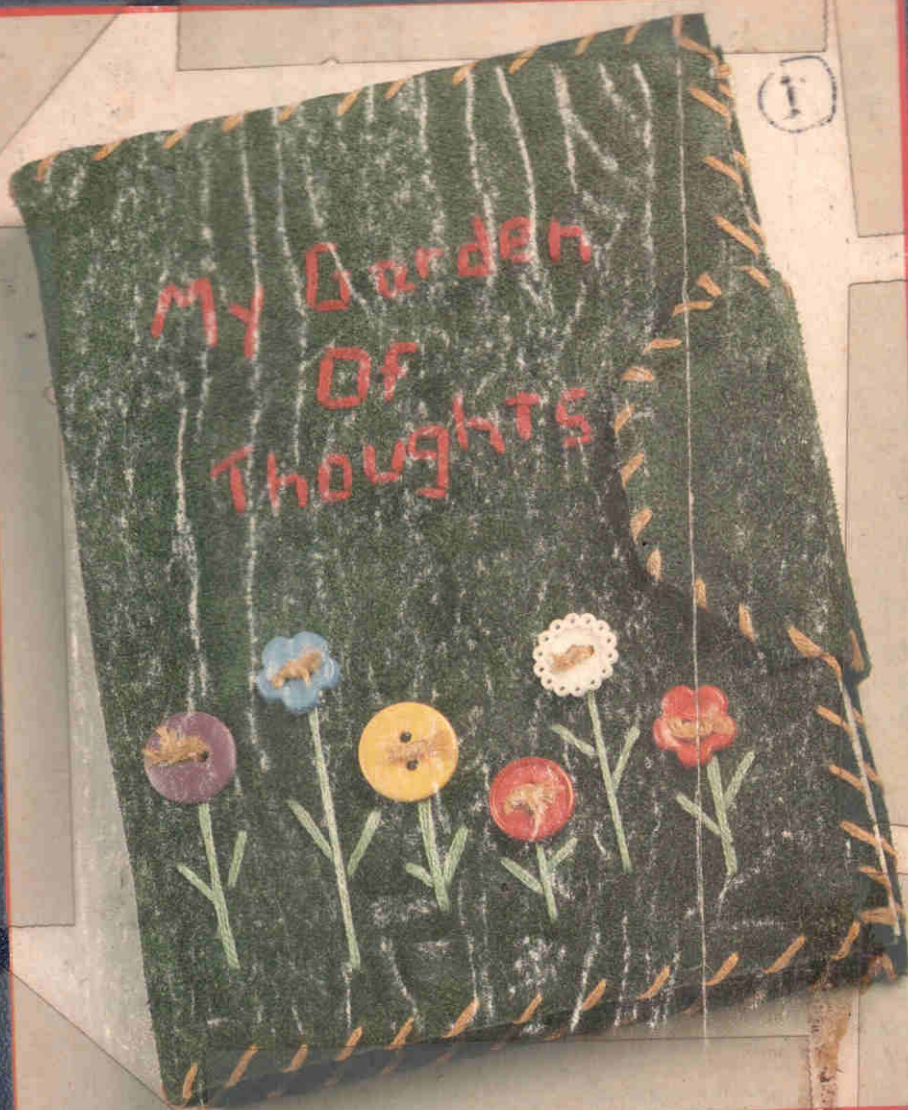


Garden of Thoughts



(1)

State Bank of India

PAMULA VENKATA RADHA KRISHNA MURTHY

SUN GOD

WALK in the light of the SUN
So that U know that Fellowship
of LOVE HAS spirit of LIGHT
Can bestow all to one who reigns in

WALK in the LIGHT of the SUN &
All kinds of Sin abhorred
shall never defile U again
The blood of SUN, Thy LORD
shall cleanse U from every stain.

WALK in the light of SUN &
Thou shall find thy heart
made melt into His rays,
Who dwells in cloudless light
enshrined in whom no DARKNESS stains.

WALK in the light of SUN and
Thou shall see the darkness passed away
Because the light hath passed its powerful ray on U
& shone bright to give U a perfect DAY;
WALK in the light of SUN, even
No fearful shade shall wear on the Tomb
Glory shall chase away its gloomy doom
For the SUN has conquered every corner of the world;

WALK in the light of the SUN & note
Thy path shall be bright with light, though thorny
For God, by grace, shall dwell in THEE
Because God himself is LIGHT & BRIGHT.
GOD Bless U with light
WALK in the SUN's light



the DISCIPLINE goes on, discipline gets converted into DISCIPLINE (A1)

My New Year PLEDGE.

I, PVRK Murthy, S/o Ramula Adinarayanaiah,
2/0 278/32T V Jayaram Colony, Hyderabad do hereby resolve

That ① I will use my knowledge, power and intellect for
the good of humanity at large;

2) I will not let any fellow human being
in whatever assignment I am entrusted with
for achievement common good of entire humanity

3) I will contribute my mite for the good of society

4) I will use my strengths for lifting, not only my
family members, but also needy public who approach me

5) I will try to take note of my weaknesses, if any
and try to correct them as soon as I come to know of it

6) I will try to grab at any opportunity I see
evaluate them for what they are, before fixing them
for any personal advantage & leaving them as unworkable

7) I will try to keep an eye on my friends knowing at
least Time Bombs & defuse them by anticipation or
steps to preventive steps.

