

హాస్టికల్చర్ డైరీ 2005

G for Gayathri Upadesham



ఆంధ్రప్రదేశ్ ఉద్యాన అధికారుల సంఘం

పబ్లిక్ గార్డెన్స్, హైదరాబాద్ - 500 004.

సంధి వందనం



- శ్రీమతి భమిడిపాటి బాలాత్రిపురసుందరి

మంచి పని చెయ్యాలనుకున్నా భగవంతుని అనుగ్రహం ఉండాలి! మనిషి మరవకూడని విషయాలు రెండున్నాయి. ఒకటి మృత్యువు, రెండవది భగవన్నామ స్మరణ. రెండింటికీ సంబంధం ఉందా? ఉంది! పుట్టిన ప్రతి జీవి గిట్టక మానదు. మరణకాలంలో ఎటువంటి స్మరణ చేస్తూ జీవిస్తాడో... అదే స్మరణ అతని జీవితాన్ని అనుసరిస్తూ వస్తుంది. కాబట్టి మరణ సమయంలో భగవన్నామ స్మరణ చేస్తే తరువాత జన్మలో దాని ఫలితాన్ని పొందుతాడు.

యం యం వాపి స్మరన్ భావం త్యజత్యంతే కళేబరమ్ ।

తం తమేవైతి కౌంతేయ సదా తద్భావ భావితః ॥ (భ.గీ-8.6)

‘ఎవడెవడు ఏయే దేవతా భావాన్ని చింతన చేస్తూ శరీరాన్ని విడుస్తున్నాడో, అతడు ఆయా దేవతా భావాన్నే పొందుతున్నాడు’ అని శ్రీకృష్ణుడు వివరించాడు.

మృత్యువుకి, భగవన్నామస్మరణకి గల సంబంధం ఏమిటి? ఒక వ్యక్తి యోగిపుంగవుణ్ణి వెతుక్కుంటూ వెళ్ళాడు. స్వామీ! భగవన్నామస్మరణ చేద్దామంటే ఏకాగ్రత కుదరట్లేదు, ఏదైనా ఉపదేశం చెయ్యండి! అన్నాడు. ఆ మాట విని యోగి “నాయనా! ఆ ఏకాగ్రత గురించి తర్వాత ఆలోచిద్దాముగాని, రాబోయే వారంలో ఇదే రోజు నీకు మృత్యువు రాబోతోంది. దాని సంగతి ముందు చూడు” అన్నాడు.

ఆ వ్యక్తి భయంతో “స్వామీ సమయం చాలా తక్కువ ఉంది. వెంటనే ఏదైనా మంత్రాన్ని ఉపదేశించండి!” అని ఆయన కాళ్ళమీద పడ్డాడు. ఆ యోగి రామనామ మంత్రాన్ని ఉపదేశించాడు. వారం రోజులు గడచిపోయాయి. కానీ ఆ వ్యక్తికి మృత్యువు రాలేదు. సమయం గడచిపోయిందన్న విషయం కూడా అతడికి తెలియలేదు.

యోగి ఆ వ్యక్తి దగ్గరకు వెళ్ళి “నాయనా! మంత్రోపదేశం తీసుకున్నాక ఏం పనులు చేశావు? జరిగిన విశేషాలు ఏమిటి?” అని అడిగాడు. అతడు యోగికి నమస్కరించి “స్వామీ! నాకు ఎక్కడ ఏం జరుగుతుందో తెలియలేదు. నేను కూడా రామనామస్మరణ చేసుకుంటూ దేన్నీ పట్టించుకోలేదు!” అన్నాడు. “నాయనా! మృత్యువు ఎప్పుడు వస్తుందో తెలియదు. కానీ ఎప్పుడో ఒకప్పుడు వస్తుంది అని తెలుసు కనుక, నిరంతరం

భగవన్నామ స్మరణ చెయ్యాలి. చెయ్యగా చెయ్యగా ఏకాగ్రత అదే కుదురుతుంది!” అని చెప్పి ఆ యోగి వెళ్ళిపోయాడు.

జన్మ జన్మల ప్రయత్నం వల్లనే మరణ కాలంలో కూడా భగవన్నామం ఉచ్చరించగలం. జీవితానికీ, మరణానికీ మధ్య ఎన్ని సంధ్యలు గడచినా అసలు సంధి కాలం మరణ కాలమే! సంధ్యావందన రహస్యం ఇదే! పెద్దలు ఏది చెప్పినా ఆచరించి తీరాల్సిందే! మనిషికి రోజుకు రెండు సంధ్యలుంటాయి. సంధి సమయంలో వందనం చెయ్యడమే సంధి వందనం! ఉదయ సంధ్య అంటే రాత్రి గడచింది అని, సాయం సంధ్య అంటే పగలు గడచి రాత్రి రాబోతోంది అని. ఆ సంధి కాలంలో భగవంతుడికి నమస్కారం చెయ్యాలి. దానివల్ల జీవిత సంధ్యలో కూడా వందనం చెయ్యాలన్న భావం నిలబడి ఉంటుంది. సంధ్యాకాలంలో పంచభూతాల్లో ఉన్న ఆకర్షణశక్తి మనిషిని దైవ మార్గం వైపు నడిపిస్తుందనీ, అందువల్లే సంధి వందనం మంచిదనీ చెప్తారు.

మరణ సమయంలో మనస్సులో ఏది నిలబడుతుంది అనేదానికి ఉదాహరణగా... బంగారం అమ్మే వ్యాపారి ఉండేవాడు. అతడు ఒకసారి జబ్బు పడ్డాడు. భగవన్నామస్మరణ అంటే తెలియదు. తెలిసినా చేసుకునేందుకు అతనికి సమయం చాలదు. వైద్యుడు వచ్చి ఉష్ణోగ్రత చూసి నూట ఐదు ఉందన్నాడు. అంత జ్వరంలోనూ ఆ వ్యాపారికి ఆ మాట వినిపించింది. “మనం కొన్నది అరవైరూపాయలకే! నూట ఐదు ఉంటే దాన్ని అమ్మేయండిరా! నేను పోతే పోయాను, లాభం పోగొట్టు కోకండిరా” అంటూ అరిచాడు. ధర పెరిగింది కనుక లాభం పోతుందన్న ఆరాటం. ఎందుకంటే రాత్రి పగలూ అతడికి అదే ఆలోచన కాబట్టి! అంత ఏకాగ్రత భగవన్నామస్మరణలో ఉంటే మరణ సమయంలో కూడా భగవంతుడే గుర్తుకు వస్తాడు.

పాపం చేసేటప్పుడు మనం చేస్తున్నది పాపమని తెలిసి కూడా నవ్వుతూ సంతోషంగా చేస్తున్నాం. ఆ పాపఫలాన్ని అనుభవించే టప్పుడు ఏడుస్తూ అనుభవిస్తున్నాం. ఈ సంధి వందనం గురించి తెలుసుకుంటే నిరంతర భగవన్నామస్మరణ మన ప్రమేయం లేకుండానే మరణ సమయంలో కూడా దానంతట అదే జరుగుతుంది. ❖

Om Shree Gayatri Mantra



ॐ भूर्भुवः स्वः ।

ॐ तत्सवितुर्वरेण्यम् भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् । ॐ

Oh creator of the Universe! We meditate upon thy supreme splendor. May thy radiant power illuminate our intellect, destroy our sins and guide us in right direction.

Created By :- SACHIN JAIN

Every Year

June 22nd is celebrated as GAYATRI JAYANTHI. It is believed to be the day when sage VISWAMITRA first uttered GAYATRI Mantra. It is observed on 11th day of Jyestha (ज्येष्ठ मास) every year. Symbolically, the day celebrates Goddess Gayatri's appearance in the form of knowledge to remove our ignorance. The knowledge was shared with the world by sage VISWAMITRA. Chanting Gayatri (108 times a day) promotes health & builds Memory.

వ్యక్తిగత వివరములు

పేరు : R. K. Murthy PAMULA

కార్యాలయపు చిరునామా : PROCAD / SOF KIN

నివాసపు చిరునామా : 278/3RT/ Vijayanagar Colony

టెలిఫోను నెంబర్లు : కార్యాలయము 9885813278 నివాసము 23340422

స్కూటర్ / కారు నెంబర్లు : APY 7006.

గ్యాసు నెం : 352 / Bharat GAS ఫోన్ నెం :

యల్.ఐ.సి. నెం : వాయిదా చెల్లింపు తేది :

జి.పి.యఫ్. నెం : 384 / AUDIT. రూ :

ఏ.పి.యల్.ఐ.ఎఫ్.నెం : రూ :

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అత్యవసర పరిస్థితులలో సమాచారము పంపించు చిరునామా :

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25156 Bulli Drive
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AUTO BIOGRAPHY :

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Good Morning Smiles.

G is for Good Smiles for who wake up smiling
O is for Other Smiles whom we can cheer up
O is for ordinary Smiles
D is for ^{Drunk} Smiles who should not have drinks tonight
I ^{Many} is for ^{other} Smiles who are becoming Smiles
M
O is for outside people who go ^{out} for walking/exercising
R is for those Rolling out of bed
N is for Nasty Smiles who never stop talking
I is for Irritating Smiles who have to hide their grins
N is for Nutty Smiles who always try to have fun
G is for a Grin of a face you have not

FAMOUS LINES

All the world is a stage,
All the men & women merely players
They have their exits & entrances
And one man in his time plays many parts,
His acts being seven ages.

At First the 'Infant',
Mewling & puking in the nurse's arms
And then (Second) the Whining school boy
With a satchel of books and
Shining morning face, creeping like
unwilling to school.

And then (Third) the LOVER,
Sighing like furnace, with
a woeful ballad,
Made to his mistress' eyebrow

Then (Fourth) a soldier, ~~full of~~
Full of strange oaths & bearded like the
Pard
Jealous in honour, ~~too~~
Sudden & quick in quarrel

Seeking the bubble reputation
Even in the Canon's mouth
And then (Fifth) the Justice;

In fair round belly like good Canon lined
With eyes, severe and beard of formal cut
FULL OF wise saws & modern instances

2005



Sarcom
HAPPY NEW YEAR TO ALL
January 2005

As I mentioned in the preamble
of the introductory (Volume I) of my
Autobiography, I could not
predict the extent of my post-
retirement period but went on
with my daily routine spread
over a pre-drawn time table
right from the morning prayer &
morning walk till my bed-time
prayer and passing through a
time tested Sandhyakandhanam &
covering a schedule of parayanam
of GURU CHARITRA (life of Narendrabhai
SARASWATHY) and SAT SACHARITRA (SARASWATHI's life)
as part of my life.



January 2005

I was happy to spend the
New Year Day in the company of ^{Monday}
Sekhar & family for the first time
after their marriage in an ancestral
home. We enjoyed the lunch in
the company of Ram Jagdeo (intlaw
of Sekhar) who responded to our
invitation favourably and also ^{Tuesday}
company of Nagamani & Seena
along with their children Ashu & Abhinav
(who responded to my call to join us)
Lavin came all the way from Madras
to spend the New Year Day along
with their grandparents and make
the gathering a grand success.



January 2005

Wednesday
5

Added to that, I was happy to receive the Demand Draft from the RBI, BOMBAY towards encashment of the RESURGENT INDIA BONDS (\$ 2941) which I invested into the IOB Vizag branch for a period of one year.

I spoke to the other two boys in USA and made them to talk to Najemani who came down to meet us in Hyderabad & exchange their New Year Greetings with them.

In the evening all of us visited All India Industrial Exhibition @ Hyd and on our way back had our dinner @ Kamath Hotel, Nampally.



January 2005

All said & done

my New Year passed peacefully ^{Friday}
in the company of my daughter &
eldest son Raj Sekhar and my
grand children and talking to
my Nephew children & grand children
who were unable to join me physically.

I prayed to God the night ^{Saturday} ~~to~~
bless me with long life and
help me in talking to my children
and grand children and exchange
pleasantries with them for many
more years like this, for which
act of kindness I shall ever be
grateful to HIM & his Blessings.



January 2005

I reproduce below a

"Match which I happened to read ^{Sunday} :

Three labours met a temple premises for some renovation/repair work:

1st Man: I am happy to get some work for the day I get too in God's temple

2nd Man I am happy I will earn some chips to feed my wife & children.

3rd Man: I am happy to do some ^{Monday} Karmkaryam to a God's temple.

All these thinking implies that different people talk differently in accordance with their bent of mind & temperament & also according to their attitude for life.

(ಎಲ್ಲರೂ ಒಂದೇ ರೀತಿಯಲ್ಲಿ ಸತ್ಯವನ್ನು ಹೇಳುವುದು ಅಸಾಧ್ಯವು)



January 2005

In the context,
I recall the famous lines¹
I happened to read in my
College days, as part of
my English syllabus, which
I kept jotted in one of my old
diaries of my college days,

Tuesday

Wednesday

12

When I reproduce below, for
the sake of my readers.

All the world is a stage
People come & go after
enacting his role on the stage
leaving behind their successors.

Lamashines from Shakespeare.



January 2005

All the world is a stage.

Thursday

All the men & women its players.

They have Their Exits & Entrances

And one man in his time plays many parts.

His acts being spread over Seven Ages.

