) Peace

3) Non-violence

July		2009				
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26	27	28	29	30	31	★

The Lord of Shri said: I am time, powerful destroyer of the world, who has come forth to annihilate everyone. Even without
your taking part, all those arrayed in the opposing ranks will be slain! - Bhagavad Gita 11.32

∴ Always live in love

What is our WORTH?

July

2009



శ్రీవిరోధినామ/శావణ శు.3
శుక్రవారము / FRIDAY
జూలై / JULY

24

I never bothered to know it -
Since I asked for it, I am trying.

The water droplet that lands on a lotus leaf retains their global nature & runs water shelter and in fleeing second it falls into the lake and disappears.

Like wise our life also is very fleeting & one can never guess when the semblance of life leaves our body. When alive, the body is plagued by so many diseases, anxiety & arrogance. The world gets into the midst of sorrow.

So long as we are earning money, everyone in the family will care for you & will be cordial to us - When we retire or stop earning money / pension to the household everyone will be oblivious of us.

August 2009		S	M	T	W	T	F	S
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The fact ignorance of our existence to the extent they don't even talk to us.

Therefore rise up and become glorious. Defeat your enemies and enjoy a prosperous kingdom. These opposing warriors have already been killed by me and you will be put an instrument taking the credit, O Savyasaci. - Bhagavad Gita 11.33

So in the end of pain & the confusion) Pray to Govinda
embrace) May he exist)

July

How can U welcome ups & downs

2009



శ్రీ విరోధినామ/శ్రావణ శు.6
సోమవారము / MONDAY
జూలై / JULY

27

Ajñāna (Ignorance) & Dukkha (Sorrow)

Cannot be destroyed by physical rituals & rites. This is the lesson scriptures teach us.

What is happening is people forget this fact.

They believe that they are the body & senses and so crave for objective pleasures

They delude themselves that they

can secure joy & pleasure by catering to the body & senses & crave for some

Objective pleasures.

They earn only disillusionment, defeat & disaster; they reap sorrow &

joy in quick succession. This ajñāna can only be disillusioned with the knowledge of Divine Self. When this

illusion disappears, the sorrow produced by one's involvement in the ups & downs of the world is destroyed and U can realize

Sanjaya said: Upon hearing Keshava's speech, Kiriti (Arjuna), trembling with folded palms, offered homage in fear, prostrated himself, and spoke to Krishna in a faltering voice. - Bhagavad Gita 11.35

That Humanity is the Embodiment of PAISS

August 2009

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July

Why is it important to train the mind
Towards spiritual practice 2009



శ్రీవిరోధినామ/శ్రావణ శు.8
బుధవారము / WEDNESDAY
జూలై / JULY

29

Generally speaking,

one gets easily diverted down to sense objects,
as one becomes a victim of instincts,
which readily seek sense objects.

Instincts come along with the body &
(do not require any training) just
as a baby gets attracted towards mother's milk,
the new born calf nestles at the udder.

But for the instinct to walk & talk,
training is necessary. They are not automatic.

These instincts & skills are required to
be learnt by example & imitation.

So also proper training is necessary for
pursuit of sense pleasure, for it is the
wild, untamed search for such pleasure
that promotes anger, hatred, envy, malice

to train along the salutary lines and
to hold them under control, some kind
of good discipline as Japa (repetition of God's name)
Dhyana (Meditation)
are essential of upavasa (Fasting)

August 2009

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And why should they not bow before you, O exalted one, who are even greater than Brahma being the original creator,
O infinite one, God of gods, you are the abode of the universe, the imperishable, the manifest and the unmanifest, and
that which lies beyond both. Bhagavad Gita 10.1

Three Types of People

July



UTTAMA 2009
MADHYAMA
~~ADHYAMA~~

శ్రీవిరోధినామ/శ్రావణ శు.10
శుక్రవారము /FRIDAY
జూలై /JULY

31

వరలక్ష్మీవ్రతం /Varalakshmi Vratam
శ్రీవారి పవిత్రోత్సవము /Sri T.T. Pavitrotsavam

There are three stages of people
UTTAMA or superior
Madhyama or Middle standard
ADHYAMA or inferior or low

The adhyamas do not generally go for any work
"Hunkup" Can I do this or can I do it correctly
"No I won't be able to even attempt to do
and so avoid even attempting to do

The Madhyama comes forward & associate themselves
to do some but when obstacles are confronted
they disassociate themselves from such work.

Uttama people always participate & even
when to do some good & sophisticated work
& are generally victorious because they usually
follow the path of Dharma.

Victory is in their pocket.
They need not run for it, instead you seek them

August 2009

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You are Vayu, Yama, Agni, Varuna, the moon, the Lord of beings, and the great - grandfather salutations to you thousands
of times; again and again, homage to you - Bhagavad Gita 11.39

Importance of Mahalaya Purnima

August

2009



శ్రీవిరోధినామ/శ్రావణ శు.11
శనివారము / SATURDAY
ఆగష్టు / AUGUST

01

Mahalaya Purnima Purnima Telugu people

The ^{2nd} dark fortnight of Ashvini month

is known as Mahalaya Purnima & especially
sacred for offering oblations to our departed
ancestors.

(Amavasya)
The last day, the new Monday of the month

is considered as the most important day in the year
for performing obsequies & rites. It is one of

the greatest wisdom of Hindus in performing

Tarpanas during this fortnight. శ్రీవిరోధినామ/శ్రావణ శు.12
ఆదివారము / SUNDAY
ఆగష్టు / AUGUST

02

to satisfy the ancestors and
expressing gratitude to them.
Tarpanas are given to Bhudevates.

Charity in the form of food is important
during this observance. Life depends on food.
You cannot preach religion to empty stomachs.

The human body is the most important vehicle
for realising God. How precious must be food
which keeps the body fit for yoga. The gift of
food is the greatest food to God or anybody.

Sanjaya said: having spoken in this way, O king, the master of mysticism, Hari,
revealed his supremely opulent form to the son of Partha. - Bhagavad Gita 11.9

Thou give away food through out the year

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August

What do you understand by

2009



03

శ్రీవిరోధినామ/శ్రావణ శు.13

సోమవారము / MONDAY

ఆగష్టు / AUGUST

The only Sara Vastu (True Substance)

in this world is PREMA or LOVE

It is eternal, infinite & undecaying

Physical love is possessive whereas INFATUATION

Universal love is divine love or Cosmic LOVE

or. When prema or universal love
God is LOVE and LOVE is God

Selfishness, greed, egoism, vanity

provide shadow to the heart

of God in the way of development
of Universal love

Develop universal love through selfless service,
Satsang (association with Mahatmas),
prayer, recitation of guru mantras etc.