8) I will try to maintain, sustain and promote my
belief with undisputable & forceful & strongly

9) I will try to continue my activities of: —

- keeping up a couple of (4) short & long things DV Journal
newspapers for the Eng dailies; g) pujana gayatri 108 times
- writing up one page writing h) Dwaraka Sanyamaskar
- writing in one with strong i) writing up one day at a time
- writing one page of Auto biography j) Slogans writing
- clipping a few news clippings k) making wall (1hr) with my pet dog

10) I will try to keep in touch with my children & grand children
in which ever part of the globe they are located & promote with them
the habit of reading & writing things my email & website.

The purpose of my life is to find the purpose I am born for
I am born with a purpose
12/1/2000

31

MON

JAN

NOTES

The energy ~~is~~ ~~de~~ ~~re~~ ~~ve~~ ~~l~~ ~~o~~ ~~p~~ ~~e~~ ~~n~~ ~~d~~ ~~e~~ ~~d~~ ~~by~~ ~~the~~ ~~l~~ ~~a~~ ~~t~~ ~~i~~ ~~n~~ ~~g~~ ~~&~~ ~~d~~ ~~r~~ ~~e~~ ~~a~~ ~~k~~ ~~i~~ ~~n~~ ~~g~~ ~~i~~ ~~s~~ ~~s~~ ~~p~~ ~~e ~~n~~ ~~t~~ ~~o~~ ~~n~~ ~~A~~ ~~N~~ ~~G~~ ~~E~~ ~~R~~ ~~,~~ ~~E~~ ~~N~~ ~~V~~ ~~I~~ ~~E~~ ~~S~~ ~~S~~ ~~,~~ ~~A~~ ~~N~~ ~~X~~ ~~I~~ ~~E~~ ~~T~~ ~~I~~ ~~E~~ ~~T~~ ~~I~~ ~~E~~ ~~S~~ ~~,~~ ~~T~~ ~~R~~ ~~O~~ ~~U~~ ~~B~~ ~~L~~ ~~E~~ ~~S~~ ~~W~~ ~~O~~ ~~R~~ ~~R~~ ~~I~~ ~~E~~ ~~S~~ ~~.~~ ~~T~~ ~~h~~ ~~e~~ ~~s~~ ~~e~~ ~~a~~ ~~r~~ ~~e~~ ~~n~~ ~~a~~ ~~t~~ ~~u~~ ~~r~~ ~~a~~ ~~l~~ ~~f~~ ~~o~~ ~~r~~ ~~e~~ ~~v~~ ~~e~~ ~~r~~ ~~y~~ ~~b~~ ~~o~~ ~~d~~ ~~y~~~~

What remains still, What little is left to us is taken up by attending to ^{our} children or left to our friends & relatives. What more is left to us except weeping.

What can a man do in this world? We must weep for those that die & we must rejoice at those who are born. All our time is wasted on this [welcoming the new arrival] bidding farewell to departures.

How can a man do anything solid, or anything real within the few remaining hours of wakefulness?

Ship runs aground off Greece

Australia

Canberra
Melbourne
Sydney

Austria

Vienna

Bahrain

Manama

Bangladesh

Chittagong
Dhaka

Belgium

Antwerp
Brussels

Brazil

Brasilia
Rio de Jan
Sao Paulo

Bulgaria

Sofia

Canada

Montreal
Toronto
Vancouver

China

Beijing

Cyprus

Nicosia

Czech

Prague

Denmark

Copenhagen
Copenhagen

Egypt

Alexandria
Cairo

Ethiopia

Addis Ababa

Finland

Helsinki

Fiji

Suva

France

Lyon
Nice
Paris

Germany

Berlin
Bonn



Associated Press

A LOOK BACK IN GREECE

Rescued passengers photograph the scene off the Greek island of Santorini as a cruise ship that struck a reef is assisted by smaller boats and a helicopter. The ship was carrying nearly 1,600 people, including hundreds of Americans. **WORLD, A9**

Prayers before punditry

IMPORTANT STD CODES

LOS ANGELES

Cruise ship

Nearly 1,600 people, many of them from the U.S., are evacuated after the vessel hits a reef.

From Times Wire Services

SANTORINI, GREECE — Hundreds of Americans were among nearly 1,600 people who took to lifeboats or climbed down rope ladders to rescue vessels Thursday after a cruise ship struck a reef in the Aegean Sea and started listing.

Authorities said North Carolina high school students, at least two school groups from Canada and more than 100 Spaniards were aboard the Greek-flagged Sea Diamond when it hit the rocks off the island of Santorini.

"The ship was really far tilted. It was actually kind of freaking us out — scary," said Catherine Small, 17, who attends Chapel Hill (N.C.) High School.