At FIRST is The infant ^{Friday 14}

milk and put in the nurse's arms

The SECOND the Whining School boy

with a satchel of Books and

and a shining mourning face will

creep like a snake to his school;

recollecting his meagre lessons

And  THE THIRD, the LOVER

January 2005

Saturday
15

Sighing like a furnace,
Like a woeful Ballad. to
Make his Hither Eyebrows gloss,
With Sunshine;

And the fourth, a SOLDIER, with

Sunday

Full of dange oaths of promise &
bearded like The BARD of Heaven,
Jealous with honour & fame,
Sudden & quick in quarrel;
Seeking the bubble of reputation;
and honour & fame
even with the Canons Mouth
Full of mirth & honour;



And. Then the FIFTH, the JUSTICE

January 2005

in fair round belly, with ^{Monday} 17 a
good apron, lined ^{up} with fully
opened eyes: severe & with a shining
band of fame nicely cut to shape
and full of wise saws. and also
modern instances of pride; who
plays his part;

Tuesday
18

The SIXTH stage shifts onto the lean &
slippish pantaloons with his spectacles
on the tip of the nose & the pouch on the side
His jaunty hose, well saved for the
entire world too wide; for his
shrink shank with his
big manly voice of pride;



January 2005

finally, Turning Words childish pride

Wednesday

his pipe whistle, the sound of Music

The Last scene of All,

It ends this strange
eventful history of pride;
to his second Childhood and
a new oblivion,

Thursday
20

says his teeth to bite
says his eyes to see
says taste & colour
of says everything.

Am
As you like it
(Shakespeare)

January 2005



I should say,

January 2005

has been very vital to my life.

because I happened to meet ^{Friday} two important personalities who happened to be vital in shaping my daily routine.

In the first instance, I happened to meet Dr. Lalit Pannuru, while boarding Nargovan Express at Nellore in my Nellore-Chennai trip ^{Saturday 22} after visiting an ancestral temple at Pamulavani Palem. In my chat with him after initial Ubhayakusatopam, we happened to discuss about the importance of CAVOTRI and the dramatic change it can bring into our daily life.



January 2005

I was to go to Timpatri (along
with my wife) for the darkening of the Lord
of TTD, but due to being rush in the morning
we were denied entry. So we prayed to the Lord
for a distance & promising to make
an attempt in the next year. At Rongjank
(3rd Jan 05) As we boarded the train to Pune
we met one Mr T Shankeriah, who
was travelling to Pune to meet his son, who
was behind in the Semelity of Gayatri.
I continued my talk with him
about Ganthi Mantra & its importance
of the horrendous results it produces
both to the physical personality as well as
mental make-up of the individual.



गायत्री मंत्र

January 2005

Tuesday
25

ॐ भूर् भुवः स्वः

वत् सवितु वरेण्यं

धर्मो देवस्य धीमहि

धीयो योनः प्रचोदयात् ॥

Wednesday

Om Bhoor Bhuvah SSuvaha

Tat SATRU VARENYAM

Bhargo DEVASYA Dheemahi

Dhiyo Yonah PRACHODAYAAT.



January 2005

The first line invokes the
Brahman through the symbol ^{Saturday} OM.

That Brahman covering the entire

- i) World of Matter & Space (BHU) ;
- ii) World of Mind & Time (BHUVANA) ;
- iii) World of Heaven (Swarga) (~~DE~~ VANA) ^{Sunday}

30

Through this verse,

we meditate upon the adorable

glory of the RADIANT SUN GOD

"MAY HE AWAKEN OUR INTELLECT"

January 2005

 This mantra occurs in the
Yajur Veda (stanza 36.3) ^{Monday}

starting from the invocation of the

three worlds ends up with the

its deep impact on an intellectual-
awakening.

It is associated with the Seer ^{Notes}

Vishva Mitra , who happened to

dig deep into this Yajur Mantra

while training his young

disciples .

Engagement

Important Days

PAYATHRI is the name of the METER

has six syllables each of four feet.

It is also known as SAVITHRI Mantra.

as it is addressed to the DIVINE

Personality of the SUN GOD & his powers.

SAVITHU is considered to be the visible
symbolic representation of the

SUPREME REALITY. For he destroys

darkness and promotes our LIFE.

He is identified with the INNER SELF
of MAN & his personality.



DERIVATION of GAYATRI

February 2005

The word

Gayatri is derived thus: Tuesday
1

" गायन्तं त्रयन्त इति गायत्री "

It is a prayer that protects
the Chanakya from all its enemies
of saves him from evil influences

Wednesday

2

(You can hear the extemporaneous
speech of Kameshi Maheshwari
on the GAYATRI MANTRA)



Philosophy of

February 2005

SAYATHRI SADHANA

Thursday
3

Of all Mantras, the supreme
and the most potent power of powers
is the Great Sayanthi Mantra.

It is the support of every seeker
after Truth who believes in ^{Friday} its
efficacy, power & glory & mighty power
be he of any caste, creed or clime or sect.
It is only one's faith & purity of heart
that really counts in the long run.



February 2005

Indeed, Gayatri is an

Saturday
5

Impregnable spiritual armour,
a veritable fortress, her hands

and protects its votary, her hands

lead him into the divine and

blesses him with brilliant

Sunday
6

light of the highest spiritual

illumination — her magnified

the image of his chosen Goddess

her influence his life into the



February 2005

Monday

7

Whatever be your ISTA-DAIVA,
a regular chanting of a few mantras
of GAYATHRI, everyday will bestow
upon you all that is auspicious
and benevolent, herein & hereafter.

Tuesday

8

It is wrong to conceive of any
notion that GAYATHRI is solely
meant for the chosen ORTHODOX
brahmin class alone or
for speakers of particular language
and so on.



February 2005

It is nothing but
an earnest prayer for LSH, ⁹
addressed to the almighty and
Supreme spirit of mighty SUN-GOD.
This is the greatest of all MANTRAS
and its presiding deity is PARABRAHMAN.

Thursday
10

Yet it is acceptable to all types
of aspirants, for it is conceived as
WORSHIP of DEVI, of Lord HARI NARAYAN
of ADITYA, the SUN-GOD and also as the
pure NIRGUNA worship of BRAHMAN.



February 2005

The TEJAS (Purā) of any
Brahmachari (celibate) lies and gets
Friday
accumulated in his body by the number
of times he performs SAYATHRI JAPA
The Support & propensities of GRIHASTHA
(householder) is again to SAYATHRI;
Saturday
12
The Strength & resolve of VANAPRASTHA
(RECLUSE)
is again to SAYATHRI. Thus from
the moment of the student's ^{Yama} aprenayamam
(investiture of the sacred thread) until
the moment when he enters the



February 2005

Harivam 826 of Sanyasa (Monkhood)

Sunday
13

throughout his life, the Gayatri Mantra
is his constant Guide, support &
strength. To him, Gayatri

Mantra is the **SUMMUM BONUM** of life.

Monday
14

If you start regular daily
Gayatri-Japa, you will feel the
wondrous powers that you derive from it.
At least one mala of Japa
must be done daily without break.



February 2005

Tuesday
15

Fix a particular line of
the day, preferably, in the morning
as the sun shines over your head,
and stick to it permanently.

You will feel its impact immediately.

Wednesday
16

Chant—At least one mala daily,
constant hook—It will guard you from
all dangers and obstacles &
gives you immense & infinite strength
to overcome all obstacles & takes you
to the pinnacle of splendor, power, peace &
Universal Bliss.

PRACTICE

7



February 2005

AYAZHRI

SADHANA

Connect to the origin of Gayatri Mantra

Thursday

Brahma milked out, as it were, from the three Vedas, the letters A, U and M and formed by their coalition three triliteral monosyllables, together with three mysterious

Friday

18

Blav → Earth

Bhuvan or Sky

Q SU Vah or Heaven

The Lord of Creation has incomprehensibly exalted and successfully milked out the true measures of the ineffable text, beginning with the Lord TAT and entitled SAVITRI or GAYATRI (Manu Smriti 11.76-77)

Thus came into existence the Sloka:

"OM  Bhur Bhuvah Suvaha

February 2005

That SAVITUR VARENYAM

Saturday
19

Bhargo Devasya Dhimahi;

Dhiyo Yo Nah Prachodayate

Let us therefore meditate on Ishwara,
and his glory, who had created this universe,
who is fit to be worshipped and who is
capable of removing all our sins²⁰ along
with our ignorance.

Sunday

The Lord says in the Vedas. "Samaṁ
Mantraḥ"

i.e. let there be one mantrā common to all
and that^{mantrā} is the GAYATRI MANTRA.

If you go deep into the subject matter,
you can realize that →



February 2005

"The essence of the four Vedas
is embedded in the secret
Love of the Upanishads"

Monday
21

While GAYATRI Mantra, along with the
three Vyahritis is the essence of Upanishads.
In short Gayatri is the mother of Vedas
and the destroyer of all our sins.

Tuesday
22

The monosyllable OM is an emblem of
the supreme Divine. The Japa of Gayatri
brings the same fruit as recitation
of all the Vedas with its Angas. This
single mantra, repeated sincerely, &
with clear conscience will bring you
Supreme Good. There is nothing more
purifying on earth than this GAYATRI.

PRAYER TO GAYATRI



February 2005

Ya Sandhyamanidagala

Ya Trimathi Swarupiney

Wednesday
23

Saraswathi Ya SAVITRI

Tham Vande Veda Maatheram

The Goddess is the solar orb, who is of the form of the TRINITY, who is both SARASWATI & SAVITRI. I bow to her Gayatri, Mother of 4 Vedas.

Ya VISWA JANANI DEVI

Thursday
24

Ya TRIMURTI SWAROUPINEY

GAYATRI - Roopiney Ya Hi

THAM VANDÉ SAPTHA Mātṛakam.

The Goddess, who is the mother of the three worlds, who is of the form of the TRINITY & who is of the form of GAYATRI. — I bow to her form of seven Mothers.



February 2005

Everyone of us is born a "Prakṛite Puroshah" as distinguished from a person who lives according to his "PRAKRITI" or a person who lives by his ^{descent} or ^{ancestry} or by his predecessors or by nature of his own self or his own volitions and personal wish and background customs & traditions.

His life is not governed by any discipline. Therefore, for all practical purposes, he is an "ANIMAL MAN" who lives an unrefined life. But - our Vedas does not allow a person to be so for his entire life, but only for a limited period of 8 to 10 years only. Afterwards, he has to enter a second stage of life.

What it really Means?



February 2005

The second stage is called **DWITA**

Sunday Stage
27

What makes a person a **DWITA**?

The DWITA's life is governed by Dharma-Adharma Concept i.e. Right & wrong distinction; so that he can avoid what is adharma or wrong? He knows what is right & wrong?

It is highly relative & circumstantial too.

What I consider RIGHT may be considered by another as WRONG. When

Monday
28

there is a controversy, we go to "SASTRAM" or VEDA for authority. In the scriptures, whatever is prescribed is "KARYAM" and whatever is prohibited is "AKARYAM", so some of sort of DISCIPLINE or a method of behavior is enforced for right actions, right from an getting up early in the morning.

DISCIPLINE

Discipline is **Notes** enforced at a very young age & every action / reaction for different situations is regulated by a set of norms based on some convictions.

A disciplined life is the ~~fulfillment~~ ^{fulfillment}, according to the Vedas, around which behaviour is regulated during Youth when the individual is young & energetic and is exposed to all sorts of attractions & vices based on lustful thinking. It is during this prime of youth that one has to be cautious & careful not to get involved in any vices and lead a life of Celibacy, Care & Caution. In fact it is this period that shapes the character & destiny of the individual.

called VIPRA

Engagement

Important Days

In the third stage, a human being enters a family life & gets involved in his career or job, for the sake of his sustenance & living. In this stage also, if life is governed by Dharma-Adharma distinctions, the very discipline of Dharma-Adharma can be a subtle 'bondage' called the Golden Bondage shaping his character and ultimate destiny.

The fourth stage is going beyond Dharma-Adharma internally, on understanding level. One who has understood the distinction of Dharma & Adharma & follows in letter & spirit is called Brahman whose life is fulfilled.



March 2005

By knowing the ultimate
reality one becomes a ~~BRAHMANA~~
Tuesday

By becoming a Brahmin,
one's life is fulfilled totally →

This Veda converts an purely
unrefined person into a refined person

Therefore Veda becomes the mother
If mother is to give a birth to somebody
a father is required. Hence it is
Wednesday

Acharya^{the} is the father, becoming
a mother can give a birth to a child
only with the help of the father



March 2005

Thursday

Veda can be conveyed to mother
and with the help of an Acharya³. The
first janma takes place from the natural
mother. For the second birth (Janme)
the mother is "MATHA GAYATRI". Who
is also called "Veda MATHA".
The father is the teacher or "GURU".

Friday

Upanayanam marks the transference
from the first stage to the second stage.
The Upanayana Smriti became
a purifying rite also for the
study of the scriptures because scriptures
are so holy that to study them, one
must himself become holy.



March 2005

Vedic discipline involves KARMA-

This Vedic Karma is particularly classified
into five types of karmas: —

Saturday
5

1) Nitya Karma → compulsory regular activities

2) Naimittika Karma → compulsory but conditional karmas.
(like Grihams etc)

Sunday
6

3) Kamya Karma → activities to fulfill some desires

4) Nishiddha Karma → actions which are prohibited and have to be avoided

5) Prayaschitta Karma → some rites prescribed for making amends or as prayaschitta



March 2005

Sandhya Vandana is a
prescribed "Nitya Karma" ^{Monday}
7

It varies according to a person's
"Varṇa" or "Veda". It is quite
different for Brahmins, Kshatriyas
or Vaishyas or Sudras.

What are the benefits we get out
of this SANDHYA VANDANA? ^{Tuesday}
8

According to Veda, nitya karmas
are to be performed ^{solely} for the
sake of spiritual upliftment. If done
regularly, we can get spiritual progress
or Chitta Suddhi ^{I become a} Chitta Viśharada.



March 2005

Even though, we are not

supposed to ask for material benefits,

Wednesday

still there are so many material benefits
emerging out of Sanyasa Vandanamam

In the prayers rec. from part of

Sanyasa Vandanamam, we ask the LOR)

for Long life, health & Prosperity &

ultimately, we ask for more ~~JANNA~~

Thursday

more JNANAM KNOWLEDGE

All these are included in the

Very Mantra of Sanyasa itself

The very performance of Sanyasa

itself gives the result of more

if you are rigid about time & content

of Sanyasa Vandanamam



March 2005

The Second benefit is
"Physical Health" which

Friday
11

is gained by Pranayama & Tapas.
It has been proved that Pranayama
provides very good physical health.