When the mind is controlled we may love
our family to a large extent, but

September 2009						
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27	28	29	30	★	★	★

Obeisances to you from the front and from behind. Obeisances to you O all sides as well, O all in all. You are infinite might and limitless valor. As you pervade all, you are everything. - Bhagavad Gita 11.40

Next time we must love God

Universal LOVE

August

2009



శ్రీవిరోధినామ/శ్రావణ శు.14
మంగళవారము / TUESDAY
ఆగష్టు / AUGUST

04

It may be easy to talk of Universal love
but difficult to put into practice

Universal love terminates in Advaita unity
oneness or Upanishadic consciousness
Pure love is a great leveler. It brings
equality & feel the whole world as one body.

There too one body is a temple of God.

Wherever we should feel the presence of God
Consecrate everything as offering to God

Transmute everything into love of God
by offering its fruits to God

Have Akata or Sakshi Bhava
(Feeling that U are just a witness)

I feel only Nimitte Meatra
(only instrumental God is the Doer)

Feel that all are pieces of God.

August 2009

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ISHA MATSYA MIDAM SARVAT

(The bird is indebted to the Lord)

God works through all our hands

Forgive me for things I may have rashly said in ignorance of your majesty. Out of negligence or even affection, I may have thoughts of you as an ordinary friend and addressed you, "O Krishna, O Yadava, O comrade!" O Achuta, O immeasurable one, I ask forgiveness of you for having treated you disrespectfully by joking with you while playing, resting, sitting or eating together, either privately or in front of other companions. - Bhagavad Gita 11.41-11.42

I've enjoyed the highest bliss

August

2009



05

శ్రీవిరోధినామ/శ్రావణ శు.15
బుధవారము / WEDNESDAY
ఆగష్టు / AUGUST

Today is RAKHI POONAM. రాఖి / Rakhi

Today being Sravane POORNIMA (శ్రవణ పూర్ణిమ)
New Yagnopaveetam is worn in place of the old.
A brief procedure given under is observed.
While performing the Yagnopaveetam Dharmam.
This is found helpful where the availability
of purohit is not practicable.

- 1) Yagnopaveetam is worn by those who are
entitled to wear it. The entitlement comes
through a ceremony called "Upanayanam"
in all the three varnas "Brahmane, Vaisya
Kshatriya".
The parents are supposed to perform "Upanayanam"
at a suitable age in the early childhood.
This would increase LONGEVITY of child
wearing off infantile mortality
giving him physical & mental strength.

September 2009

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29	30					

You are the father of the world, of all things, moving and motionless. You are worshippable, the venerable guru. There is no one like you in the three worlds. How could anyone be greater, O you unrivalled power? - Bhagavad Gita 11.43

Through his worship of SUNGOD chanting Gayatri Mantra

శ్రీరామ

AVANI A VATTAM

August

2009



శ్రీవిరోధినామ/శావణ బ.1
గురువారము / THURSDAY
ఆగష్టు / AUGUST

06

Yagnopaveetham is worn to purify oneself to attain eligibility to perform his Nitya Karma and to perform the Karmas prescribed in the Vedas.

Yagnopaveetham is not a permanent ornament. It has to be replaced when get-soiled, or when it comes in contact with an untouchable or when the family suffers some "SOOTAKAM" & also by elders before performing "AABDHIKAM" & at any rate once in a year.

Mantra
to be
Chanted

Yagnopaveetam Parameyam Pavithram
Pragapateh Yat Sahajam Purastat
Ayushya Maghnyam ప్రతిపదమును భవే

Yagnopaveetham Balarnasthu Thejasa.

This thread is very sacred, had its birth along with Brahma (LORD PRATAPATHI). Let this pure & spotless white Yagna Sootram bring me long life & spiritual strength.

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I therefore prostrate myself on the ground before you in surrender, O Lord. O God, please be merciful to me and tolerates my offenses, just as a father tolerates his son, a friend his friend, and a lover his beloved. -Bhagavad Gita 11.44

Let it cleanse me from all mental impurities
Let me have long life & spiritual strength



07

శ్రీవిరోధినామ/శ్రావణ బ.1-2

శుక్రవారము / FRIDAY

ఆగష్టు / AUGUST

Sravana purnima.

is also traditionally celebrated as శ్రావణ పూర్ణిమ to celebrate & commemorate the everlasting bond between brothers & sisters. Though it is marked by a simple ceremony, in which a woman ties a RAKHA on her brother's wrist; but it has a ^{great} significance. The word "RAKSHA" signifies "PROTECTION" whereas "BANDHAN" = Enduring bond of love. The brother on his part recognises this special bond and by extending his wrist-forward, he extends, in fact, the hand of protection over his sister.

September 2009		S	M	T	W	T	F	S
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27	28	29	30	★	★	★		

I am thrilled to have seen this form, which has never been seen before. Now O God of gods, shelter of the universe, be merciful and show me your familiar form. I want to see you in that form adorned with a crown, armed with club, discus in hand. O thousand - armed one, O you of cosmic form, show me that four - armed form. - Bhagavad Gita 11.45 - 11.46

రాఖి పూర్వం

August

2009

Broken sister Relationship

is no more longship as in Indian scenario



శ్రీవిరోధినామ/శ్రావణ బ.2-3

శనివారము / SATURDAY

ఆగష్టు / AUGUST

08

Another significant part of tying the RAKHI is the AARTI ritual. This is done with a view to draw the blessings of God upon her brother. But the basic aim of all these festivals & celebrations is to create cordial & amicable relationship between people.

The festival of Rakhi symbolises

TOGETHERNESS as the essence of all celebrations

శ్రీవిరోధినామ/శ్రావణ బ.3-4

ఆదివారము / SUNDAY

ఆగష్టు / AUGUST

09

It is the love & affection that is celebrated on Raksha Bandhan

Rakhi has a rich Indian historical base. The festival finds a mention in most of the Epics. Its origin can be traced to Puranic times.

When Alexander invaded India in 326 BC, he was severely injured & captured by King PORUS. Having come to know about Rakhi festival, Alexander's wife sends a Rakhi to the King Porus, who in turn releases her husband Alexander. Let us look

August 2009

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The Lord of Shri said: out of my mercy I have manifested this supreme form by the influence of my own spiritual power. This primal form of mine is effulgent, universal and unlimited. It has never been seen before by anyone other than you.