Station	Code	Station	Code	Station
Abohar	01634	Darjeeling	0354	Kakinada
Agartala	0381	Devangiri	08192	Kalimpong
Agra	0562	Dehra Dun	0135	Kalol
Ahmedabad	079	Dhanbad	0326	Kalpakkam
Ahmednagar	0241	Dharwar	0836	Kanchipuram
Aizwal	0389	Dibrugarh	0373	Kanpur
Ajmer	0145	Dimapur	03862	Kanyakumari
Akola	0724	Dindigal	0451	Karimnagar
Aligarh	0571	Dispur	0361	Karnal
Allahabad	0532	Durgapur	0343	Kavarathy
Alleppey	0477	Dwarka	02892	Kharagpur
Alwar	0144	Ernakulam	0484	Kodaikanal
Ambala	0171	Erode	0424	Kohima
Amritsar	0183	Etah	05742	Kolar
Anand (V.V. Nagar)	02692	Faizabad	05278	Kolhapur
Asansol	0341	Ferozepur	01632	Kota
Aurangabad	0240	Gandhinagar	02712	Kottayam
Bangalore	080	Gangtok	03592	Kurnool
Bareilly	0581	Gaya	0631	Lucknow
Baroda	0265	Godhra	02672	Ludhiana
Belgaum	0831	Gorakhpur	0551	Machilipatnam
Bellary	08392	Guntur	0863	Madikeri
Bharatpur	05644	Gurgaon	0124	Madurai Ellisnaga
Bharuch	02642	Guwahati	0361	Mahabalipuram
Bhatinda	0164	Gwalior	0751	Malda
Bhavnagar	0278	Hapur	0122	Mangalore
Bhiwani	01664	Hardwar	0133	Mathura
Bhillai	0788	Hissar	01662	Meerut
Bhopal	0755	Hubli	0836	Minicoy Islands
Bhubaneshwar	0674	Hyderabad	040	Modi Nagar
Bhuj	02832	Imphal	03852	Moradabad
Bikaner	0151	Indore	0731	Mumbai
Bilaspur	07752	Itanagar	03781	Mussoorie
Bokaro	06542	Jabalpur	0761	Muzzafarnagar
Bongaigaon	03664	Jaipur	0141	Muzzafarpur
Burdwan	0342	Jaisalmer	02992	Mysore
Burnpur	03448	Jalandhar	0181	Nagpur
Calcutta	033	Jalgaon	0257	Nainital
Calicut	0495	Jaipaguri	03561	Nasik
Cannanore	0497	Jalandhar	0181	Nellore
Chandigarh	0172	Jalna	02482	New Delhi
Chennai	044	Jalore	02973	Neyveli
Chikamangalur	08262	Jamkhadi	08353	Ooty
Chinglepet	04114	Jammu	0191	Palghat
Chittor	08572	Jam Nagar	0288	Panipat
Coimbatore	0422	Jamshedpur	0657	Panjim
Cochin	0484	Jhansi	0517	Pathankot
Coochbehar	03582	Jodhpur	0291	Patiala
Cudappah	08562	Jorhat	0376	Patna
Cuttack	0671	Junagarh	0285	Pilibhit
Darbanga	06272			Pondicherry

0621	Tirupati	08574
0821	Trichur	0487
0712	Trivendrum	0471
05942	Tumkur	0816
0253	Tuticorin	0461
0861	Udaipur	0294
011	Udipi	08252
04148	Ujjain	0734
0423	Unnao	05144
0491	Varansi	0542
01742	Vellore	0416
0832	Vijayawada	0866
0186	Vishakhapatnam	0891
0175	Vishwanathapura	08119
0612	Warangal	08712
05882	Wardha	07152
0413	Yamunanagar	01732

Kill or get killed X Live and let Live

things live out the best for the one who makes the best of a way thing two out

HEALTH GUIDE

CALORIE CHART

FAMILY HEALTH CHART

Food Categories	Measure	Calories
MILK PRODUCTS		
Whole Milk	225 ml (1 cup)	150
Paneer (Whole Milk)	60 gms	150
Butter	1 tbsp	45
Ghee	1 tbsp	45

FRUIT6

Apple	1 Small	50-60
Banana	$\frac{1}{2}$ Medium	50-60
Grapes	15 Small	50-60
Mango	$\frac{1}{2}$ Small	50-60
Musambi	1 Medium	50-60
Orange	1 Medium	50-60

CEREAL

Cooked Cereal	1 Cup	80
Rice Cooked	25 gms	80
Chapatti	1 Medium	80

STARCY VEGETABLES

Potato	1 Medium	80
Onion	1 Large	80
Garlic	100 gms	80
Spices	150 gms	80
Vegetables	150 gms	80

PROTIEN/MEAT

Fish	50 gms	65
Mutton	100 gms	75
Egg	1 item	75

COOKED FOOD

Biscuit (Sweet)	15	gms	70
Cake (Plain)	50	gms	199
Cake (Rich Chocolate)	50	gms	225
Dosa (Plain)	1	Medium	135
Dosa (Masala)	1	Medium	150
Pastry	50	gms	175
Puri	1	Large	85
Samosa	1	Piece	140
Vada (Medu)	1	Small	70

MAIN DISH

Biryani (Mutton)	1 Cup	225
Biryani (Veg.)	1 Cup	200
Curry (Chicken)	100 gms	225
Curry (Veg.)	100 gms	130
Fried Fish	85 gm	140
Pullav (Veg.)	100 gms	130

SWEET DISH

Carrot Halwa	45 gms	165
Jalebi	20 gms	100
Kheer	100 gms	180
Rasgulla	50 gms	140

BEVERAGES

Beer	12 Fl. oz	150
Cola	200 ml	90
Wine	3.5 Fl. oz	85

	Self	Spouse	Child
Name	Will help you		
Age	to regain ur health		
Height			
Weight	or bear the burden		
R Eye Sight L	of difficulties		
Blood Pressure	I wish of ur home		
RBC Blood Count WBC			
Blood Group	I send all my		
Diseases	REKHI - Jilled		
Innoculations	Best wishes		
Allergies	to all my		
Allergies	brothers & sisters		
Memo			
Physician	of the University	Clinic Resi	Sai Ram