Today Pranayama is taught as a

therapy. The greatest problem is STRESS

Saturday
12

For this SANDHYA VANDANA is the best
method because Pranayama not only
helps physical system but also the MIND.
It is a relaxation exercise or a tension
relieving exercise. But the primary purpose
is spiritual benefit. While relaxation
is only a by-product, not a main benefit.



March 2005

Sunday
13

Going deep into the meaning
of SANDHYA Vandanam?

Vandana means worship & meditation.

Sandhya means the time of the union →
of two things.

i.e. time that separates the night & day
or the time that unites the night & day
at the junction of the two periods.

Monday

The first junction is Dawn between Night & Morning

The second junction is Noon between P/M & A/M

The third junction is DUSK between afternoon & Evening

1. Sandhya means Dawn / Noon / & DUSK

Sandhya Vandanam means a ritual done
at the time of the three junctions Dawn / Noon / Dusk.

In other words, it is a junction between Lord & devotee
or between Teerathame & Parameathama.



March 2005

Let us believe it or not,

the Gayatri Mantra is the greatest prayer ^{Tuesday 15} mantras
which incorporates all the ideas of OM-SYMBOLISM.
It is a prayer to the Supreme infinite
Divine Reality for the enlightenment
of the Intelligence (DH) of all human beings
to enable them to realise the Supreme Truth.

It is also known as SAVITRI Mantra ^{Wednesday 16}
Since it is addressed to the Divine person
in the SUN (SAVITHA) who is considered as
visible Symbolic representation of the
SUPREME DIVINITY. For, he destroys
Darkness and promotes LIFE and
He is also identified with the inner self of Man
(of ISA Upanishad 15-16)



March 2005

SAVITRI Signifier. Luni is

related to SAVITRA (Luni means the source of the originator of the Universe, as well as the sun).

Thursday
49

The Savitri Mantra is composed in Gayatri meter.

It being the best & most significant of all mantras in that meter, it has become famous as the SAVITRI.

This mantra occurs in RIG VEDA (III 62-10)

and is considered as the source of all Vedas.

Friday
18

Through this interconnection, Gayatri is
or essence of all Vedas.
known as the source of all Vedas. It is

through this interconnection, Gayatri is
known as the MOTHER (Gayatri Veda Mata)

of all Vedas. Later Gayatri was also associated

with OM, Luni is considered as the source of all Vedas.



March 2005

Saturday

19

Through its inter connections,
Gayatri is treated as the elaboration of OM
OM is prefixed to the day with the three
Vyakritis, (Bhava, Bhavas, SUKTA)
These are the utterances of the Divine Creator
representing the three Cosmic Planes

Om, we meditate (deemati) on the
Spiritual Effulgence (Bhargas) of the adorable
Supreme Divine Reality (Varenyam Devasya)
the Source of projector (SAVITRA) of the
three phenomenal world planes; viz
the gross or physical (BHUUH)
the subtle or psychical (BHUVAH)
the potential or causal (SUAH)
both macrocosmically & microcosmically
(externally) (internally)



March 2005

Monday

In the words, it means
"May that Supreme Divine Being (Tal-
stimulētē (Prachodayat) our (nat-
intelligence (Dhiyah) so that we
may realize the SUPREME TRUTH."

"OM Bhur Bhuvah Svah

Tal-Santur-Varenyam

Bhargo Devasya Dheemahi

Tuesday

22

Dhio Yo Nah Prachodayath

The Gayatri Mantra is the most universal,
nonpersonal, holy prayer which can be sung by
any person belonging to any country, irrespective
of race, religion or sex. It is enough if he is a
human being with intelligence — that is the only
qualification enough for repeating the prayer mantras.



March 2005

In course of time March 2005

Wednesday

123

just as Om-kara was personified into GANESHA
Geophimanta was personified as GAYATI DEV. I
on the pressing duty of the Manthra,
for the purpose of personal upasana (worship)

The following Verse is also repeated in adoration
in a Dhyana stanza (invocatory meditational Verse)

Thursday

24

ಮತ್ತೊಂದು ಮೊಸರಿನ ದಿನಕ ಭಾಷಣ Thursday 24 - ಮುಖಂಡ

MUKTA VIDYUMA HEMA NITYA-DHIVALA CHAYA!

Мир 4012 ТРЯСНА

YUKTAM INDU NIBADHA RATNA MAKUTAM

TATVA ARDHA VARNATMIKAM

Gayatri Varadha Bhayankura-Kasam

SUBHRAM - KAPALAM & ADAM

SANKHYA - CHAKRA ATHARVINDA - YUGALAN

MASTAIR - VAHANTIM BHATE.

(Pl see reverse for the meaning)

Which means 6 day : "



March 2005

I adore the Goddess SAVATHRI,
the embodiment of the Varnas (or ^{Friday} letters ²⁵ of the alphabet) signifying the Supreme Truth.
She has five benign faces, reflecting
the hues of pearls, corals, gold, sapphire & snow-
white face studded with three eyes, (denoting
omniscience) whose head is adorned with a
jewelled crown crested with the crescent ^{Saturday} moon ²⁶.
Whose two hands (out of ten, representing omnipotence)
are in the pose of bestowing boons & fearlessness,
and ~~the~~ in her other hands, holds the goad, the whip,
the white skull, the mace, the conch & discus
(as symbols of terror to the evil forces) and a
pair of lotuses (as symbols of purity, love, devotion,
detachment).

Importance of OM & GAYATRI



March 2005

Om & the GAYATRI have acquired
since great importance that they are often
referred to as the PRANAVA & the GAYATRI.
Just as the Bhagavad-Gita is referred to as GITA.
In the Vedas, Upanishads, the GITA and
the later literature, there are numerous
references to the holiness, importance,
& the significance of the PRANAVA & the GAYATRI.
The whole of Mandukya Upanishad is
devoted to the delineation of the spiritual-
philosophical significance of OM.
Though the Upanishads contain only
12 verses, it is considered so important
that numerous commentaries have
come out of it. Few examples—



March 2005

Tuesday
29

Dr. Kudapada Acharya, the founder
of Shankaracharya has written an
extremely subtle & revolutionary
philosophical book called **HANDUKYA-KRIKA**
to elucidate which philosophy (2000-5) (500)
of the Upanishads which establishes the
supremacy & ultimacy of the **Non-dual Reality**
(GADG) (Wednesday 30)
Dr. Shankaracharya also has

commentaries on both Upanishads & KRIKA.

A few of the important original questions

relevant to KRIKA & SHARAD are
given below:-



KATHA UPANISHAD

March 2005

Thursday

31

The goal which all Vedas proclaim,
Which all austerities & meditations (TAPAS!)
seek, and desiring which the sages lead
the life of Brahmacharya (spiritual life)
Still longer on brief it is nothing but OM).

This immortal word (LOGOS) is truly Brahme
(or the personal creator God). This is ^{Notes} also the
highest Brahman (the impersonal Divinity).
Having understood this immortal word,
Whatever one desires, one gets that!!

This support (OM) as a means of realization
of the Brahman is the best & the most supreme.
Knowing this support one is exalted
in the world of Brahman.

2)

PRASNA

Engagement

UPANISAD

Important Days

"What is OM?" is verily the Higher or Transcendental (impersonal) Brahman and the Relative or Phenomenal (or Personal) Creator God Brahme. Therefore the knower attains either of the two by the means of one meditation upon only one of these mantras. If OM, he comes back to this world very soon after his death, being enlightened by Ket. If, again, he meditates on the two mantras, one is united with the mind (after death) & he is led to the world of Moon (the presiding Deity of the Moon) in the Intermediate region. If again if he meditates on ^{all} the three Mantras, he becomes united with the effulgent sun.



(3)

MAN DAIKA
UPA NISHAD

April 2005

Taking as bow the mighty Upasrude
Weapon, fix on it the arrow sharpened
by constant meditation. And having
drawn it to the full let the mind absorbed
in its thought, penetrate the target,
viz, the Immutible Reality

Friday

The Prana (the mystic word) is the
The Soul (Atman) is the ARROWS

Saturday
2

is the
Bolt

The Brahman is the TARGET

One should hit that mark with an
undistracted mind and
let the arrow, become one with it.

When all the arrows meet like to
oppose a chariot wheel in the hub,
then He moves. Meditate on the Self as OM



4)

MAN DUICYA Upanishad

April 2005

This entire upanishad is an exposition of OM. The ^{Sunday 3} ATM has four quarters (aspects) Waking; Dream, Deep Sleep & SAMADHI. The three parts of OM (A, U, M) are to be identified with Waking, dream & deep sleep states of the ^{Monday 4} ~~atman~~ ^{atman}. The fourth is BLISS. Thus the word OM is really the SELF (Atman). He, who knows this, attains his SELF (JIVA) enters the SELF (ATMAN).

3) TAITTRIYA Upanishad: OM is Brahman. A Brahmane proceeding to recite the Veda intending "Let me obtain Veda" says OM. As soon as he attains to Brahman.



(6) CHANDOGYA

April 2005

Upamishat

Gayatri indeed is all this Tuesday 5
i.e. whatever it exists.

Speech is indeed Gayatri.
For speech indeed strips & removes
all fears that come out of our mind.
Such is the greatness of Gayatri.

The Supreme Cosmic person Wednesday (Purusha)
is even greater than this.)
All the cosmic universe is
a quarter of Him & the
other quarters of Him constitute
the immortal Transcendent.



7

Brahadeanyake Upanishad

April 2005

Thursday
7

8

Svetasvatara Upanishad

Friday
8

9) Markandeya Upanishad



April 2005

Saturday
9

Gayatri Mantra is considered as the elaboration of OM and the spiritual "soon conference" Mokshyavedas (the Vedas being held as the further elaboration of the motto SATYAM).

Because of its spiritual significance Gayatri Mantra has been incorporated at the very core of a daily prayer ritual (called SANDHYA (the transit between dawn & Dusk & dusk & evening) Being in the nature of contemplation, the ritual is classed as UPASANA or spiritual contemplation; when is supported & performed in utter faith & belief or rather TRUST in the Almighty.

Sunday
10



April 2005

Monday

This upasana to be
performed three a day at the
Conjunction (SANDHA) times of the
night and dawn (PURVAHAR) &
forenoon & afternoon (MADHYAHNA) &
evening & night (SAYAHNA)

Tuesday

lasting for 48 minutes at each junction.
If it is not possible to do it three
(under modern conditions due to pressure
of work), it should be done
at least twice in the morning & evening
at least, when the sun is visible
and facing the sun.



April 2005

Wednesday

13

As the Upasana is done
at the conjunction time (SANDHYA)
it is designated as the SANDHYA Upasana

It is also called SANDHYA VANDANA
(adoration or worship of the Sun God)

at the transit of the two periods

Thursday

Sandhya Namam & at dusk & evening or

the juncture SANDHYA & hence

is briefly designated as SANDHYA a

SANDHYA VANDANA (Prayer to

Sun God at the junction time)

It can be practised by all without
distinction of caste, color or creed
or sex, wherever it be.



April 2005

The Sun also

is the power of life (Prana) Friday 15
and also light (Tejas)

and so He is the great visible symbol
of the Infinite Spiritual God,
the source of all consciousness,
the Substratum of the entire Cosmic Universe.

Saturday 16

Man is part & parcel of this
Cosmic Universe. His inner self
(Atma Atman) is reflected in the
lake of his mind as the Jeeva or SOUL
which is the centre of individual consciousness.



April 2005

The Sanyasa Upasana -

Sunday

Let the Merciful Son in the Sky

as the guiding symbol or Lakshya.
is a SADHANA (spiritual practice)
to bring about the conjunction (Sanyas)
of the individual self with the Cosmic Self

Monday

in order to realize the unity of both

Sanyasa is kept a form of
Yoga-Sadhana for the union of
the individual with the Supreme Reality
incorporating the elements of all
the four main types of Yogas,



April 2005

Tuesday
19

Sandhya incorporates all
the four main elements of
the four main types of Yoga —

Viś, KARMA YOGA

BHAKTI YOGA

DHYANA YOGA

and Jñāna Yoga

Wednesday
20

This Sandhya is a specially devised
effort spiritual realization of the
Attaining of Self (Atman). It is keyne
or a KARMA Krama (spherical ritual)
to be performed occasionally or frequently
for the fulfillment of worldly fulfillments



April 2005

It is on the other hand,
a NITYA KORMA of obligatory
daily ritual to imparts a
self purification or attunement
to Cosmic Reality. It is a wonderful
mental exercise to elevate and
equip the mind for the purpose.

Friday
22

It is an all round complete ritual
which incorporates the principles of all the
Supreme Divinity (Brahman)

Cosmic Creation

and all Deities (Brahma, Vishnu & Shiva)

With the aim of attaining Yoga and Moksha



April 2005

Saturday
24

As a result of its regular
daily practice, in the proper span of
the Mind is made pure
its present weaknesses & inertia
are eliminated, and its
inherent spiritual powers come
into an manifestation.

Sunday
24

The different aspects of the ritual
are conducive to physical & Mental
strength & vigour and also for
psycho-somatic harmony.

This Sanchi is devised & designed
to lead to both physical & spiritual
advancement (Abhyudaya & Nishreyasa)

28/9/2008

MAHA MRUTHYUNJAYA MANTRA



April 2005

Maha Mrutyunjaya Mantra
also called TRIYAMBAKAM ^{Monday 25} Mantra
is a Vase of YAJURVEDA (1.8.6 VS 3.60)
addressed to TRIYAMBAKAM "3-eyed"
Identified as the Hindu God of SHIVA.
Its literal translation is "Great Beeth conquering Mantra"
It is a mantra with many names & forms

- 1) It is also called "RUDRA MANTRA" ^{Tuesday 26} referring to the furious acts of Lord Shiva & another name
- 2) "TRIYAMBAKAM" mantra alluding to Shiva's 3-eyes"
- 3) Also "MITRA SANTEEERANI Mantra" because
It is a component of the "LIFE RESTORING PRACTICE"
given to the primordial sages like SUKRA, after
he completed an exhausting period of austerities.