Bhagavad Gita 11.47

Alexander returns alive to Greece

Good from father to a son

August

Should be
To make him



(KURAL)
He FIRST in the
ASSEMBLY

2009

శ్రీవిరోధినామ/శ్రావణ బ.5
మంగళవారము / TUESDAY
ఆగష్టు / AUGUST

11

This is one of the well known KURAL:

A father may give many things to do,
and many things for his son
But most of all,
it should be to enable his progeny
to become successful in life.

One mark of the success must be the
high regard & reputation that the son may
enjoy in the society "as the son of XYZ"
especially in the society of his peers, for
this is the height of professional accomplishment.

This implies that the father should be
able to give his son SOUND Education
& Freedom of Judgement

One who is present in the Assembly is a LEADER

"TACITUS NOTES THAT RATIONE ET CONSILIO"
"Reason & judgement are the attributes of a LEADER"

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From this perspective, this Kural says
that a father should guide his son to
acquire these qualities in whatever he does

August

Knowledge vs

Human LIFE

(KURAL) 2009



"When one's children
exceed oneself in knowledge
To all in the world - it is very sweet -"

శ్రీవిరోధినామ / శ్రావణ బ. 7-8
గురువారము / THURSDAY
ఆగష్టు / AUGUST

13

One may feel jealous of another person
having something more than what he has.
But never if that someone happens to be
his own child or progeny.

Then it becomes a matter of pride
exultation, rather than jealousy or envy.
The Kural says: a truly sweet experience
when one finds that his own
children have advanced
to a higher level of
knowledge than his own self.

In fact, one expects that one's children
to do even better than oneself in life.
At best, that should be the goal of everybody
and that of every enlightened parent.

Wish U Best of luck for your children

August 2009		S	M	T	W	T	F	S
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August

The Ruler Vs his Subjects

Prinpal

vs

Students

2009



శ్రీవిరోధినామ/శ్రావణ బ.10
శనివారము / SATURDAY
ఆగష్టు / AUGUST

15

స్వాతంత్ర్యదినోత్సవము / Independence Day

The ruler has to bear the brunt of all the sins committed by his subjects. The Royal preceptor has to suffer for the sins of the king.

||| The husband is responsible for the sins of wrong actions of his wife. True love is alone between the sins of the disciples goes to the teacher and so is case of prinpal for the sins of his students.

Chancely logic is that the subjects tend to go wayward when the ruler is not effective.

శ్రీవిరోధినామ/శ్రావణ బ.11
ఆదివారము / SUNDAY
ఆగష్టు / AUGUST

16

It is the duty of the royal preceptor who is also the minister to aid & advise the king & lead him in the right path. The lady was expected to be under the protection of the husband and if there 'one any aberrations in her activities, the husband has to be solely responsible for it.

||| If the disciple / student learns all the lessons of his life from his teacher and if the teacher imparts improper education & learning the disciple will lose proper direction in life, & the sin should be credited to the teacher.

August				2009		
S	M	T	W	T	F	S
30	31	★	★	★	★	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Name me quality U must acquire
to experience GOD.

August

2009



17

శ్రీవిరోధినామ/శ్రావణ బ.12
సోమవారము / MONDAY
ఆగష్టు / AUGUST

First- give up all impure thoughts
and impure impulses & cultivate pure thoughts
After that try to give up, step by step,
even these pure impulses & render Ur mind
object less — NIRVISHAYAT.

Peace this Ashram is effulgent, & blissful
It is associated with WISDOM.

It is the experience of Godly feelings
& feeling the proximity of God

Peace of mind is the key quality that
everyone of us must aspire to achieve

The aspirant who wants peace has to practice
a virtuous life, overcoming initial attractions

Peace is like a mountain Rock - It can
hold U tight against flood of temptations

The PRASANTHI (Supreme peace) need not be
searched anywhere outside. It emanates
from inner consciousness itself

It is the very basis of life for liberation.

A person who acts for me, considers me the highest object of attainment, devotes himself to me, abandons all

September	2009					
S	M	T	W	T	F	S
★	★	1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	★	★	★

August

How should U behave every single Day
in your journey here

2009



శ్రీవిరోధినామ/శ్రావణ బ.13
మంగళవారము / TUESDAY
ఆగష్టు / AUGUST

18

You are the Center of attraction. Do not
try to shape your conduct with an eye on
the opinion of others. Indeed follow bravely,
gladly & steadily, the sweet and pleasant
promptings of your own mind and your
own inner self. Associate your actions
with those who are really endowed with TRUTH.
Spend every second of life usefully, well
if U can possibly render some service
to others; engage Urself in serving the sick
while so serving, do not worry about result
or the act of service or person to whom it is rendered

The service is made holy and pure
if U ignore both the good & the bad &
keep silently repeating in your heart
the name of the LORD that appeals to you

August 2009								
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23	24	25	26	27	28	29		

Arjuna said: Who has the best understanding of yoga, those devotees who worship you and are thus always united with you in love or those who worship the imperishable unmanifest. - Bhagavad Gita 12.1

August

What are spiritual practices

You must acquire
To reach God

2009



First goal

శ్రీవిరోధినామ/శ్రావణ బ.30స్వా
గురువారము / THURSDAY
ఆగష్టు / AUGUST

20

Remove from garden of your heart,
thorny bushes of greed, anger, jealousy,
selfishness & evil greed of "I" & "MINE".

All this discipline is buty required to
earn lasting peace or SHANTI.

Be firmly convinced that you are Universal soul.
That convictions will make every
subsequent spiritual practice very easy.

If you continue to foster the illusion
that "I am ... so & so" &

"I am doing my best to realize God"
God will never appear before you.

Instead if you give up that stand or leaning
and forget your body & senses,
that itself will lead to reaching Vasanas

(desires & tendencies)
to acquire mastery over your thinking
and gain a supreme peace.

August 2009

S	M	T	W	T	F	S
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But, O Partha, I swiftly deliver those whose consciousness is absorbed in me. Who renounce all actions in service to me, who regard me as the Supreme and worship and meditate on me in undistracted yoga, lifting them from the ocean of birth and death - Bhagavad Gita 12.6-12.7

August

What kind of attitude we should adopt
so as not to be even in 2009
Sorrow state?



శ్రీవిరోధినామ/భాద్రపద శు.2
 శనివారము / SATURDAY
 ఆగష్టు / AUGUST

22

Ignore Medhava (God) who is
 free from MAYA (delusion) and
 spend time immersed in Maya is fruitless.
 In this scenario, sorrow alone is just result.
 However your love may come to an end.
 The self-same Lord gives & takes,
 because everything belongs to HIM. Also
 are taken back by Him.