BALANCED DIET CHART FOR ADULTS

Foodstuff	Men		Women	
	Veg. Gms	Non-Veg. Gms.	Veg. Gms.	Non-Veg. Gms.
Cereals	475	475	350	350
Pulses	80	65	70	55
Green Leafy Vegetables	125	125	125	125
Other Vegetables	75	75	75	75
Roots and Tubers	100	100	75	75
Fruits	30	30	30	30
Milk	200	100	200	100
Fats & Oils	40	40	35	40
Meat & Fish	-	30	-	30
Eggs	-	30	-	30
Sugar & Jaggery	40	40	30	30
Groundnuts*	-	-	-	-

- An additional 25 gm. of fats and oils can be included in the diet in place of groundnuts.

I am a Hindu and I believe in God. I have been a vegetarian since my childhood. I have been a devotee of Lord Venkateswara of Tirumala since my childhood. I have been a devotee of Lord Venkateswara of Tirumala since my childhood.

HEALTH GUIDE

Food Categories	Measure	Calories
MILK PRODUCTS		
Whole Milk	225 ml (1 cup)	150
Paneer (Whole Milk)	60 gms	150
Butter	1 tbsp	45
Ghee	1 tbsp	45
FRUITS		
Apple	1 Small	50-60
Banana	1 Medium	50-60
Grapes	15 Small	50-60
Mango	1 Small	50-60
Musambi	1 Medium	50-60
Orange	1 Medium	50-60
CEREAL		
Cooked Cereal	1 Cup	80
Rice Cooked	25 gms	80
Chapatti	1 Medium	80
STARCHY VEGETABLES		
Potato	1 Medium	80
Dals	1 Large Katori	80
Mixed Vegetables	150 gms	80
PROTEIN/MEAT		
Fish	50 gms	75
Mutton	50 gms	75
Eggs	1 item	75
COOKED FOOD		
Biscuit (Sweet)	15 gms	70
Cake (Plain)	50 gms	150
Cake (Rich Cream)	50 gms	225
Dosa (Plain)	1 Medium	135
Dosa (Masala)	1 Medium	150
Panipuri	50 gms	175
Puri	1 Large	85
Samosa	1 Piece	110
Vada (Medu)	1 Small	70
MAIN DISH		
Biryani (Mutton)	1 Cup	225
Biryani (Veg.)	1 Cup	200
Curry (Chicken)	100 gms	225
Curry (Veg.)	100 gms	130
Fried Fish	85 gm	140
Pullav (Veg.)	100 gms	130
SWEET DISH		
Carrot Halwa	45 gms	165
Jalebi	20 gms	100
Kheer	100 gms	180
Rasgulla	50 gms	140
BEVERAGES		
Beer	12 Fl. oz	150
Cola	200 ml	90
Wine	3.5 Fl. oz	85

	Self	Spouse	Child
Name	Will help you		
Age	6 began ur health		
Height			
Weight			
R Eye Sight	or bear the burden		
L Eye Sight	of difficult things		
Blood Pressure			
RBC	I wish of ur karma		
Blood Count WBC			
Blood Group	I send all my		
Diseases	Ritika - Jilla		
Innoculations			
Allergies	Best wishes		
Allergies	to all my		
Memo	brothers & sisters		
Physician	Dr. Unnikrishnan		Clinic Resi Sai Ram

I did not ask for health from anyone. I did not ask for peace from anyone. I did not ask for happiness from anyone. I asked for the most of all. I asked for divine blessings.

Small things great & small. We continue loving care. The most of all. We drive blessings.

BALANCED DIET CHART FOR ADULTS

Foodstuff	Men		Women	
	Veg. Gms	Non-Veg. Gms	Veg. Gms	Non-Veg. Gms
Cereals	475	475	350	350
Pulses	80	65	70	55
Green Leafy Vegetables	125	125	125	125
Other Vegetables	75	75	75	75
Roots and Tubers	100	100	75	75
Fruits	30	30	30	30
Milk	200	100	200	100
Fats & Oils	40	40	35	40
Meat & Fish	-	30	-	30
Eggs	-	30	-	30
Sugar & Jaggery	40	40	30	30
Groundnuts*	-	-	-	-

* An additional 25 gm. of fats and oils can be included in the diet in place of groundnuts.