April 2005

Wednesday
27

अप्राप्तिके दो प्रकार

vi

TRIYAMBAKAM YA ZAMANEY

SUGANDHIM PUSHTI VARDHANA M

URIA RUKATEYA BANDHANATH

TRUTHOR: MUKS HEBLA

Thursday
28

AMRUTHA AM

Hearing : 001: We worship & adore you
O. Three eyes and 1000 arms

Oh: Three eyed land Paramecium

You are sweet gladness, the fragrance of life which nourishes us, restores our health, & helps us thrive

At midue time, tie down the cucumber beakend to the
ground, if freed from the vine, so free us from the
Attachment - & DEATH I do not hold IMMORTALITY

The  Maha Mrutyunjaya mantra is hailed by the sages as the "Heart-grooved"
 Along with GAYATRI mantra, it holds the highest place among Hindu Mantras used for contemplation & Meditation.

The Mantra reads: (transliterated) & means:

- 1) Triyambakam = Three eyed one
- 2) Yaza-Namah = We praise
- 3) Sugandhinam = the fragrant
- 4) Bhusha Vindhavananam = the prosperity increase
- 5) Brivarukam = disease, obstacles in life & attachment & resulting depression
- 6) Iva = like
- 7) Bandhanat = unhealthy attachment
- 8) Mrutyor = from death
- 9) Mokshaya = May you liberate from
- 10) maa = not ;
 Amrutat = from immortality

30/9/2008

SAYATRI MANTRA

^{Engagement} Vedic form of ^{Important Days} Sayatri Mantra is:

OM Bhur Bhukh Svaha
Tat Savitur VARANYAM
Bhargo Devasya Dheemahi
Dheyo Yonah
PRACTHO DAYAATH.

Summary of the mantra is :-

"May we attribute the glory of the LORD
the Remover of pains & sorrows,
the bestower of happiness,
by the one who created the universe &
who is the embodiment of knowledge
and light of wisdom
May the Lord enlighten our intellect
in the right direction by destroying
all our sins & ignorance - "

Meaning of each letter



May 2005

Om = Almighty God

Sunday
1

Bhooor = Embodiment of Vital
or spiritual energy

Bhuvah = Destroyer of suffering

Swaha = Embodiment of Happiness

That = That- (indicating God)

Monday
2

SAVIUR = Bright, luminous
like the SUN

VARENYUM = Supreme, best,

Meaning of each letter



May 2005

Bhugo = Destroyer of sins

Tuesday
3

Devasya = Divine

DHEEMATI = May receive

DHEEYO = Intellect

YO = Who

NAHA = Our

Wednesday
4

PRACHODAYATI = May inspire

Scientific meaning of Gaytri Mantra

>

>

> Gayatri mantra has been bestowed the greatest importance in Vedic dharma. This mantra has also been termed as Savitri and Ved-Mata, the mother of the Vedas.

>

> "Om-bhur bhuvah swah

> Tat savitur varenyam

> Bhargo devasya dheemahi;

> Dhiyo yo nah prachodayat. "

>

> The literal meaning of the mantra: O God! You are Omnipresent, Omnipotent and Almighty. You are all Light. You are all Knowledge and Bliss. You are Destroyer of fear, You are Creator of this Universe, You are the Greatest of all. We bow and meditate upon Your light. You guide our intellect in the right direction. The mantra, however, has a great scientific importance too, which somehow got lost in the literary tradition. The modern astrophysics and astronomy tell us that our Galaxy called Milky Way or Akash-Ganga contains approximately 100,000 million of stars. Each star is like our sun having its own planet system. We know that the moon moves round the earth and the earth moves round the sun along with the moon. All planets round the sun. Each of the above bodies revolves round at its own axis as well. Our sun along with its family takes one round of the galactic center in 22.5 crore years. All galaxies including ours are moving away at a terrific velocity of 20,000 mile s per second.

>



May 2005

Gayatri is a Mantra (Vedic Hymn)
Which inspires righteous wisdom

Saturday

It means that "The Almighty God may
illuminate our intellect. Which may
lead us to righteous path."

This is the most important feeling.
All the problems of a person are
solved if he is endowed with the gift of
righteous wisdom. Having been endowed
with far-sighted wisdom, a man is
neither entangled in a calamity nor
does he tread a wrong path.

Righteous wisdom starts emerging from
as soon as a methodical recitation
of the mantra is performed.

Sunday
8

>
>
> And now the alternative scientific meaning of the mantra step by step:
>

>(A) OM BHUR BHUVAH SWAH:
>

> Bhur the earth, bhuvah the planets (solar family), swah the Galaxy. We observe that when an ordinary fan with a speed of 900 RPM (rotations Per minute) moves, it makes noise. Then, one can imagine, what great noise would be created when the galaxies move with a speed of 20,000 miles per second. This is what this portion of the mantra explains that the sound produced due to the fast-moving earth, planets and galaxies is Om. The sound was heard during meditation by Rishi Vishvamitra, who mentioned it to other colleagues. All of them, then unanimously decided to call this sound Om the name of God, because this sound is available in all the three periods of time, hence it is set (permanent). Therefore, it was the first ever revolutionary idea to identify formless God with a specific title (form) called upadhi. Until that time, everybody recognized God as formless and nobody was prepared to accept this new idea. In the Gita also, it is said,

"Omiti ekaksharam brahma", meaning that the name of the Supreme is Om, which contains only one syllable (8/12). This sound Om heard during samadhi was called by all the seers nada-brahma a very great noise), but not a noise that is normally heard beyond a specific amplitude



May 2005

Sayantam is the form of Elemental Truth

Wednesday 11

It is the heart of all beings + elemental Vedant
 Sayantam displays ^{all} the six of this world
 All the four Vedas emanated from the Sayantam
 This can be interpreted like this:

1) AVM: Contemplate the spirit of the DIVINE
 of the Earth + atmosphere + Heaven
 May her thoughts inspire our minds.

Thursday 12

SAYANTI is the SUN + so the Sayantam aimed at the SUN
 is recited at the three junctures at Twilight of the day
 Mohan Vishnu describes AVM as consisting of:

Bhuv = Existence;
 Bhuv = Elements
 Grah = Atma
 Hata = Freshness + the light
 Tat = Brahman
 Rajah = Knowledge
 Saham = Supremacy

This Tantra connects
 three letters of AVM
 to the seven worlds

and limits of decibels suited to human hearing. Hence the rishis called this sound Udgith musical sound of the above, i.e., heaven. They also noticed that the infinite mass of galaxies moving with a velocity of 20,000 miles/second was generating a kinetic energy = $\frac{1}{2} MV^2$ and this was balancing the total energy consumption of the cosmos. Hence they named it Pranavah, which means the body (vapu) or store house of energy (prana).

>

>B. TAT SAVITUR VARENYAM:

>

> Tat that (God), savitur the sun (star), varenyam worthy of bowing or respect. Once the form of a person along with the name is known to us, we may locate the specific person. Hence the two titles (upadhi) provide the solid ground to identify the formless God, Vishvamitra suggested. He told us that we could know (realize) the unknowable formless God through the known factors, viz., sound Om and light of suns (stars). A mathematician can solve an equation $x^2+y^2=4$; if $x=2$; then y can be known and so on. An engineer can measure the width of a river even by standing at the riverbank just by drawing a triangle. So was the scientific method suggested by Vishvamitra in the mantra in the next portion as under:-

>

>C) BHARGO DEVASYA DHEEMAHI:

>

> Bhargo the light, devasya of the deity, dheemahi we should meditate. The rishi instructs us to meditate upon the available form (light of suns) to discover the formless Creator (God). Also he wants us to do japa of the word Om (this is understood in the Mantra). This is how the sage wants us to proceed, but there is a great problem to realize it, as the human mind is so shaky and restless that without the grace of the Supreme (Brahma) it cannot be controlled. Hence Vishvamitra suggests the way to pray Him as under:

(2) IAT refers to the first cause of all substance as FIRE ^{May 2005} ~~the~~ of SUN and is the Supreme Brahman.



SAVITUH is the source of all things ^{Sunday 15}
Varenyami is the excellent one who receives its adorations

3) Bhango: Destroys SIN

Daraya: means it is full of light

Dharmic: refers to knowledge being golden and always within the ~~SUN~~ ^{Monday 16}

4) Dhiyo means Buddhi

YO stands for energy (Tegās)

The mantra is divided into

3) Three sections of 8 letters each.

4) Four sections of 6 letters each

>
>D) DHIYO YO NAH PRACHODAYAT:

>

> Dhiyo (intellect), yo (who), nah (we all), prachodayat (guide to right Direction). O God! Deploy our intellect on the right path. Full scientific interpretation of the Mantra: The earth (bhur), the planets (bhuvah), and the galaxies (swah) are moving at a very great velocity, the sound produced is Om, (the name of formless God.) That God (tat), who manifests Himself in the form of light of suns (savitur) is worthy of bowing/respect (varenyam). We all, therefore, should meditate (dheemahi) upon the light (bhargo) of that deity (devasya) and also do chanting of Om. May He (yo) guide in right direction (prachodayat) our(nah) intellect dhiyo. So we notice that the important points hinted in the mantra are:

>

> The total kinetic energy generated by the movement of galaxies acts as an umbrella and balances the total energy consumption of the cosmos. Hence it was named as the Pranavah (body of energy). This is equal to $\frac{1}{2} mv^2$ (Mass of galaxies x velocity²). 2) Realizing the great importance of the syllable OM, the other later date religions adopted this word with a slight change in accent, viz., amen and Ameen

>

> Thanks & Regards



May 2005

Dhyanam (Meditation). Gayatri has four faces
which are White, Yellow, Red & Black Thursday

Gayatri is the mother of Vedas.

Sadhana of Gayatri is the essence of all Vedas.
Even Gods like Brahma & Rama (Vishnu)
perform Gayatri Sapanam at Twilight.

Gayatri Japa performed daily for three years
realizes God & like AIR acquires the power Friday
20
of going where the person wants to go.
Merely by offering water (Aghyam) to SUN
& performing Japa of 3000 Gayatri Mantra
at the time of Twilight, a person
becomes adorable by God. By doing
Gayatri Sadhana a person gets wealth, salvation & freedom from disease. A person who does
every poor attempt doing Gayatri cannot get success
even if he takes millions of births.

Rishis say - Ket-



May 2005

There is no other Mantra like SAYATHRI
in all Vedas
Veda + Yaga + Dana + Tapa
including donations & Charities } = a small fraction
of SAYATHRI
Monday 23

Whether a man is pure & impure
Whether he is sitting or walking
Whether standing or he may be } he can do
Sayathi
Tapam

(in BHAVANOPANISHAD), one witnesses

Within oneself the effulgent figure
of the Divine MOTHER in different phases
of DAWNING & WAXING of the Moon
Tuesday 24

The Devi is to be meditated upon as
of a RUDDY complexion, with eyes expansive
as an ocean overflowing with waves of grace
like noose gourd; an arched bow of flowers &
a twig of sugarcane in her hand, surrounded
by ANIMA & GARIMA } introduced & ultimately as one's own SELF

The following guidelines are provided for the Sadhaka : May 2005



① Complete faith, unflinching loyalty backed by a clear heart towards the deity is required for the Sadhana

2) Do not start mantra Sakthi under any pressure. Trust in God.

Kindness & patience should be virtues of Sadhaka

3) Avoid harsh speech; lust, anger, restless thoughts; evil company & egotism. Do not get emotional. Avoid heresy mantras

4) Sadhana done without any specific aim bears fruits early. Even in case you see any miracle, do not fear & don't stop. Keep you well from stopping & continue ur Sadhana.

5) ^{observed} Brahmacharya or Celibacy strictly during Sadhana. In case of failure, don't lose heart. Try again till you are crowned with success



May 2005

6) The duty Anshupuro in the
Savithi Mantra is SAVITHA on SUN
of so the 3rd do is SUNDAY

Sunday
29

7) Early morning before sunrise
have a bath & dress in yellow clothes

8) Take a Copper pot/glass of water
drop a few rice grains &
few petals of flowers

Monday
30

9) Raise the pot to the heart level &
tilt it forward allowing water
to fall on the forehead gently

10) Chant the mantra simultaneously
(while pouring water) seven times

How mantras are useful?



your subconscious mind can help U
to find solutions through Meditation of mantras

May 2005

Tuesday

31

- 1) Purity of Thought, Word & Deed, Sincerity & deep seated belief in repeating the mantra systematically without obstruction is the key note for the efficacy of Sacred Mantra.
- 2) Concentrate & Meditate without any desire.
{ Repeat the mantra to be audible to you only
in a pleasing musical tone }
- 3) Continuous Sadhana can enable U to find solutions to ur problems + peace of mind - mental strain
- 4) ^{Take} light meal - onions - garlic - meat - & avoid ^{drinking & smoking}
- 5) Small quantities of whole some food purifies the mind & improves memory of food
- 6) Psychic Sadhana ^{promotes} helps all mental faculties & helps photographic memory.

Go ahead - Best of luck.

Meaning of Satchidan

Oh Supreme ^{Engagement} Sachidan

Important Days

You alone are true

You alone are worthy of glorification & adoration

You are the creator & sustainer of all.

You alone are the giver of life.

You are the divine father

the source of all existence

You are all powerful, all wise, ^{intelligence & bliss} eternal & merciful

You know my feelings

Nothing is hidden from U.