The true men are not therefore grieved
 over anything he loses.

శ్రీవిరోధినామ/భాద్రపద శు.3-4
 ఆదివారము / SUNDAY
 ఆగష్టు / AUGUST

23

Do not feel undue attachment
 with anything temporary.

Let all his possessions & attachment be His.
 He alone is joy & He alone is Eternal.
 He is the source of joy & misery as well.
 For the rest, love a thing as a thing
 & nothing more nor get attached to it.
 If U love anything more, U will have to
 get disappointed when U lose it.

So take things on their face value

August 2009

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How become Ups & Downs of LIFE

August

2009

According to
Scriptures,



AJNAANA (IGNORANCE)

DUKHA (SORROW)

శ్రీవిరోధినామ/భాద్రపద శు.5-6

మంగళవారము / TUESDAY
25 / AUGUST

25

How

people have forgotten their real nature.

They believe that the body & senses.

and care for physical & superficial pleasures.

They delude themselves that they can secure

joy by catering to the body & senses.

Such attempts cannot earn Bliss.

Instead they cause disillusionment,
defeat &
disorder.

They reap joy & sorrow in quick succession.

The Agyaane can only be destroyed with
knowledge of divine self.

When disillusion appears, the
body's sorrows produced by its involvement
with the ups & downs of the world is
destroyed & one can realize their

Humankind alone is enjoyment of Bliss.

August 2009

S M T W T F S

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23 24 25 26 27 28 29

We-5 to Krishna for achieving
Spiritual Victory?

August

2009



శ్రీవిద్యనామ/భావద పు.7-8

గురువారము/THURSDAY

27/AUGUST

27

The capacity to overcome the forces of
 Prakriti (NATURE) is not inherent in us
 It comes only with the Grace of the LORD &
 that Grace can only be won with JAPAM
 Repetition of God's name

+ DHYANAM (Meditation)

The truth has to be experienced, so that
 it may not slip from tip of our tongue
 or slip away during sleep or consciousness.

The Discipline needed to prevent this also is
 gained by JAPAM + DHYANAM

It is impossible for any one to combat
 the tendencies of PRAKRUTI (natural
 cause) & the power is controlled by those who
 have PRAKRUTI in their grip & those
 who are controlled by Prakriti are slaves.

PRAKRUTI is the basis of everything in this Universe

It is the basis of creation & existence

All these are { Men & women
 inseparable from Prakriti { Beasts & Birds
 Trees & plants

Indeed, I love those who, endowed with faith in my supremacy, are devoted to me - Bhagavad Gita 12.20

So pray to PRAKRUTI & God will respond

August 2009

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23	24	25	26	27	28	29

August

Reflections on Lord Krishna

2009



28

శ్రీవిరోధినామ/భాద్రపద శు.8-9
శుక్రవారము / FRIDAY
ఆగష్టు / AUGUST

Lord Krishna is a divine personage
of an Hindu Pantheon,

His thoughts & images are inspired by the
Epic Mahabharata. The episodes associated with
this immortal deity are rich, colorful & fascinating.
There are many exploits leading up to the
Kurukshetra climax, the last-eventful WAR
between "Good & Evil", where he utters ^{his} everlasting
Sermon of (GEETHA) scriptural significance.
He is like the library is to the scholar,
a vast storehouse of knowledge & esoteric truths.
He is like the preceptor is to the earnest-disciple,
the source of ultimate wisdom - Laymen & scholars,
wise men & rulers, seek his advice & counsel
as uttered in Gita. He is the nature is a poet

September 2009

M T W T F S

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20 21 22 23 24 25 26

27 28 29 30 * * *

Arjuna said: O Keshava, I would like to know about prakriti and purusha, the field of activity, the knower of that field,
knowledge and that which is to be known. - Bhagavad Gita 13.1

an inspiration for song & dance

August

2009



Lord Krishna, is no less

శ్రీవిరోధినామ/భాద్రపద శు.9-10
శనివారము / SATURDAY
ఆగష్టు / AUGUST

29

What a Captivating toy to a child,
an instrument for mirth & play to an youngster,
He is what we believe is to her lover,
the wishful of immense joy & comfort.

No where else in human legacy,
in fact or fiction, in legend or in lore,
in religions or in history, is there a name
& symbol that one combines
in one grand & myriotic sweep, all
the magic & majesty that are Krishnas.
No wonder we remember His

శ్రీవిరోధినామ/భాద్రపద శు.10
ఆదివారము / SUNDAY
ఆగష్టు / AUGUST

30

Name & form with warmth & affection,
with love & reverence every year on
this traditionally reckoned day of birth

referred to as the holy festival of Janmashtami.

August	2009					
S	M	T	W	T	F	S
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The Lord of Shri said: This body, O Arjuna, is considered to be the field of activity. One who knows this field is called the knower of the field by the self - realized. - Bhagavad Gita 13.2

I wish every Hindu brother & sister a happy joyous DAY

August

KRISHNA- ASHTAM 1

2009

BIRTH



DAY

31

శ్రీవిరోధినామ/భాద్రపద శు.11
సోమవారము / MONDAY
ఆగష్టు / AUGUST

LORD KRISHNA

అధరం మధురం వదనం మధురం

నయనం మధురం వ్రుశితం మధురం

బుద్ధ్యం మధురం నయనం మధురం

మధురాక్షిపతరం అఖిలం మధురం

Today is Lord GOKULA ASHTami
or LORD Krishna ASHTami

His looks are sweet, His face is sweet

His eyes are sweet, His smile is sweet

His heart is sweet. His gait is sweet

Everytime He relates to the Monarch of Mathura
is sweet & sweet alone

September 2009

S M T W T F S

★ ★ ★ 9 10 11 12

13 14 15 16 17 18 19

20 21 22 23 24 25 26

27 28 29 30 ★ ★ ★

O descendant of Bharata, know that I am also the knower in all fields. Knowledge of the field and its knower is actual knowledge. This is my opinion. - Bhagavad Gita 13.3

Notes

Today is celebrated as the birthday of the greatest ever myth and reality human mind has ever created, or felt & met is Lord Krishna. What should we call him? (By ^{any} name)

"A lump being or a phenomenon or a school of thought incarnate or a tribal deity into logical a consummate teacher, a {benevolent despot
Like his innumerable names, his numerous qualities.
Human life is at least Hindu life & its culture could not have been sustained without the idea of Lord Krishna

Without Lord Krishna there is no GEETHA

Without Geetha there is no Bhakti

Without Bhakti there is no Hinduism

Have a nice day - Sri Krishna Rakshathu



The message of LORD Krishna
 the greatest motivator of all Times,
 "is performing one's duty for duty's sake
 of regarding one's actions & reactions
 as "flowers in the bush of GOD"
 with this one's daily life itself
 will be transmuted into Divine LIFE
 Transformed

By this, an an heart will be filled
 with inexpressible peace & tranquility.
 We will radiate peace & joy

This is the only best way to
 celebrate Krishna Janmashtami

"SREETHAN NARAYAN (EYAM)"

gives U extensive coverage
 on LORD Krishna.