DETHO DEVALAYA PROKTO = on body is the temple
 keep it strong / on winner don't
 as sharp as the granite stone
 by rigorous practice Sanchi

CONVERSION TABLES

Length		Mass (Weight)		Temperature	
centimetres cm	inches	kilo-	kg	°C	°F
[cm]	or inches	grams (g)	or lb		
2.54	1	0.394	0.454	32	40
5.08	2	0.787	0.907	50	60
7.62	3	1.181	1.361	60	70
10.16	4	1.575	1.814	75	85
12.70	5	1.969	2.268	95	105
15.24	6	2.362	2.722	140	175
17.78	7	2.756	3.175	212	
20.32	8	3.150	3.629		
22.86	9	3.543	4.082		
25.40	10	3.937	4.536		
50.80	20	7.874	9.072		
76.20	30	11.811	13.608		
101.60	40	15.748	18.144		
127.00	50	19.685	22.680		

kilometres	km	miles	tonnes	tonnes or	tons
[km]	or miles		[t]	ton	
1.609	1	0.621	1.016	1	0.984
3.219	2	1.243	2.032	2	1.968
4.828	3	1.864	3.048	3	2.953
6.437	4	2.485	4.064	4	3.937
8.047	5	3.107	5.080	5	4.921
9.656	6	3.728	6.096	6	5.905
11.265	7	4.350	7.112	7	6.889
12.875	8	4.971	8.128	8	7.874
14.484	9	5.592	9.144	9	8.858
16.093	10	6.214	10.161	10	9.842
32.187	20	12.427	20.321	20	19.684
48.280	30	18.641	30.481	30	29.526
64.374	40	24.855	40.642	40	39.368
80.467	50	31.069	50.802	50	49.210

Area		Volume	
hectares	ha or	litres	litres or
[ha]	acres		gallons
0.405	1	2.471	4.546
0.809	2	4.942	9.092
1.214	3	7.413	13.638
1.619	4	9.884	18.184
2.023	5	12.355	22.730
2.428	6	14.826	27.276
2.833	7	17.297	31.822
3.237	8	19.769	36.368
3.642	9	22.240	40.914
4.047	10	24.711	45.460
8.094	20	49.421	90.919
12.140	30	74.132	136.379
16.187	40	98.842	181.839
20.234	50	123.553	227.298

Speeds

mph	20	30	40	50	60	70	80	90	100
km/h	32	48	64	80	96	112	128	144	160

Tyre Pressures

lb/sq in	20	22	24	26	28	30	32	34
	1.41	1.55	1.69	1.83	1.97	2.11	2.25	2.39

International Paper Sizes

A Size	mm	inches	A Sizes	mm	inches
A0	841 x 1189	33 1/8 x 46 7/8	A4	210 x 297	8 3/8 x 11 7/8
A1	594 x 841	23 3/8 x 33 1/8	A5	148 x 210	5 7/8 x 8 3/8
A2	420 x 594	16 5/8 x 23 3/8	A6	105 x 148	4 1/8 x 5 7/8
A3	297 x 420	11 7/8 x 16 5/8	A7	74 x 105	2 9/16 x 4 1/8

Weights and Measures

Length

1 millimetre (mm)	= 0.0394 in
1 metre (m)	= 1.0936 yds
1 kilometre (km)	= 0.6214 mile
1 inch	= 25.400 mm
1 yard	= 0.9144 m
1 mile	= 1.6093 km

Surface or Area

1 sq metre (m ²)	= 10,000 cm ²	= 1.1960 yds
1 hectare (ha)	= 10,000 m ²	= 2.4711 acres
1 sq km (km ²)	= 100 hectares	= 0.3861 sq mile
1 sq yard	= 9 sq feet	= 0.8361 m ²
1 acre	= 4840 sq yards	= 4046.9 m ²

Capacity

1 cu dm (dm ³)	= 1000 cm ³	= 0.0351 cu ft
1 cu metre (m ³)	= 1000 dm ³	= 1.3080 cu yds
1 litre (l)	= 1 dm ³	= 0.2200 gallon
1 cu yard	= 27 cu feet	= 0.7646 m ³
1 pint	= 4 gills	= 0.5683 litre
1 gallon	= 8 pints	= 4.5461 litres

Weight

1 gramme (g)	= 1000 mg	= 0.0353 oz
1 kilogramme (kg)	= 1000 g	= 2.2046 lb
1 tonne (t)	= 1000 kg	= 0.9842 ton
1 ounce	= 437.5 grains	= 28.350 g
1 pound	= 16 ounces	= 0.4536 kg
1 ton	= 2240 pounds	= 1.0161 tonnes

US Dry Measure Equivalents

1 pint	= 0.9689 UK pt	= 0.5506 litre
1 bushel	= 0.9689 UK bu	= 35.238 litres

US Liquid Measures Equivalents

1 pint (16 FL oz)	= 0.8327 UK pt	= 0.4732 litres
1 gallon	= 0.8327 UK gal	= 3.7853 litres

~~TOUR PLAN~~

	JAN	FEB	MAR	APR	MAY	JUN
Ticket No.	మా యా కుండలినీ (క) యా					
Flt/Trn. No.						
Leave	మధుమతికాళీ కళా మాలినీ					
Date						
Arrive	మాలినీ వీధి యా బయల					
Date						
Ticket No.	భగవతి దాశకా చంభవీ					
Flt/Trn. No.						
Leave	కళా కంకర వల్లభా త్రయవీ					
Date						
Arrive	కళావీధి వీరళి (హంకరి) త్రయవీ					
Date						
Ticket No.	చరా. పరామాయా మాలా కుమారి త్రివీ					
Flt/Trn. No.						
Leave						
Date	In this sloka, the Universal Goddess					
Arrive	named MAYA (మాయా) KUNDLINEE (కుండలినీ)					
Date	JUL AUG SEP OCT NOV DEC					
Ticket No.	KRIYA (క) యా కళా సమిపిణీ,					
Flt/Trn. No.	HADIHATEE (sweetheart) KALITALINI (కళా తలినీ)					
Leave	VIJAYA (giving victory) JIYAA (conquering everything)					
Date						
Arrive	BHAGAVATHI, SHIVA, SAMBHATHI (శివభాగవతి)					
Date						
Ticket No.	SHAKTHI (power) Shankara Velloshu (శంకరా వల్లభు)					
Flt/Trn. No.						
Leave	TRI NAYANEE (has three eyes like Shankara)					
Date						
Arrive	MAE WADHINEE (Expert in Talking)					
Date						
Ticket No.	BHARVEE					
Flt/Trn. No.	HREEN KAREE					
Leave	TRI PURA					
Date	PARAPARAHAYEE					
Arrive						
Date						
MAYAA + KUMAREE (girl under 16 years)						