I want to feel Ur presence in Me & in everything

Please help me to live a pure, good, & virtuous life

illuminate & inspire my intellect.

Grant me great understanding of

a peaceful mind, so that I may keep

in the presence of Your divine glory

GAYATRI MANTRA



June 2005

Wednesday

Gayatri Mantra not only protects U physically, but more so, Gayatri Mantra provides U an incomparable inner strength which can only be experienced & cannot be explained away.

Apart from the personal benefit You achieve by chanting the GAYATRI Mantra, Your family & everybody at home also gain. Gayatri is the spirit behind the slogan of Sarvottam Dharma saying "LOKA SAMASTHA Sukhino Bhavanthu" means let all the people in the world should be happy always.

GODDESS GAYATRI

Goddess Gayatri and History of Gayatri Mantra :

Gayatri Devi is an incarnation of Saraswati Devi, consort of Lord Brahma, symbolising the "shakti" (strength) and "dev" (quality) of Knowledge, Purity and Virtue. Saraswati Devi is held to be the patroness of the Arts, being a poet and musician, as well as skillful composer. In the form of Gayatri Devi, with the blessings of Lord Brahma, she is believed to have given the four Vedas to mankind.

Gayatri is depicted seated on a lotus. She is depicted with five faces representing the pancha pranas /pancha vayus(five lives/winds) : prana, apana,vyana, udana, samana, of the five principles/ elements (pancha tatwas) earth, water, air, fire, sky (prithvi, jala, vayu, teja, aakasha). She has 10 hands carrying the five ayudhas: shankha; chakra, kamala, varada, abhaya, kasha, ankusha, ujjwala utensil, rudrakshi mala.

Gayatri, Savitri and Saraswati are three goddesses representing the presiding deities of the famous Gayatri mantra chanted thrice a day. Gayatri is the presiding deity of the morning prayer and rules over the Rigveda and the garhapatya fire. Every grihasta (householder) was expected to keep 5 or 3 sacred fires (Five fires: ahavaneeya, dakshagni, garhapatya, sawta, aavasadha.) in his house to perform Vedic rituals.



Mechanism of Glycolysis



June 2005

 as instructed by my master
H. Gheerhu Rajist Saty

Sunday

5

The meaning of crystalline is

11 "That which protects the body
directs the mind
enlightens the conscience
never claimed by seeker"

The mantra is sung in groups, global & individual for self enlightenment and enrichment of 4 padas

- 1) OM Bohav Bohuva suvaha
- 2) OM Tat- sa Vitha Varsyam
- 3) Bhangu Derasye Dheemeha
- 4) Dheeyo Yonah Praquadeyath

In Sanskrit, there are definite rules that regulate poetry: rhyme and meter are not written whimsically. The Gayatri Mantra has a Vedic metre of 24 syllables. Amongst the regulated poetry, the Gayatri mantra, chanted by properly qualified persons, is the most prominent. The Gayatri mantra is mentioned in the Srimad Bhagavatam. Great sins are said to be expiated by a pious recitation of this Gayatri verse which reads as follows:

Om bhoor bhuvassuvaha,
Tatsa Vitur varenyam,
Bhargo devasya dheemahi,
Dheeyo yonah prachodayat ...

Gayatri mantra is meant for realization of God and is regarded as representing the Supreme Lord. It is meant for spiritually advanced people. Success in chanting it enables one to enter the transcendental position of the Lord. But, in order to chant the Gayatri mantra, it is necessary for one to first acquire the qualities of the perfectly balanced person in terms of the qualities of goodness according to the laws of material nature. The Gayatri mantra is considered to be the sonic incarnation of Brahman and is regarded as very important in Vedic civilization.

Gayatri Mantra (the mother of the vedas), the foremost mantra in hinduism and hindu beliefs, inspires wisdom. Its meaning is that "May the Almighty God illuminate our intellect to lead us along the righteous path". The mantra is also a prayer to the "giver of light and life" - the sun (savitur).

Oh God! Thou art the Giver of Life, Remover of pain and sorrow, The Bestower of happiness, Oh! Creator of the Universe, May we receive thy supreme sin-destroying light, May Thou guide our

The first to learn mantras while
while the three padas ^{June 2005} following
have eight syllables each;

Thursday
9

In all amounting to 24
24 syllables speak of 24 ^{essential} ingredients of
the God's creation

5 organs of the Body

The hands, The legs,
The speech ^{making} tongue
The urinary track
The excretory track

Friday
10

5 Sense organs of body

The eye, The ear
The tongue,
The skin &
The nose.

5 Senses of the Body

Sight, Hearing
Taste, Touch & Smell

5 Sense Elements

: Ether, Air, fire, water &
Matter

4 aspects of body

Ahankara (separate consciousness)
Buddhi (wisdom of consciousness)
MANAS (Mind) & Chitta (Mind stuff)

24

intellect in the right direction.

Chanting of Gayatri Mantra removes all obstacles in our path to increased wisdom and spiritual growth and development. The teachings and powers incorporated in the Gayatri Mantra fulfill this purpose. Righteous wisdom starts emerging soon after Jap(recitation) of the Gayatri Mantra is performed.

The Gayatri Mantra is based on truth. For truth is based on strength. Strength is breath, and is based on breath. So, Gayatri protects (tra) the wealth (gaya) (the breath!) of those who speak it with earnestness and devotion. When one recites Gayatri on behalf of someone, it protects that person's breath too!

This entire creation is Gayatri. And the Gayatri is speech - for speech sings (gayati) and protects (trayati) this entire creation. Gayatri indeed is all this, whatever being exists. Speech indeed is Gayatri; for speech indeed sings and removes fear of all this that exists....Beautiful Wallpapers Gayatri Maa Best Pictures Images Gayatri.

Аажа

Аажа

Regards
Subramonian

Аажа



The Jayanti Mantra is conceived

June 2005

in 24 syllables in time with the
24 durations of a solar year →
(12 new moons + 12 full moons)

Monday
13

The 12 months of solar year are 6 pairs of months

- 1) ARIES — LIBRA
- 2) TAURUS — SCORPIO
- 3) GEMINI — SAGITTARIUS
- 4) CANCER — CAPRICORN
- 5) LEO — AQUARIUS
- 6) VIRGO — PISCES.

Tuesday
14

The six pairs represent — six energies in
the male-female aspects.

ARIES, SCORPIO: Sagittarius, Capricorn, AQUARIUS ← MALE Energy
LIBRA, TAURUS, GEMINI, CANCER & LEO — Female Energy
PISCES represent Synthesis & VIRGO represent — Analysis



June 2005

The six energies of the solar year
are presented through the 12 months
in their male & female aspects.

Wednesday
15

The energies of the solar year
are represented by the six faces of
the Solar Deity — SAYATRI
representing six aspects of LIGHT

Thursday
16

- 1) Solar light → DHAVALA
- 2) Lunar light → MURTA
- 3) RED → VIDRUMA
- 4) BLUE → NEELA
- 5) Golden yellow → HEMA
- 6) Shade of the light — } CHAYA
(Background)



June 2005

The Six faces of the Solar Diety
are also geometrically represented
by the six ~~to~~ sides of a CUBE

Friday
17

A CUBE is a perfect shape. It does not
suffer any inversion ⁱⁿ whatever manner
it is placed. In Geometry language
The Cube & a Sphere are perfect shapes
and carry the same properties.

Saturday
18

The 6 sides of the Cube represent 6 faces of Solar Diety
6 pairs of marks of the Solar Deity & the
3 essential colors Red Blue & Golden Yellow
representing the TRINITY
supplemented by SOLI-LUNAR light & their background

The Cube has six sides & each side has
four right angles & make 24 right angles,
representing 24 syllables of Gayatri Mantra



June 2005

Thus Gyantra Mantra is conceived
as the same formula to make the solar disk
with its number, color, shape through sound
for the realization of oneself

Tuesday
22

The six faces (sides) of the cube
also conceal the six pyramids converged
into its Centre. If six sides of the cube
are unfolded, six pyramids are revealed
Each pyramid representing four lunations
for four sides (2 full moon & 2 New Moons)

Wednesday
22

Thus the six pyramids represent
the 24 lunations of the solar year
(also represent 6 seasons of the year
each of 2 months duration).

(p10)



June 2005

The Six pyramids of the cube

Six pairs of months

Saturday
25

Six colours and

24 syllables (right-angles)

Can be contemplated upon the 6 ethereal
centres
of the human body ie

from AJNA to MOOLA DHARA

This contemplation leads to the
realisation of Man as the SOLAR GOD

Sunday
26

"I am no different from God, the SUN GOD!"

The six sides of the cube;

When unfolded,

reveals the shape of the MAN

(p10)



June 2005

Wednesday

Meditation upon the cross belt
is the meditation upon HANU the master
The end meaning of Gayatri Mantra is
OM

Bhoo (Mother)

Bhuvah (father)

SUVAHA (consciousness)

OM

Thursday
30

TAT (that)

SAVITUR (Light of the soul)

VARUNYAH (Embrace us)

Bhargho (to luminance of the cosmos)

DEASYA (with)

DHIO MATHE (we meditate upon)

Meaning: We Meditate upon The
Engagement Cosmic LORD of Important Days Light

so that, the light of the SOUL
embraces us & alerts our wills

Sayatra is contemplation upon the
"SOURCE of LIGHT", which is the basis of
the Cosmic order, Solar & Planetary spheres
It is contemplation of the "TRUTH BEYOND"
Thus "We Contemplate upon the Truth Beyond"
is the simple explanation of Sayatri mantra

SATYAM = TRUTH

PARAM = BEYOND

DHEEMAH = We Meditate -

"SAYATRI PARAM DHEEMAH"

is the simplest version of SAYATRI.

Sayatra should be understood not only as a
"Mantra" but also as "TRUTH presents SOUND"
so that embraces us & alerts our WILL

SUN The undefeatable, invincible light
is expressed through the SUN as a Globe of light
Light has no shape but expresses a solar globe
Light is beyond color but expresses white
Light consists of combining 7 other colors
A beautiful prayer is conceived in UPANISHADS
as : " Oh sun God -

The Truth is hidden

By your enchanting brilliant Golden Disc
Please be kind to expose the disc to us
To enable me to seek the TRUTH within
If you deem that I am fit to see
By my righteous conduct/behavior!!
(ISA VASYA UPANISHAD)

The highest word is to purify emanations
Other emanations are sound and FORCE



July 2005

TIME & PLACE.

- The most favorable time for Onship of
Saxatru are (1) Sunrise & Sunset hours
(2) NOON Time -
(3) SUNDAYS.
(4) Month of Aries & Leo when
the SUN is exalted
(5) Month of Aquarius when the
SUN is substituted by High SUN (URANUS)

Position

SIT Quietly,

with clean body & clear mind
facing East - & chant Saxatru (12 mts)

Receive sun light in breast & chant -
Receive the sunlight - enters your body &
overflowing into your surrounding & chant
at least 12 minutes (time can be prolonged at will)

GlorY of SATI GURU

July 2005

GlorY of

All great Mahatmas spoke of Guru
One may possess a beautiful & healthy body
a charming life & wealth of Meru Mountain
and enjoy fame throughout the world
but of no use if his mind does not
set on the LOTUS feet of GURU.

Monday

All Mahatmas spoke of the glory of Guru
Ramana Maheshwari of Arunachal
the sweetest Guru.

Tuesday

12

Lord Ekanath spoke of Guru as:
"Of God & Guru appear before me
I will ignore God & prostrate before Guru"

"Guru is My Mother
Guru is My father
Guru is my family, deity"



July 2005

A Sadguru is like Mother &
A God is like father ^{Friday 15} of a child

It is the Mother who takes care of the child
from its birth upto the time he is able
to take care of himself. In babyhood &
childhood, she handles the child with
care & cautions & affections. When the
baby dirtyes his clothes while ^{Saturday 16} ~~in bed~~,
it is the Mother that ^{up} ~~cleans~~ ^{them} ~~mess~~,
even as she speaks loving words to the baby.
She sits with the child day & night.
When he is sick & attend to his personal needs.

Whereas the father takes pride in his son
only when he is able to stand up on his legs &
earns a name for himself in the world &
tries to take credit for his upbringing.



July 2005

Likewise God is accessible only to the pure heart, but the Guru takes on the Jeera ang to cleanse him of his DIRT and liberates him. Thus the Guru's Grace is beyond description.

Tuesday
19

A classic example of this is SARANGADEV who has a huge following of wealthy powerful MEN. He was a Siddha Purusha who could even revive the dead.

Wednesday
20

Thus he was sought after by many who stand on a long line at his doorstep. Once Mukta Bai, little sister of ^(SAINT) Jagan Dev enquired about this long line of people.



On hearing the reason,

July 2005

She said: "I can also revive them to life"
d-danted the names of VITTHALA & VITTHALA &
the dead jumped back to life. &
danced away bringing VITTHALA, VITTHALA.
The belittled Sarangdev rode on a lion
to a cart - Jnana Dev, who was poor & lived in a HUT.
Sara & who was repairing his broken HUT.
He sat on the broken wall & tapped it -
of he moved along him the broken wall
brought Sarangdev. The astounded Sarangdev
fell at the feet of Jnana Dev who
blessed him with his name VITTHALA
Sarangdev gave up all his wealth &
started chanting the name of VITTHALA
Very soon his NECESSITIES were wiped out
& he became a JNANI

Saturday
23

Sunday
24

II



SABARI is known for her

July 2005

Sum Bhakthi, ~~keeps~~ she was
born in a family of HUNTERS:

Wednesday

27

Soon a Sabari attained liberation
through her guru, MATANGA Maharshi
Who blessed her like the daughter of RAMA
Bhagawan Rama, kindly comes
to her door step, in search of her,
accepts her hospitality.

Thursday

28

Speaking to Lord RAMA
on the play of her guru, she leaves her
mortal body to join her guru, with
Lord RAMA as the witness.