Wishing U peace & bliss

(Murthy Ramulu)

September

Special features



4 Jannamasami

2009

శ్రీ విరోధినామ/భాద్రపద శు.12
మంగళవారము / TUESDAY
సెప్టెంబరు / SEPTEMBER

01

Jannamasami
celebrates the birth of one of the
most famous gods of Hindu Religion
Lord Krishna born on this day (ASHVINI)
in the month of SRAVANA, when the star
Rohini is prevalent in the darkness of the night
of a stormy & windy night, to end
the troubles of his mother under KAMSA

Jannamasami is generally celebrated for 2 days
as the star "Rohini" & Tithi "Ashvini"
may not fall on the same day. The first day
is known as Krishnasami, as his birth
fell on the 8th day after Raksha Bandhanam
which generally falls in the month of August.
The second day is known as Kalasami

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

Now hear from me in brief about the field, its nature, its transformations, its origins, as well as knower and its influence.

Bhagavad Gita 13.4

According to Aakashaavani (heavenly voice)
 September at the wedding of his
 beloved sister Devaki, Kamsa came to 2009
 knows that 8th child of his sister will
 kill him.

02

శ్రీవిరోధినామ/భాద్రపద శు.13

బుధవారము / WEDNESDAY

సెప్టెంబరు / SEPTEMBER



శ్రీపద్మావతి అమ్మవారి పవిత్రోత్సవారంభం /
 Sri P.A.T. Pavitrotsavam Begins

He decided to kill her, but on the plea of
 Vasudeva, to hand over all her children to him.
 Kamsa gave up the idea. In the process,
 all six children were killed, but seventh child
 BALARAM was saved due to divine intervention.
 Soon after birth of eighth child, Krishna, doors
 of the prison cell were thrown wide open &
 Vasudeva carried the child in a basket - to
 cross the river Yamuna in spite of handover
 to Nanda who replaced his child in the basket
 to face the wrath of Kamsa. But when Kamsa
 lifted her to kill her, she flew into the air to announce
 that the killer of Kamsa is in safe hands.
 Krishna then grew in Gokulam and finally
 killed his maternal uncle KAMSA.

The most common ritual on Janmashtami Day is
 in FASTING. till the birth of Krishna the plea @ MIDNIGHT
 నిష్కల ఫాస్ట్ (even without taking a drop of water) &
 Chanting of 108 names of Lord Krishna to the sounding of flowers
 along with chanting of devotional songs like:

వసుదేవాయనమః - కంపభాగవతమధ్యమం
 దేవకీనామనమః - కృష్ణం పంచదశకం
 ఈశ్వరాయనమః - శ్రీకృష్ణాయనమః
 రత్నకంకణకాయనమః - కృష్ణం పంచదశకం

May Lord Krishna save us from all difficulties
 & give us peace & comfort

October 2009

S M T W T F S

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17

18 19 20 21 22 23 24

25 26 27 28 29 30 31

YAYATHI SYNDROME

September

2009



శ్రీవిరోధినామ/భాద్రపద శు.14
గురువారము / THURSDAY
సెప్టెంబరు / SEPTEMBER

03

In Mahabharat, he came across a king by name YAYATHI, who in order to revel in the endless enjoyment of flesh & lust exchanged his old age with the youth of his most obliging youngest son for 1000 years. However he found that the pursuit of sensual enjoyment ultimately was fruitless & came back to his son pleading him to take back his youth.

This YAYATHI syndrome - shows the conflict between externally directed questions (extrinsic motivations) and inner value & conscience (intrinsic motivation).

Lord Krishna says: If a agent needs then the practice. What they preach outside. Whatever the best one does, the common practice. The visionary leader must be a missionary: extremely practical & intensely dynamic & capable of translating dreams into REALITY.

September 2009
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★ ★ 1 2 3 4 5
6 7 8 9 10 11 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30 ★ ★ ★

The Great elements, egoism, intellect, the manifest, the ten senses and the mind, the five sense objects, desire, repulsion, pleasure, pain, the organic whole, consciousness and conviction - in brief these are considered to be the field and its modifications. - Bhagavad Gita 13.6 - 13.7

The despondency of Arjuna was typically human and because he tried to change his mind from a state of inertia to one of vigorous actions and from Yajñas syndrome to one of self confidence

September

2009



04

శ్రీవిరోధినామ/భాద్రపద శు.15

శుక్రవారము / FRIDAY

సెప్టెంబరు / SEPTEMBER

finally

శ్రీపద్మావతి అమ్మవారి పవిత్రోత్సవం ముగింపు / Sri P.A.T. Pavitrotsavam Ends

When Arjuna got over his despondency & stood ready to fight, Lord Krishna reminded him of his new found spirit of intense actions — not for his own benefit — not for satisfying his own greed to fight but — for the good of many & the nations ^{wellbeing} with faith in the victory of ETHICS over unethical actions & of Truth over untruth —

"No doing good even ends in MISERY"

"Every action produces some positive result"

Good actions produces good results

While bad/evil actions produces evil results

Therefore always act well & get rewarded

October							2009		
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What is the purpose of Life on Earth?

September

2009



Kural says:

శ్రీవిరోధినామ/భాద్రపద బ.1
శనివారము / SATURDAY
సెప్టెంబరు / SEPTEMBER

05

టీచర్స్ డే / Teachers Day

Ultimately it is for the manifestation & exercise of love

Our individual lives would be utterly meaningless if there was no one towards whom we develop feelings of LOVE. The phenomenon of human life has one of its primary purposes:

"EXPRESSION OF LOVE"

Robert Browning said: For life, etc etc, it yields joy & NOE
It is just a chance of learning LOVE.

LOVE creates a desire to be with one who is loved.
When that desire is fulfilled

One gets the opportunity to interact with that person.