PRAYER Course of EVENTS

PLANNER 2000

(MAYA)

PLANNER 2000

JANUARY			FEBRUARY			MARCH		
1 SAT	MAYA KUNDALINEE KRIYAA					1 WED		
2 SUN						2 THU		
3 MON	MADHU MATHEE KALAA					3 FRI	MAALINEE	
4 TUE						4 SAT		
5 WED	M. ARTHANEE VIJAYAA JAYAA					5 SUN		
6 THU						6 MON		
7 FRI	BHAGAVATHREE DEVEE					7 TUE	SHIVASATIBHAAVEE	
8 SAT						8 WED		
9 SUN	SHAKTHI SANKARA VALLABHAA					9 THU		
10 MON						10 FRI		
11 TUE	TRINAYANEE VAGWADINEE					11 SAT	BHIRAVEE	
12 WED						12 SUN		
13 THU	HREENKAREE TRIPURA					13 MON	MAYLEE PARA	
14 FRI						14 TUE		
15 SAT	PARAA PARA MAYLEE					15 WED	NATA KOMAREE	
16 SUN						16 THU	T.YASEE	
17 MON	PROVERB					17 FRI	MOUTH	
18 TUE						18 SAT		
19 WED	NA MANTRAM AKSHARAM NAASTHI					19 SUN		
20 THU						20 MON		
21 FRI	NAASTHI MOOLAM ANUSHADHAM					21 TUE		
22 SAT						22 WED		
23 SUN	There is no word which is not p/o of Mantra					23 THU		
24 MON						24 FRI		
25 TUE	nor any herb which is not p/o any medicine					25 SAT		
26 WED						26 SUN		
27 THU	MAY					27 MON	CALITHADEE	
28 FRI						28 TUE		
29 SAT						29 WED		
30 SUN						30 THU		
31 MON						31 FRI		

MAY

wordless

CALITHADEE

Bless all of us

My Humble Prayer

6

APRIL

MAY

JUNE

Oh Lord,
 These eyes,
 look to you
 and glory out this month
 lotus feet
 walk upto you
 look these legs
 think of you
 look this brain (mind, memory, intellect)
 Realise you and prostrate before your feet
 into this body, in spite of all my shortcomings
 drawbacks & sins

Altho I have all these deficiencies

Oh my father, I am still your child
 and so take me to your lap
 my dear LORD

(Contd)

1 SAT

2 SUN

3 MON

4 TUE

5 WED

6 THU

7 FRI

8 SAT

9 SUN

10 MON

11 TUE

12 WED

13 THU

14 FRI

15 SAT

16 SUN

17 MON

18 TUE

19 WED

20 THU

21 FRI

22 SAT

23 SUN

24 MON

25 TUE

26 WED

27 THU

28 FRI

29 SAT

30 SUN

31 MON

1 MON

2 WED

3 THU

4 FRI

5 SAT

6 SUN

7 MON

8 TUE

9 WED

10 THU

11 FRI

12 SAT

13 SUN

14 MON

15 TUE

16 WED

17 THU

18 FRI

19 SAT

20 SUN

21 MON

22 TUE

23 WED

24 THU

25 FRI

26 SAT

27 SUN

28 MON

29 TUE

30 WED

31 THU

1 FRI

2 SAT

3 SUN

4 MON

5 TUE

6 WED

7 THU

8 FRI

9 SAT

10 SUN

11 MON

12 TUE

13 WED

14 THU

15 FRI

16 SAT

17 SUN

18 MON

19 TUE

20 WED

21 THU

22 FRI

23 SAT

24 SUN

25 MON

26 TUE

27 WED

28 THU

29 FRI

30 SAT

31 SUN

Oh my Lord,
I am your dear child
If an are the repository of Compassion
So kindly be considerate with this,
Wayward, week minded,
below-average child,
I am always yours and therefore
be sincere you to be true to me always.
My Lord, you are my MOTHER
all in one. You are my FATHER
You are my GURU
I pray to you to hold my hand tightly
so that I can never step on a wrong path
and cross the directionless forest easily
to reach you safely