She attains liberation through the
Grace of guru like Bhagawan Rama as witness.
Such is the play of the guru.



July 2005

Sunday
31

The working of the Gurne is like oil in a lamp. The Wick which is LIT, without oil in the lamp, gets quickly burnt out & the light gone. But if oil is poured into the lamp, it not only protects the wick, from burning out, but also helps the lamp to burn continuously.

Like wise one who does not enjoy the glow of Gurne suffers for his ^{20/20} [↑] shoulders from apprehension & jealousy. Who enjoys the glow of a Gurne.

The glow of Gurne is beyond description. It can only be experienced.

14/12/2008

Bhagavad GEEETHA



August 2005

Today is the Birth day of Bhagwan Krishna

Monday

On this day, LORD Krishna the Supreme Lord taught Geeta to Arjuna on the battle field, when he refused to fight the war with his own Cousin Brothers. It contains essence of Vedic Wisdom. Bhagwan himself resides where GITHA is kept, read or chanted or taught.

Tuesday

2

Q. How can we suffer in this world?

Each person takes birth in this world only to complete the left over Karma carried over from the previous birth.

Bhagwan resides in our soul as the Paramatma as the witness of our KARMA.

Q How Gita bestows peace & success



August 2005

Gita teaches us how to perform good Karma in accord with Vedic Rules. Friday.
An ordinary citizen should lead a kind of less striding life ensuring AHIMSA (Non violence) to all living beings.

On the other hand, an Administrator should eliminate Society's enemies by all means & methods. Saturday

Every individual should follow his prescribed duties of Brahmin (priest), Kshatriya (Warrior), Vaishya (Businessman) or Sudra (Labourer) as the case may be without clashing with others duties & with a sense of detachment — 6

Essence of GITA



Chapter I (Why the delusion?)

August 2005

When a person is overpowered by delusion^{Tuesday} & materialism, he falls into a dilemma of what to do & what not to do? Being entangled in this dilemma, he loses the sense of SWADHARMA. Lord Krishna explains to ARJUNA

Chapter II. (ANALYSIS)

Wednesday
10

The human body is perishable but his ATMA (SOUL) is imperishable. Knowing this & by selfless performance of one's SWA-dharma, all kinds of worry & grief are removed from a man's life.



Chapter 14

KARMA-YOGA ACTION

August 2005

It is far better to perform one's own SWADHARMA, even imperfectly, than performing PARA-DHARMA perfectly. Only selfless Karma Yoga executed for welfare of others as an offering to LORD Krishna leads us to ultimate success & Salvation

Saturday
13

Chapter IV. (Inana Yoga) Transcendental Knowledge

Sunday
14

Categorization of people into four Dharmas was created by Krishna according to the mode of PRAKRUTHI predominant in each & assigning corresponding duties (dharma) to them. A devotee who has conquered his senses & committed to selfless karma can attain transcendental knowledge (Brahma Vidya)

Chapter V Renunciation



in the ACTION

August 2005

Wednesday

17

A person should not be
Elastic in ACTION or success
in ACTION or upset in failure
He should perform all his ^{KARMA} actions
in a spirit of DETACHMENT.
One who is addicted to MATERIALISM
cannot realize LORD KRISHNA.

Chapter VI

SELF CONTROL

Thursday

18

The Mind is restless & hard to control
but by constant practice & RENUNCIATION
the mind can be totally controlled.
A person who worships Lord Krishna
with full faith & thinking of Lord Krishna
in his mind, is the top most YOGI.

Practical Realisation



Chapter VII Transcendental Knowledge

August 2005

Sunday
21

Lord Krishna's Yoga-Maya (illusion) deludes all except his devotees. Miscreants & fools never surrender to Bhagawan :: They are confused by MAYA. One attains both JNANA (Knowledge) & VIGNANA (see Realisation) only by sincere religious practices -

Chapter VIII (Attaining Supreme God)

Monday
22

Parabrahmic form of Krishna includes all DEVATHAS & their different planets. Bhagawan's Parabrahmic form (SUPER SOUL) is situated in the heart of JIVA, who witnesses all his activities. So HE witnesses ^{all} his activities. So one should always think of the LORD while performing all worldly duties.

Chapter IX (Most-Confidential Knowledge)



August 2005

By worshipping Lord Krishna

even the worst-sinner can purify himself

Thursday
25

& attain eternal peace. Always chanting (LORD)

this various names, he endeavors with all

concentration & determined vows & bowing

down before the (LORD), they engage in worship

& thus remain united with Krishna at all times

Chapter X (Understanding LORDS Manifestations)

Friday
26

There is no limit to the divine
manifestations of Lord Krishna

Everything in existence, which is glorious,
brilliant & powerful, is a spark
of the divine splendour.

Lord Krishna is holding entire universe
by a single fragment of HIMSELF

Chapter XI (Beholding Lord Krishna's Universal form)



August 2005

Beholding Krishna's Universal form
Arjuna says: "O Supreme ^{Monday 29} GOD!
The entire Godly manifestation of ^{Brahma} ^{Vishnu} ^{Shiva}
are entering your body. These
who are afraid after prayers ^{prayer to} with folded hands
chanting Vedic hymns: "I am marvellous form,
pervading entire space with folded hands."

Chapter XII (Devotional Service)

^{BHAKTI}
Tuesday
30

YOGA

Bhakti yoga is the purification
of the senses which are
contaminated by material associations.
When purified, the senses
come in direct contact with
the Lord, since Krishna is
Devotees who worship the Lord as "personal God"
realise God, surrendering all actions to HIM
& setting HIM as their Supreme GOAL.

Chapter XIII: (Discrimination between Body & its owner)

Engagement

Important Days

One who feels the difference between BODY & its owner (with his spiritual knowledge) (i.e. ~~ज्ञान~~ ~~ज्ञान~~ ~~ज्ञान~~) as also the Jeeva's ways of deliverance from BONDAGE, will automatically attain Supreme abode & get relief from BONDAGE.

Chapter XIV: Three Modes of Material Nature

SATWA (Goodness)

RAJAS (Passion)

TAMAS (Ignorance)

} are the three modes of Nature

By devotion to Lord Krishna, a devotee overcomes these 3 modes to get freed from bondage & association with worldly activities.

Chapter XV (Understanding the Supreme Lord Lord Krishna)



September 2005

Lord Krishna is Supreme Being &
the existence of this Universe is in his hands
Man should accept his greatness &
worship HIM & pray to Him always
in order to receive his blessings
There is no other salvation for
him except to pray to HIM always

Chapter XVI (Diff between Devas & Asuras)

Sunday
4

One who follows Vedic scriptures injunctions
is of DAIVIC nature or Divine nature
One who rejects these is ASURIC (DEMONIC)
ASURAS cling to Egotism, Brute force
lust, arrogance & anger. They hate Krishna
Bhagawan Throws these Asuras into the
lomb of demons in every birth.

Chapter XVII: (Three types of faith)



September 2005

The three types of faith are
SATVIC (goodness) } according to
RAJASVIC (passion) } material nature
TAMASVIC (ignorance) } acquired by
each person
as a result of his previous activities

In whatever unshipable object he places
faith, he develops a ^{corresponding} mental constitution
good or bad

Chapter 18 (Salvation through Renunciation)

Essence of all scriptures is contained
in the Vedas & Upanishads contain the
essence of all Vedas While
Gita contains essence of all Upanishads
Gita advises MAN to surrender totally
to Lord Krishna & take complete Refuge in Him
Lord Krishna will liberate him from
all sins & bestows him ultimate success



Golden Therapy

September 2005

(TURMERIC)

Well known as an antiseptic,
preventive & therapeutic agent
in ancient times, the medicinal value
of TURMERIC is only just being recognised.

TURMERIC (marrigol or HALDI) is
not new to us. For thousands of years,
this mild spice has been used in
Indian households & other countries
in the orient to add color & flavor
to foods & for antiseptic, preventive &
therapeutic purposes for all ailments.

It is only now that the potential of turmeric
is being ^{recognised} by Western world as "Spice of Life"
& it has created a stir in the world of
Medicine.

Let's so Special about **TURMERIC**?



September 2005

All the health benefits of **TURMERIC** are due to the active ingredient called "**CURCUMIN**", which has been found to exhibit:

- Anti-inflammatory
- Anti-oxidant
- Anti-Microbial

Thursday
15

Can help as a preventive & therapeutic agent against Alzheimer's disease

Diabetes Mellitus
Chronic illnesses like
Cancers & Arthritis

Friday
16

Curcumin is an effective antioxidant & may slow down cancer growth
Turmeric holds tremendous promise in maintaining health of liver & kidney
It is also a Digestive Aid

Synopsis

Gayatri Mantra:



is the most efficacious mantra
for various forms of people's needs

September 2005

Gayatri Mantra is the mother of all Mantras.

"Gayantho Brahathe Gayatri" ^{Saturday}

(One who protects those who bring ^{name} her fame)

① Gayatri is also among the four $G^3(X)$ which
help humanity into Moksha:

the other three being ② Ganga ③ Gouri ④ Gita

Gayatri is a powerful mantra of all Mantras

Gayatri surpasses the meaning of mean ^{Sins} ^{Sunday} ₁₈ ^{to} ashes

No other puja or Homam will bear fruit if

Gayatri is not ^{recited} included in its performance.

All kinds of prayasnas (20) and (5, 200)
^{repentance of sins}

are performed only by reciting this Gayatri

Once when Brahma weighed in the scales,
All Vedas on one side & Gayatri alone on the other
the latter ^{out} weighed all the Vedas put together

IN SHORT GAYATRI is the essence of all Vedas

Antar 7 Gayatri Mantra



September 2005

Brahmeroni Vishvanitha

is accredited as ~~HANIRA DRISHA~~ ^{Monday 19} A
of Gayatri Mantra

The mantra is personified into Gayatri
(otherwise called VEDA MATHA),
the mother of all VEDAS. &
also as personification of all-pervading
Parabrahman, the ultimate
unchanging reality that lies behind
all human phenomena. ^{Tuesday 20}

Gayatri Mata is seen by many
Hindus not only as Goddess but also
as a portrayal of Brahman himself
in the feminine form.



September 2005

In Hinduism there is only ^{one} creation
and can witness brilliance of ^{Friday 23} ADITYA
or the GAYATRI.
SUN

Some consider her as Mother of all highest
Culminations of Maha Laxmi
the TRINITY } Maha Kali
Maha Saraswati

In Hinduism, Adityas are a group of
Devas or Celestial Gods, the sons of
Aditi & Kashyapa. In Rigveda,
Adityas are the seven celestial gods.
Saturday 24

- ① VARUNA
- ② Mitra
- ③ Aryaman
- ④ Bhasa
- ⑤ Ansa
- ⑥ Dhātṛ
- ⑦ Indra



September 2005

Gayatri Mantra is the most revered Mantra in Hinduism & Adharmic Religion

Tuesday
27

It consists of the prefix :-

OM BHOOH
BHUVAH +
SSURAAH) a formula taken from
Yajurveda and

verse no 3.62.10

} of RIG VEDA

Wednesday
28

Since all the other three Vedas also contain much material drafted from Rig Veda Gayatri Mantra is found in all 4 Vedas

The God invoked in this mantra is SAVITRA & hence mantra is called SAVITARI

In Atharva Veda, the Gayatri mantra is slightly different from regular Gayatri



September 2005

Gayatri Mantra is devoted

to GOD SAVITAR. This refers to ^{Notes} SUN.
"Sun" does not simply refer to sun of solar system.

It applies to SUN of all SUNS i.e.
the source of eternal light. It
provides life; knowledge & Enlightenment
or light. It illuminates the soul.

Hindus look to Gayatri sacrosanctly
as divine awakening the mind & soul
of way to reach the most supreme form
of existence & the way to unite
the ultimate BRAHMAN, or GOD.
This is the secret of this mantra.

Transition

OM BHUOR BHUVA SUVAA
TAT SAVITHUR VARGNYAH
BHARGO DEVASYA DHEEMAH
DHEBYO YONAH
PRACHO DAYAATH.

(ॐ) ॐ नमो भगवते वासुदेवाय } = Please guide & inspire us
PRACHODAYATH } = to follow the path of TRUTH &
Good character (or)

Please keep us away from the path of
Unrighteousness & Bad character



October 2005

Saturday
1

Thus Gayatri symbolises the
fore Aryan unity of all forms of goodness
as BRAHMAN — an infinite DIVINE SINGULARITY

Meaning of Gayatri

OM = The omnipresent

BITUH = The impeller of all existence

BITUKATA = The consciousness

SUVAHA = The embodiment of all Happiness

Sunday
2

TAT = That supreme God

SAVITUH = The creator of existing Universe

VARENYAM = The very best of all.

BITARGO = The purifier

DEVASYA = The provider of all types of

PROSPERITY

DHEEMAH = We Pray or Meditate

DHEYO = The Wisdom

YO H = That God

NAHA = Ours



Simple Meaning of ^{Worshiped}

October 2005

He is diversely omnipresent-^{Wednesday} through ⁵ the WORLD
He is the impeller of all Existence
He is the creator of entire world.
All types of fame & prosperity are His blessing
He is the embodiment of all HAPPINESS
He is the sum of purity & pure consciousness.

We meditate on the form of ^{SUPREME} ~~PURE~~ ^{Thursday} ~~6~~ GOD

We pray Him to guide & inspire us
to follow the path of TRUTH & GOOD CHARACTER

Also We pray Him to keep us away from the
path of wrong doings or bad character
Nobody is equal to Him & Nobody is higher ^{than} ~~HIM~~ ^{HIM}
He is our father, King & justice provider

श्री गणेशाय नमः

Om Namo

Om Bhur Bhuvah Suvaha
Bhargo Devasya

October 2005

Shree Y
PRAEH



This is a prayer to the
Almighty Supreme God, the creator of Cosmos
the essence of our life's existence on earth,
who removes all our sins, pains & suffering
and grants happiness; beseeching His
divine grace to imbue within us,
His divinity & brilliance, which may
purify our lives & guide us on wisdom
on the righteous path.