శ్రీవిరోధినామ/భాద్రపద బ.2
ఆదివారము / SUNDAY
సెప్టెంబరు / SEPTEMBER

06

This one gets to know the other person more intimately.
As long as the bond of love exists between the two
an ever increasing friendship exists between the two

Valluvar's description of friendship,
as springing from love was echoed by

William Penn

Who said:

Friendship is a union of spirits
a marriage of hearts
and a bond of VIRTUE

September 2009

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

September

2009



07

శ్రీవిరోధినామ/భాద్రపద బ.3
సోమవారము / MONDAY
సెప్టెంబరు / SEPTEMBER

Love even those whom U
consider wicked or bad.

It is only your delusions that
U consider some as good + some bad

Develop noble feelings & follow path of TRUTH

Do not indulge in vain gossip

Do not entertain bad/evil thoughts

Do not hurt or injure others

Waste sparingly your time
by chanting the divine name

There is no time shorter than divine name

Make proper use of time.

Keep company of

Help usely use divine thought

U can reap the benefits
drop Ur current life

October 2009

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

What do you feel about Multiplicity of Gods

September

2009



శ్రీవిరోధినామ/భాద్రపద బ.4
మంగళవారము / TUESDAY
సెప్టెంబరు / SEPTEMBER

08

God is omnipresent though
at times he incarnates in one form
at one place. Though he incarnates
differently at different places,
God is only one. It is our illusion
that we assign different names,
like RAMA, Krishna, Jesus, Allah.

The Sun is also one, but appears in
different parts of the world at diff. times.

Similarly every God is present in different
parts of the world in different forms
to satisfy the ego of different personalities.

September 2009

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

He is OMNIPRESENT
OMNISCIENT
OMNIPOTENT

He is outside and inside all beings. He moves and yet remains still. Being subtle, he is incomprehensible;

he is far yet near as well. - Bhagavad Gita 13.16

September

What is the one and only one principle

we must follow

to reach God.

2009



శ్రీ విరోధినామ/భాద్రపద బ.6
గురువారము / THURSDAY
సెప్టెంబరు / SEPTEMBER

10

Suffering & difficulties
are universal and one & the same &
~~we have~~ human beings are also the same
things called by various names.

We have to treat others suffering as our own
and be amicable with one and all.

We must have faith in the term
"EKATHMASWAROOPA" (Embodiments of
one divine self)

Keep your thoughts good & engage yourself always
with satkarmas (good deeds). Don't be good
if you indulge in bad thoughts,
you will see bad everywhere. If you eat
a mango, you can't get belching of cucumber.
We must also develop a sense of discrimination
to differentiate between good & bad &
incorporate the good & leave the bad behind.
See good; Be good & Do good

September 2009

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27	28	29	30	★	★	★

September

2009



11

శ్రీవిరోధినామ/భాద్రపద బ.7
శుక్రవారము /FRIDAY
సెప్టెంబరు /SEPTEMBER

(X)

9 paths of devotion

Shravanam (Hearing)

Keertanam

Smaranam

Paada Govana

Pooza

Namasakaran

DAASYAMU

SAkhyam

Atma Nivedanam

(Surrender)

October 2009

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When God is ever present within you,
 September Why do we experience suffering 2009



శ్రీవిరోధినామ/భాద్రపద బ.8
 శనివారము / SATURDAY
 సెప్టెంబరు / SEPTEMBER

12

Out of nine paths of devotion (x)

Stravener is the first & foremost.
 first U must engage before that - U
 are going to hear is good or bad.
 When U yourself think that it is bad,

how do U put first path into practice.

Today many people achieve success by
 resolute to untruth & injustice

శ్రీవిరోధినామ/భాద్రపద బ.9
 ఆదివారము / SUNDAY
 సెప్టెంబరు / SEPTEMBER

13

Thinking that U are not going to reap consequences
 Don't be under this misconception. [in this world]

Don't think like that. Punishment may come any time
 so keep your thoughts sacred & avoid evil

It is not enough to think good but doing also good

Keep your mind pure & perform sacred
 This will lead to realization of the divine

September 2009

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27	28	29	30	★	★	★

One who thus understands the purusa and prakrti, as well as the guans, is not born again,
 regardless of his present position. - Bhagavad Gita 13.24

What are the primary qualities imp for every person?

September

2009



శ్రీవిరోధినామ/భాద్రపద బ.11
మంగళవారము / TUESDAY
సెప్టెంబరు / SEPTEMBER

15

Man needs two qualities primarily

(1) Devotion to Sri

(2) Spirit of Sacrifice

Without Sacrifice, there can't be any devotion.

Sacrifice is the key to immortality.

Man is often caught up with selfishness & self-centeredness.

How long are these attachments last - just lifetime

Why longer to divine bliss for just pleasure

of worldly possessions. Devote yourself

to the service of mankind. in a spirit of dedication & submerge ur lives

Take time to digest what u read

Place your burden on destiny

Don't keep quiet. It means domination of ur effort.

Without effort & prayer,

Destiny & grace are not act.

With effort & prayer, destiny can be attained

September 2009

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One who sees that all actions are carried out by material nature alone, and thus that the soul is not the doer, actually sees. Bhagavad Gita 13.30

(p10)

September

2009



16

శ్రీవిరోధినామ/భాద్రపద బ.12-13
బుధవారము / WEDNESDAY
సెప్టెంబరు / SEPTEMBER

U need 6 days :

" Unwavering faith in GOD "

to protect you from all sides.

Give up all qualities like

Anger, Greed, Jealousy etc

Anger is the fastest way to keep U burning

Desire is the key for an downfall

So eradicate desire & anger

develop love for the divine &

learn the language of the heart

October 2009

S M T W T F S

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4 5 6 7 8 9 10

September

What is the Role of Character in
Shaping our destiny?

2009



శ్రీవిరోధినామ/భాద్రపద బ.14
గురువారము / THURSDAY
సెప్టెంబరు / SEPTEMBER

17

Human life is the highest in evolution of God
To give it a meaning, spiritual endeavor
is essential. This endeavor should be pure
for life to be pure & holy, Character is vital.
Without Character, Wealth, Education & Status
are of no use.

Character is } { Like fragrance
to a person } { to a flower
which gives } { which gives the
a status in life } { value & worth

By conscious effort, habits can be changed
& Character redefined

Everyone has within his reach, the capacity
to change his evil propensities &
to change his evil habits.

By regular service, renunciation,
devotion & prayer
the old habits can be discarded &
new habits which takes as long
towards, discipline
can be installed
into our lives.