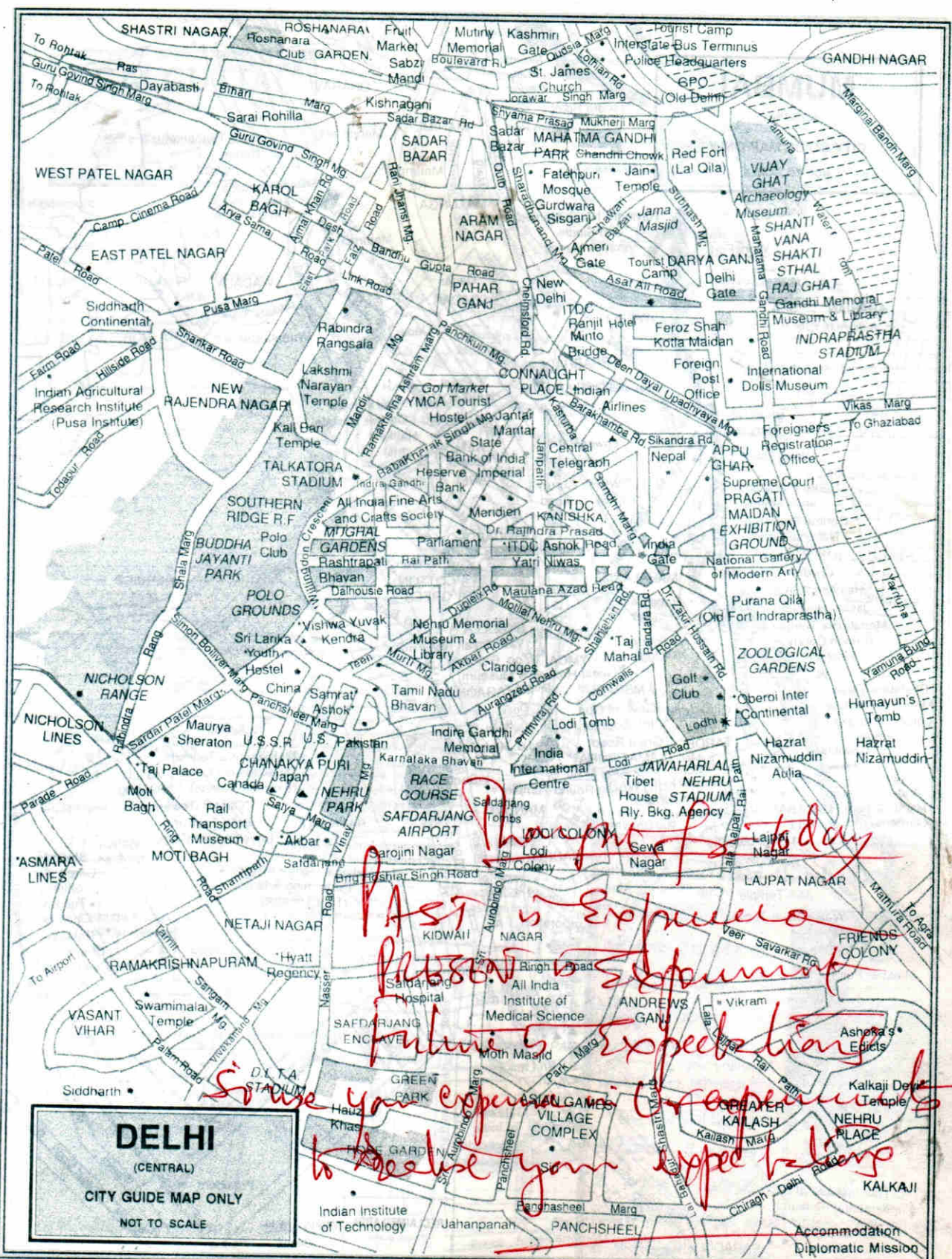
THOUGHTS of GOD

OCTOBER

NOVEMBER

DECEMBER

1 SUN Thoughts of you like threads of gold
 2 MON Keep running through my mind
 3 TUE You are the sweetest person
 4 WED so gentle and so kind.
 5 THU The beauty of our friendship
 6 FRI Tells my heart with joy
 7 SAT The bond we now share
 8 SUN No other person can destroy
 9 MON Through the years together
 10 TUE We have shared so many things
 11 WED thoughts, dreams & desires
 12 THU Hopes on our sketched wings.
 13 FRI Our friendship I will treasure
 14 SAT for ever and a day
 15 SUN And so sweet thoughts of you
 16 MON Are never far away
 17 TUE
 18 WED
 19 THU
 20 FRI
 21 SAT
 22 SUN
 23 MON
 24 TUE
 25 WED
 26 THU
 27 FRI
 28 SAT
 29 SUN
 30 MON
 31 TUE



DELHI

(CENTRAL)

CITY GUIDE MAP ONLY

NOT TO SCALE

Thought for today
Past is experience
Present is opportunity

Future is expectation
So use your experience to appearance to realise your expected balance

Indian Institute of Technology

Accommodation
Diplomatic Mission

Discovering India's GLORIOUS PAST



Times Music presents *Discovery of India*, an album comprising of excerpts from the famous television serial, *Bharat Ek Khoj*, based on Pandit Jawaharlal Nehru's celebrated book, *Discovery of India*. The album delves into the glorious history of India and explores the various factors instrumental in shaping this magnificent country.

The album takes the listeners on a journey of Indian history, exploring the various phases of Indian culture – right from the beginning of the Vedic period to the classical age and *Bhakti* cult to the different empires, and finally the struggle for independence. The tracks in this album convey the emotions of Indians during the various transitional phases, ranging from peace and serenity to determination and patriotism.

On this Republic Day, this album is a one-of-a-kind homage to Mother India and is sure to delight all listeners and empower them with a sense of patriotism towards the country.