Excerpted from

YUGA SAKTHI

SHAYATRI KA

ABHINAVA

AVATARAN

ॐ नमो भगवते वासुदेवाय

Three means

Tat Savitur Varendyam

Dheemahee

Yonah

D. AYATHI



May Almighty G
illuminate our intellect
and inspire us
towards Righteous Path
(Rigveda)

October 2005

Sunday
9

1) The worship of GAYATRI
illuminate the Soul of the worshipper, so that
he becomes free from worldly desires.
(Madantyaan Ralarya)

2) GAYATRI chant makes people
to follow the righteous path } Lokamanya
TILAK

3) The main agent of YOGA
is worship of GAYATRI } T. Subbarao

4) If any hymn can awaken India,
it is the great Gayatri Mantra } Monday
10
Shri
Vivekananda

5) Gayatri Mantra does not belong to any particular sect
nor restricted to any specific Community (like Brahmins)

It is a universal prayer for the wellfaring of the whole World

It does not propagate the culture of any particular Society

Gayatri Mantra is a Treasure & Heritage
that belongs to the whole Humanity at large.

(Pt. Shri Ram Sharma Acharya)



Q- Is Universal in SCOPE October 2005

Tuesday
11

- Wednesday
12

36 " GAYANITAM TRAYATE YASMAT } Who ever sings
 3 GAYATRI TYABHIDHEEYATE } is protected

Vedas say: "GAYATRI CHANDASAM MATA"



Chandas means Veda

Gayatri is the mother of all Vedic mantras

Gayatri has 24 aksharas (letters & syllables)

It is called TRIPADA GAYATRI ^{Thursday} because
 it has Three feet each of Eight syllables.

Each foot is the essence of each Veda
Rigveda / Yajurveda / Same Veda

The fourth Atharva Veda has its own Gayatri

Mann Smriti says: TRIBHYA EVA TU
 VEDEBYAH PADAM
 PADAMADU DUHAM

Which means i.e.

Each Pada of GAYATRI is taken from ^{the three} ~~each~~ Vedas

We have forsaken all else i.e. is Vedic

So that we be our fate, if we give up GAYATRI?

GAYATRI Japa is essential to all rites performed
 on the earth according to Sasthas.

Continuous Gayatri Chanting



October 2005

When we chant Gayatri,
for 108 times, it is my experience
that our internal dialogue slowly
settles down and after many Gayatris
are chanted. This number may
vary from person to person.

Monday
17

Some may do 1008 very easily &
others may get agitated
even after chanting 108 even.

Tuesday
18

There is only one needful (preference)
or one rule given in the
practice of Samdhya and Aranya
to be done everyday three times
because once constant practice, the chances
of the mind settling down is very high.

(2) Why should the mind get alarmed?



October 2005

Friday

A peaceful mind is a blissful mind.
Aspiration brings on ^{Friday} very
peace brings happiness.
Sanyasi is praised for all becoming
because of his light meaning & great
purifying effect. Perhaps a
certain amount of purity & cleanliness
is needed in chanting Sanyasi.

Saturday
22

(3) Anandavalli in (8) (8) வெள்ளை
tells of the underlined being created
sustained & merging into BLISS
But we are ignorant of
the bliss of நெருக்க & run after
small things like TV/Radio
& forget about Moksha



October 2005

Tuesday
25

4) For the leading blissful life
we should first respect
agree that enjoying this is possible
even in this world & in this life
Hence try to follow the
guidelines of the Acharyas / Gurus
& proceed on the path of spiritual practice

Wednesday

⑤ Religious practices like Yoga/508
are not sure down practices or
joy killers. The very fact that
an ~~2000~~ 2000 of the survivors
so many thousands of years is proof
that Hindu religion has the right to prosper &
remain in this & ignorance of living
leading to joyful & harmonious living.
(Jai Hind)

DIRECTIVE PRINCIPLES of GAYATRI

by SATYA SAI BABA



Baba was born on

29th October 1940 at Uttara

October 2005

a small village in South India ^{Thursday}

In Indian ideology, 9 has spl. significance.

The solar system has nine planets -
there are nine basic numbers
and nine important jewels.

11/8 among various human ^{Exalted} virtues
9 is considered most significant.

400 angles for making of Gayatri (2000)
400 is nine times 100

1) Courage

2) Circularity

3) Self Resistant

4) Orderliness &

5) Reverent
Cooperatives

PLUS

1) Prudence

2) Honesty

3) Accountability &

4) Valor, Courage & Strength

Nine DIRECTIVE PRINCIPLES

⑤ PANCA SHEEL of GAYTRI

Lecture 00

④ India BABA'S
DICTA
October 2005 BIRTH
DAY

① DILIGENCE



are given below

Saturday
29

A consistent utilization of time
effort & mental faculties in
fulfillment of a useful purpose.
Sempulous avoidance of lethargy &
addictions to habits like smoking & drinking.
Utilization of every moment of the day
& keeping oneself ever busy.

Sunday
30

For the purpose everybody has the
time 24 hrs a day & 30 days a month
& whoever utilizes this time for his
better performance (both within & outside)
will hit the road & come to time light.
Diligence in utilization of time is
an essential to the first & foremost
of the Directive Principles of Gayatri.

② CIVILITY : means

always appearing simple & modest,
compassionate & servile. and
always exhibiting humility in behavior
and giving due respect to others, mostly elders

October 2005

Monday

Give the same treatment to others
which you expect for yourself &
always remember to be civil,
cultured & disciplined both & nail.

Vigilantly maintaining some kind of
dignity of conduct and refraining from
criticism of others.

Notes

Thus a proverb in Telugu:
"Beef ∇ & $\times$ ∇ ∇ ∇ ∇ "

Which means looking self to the skies
& downgrading others to the bottom

③ Self-Restraint :

Some people - right from their birth

Engagement

Important Days

develop some kind of simplicity & ^{high} thinking.
Refrain from wasteful expenditures
on arrogant-fashionable display &
boastful behavior; egoistic exhibition
of riches & other things relating to
orthodox & meaningless traditions
thereby adopting simplicity in life.

In this way, expenditures on changing
fashions & costly ornaments can be
easily avoided.

Extravagant persons are often
found to be dishonest & indebted
(because they spend indiscriminately &
lose their control over use of money)
They are incredible & short-sighted
without any future plans.

③ Self-Restraint :

Some people, right from their birth
Engagement Important Days
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thereby adopting simplicity in life.

In this way, expenditures on changing
fashions & costly ornaments can be
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Extravagant persons are often
found to be dishonest & underhanded
(because they spend indiscriminately &
lose their control over use of money)
They are incredible & short-sighted
without any future plans.

④ Adulthood

A habit of keeping things
systematically & tastefully

November 2005



One should not appear lazy, unmotivated,
disorganised or confused in any ^{Tuesday} actions.
Even day a light schedule of work
should be prepared in advance &
strictly adhered to. 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 ³² ³³ ³⁴ ³⁵ ³⁶ ³⁷ ³⁸ ³⁹ ⁴⁰ ⁴¹ ⁴² ⁴³ ⁴⁴ ⁴⁵ ⁴⁶ ⁴⁷ ⁴⁸ ⁴⁹ ⁵⁰ ⁵¹ ⁵² ⁵³ ⁵⁴ ⁵⁵ ⁵⁶ ⁵⁷ ⁵⁸ ⁵⁹ ⁶⁰ ⁶¹ ⁶² ⁶³ ⁶⁴ ⁶⁵ ⁶⁶ ⁶⁷ ⁶⁸ ⁶⁹ ⁷⁰ ⁷¹ ⁷² ⁷³ ⁷⁴ ⁷⁵ ⁷⁶ ⁷⁷ ⁷⁸ ⁷⁹ ⁸⁰ ⁸¹ ⁸² ⁸³ ⁸⁴ ⁸⁵ ⁸⁶ ⁸⁷ ⁸⁸ ⁸⁹ ⁹⁰ ⁹¹ ⁹² ⁹³ ⁹⁴ ⁹⁵ ⁹⁶ ⁹⁷ ⁹⁸ ⁹⁹ ¹⁰⁰ ¹⁰¹ ¹⁰² ¹⁰³ ¹⁰⁴ ¹⁰⁵ ¹⁰⁶ ¹⁰⁷ ¹⁰⁸ ¹⁰⁹ ¹¹⁰ ¹¹¹ ¹¹² ¹¹³ ¹¹⁴ ¹¹⁵ ¹¹⁶ ¹¹⁷ ¹¹⁸ ¹¹⁹ ¹²⁰ ¹²¹ ¹²² ¹²³ ¹²⁴ ¹²⁵ ¹²⁶ ¹²⁷ ¹²⁸ ¹²⁹ ¹³⁰ ¹³¹ ¹³² ¹³³ ¹³⁴ ¹³⁵ ¹³⁶ ¹³⁷ ¹³⁸ ¹³⁹ ¹⁴⁰ ¹⁴¹ ¹⁴² ¹⁴³ ¹⁴⁴ ¹⁴⁵ ¹⁴⁶ ¹⁴⁷ ¹⁴⁸ ¹⁴⁹ ¹⁵⁰ ¹⁵¹ ¹⁵² ¹⁵³ ¹⁵⁴ ¹⁵⁵ ¹⁵⁶ ¹⁵⁷ ¹⁵⁸ ¹⁵⁹ ¹⁶⁰ ¹⁶¹ ¹⁶² ¹⁶³ ¹⁶⁴ ¹⁶⁵ ¹⁶⁶ ¹⁶⁷ ¹⁶⁸ ¹⁶⁹ ¹⁷⁰ ¹⁷¹ ¹⁷² ¹⁷³ ¹⁷⁴ ¹⁷⁵ ¹⁷⁶ ¹⁷⁷ ¹⁷⁸ ¹⁷⁹ ¹⁸⁰ ¹⁸¹ ¹⁸² ¹⁸³ ¹⁸⁴ ¹⁸⁵ ¹⁸⁶ ¹⁸⁷ ¹⁸⁸ ¹⁸⁹ ¹⁹⁰ ¹⁹¹ ¹⁹² ¹⁹³ ¹⁹⁴ ¹⁹⁵ ¹⁹⁶ ¹⁹⁷ ¹⁹⁸ ¹⁹⁹ ²⁰⁰ ²⁰¹ ²⁰² ²⁰³ ²⁰⁴ ²⁰⁵ ²⁰⁶ ²⁰⁷ ²⁰⁸ ²⁰⁹ ²¹⁰ ²¹¹ ²¹² ²¹³ ²¹⁴ ²¹⁵ ²¹⁶ ²¹⁷ ²¹⁸ ²¹⁹ ²²⁰ ²²¹ ²²² ²²³ ²²⁴ ²²⁵ ²²⁶ ²²⁷ ²²⁸ ²²⁹ ²³⁰ ²³¹ ²³² ²³³ ²³⁴ ²³⁵ ²³⁶ ²³⁷ ²³⁸ ²³⁹ ²⁴⁰ ²⁴¹ ²⁴² ²⁴³ ²⁴⁴ ²⁴⁵ ²⁴⁶ ²⁴⁷ ²⁴⁸ ²⁴⁹ ²⁵⁰ ²⁵¹ ²⁵² ²⁵³ ²⁵⁴ ²⁵⁵ ²⁵⁶ ²⁵⁷ ²⁵⁸ ²⁵⁹ ²⁶⁰ ²⁶¹ ²⁶² ²⁶³ ²⁶⁴ ²⁶⁵ ²⁶⁶ ²⁶⁷ ²⁶⁸ ²⁶⁹ ²⁷⁰ ²⁷¹ ²⁷² 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(5) ALtruistic COOPERATION

It includes "deriving pleasure from cooperative endeavors"



November 2005

Thursday

involving reciprocity of actions, & adopting a habit of sharing the available resources and also maintaining cheerful atmosphere.

This is also known as "SOCIALISING & COOPERATION"

There have always been the basic tenets of cooperation. They are also called "BASIC Tenets of PROGRESS" & will continue to be so in future.

On the other hand, with some kind of selfishness & seclusion, any person could remain only despicable & narrow in outlook.

6.

The chief five virtues are known as "Panch SHEEL"



November 2005

Since its Constitution a

greater part of everyday. Behaviours are capable of being observed without fail. They have been placed in the category of "Disciplines of life"

Being religious is nothing but inhabiting the virtues in day to day living

It is those principles that formed the basic Sackpans of the Panch Sheel adopted by the Govt of India as its foreign policy.

Sunday
6

Besides the above 5 virtues,
there are several attributes of
human nature connected with
faith & prudence,
which needs to be permanently imbued
into our consciousness for some
moral upliftment.

These attributes are "called" like:

"SPIRITUAL GIFTS" of God.

These virtues which are four in number
also explain the principles of THEISM,
SPIRITUALITY & RELIGIOUS DOCTRINES

In short it represents a
summary of the four Vedas
the four fold dharma of human life
into ancient Indian ideology
was in fact based on these
four basic tenets / doctrines.

① PRUDENCE

It means



November 2005

a) freighted wisdom,

b) ~~Sanction~~ Silver Good Friday Devil

c) Inclination towards exclusive
Choice of propriety

d) deep contemplation on the
consequences before initiating action

e) best utilization of every instrument
of life & every bit of resources
that are available to the job

f) Appropriate resourcefulness
in handling contingencies
arising out of corrupt practices

g) finally, action in good faith
achieving results

2) HONESTY



Cultivate such a kind of
straightforwardness &

November 2005

Honesty in financial & personal
interactions, which instantly
inspire instantaneous confidence

Sunday
13

by creating a believable harmony
between words & intentions

Monday
14

c) Make a strong effort to

concentrate effort to

be guarded against committing

treachery, fault finding &

immoral behaviour

3 Accountability



Always a human being is

November 2005

born independent - while

coming into the world, he is tied

Tuesday
15

like numerous personal & social responsibilities, men do not leave any justification of misbehavior like anyone.