September 2009

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27 28 29 30 ★ ★ ★

What is the biggest thing in the whole Universe

September

2009



శ్రీవిరోధినామ/అశ్వయుజ శు.1
శనివారము / SATURDAY
సెప్టెంబరు / SEPTEMBER

19

A disciple once asked his Guru
"What is the biggest thing in the whole Universe"
The preceptor replied: EARTH is the largest thing
But the Oceans & the water part is > the land.

But larger than the Ocean is the Sky,
on which Sun & planets rotate around the Sun

But the foot of the Lord Vishnu one covers
the entire land & sky & the Earth
with his one foot.

But the heart of a holy man
is greater than the
foot of Lord Vishnu;
because his foot is enshrined in holy man's heart.

శ్రీవిరోధినామ/అశ్వయుజ శు.2
ఆదివారము / SUNDAY
సెప్టెంబరు / SEPTEMBER

20

I salute the Lord Madhava (Sri Krishna).

The Embodiment of Supreme Bliss
whose grace makes the dumb
eloquent & the lame cross mountains

SARVE Jaganatha SUKTHINO Bhavanthi
SARVA Bhadrani Prapannatha
MAY KASHTA DUKHA BHAYANA

September 2009

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27	28	29	30	★	★	★

What is the first test Umami-take
to fill your heart with
Noble feelings?

September

2009



You may be aware of
ARISHADVARGAS known as

శ్రీవిరోధినామ/అశ్వయుజ శు.4

మంగళవారము / TUESDAY

సెప్టెంబరు / SEPTEMBER

22

(1) DESIRE ; (2) ANGER

(3) GREED ; (4) PRIDE

(5) JEALOUSY (6) INFATUATION

They are responsible for a man's ~~SUFFERING~~ ~~grief~~

MISCONDUCT

if one behaves in the same way as
an animal (in sp of human being)
(with mind & intellect)
he is no way superior to these animals.

If we use proper intellect, we need not suffer.
All matters relating to the world, are like
passing clouds.

When God is present in everyone &
everywhere, how is it that we face hardships
& misery?
The reason is that one has filled his heart

with bestial tendencies. In order to improve
he must drive out these tendencies &
cleanse his heart. If I want to fill
a glass with water with milk, I have to throw
out the water & fill it with milk.

September 2009

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The Lord of Shri said: I shall explain further the highest knowledge, the best knowledge, knowing which all the sages have
gone from here to the highest perfection. - Bhagavad Gita 14.1

So to cleanse our heart with noble feelings &
have to throw out evil thoughts & fill it with noble thoughts

What is the Law of KARMA?

September The Art of EFFORTLESS 2009
EFFORT



There are 3 criteria for success

శ్రీవిద్యవాసు/ఆశ్వయుజ పు.6
గురువారము / THURSDAY
సెప్టెంబరు / SEPTEMBER

24

- ① First goal, The Effort must be enjoyable
- ② Having put in some effort, U must achieve the object of desire, or reach the goal
U have set up Target
- ③ Having achieved your objective, U must continue to enjoy what U achieved

If U fulfill these three conditions, then U can claim to have succeeded ^{with} your calling

Unfortunately, most people who have their calling up & claim success because they are able to achieve Target & claim to earn the object of desire.

In effect they are only 1/3 successful, for they fulfilled only one criteria. Their effort may be painful, they struggle & toil to success but having achieved, they do not enjoy the fruits of their achievement.

How long do U enjoy the thrill of a new car?

A few days, a few weeks or months

After that the charm of novelty is gone or it gets neutralised

Why we do not enjoy all our accomplishments

that we desired so intensely such as promotion, new house, family, health, dream can etc.

September 2009

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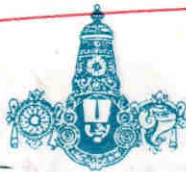
20 21 22 23 24 25 26

27 28 29 30 * * *

CHARITY

September

2009



దుర్గాష్టమి / Durgastami
తిరుమల శ్రీవారి స్వర్ణరథం / Sri V.T. Golden Chariot

శ్రీనివాసామ/ఆశ్వయుజ శు.8
శనివారము / SATURDAY
సెప్టెంబరు / SEPTEMBER

26

Charity is the

Chief among the channels for the manifestation of the splendour of man's divine nature.

Though many feel there are charitably inclined acts of love & charity takes place, but rarely.

Businessmen offer free drinks to its customers visiting them for fresh purchases, as a measure to attract frequent visits or more customers. It amounts to a trade practice not charity.

Some of this extend their names displayed as Donors as a hunger for entry into Heaven ^{శ్రీనివాసామ/ఆశ్వయుజ శు.9} ^{ఆదివారము / SUNDAY} ^{సెప్టెంబరు / SEPTEMBER} **27**
as a reward for pious deeds.

This also does not amount to charity. In order to ward off the effect of malefic planets, some people give away SEATTLE SEEDS & other items called సాక్షాత్తులు, as a bribe to the సాక్షాత్తులు to escape trouble & so not CHARITY.

Whatever is given to the poor out of Compassion & Love is often to shield against overpowering & overpowering is rendered to the giver of AILINGS in a spirit of service is only CHARITY. Heavenly behave & kindness is odd, it gets tainted.

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27	28	29	30	★	★	★

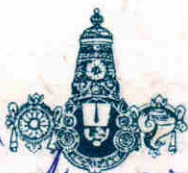
O descendant of Bharata, sattva increases by subduing rajas and tamas; rajas increases by overpowering sattva and tamas; similarly, tamas increases by over powering sattva and rajas. - Bhagavad Gita 14.10

That alone is charity which is offered as SOLACE & succour & given gently with pleasant tone in the name of God, is CHARITY.

The fool knows no limits

September

2009



శ్రీవిరోధినామ/ఆశ్వయుజ శు.11
మంగళవారము / TUESDAY
సెప్టెంబరు / SEPTEMBER

29

One who doesn't take any realistic stock of his **strengths & weaknesses** & gives a go by to the thought of VIRTUE or financial viability of an action, is simply **Wasting** especially for things which are unattainable & at the same time is remaining inactive always, is an **IDIOT of the first order**.
The great truths of life are enunciated here

- ① One should always be **REALISTIC**, when evaluating his strengths & weaknesses
- ② One should embark on a project which is strictly lawful & at the same time viable within his financial capacity
- ③ One should not pine or hanker after something unattainable, especially when he chooses not to take any ~~attempt~~ positive attempt towards attaining a goal

When it is spoken by Vidura or any other great soul the statement looks very appealing, but

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27	28	29	30	★	★	★

When applying the rule we flounder
if I remember it as **SHELLY** who said
**"WE LOOK BEFORE & AFTER and
Pine for what is not there"**

September

What is Bliss?

2009



Remember

30

శ్రీవిరోధినామ/అశ్వయుజ శు.12
బుధవారము / WEDNESDAY
సెప్టెంబరు / SEPTEMBER

- 1) That all worldly objects are feasible & devoid of happiness. He who depends on them & seeks to derive peace & happiness will be disappointed & miserable
- 2) That God alone is one who is everlasting & unchanging, eternal & ever-existent & independent friend of all. This lifts man up to that Supreme high state of divine mercy
- 3) That he who forgets faith in God ever remains unaffected by whatever circumstance he may be faced in the world.
- 4) That if after putting faith in God, you suffer from unrest - misery then meaning your faith is weak is defective. Way to God to remove the defect & raise yourself
- 5) That after committing an error if you don't attempt to rectify & improve it - you are doomed. Try to improve it - later Divine Wisdom
- 6) That in the auspicious eyes of God there is no room for failure & despair. Place your faith on God so that you will feel strength & energy rather

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It is said that the result of virtuous action is pure and accomplished through sattva.

The result of work in rajas is sorrow, and the result of work in tamas, ignorance. - Bhagavad Gita 14.16

Success will appear in front of you

Notes

WORKSHOP of SOUL (AATMA POOJA)

3.11) Atma Pooja Samanvathu
POOJA Raghu Kulodbhava
Mat-saayujya Mavaapnothu
Chandalo pyaalme Poojayaa..

(No other pooja is equivalent to Atma-puja
Even the person belonging to lowest caste
can do this puja & become one with LORD
and become one with the LORD)

Atma Samarthanam Manah Krithavaa
Na Kinchidapi Chintayeth

The one who does Atma-puja should always
keep his concentration on the SELF &
should not think of anything outside

Deho Devasalepik Prokto
Jevo Devassanatharah

Ty ajeth Aijnasana Nirmalyam
Soham Bhavana Poojayeth

Think Body as the temple, give as GOD &
Ignorance as Soffer (offering). Removing
such Soffer & maintaining worship SOHAM Bhava
Santatme Bhava is the best of Atma Pooja

October

Rituals in our life

2009



శ్రీవిరోధినామ/ఆశ్వయుజ శు.12-13
గురువారము / THURSDAY
ఆక్టోబరు / OCTOBER

01

Rituals play an important role in our lives. From the time we get from bed & our day begins until we stop to rest for the night, there are certain tasks to be performed "religiously & meticulously" at the same time in the same manner in the same order, day in & day out. For eg: The 'simple' act of going round the house at bed time, to make sure that all doors & windows are secure give us a sense of security before going to have a peaceful sleep. Similarly doing the same ritual differently before going out of the house.

Then there are large rituals to be done connected with important dates in our life such as birthdays, Marriage Day, Anniversaries.

From sattva knowledge is born, and from rajas avarice is born. From tamas error, delusion, as well as ignorance are born. - Bhagavad Gita 14.17

Some people may suffer the rituals

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02

శ్రీవిరోధినామ/ఆశ్వయుజ శు.13-14

పుష్యవరము /FRIDAY

అక్టోబరు /OCTOBER

గాంధీ జయంతి /Gandhi Jayanthi

Nevalitas, the activities are important to our well being especially, on an emotional level because they give us a sense of being grounded, a sense of security or a sense of belonging like the family also contribute to our peace of mind. Holiday Celebrations give us a sense of tradition Religious rituals like Raksha Bandhan open our minds to something larger than have

In that it is an everyday thing like lighting the diya lamp before going out for the day or some spiritual observance we gain a sense of security a sense of belonging a sense of order, living finally resulting in a sense of comfort

November 2009

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Those established in sattva go upwards; those in rajas remain mediocre; those in tamas, the lowest quality go downwards. - Bhagavad Gita 14:18

well being
for most of us

October

Prerequisities of spiritual Discipline

2009



శ్రీవిరోధినామ/ఆశ్వయుజ శు.14
శనివారము / SATURDAY
అక్టోబరు / OCTOBER

03

The first three prerequisites of
a person practicing Yoga is

- ① Purities (Physical & mental)
- ② Patience
- ③ Perseverance

Eight limbs of Raja Yoga

- ① YAMA } to purify the heart
- ② NIYAMA }
- ③ Asana
- ④ Pranayama
- ⑤ Pratyahara
- ⑥ Dharana
- ⑦ Dhyana
- ⑧ Samadhi

శ్రీవిరోధినామ/ఆశ్వయుజ శు.15
ఆదివారము / SUNDAY
అక్టోబరు / OCTOBER

04

October 2009

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Q What is the importance of DASERA?

NAV RATHRI

2009

October



16

శ్రీ విరోధినామ / అశ్వయుజ ౧౩
శుక్రవారము / FRIDAY
అక్టోబరు / OCTOBER

Message of Navratri is that

by means of systematic Sadhana, it is possible to tap the inner sources of God. God has endowed us & elevate our selves to the purer & happier realm of the reality.

The primal energy, when it is manifested in its quiet aspect (SAVIC) is delineated as the Great Teacher and inspirer (Maha Saraswathi)

ii) When it is active & potent (RAJASIC), the great provider & sustainer (Maha Lakshmi)

iii) When it is dull & inactive, but latent & apparently quiet (TAMASIC) as the great destroyer & deluder (MAHAKALI)

Since Shakti is all pervasive, omnipotent, infernal as well as all-comprehensive, it can be contacted everywhere in our nature & inner consciousness.

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దీపావళి / Deepavali

శ్రీవిరోధినామ / ఆశ్వయుజ బ.14-30స్వా
శనివారము / SATURDAY
అక్టోబరు / OCTOBER

17

Navaratri is to be dedicated by all for the propitiation of the outer & inner divinity, so that both outer & inner worlds may have inner peace & joy.

By means of systematic sadhana, it is possible to tap the inner resources that God has endowed upon us & elevate ourselves to the pure & happier realm of the Reality. This is the message of NAVARATRI,

9 days festival, celebrating the victory of the Primal Energy.

That energy, when it is manifested in its Salvific aspect is delineated as The Great Teacher & Inspirer.

Pranada said his daughter father

"Why don't - discuss & delay -

seek him everywhere.

"You can see God in this pillar
itself."

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