The body, mind & the brain
provided by God should not be misused
Responsibilities towards members of family
first, then to the country, religion
& society & culture should be
properly fulfilled in their priority

Wednesday
16

Care should be taken to avoid of
interference in it by any kind of
corrupt practices

④

Inhibition of Corrupt, Velam & Strength

includes

November 2005

a)

never succumbing to
corrupt practices & injustices

Thursday

b) maintaining poise in Crisis

c) Persistent endeavouring

breast pollution from qualities

thought by undesirable elements

and positive action

Friday

18

d) keeping in readiness etc all might

to fight against greed, ego,
attachments, addictions

Company of undesirable persons

In conclusion I must say that

Imbibition of religion is not impulse
but integration of this set of



NINE ATTRIBUTES

November 2005

five gūṇā are related to action &
four gūṇā relevant to Sentience.

Nine threads of SĀYATRI impart
same inspiration for making these nine
divine characteristics as part of
an integral part of our life.

The 9 threads of Yagnopavett^{Sunday 20} too
symbolize the same, to shoulder the
responsibility of 9 disciplines^{connected to} Human Dignity
Thus in true sense, imbibition of
Sanyasī manvā in routine life
During the ritual of initiation in manvā
or Gurm Deeksha, the disciples
pledge these nine disciplines,
three every day. (Do it at least once)

Satya Sai BABA



Was born at Puttapathi (AP) India
November 2005
in South India on 23rd November 1926

As a child he demonstrated ^{Monday 21} some
exemplary qualities of Compassion, generosity
WISDOM which distinguished him from other children
of this village.

On 29th October 1940 (at the age of 14)
he declared to his family & people of the village
that he would hence forth be known as SAI BABA

after his mission was to bring about ^{Tuesday 22} the
spiritual regeneration of present HUMANITY
by demonstrating the teaching highest
principles of Truth & Righteous conduct & peace.

His mission was further amplified in his letter to his Brother
in 1947

'I have a TASK to foster all mankind & to ensure
to them lives full of BLISS'. I have been a ROSE to their effect
To remove sufferings of the poor & grant ^{what} they lack.

Sri Baba's ashram, ^{inaugurated} was built by his devotees on 23/11/50

(X)(X) | ARODE ~~for~~ Highest Peace

SATYA SAI BABA

The beautiful auditorium Sai Baba
to  encompass an area of 10000 sq. ft. November 2005 was
called PRASANTHI NILAYAM ~~(X)(X)~~ bar
was inaugurated on 23-11-1950 on

His 70th birthday was celebrated there Wednesday 23 November 1926
& attended by Prime Minister President of India

"I have in this mortal form for 59 yrs more
to achieve the purpose of this AVATATAR
Just as an engine not used to haul one coach
but waits until sufficient haulage to its capacity is ready

(2) Baba is a highly spiritualised man Thursday 24
& a World Teacher whose life inspires millions of people
round the world to turn God-ward (purposeful) moral life
He says "My life is a Message" to thousands who
meet him daily from all corners of the world.
He interests all visitors in a "Heart to Heart Basis"
He offers inspiration & solace to all seekers
of faith & truth sincerely.

(X)(X) / ARDE for Highest Peace

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Just as an engine not used to haul one coach
but waits until sufficient haulage to its capacity is ready

(2) Baba is a highly spiritualised leader ^{Thursday} 24 and
a World Teacher whose life inspires millions of people
round the world to turn Godward to lead ^{purposeful} moral life
He says "My life is a Message" to thousands who
meet him daily from all corners of the world.
He ministers to all visitors in a "Heart to Heart Basis"
He offers inspiration & solace to all seeking
of faith & truth Sincerely.

He places great importance on Education: proper education & introduced a model education system right from elementary school up to an accredited University regarding race, religion & economic condition. His system of "Integrated Education" is designed to foster self-discipline & pro-social conduct, with long courses on "MORALITY" and "SPIRITUALITY".

His slogan is: End of Education is CHARACTER

Health care He built an ultra modern 300-bed Hospital close to his Ashram where he conducts highly specialised operations on HEART & Kidney Transplants. Motivated by their desire to serve humankind, Dr/nurses render extraordinary care & comfort to all patients.

WATER SUPPLY With a motto to serve the needy, Baba initiated a project to provide water to millions of people of AP living in drought-conditions.

This motto of service to mankind reflects

① If there is
RIGHTEDNESS
 in the
Heart

There will be
BEAUTY in their
CHARACTER
November 2005

② If there is
Beauty in their
CHARACTER

There will be
HARMONY
in their HOUSES

③ If there is
Harmony in
their Houses

There will be
ORDER
in the nations

④ If there is
ORDER
in the nations

There will be
PEACE
in the world

⑤ If there is
Peace
in the world

all people
will live
HAPPILY
for 100 years

Diabala's
Message
to the WORLD



I have come to light a lamp of LOVE
in your hearts, to see the light shines
day by day into a doted heart
Every Religion Teacher men to fill
his being with the glory of GOD }
peltiness of their heart - & conceit - - All faults
glorifies the one & only GOD }
of all languages praised one & only GOD }
of all names call one & only GOD }
between men of all creeds

November 29, 2005

Tuesday
29

This is the message I wish U to spread to all mankind

Essence of
his Teachings

A few drops of his spiritual teaching
are enough to illuminate the U

Wednesday
30

Believe in one GOD

There is only one GOD in the entire mankind
though he may be called by different names
Follow the religion of choice & follow your
daily life as conscience ~~teachings~~ Good Behavior
Respect all other religions with high respect
Perform service to the poor & needy
Cultivate within him the values of Truth, Love & Peace
Be patriotic & respect the laws of the country where U live

BABA'S Message : I ask U to give me
as you Birthday offering to me this
1) Reduce your selfishness ^{wrong} habits or desires
2) Foster your spirit of SACRIFICE and
3) Try to become a noble human beings

November 2005

SAI INSPIRES

Notes

- 1) I have to light the lamp of love
in your hearts - to see how it shines
day by day with added lustre
- 2) U should cultivate an attitude of
inshakable attachment to the Lord, who
is no other than you are SELF
- 3) It is an uphill task to reform one's
tendencies & character until U have the
best-vessel (body) & then U r heart with
Dharma, Satya & Santhi and Premam
(Truth, Right conduct & Divine love)
- 4) Women are the makers of the HOME
They are mothers who shape generations, Nations & WORLD
The feminine principle is the foundation on
which a peaceful & happy world is raised

Speciality 7

ENGLISH LANGUAGE



December 2005

For any country, Language
is the medium of communication ^{Thursday 1} of
any race or group of people or community.
"Language" is the dress of Thought."
We use words to express our thoughts.
Different races or communities speak
different languages. Like men/women,
they are also unique & each ^{Friday 2} language
has its own special features with
different meanings in different contexts.
The words are of different kinds, according
to the work they do, in a sentence.
Some times the same word means differently.
Each sentence has different parts called
"Parts of speech" & all these governed by a
set of rules called "PARTS of speech".



December 2005

There are NINE parts of speech

① NOUN : A noun is the name of a ^{Monday} person, place or thing/animal ⁵

Nouns are two types ← Countable
Uncountable

Countable nouns are words which count things or objects like Books | MEN | Countries etc.
like a book, dozen men; five continents

Also many books, much water etc. ^{Tuesday}
Uncountable nouns are like ⁶

Water, Air, Milk, Sugar etc
which are ^{not} judged by any a/an/the/no.

So anything which is countable is
anything which is not-countable



December 2005

PRONOUN

is a word

Used in place of a NOUN ^{Friday}

Ex: I bought some books in Market.
I put them in a bag.

The Pr are called Personal pronouns.

Ist Person	{	I, Me, My, Mine, Myself
II nd Person		you, you, yourself, yourselves
III rd Person	{	He, Him, His, Her, ^{Saturday} Her self
		It, Itself, Its
	{	They, Them, Theirs & Themselves

Also WHAT, WHICH, WHO, Whose, Where, When, Why, How are question words which are also called pronouns by their usage.



Adjective

December 2005

Quality
Quantity
Number

Tuesday
13

An adjective is a word used to add something to the meaning of a NOUN.
It is a word which describes a NOUN.

The descriptions may be about Quality

Adjective of quality descriptions

and Ex: Blue ribbon

Which fault? etc.

{ a Quantity
or Quantity
or Interjective

Wednesday
14

Not only adjectives have three diff degrees to express the difference in the degree of quality like POSITIVE, COMPARATIVE, SUPERLATIVE

Ex Ram is a clever student

Ram is cleverer than SITU

RAM is the cleverest boy in class.

Ascending: Hillsides are High Mountains



DETERMINER

December 2005

This is a new B/O specimen introduced
in English language in 20th century

Saturday
17

It is not yet recognised by traditional grammarians
though it is accepted as such in Oxford Dict.
Determiners are small words used
before nouns to tell you, which one
or how many, or those and so on.

For eg: The men; Some people
A school girl; Every chance.

Sunday
18

All Cardinal nos (one, two, three etc)
of all ordinal nos (first, second, third etc)
of articles (a, an, the) and
of possessive adjectives (my, your, his, her, its, etc)
are all DETERMINERS

V



VERB

December 2005

Wednesday
21

A verb is a word or phrase that tells actions of doing or being or possessing some thing or actions

In other words, ^{it is used} A ~~WORD~~ ^{verb} that expresses an action or possession or state of thing

It is a principal part of speech in English

It is linked into the subject

Thursday
22

Like a past or present or future or conditional actions, directly/indirectly

If it is directly linked it is a FINITE verb

If it is indirectly linked it is a Non finite V

The principal verbs uses 34 different tenses

Non finite verb is not part of the TENSE

It can be used like a Noun or adjective

V1



ADVERB

December 2005

An adverb is a word used to add something to the meaning of a VERB, an adverb or an adjective

Sunday
25

TIME: now; then; daily; soon; early, etc.
PLACE: here; there; inside; outside; above; below
DEGREE: very, too much; ~~almost, enough~~ ~~quite~~, ~~badly~~, etc.
MANNER: fast; slow; quickly; badly, etc.

Monday
26

For he plays cricket very well

The cheetah runs fast

Adverbs also have degrees of comparison like adjectives

Eg: He is a very good boy / best boy
 He ran very fast like cheetah



December 2005

VII PREPOSITION

Some small words used in front of a noun/pronoun are prepositions. The very word expresses its function like pre + position = position before NOUN. It is used before a noun to relate it with something else in the sentence.

I came by city Bus

Thursday
29
Friday
30

I have to wait till June

A preposition is a stitching word. Whereas nouns/adjectives/verbs are concrete words. It is like the MORTAR that binds the bricks from one brick to another. If it is not used in proper place, the sentence acquires diff. meaning. Phrases are called prepositional phrases like IN FRONT of, Because of, According to, etc etc.

VIII

Engagement

CONJUNCTION

Important Days

Conjunctions also are small words like prepositions.

A Conjunction is a word which joins two words or sentences belonging to the same kind/character like Same & Known.

Good & Bad

Not only Amma but also Nanna

Conjunction are 2 kinds
 └─ Coordinate
└─ Subordinate

Food & vitamins provide good health. (C)

You won't succeed unless you work hard. (Sub)

IX (INTERJECTION) Notes is the only p/o speech
that expresses emotional state of speaker
at the inter of a sentence.
During speaking, it is outside the sentence.
It is normally used at the beginning
of the sentence followed by a
mass of explanation.

ALAS, to wani mei the accident.

HORROR, India won the ¹¹st match
against Sri Lanka

Every language has its part of speech

May, people are of diff shades
Character, but

Humans, Indians are the best

SATYA SAI BABA

~~SATYA SAI BABA~~ was born on 25/10/1926

A Universal Prayer ^{Notes} beyond all Religions

Mangalya } Swasthi Prayebhya
PRAYER. } Paripaleyantham
(10/5) } Nyayena Mangena

Maheem Maheesa

So Brahmanebhya

Subhamastu Nithyam

Lokath Samastha

Sukhino Bhavanthu

Meaning

Let good things occur to the King of the country
who looks after his people well
in the path of justice

Let cows & Brahmins have a pleasant life
let all people of the world have pleasant life

(wealth was measured by no. of cows)

(Brahmins are supposed to be in
the search of God)

Universe Prayer Beyond all Religions

Notes

2) KALE VARSHATHU PARJANYA
PRAUTHIVEE SABYA SHALINEE
DESO YAM KSHOBHA RAHTHA
SAJJANA SANTHU NIRBHAYATHA.

Meaning Let all people of the world ^{live happily}
Let the Monsoon be timely & plentiful
Let the earth be filled by vegetation
Let the country live without problems
Let good people never have fears

(3) APUTHRINAH PUTHRINAH SANTHU
PUTHRINAH SANTHU POLUTHRINAH
ADHANA SAIDHANA SANTHU.
JEEVANTHU SARADAS SATHAM.

Meaning Let people live with pleasure everywhere
Let ^{all} people live without ^{any} diseases
Let everyone feel themselves secure
Let none have at any time sorrow

Universal Prayer

- 4) OM SARVESHAM SWASTHIR BHAVATHU
OM SARVESHAM ^{Notes} SANTHIR BHAVATHU
OM SARVESHAM POORNAM BHAVATHU
OM SARVESHAM MANGALAM BHAVATHU

Meaning } Let Comfort be everywhere
Let peace be everywhere
Let there be plenty everywhere
Let good things happen everywhere

- 5) OM SHANTI — let there be peace
OM SHANTI — let there be peace
OM SHANTI — let there be peace

Jai Hanuman