నమస్కారం

మనః అంటే నాది, నేను
అని అర్థం

నమః అంటే నాది కాదు,
నేను కాదు అని అర్థం.

మనః శబ్దాన్ని తిరగవేస్తే



నమస్కారం అవుతుంది. నమస్కారం చేయగానే
అహంకారం నశిస్తున్నది. అహంకారం నశించగనే
మమకారం విడిపోతుంది. మమకారం విడిపోగానే
సంస్కారం ఏర్పడుతుంది. సంస్కారం ఏర్పడగానే
ఓంకారం ముందుకు వస్తుంది. ఓంకారంలో
అకారం, ఉకారం, మకారం అనే ప్రణవోపాసనం
చేస్తే పరమాత్మ సాక్షాత్కారం అవుతుంది.

-రామనాథుడు, 'ప్రజ్ఞానం బ్రహ్మ' నుండి

హిత వచనం

అక్రోశ పరివాదాభ్యాం విహింస స్వబుధా జనాన్
వక్తా పాప ముపాదత్తే, క్షమమాణో విముచ్యతే ॥

కటునైన మాట, నిందలు వేయటం అనే రెండింటి
చేత జ్ఞానము లేనివారు జనులను హింసిస్తుంటారు.
పలికిన వాడినే పాపమంటుతుంది, క్షమించేవాడు
పాపము నుండి విడిపడతాడు.

(విదుదర్శి)

కంఠస్థం చేయదగిన శ్లోకం

అశనం గరళం ఫణీ కలాపో వసనం

చర్య చ వాహనం మహోక్షః

మమ దాస్యసి కిం కిమస్తి శంభో!

తవ పాదాంబుజ భక్తి మేవ దేహి॥

విషమే ఆహారంగా, సర్పాలే ఆభరణాలుగా,
చర్యమే వస్త్రంగా, వృషభమే వాహనంగా గల
శివదేవా! నాకు ఇవ్వడానికి నీ దగ్గర ఏమున్నది?
నీ చరణకమల సేవాభ్యాగాన్ని నాకు ప్రసాదించు
స్వామీ!

దేవునికి అరటిపండు సమర్పించటంలో అర్థం ఏమిటి?



అరటి చెట్టు జీవితకాలంలో ఒకే ఒక్కసారి అరటిగెలను
ఇస్తుంది. అలా వచ్చిన అరటి పండును దేవునికి సమర్పి
స్తున్నాం. జన్మలో మానవ జన్మ ఒక్కసారే వస్తుంది. అరటి
పండును ఆదర్శంగా తీసుకొని నిన్ను నీవు దేవునికి
సమర్పించుకోమని అర్థం.

-రామనాథుడు, 'ప్రజ్ఞానం బ్రహ్మ' నుండి

5 WAYS TO DEVELOP BODY CONFIDENCE NOW !

1 Take the time to do nice things for your body. Go to the salon and pamper yourself. That means you too, boys. Don't be *timido*!

2 Challenge yourself. Step outside your comfort zone and try something new. Doing things you never thought you would have the courage to do will build your overall confidence.

3 Be optimistic when you look in the mirror. Begin the day with self-affirmations. Say something positive not only about how you look, but about who you are.

4 Wear comfortable clothes. Don't just follow trends. Buy clothes you feel comfortable wearing. If your clothes are too tight, too big, or just don't suit your style, you'll negatively focus on your appearance.

5 Stay active. Get out there and move. Take a merengue class or learn Capoeira, a Brazilian form of martial arts.

Helpful stuff: No Body's Perfect : Stories by Teens about Body Image, Self-Acceptance, and the Search for Identity by Kimberly Kirberger and The Male Body: An Owner's Manual by Kenneth Winston Caine, The Editors of Men's Health, and Perry Garfinkel.

1947-1950

The legacy of Jawaharlal Nehru

1

SAT

JAN

NOTES

The Advent of Indian Independence

The first few months of independence were anything but easy & peaceful & easy going. Often being emotional, Nehru was also caught up in the human drama of the times. He was seen weeping at the sight of a victim one day & erupting in rage at a would be assailant hours later.

Friends feared that his physical health would be in danger as he stormed from the city to the village, ordering his personal body guards to shoot any Hindu who might attack any Muslim and providing his own home some refuge for Muslims terrified for their lives and property. Some employees to a few young refugees who had lost everything.

SUNDAY

In one typical incident of this period, Jawaharlal Nehru emerged from a visit to a fasting Mahatma Gandhi in the middle of January 1948 and confronted a demonstration of refugees chanting the slogan "Let Gandhi die". He jumped from his car & rushed towards them shouting "How dare you say that word" & "Kill me first". The demonstrators ran away.

JAN

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

3

MON

JAN

NOTES

Vivekananda said:

"The life is short—

the Vedettes, & the world are transient

but they alone live

who live for others,

the rest are all

more dead than alive"

If all of us think like this
for the society & the country,
all our problems will be solved.

Sri Sri Vivekananda

25(5) 2001 18/5 20

2001
5200
5
RED
JAN
NOTES

Refun SAHASRA Chandra Dasheeram

to your father when he completes 80
Whichever your mother's age may be (>70)
It goes for 5 days and continuous Homas
& perform their marriage again

Dr B G Y Sastri
102/103, 5th Cross, Soudamini Layout
Konnara Kunte, Bangalore - 560062

Email: BGYSastri@69193854@yahoo.co.in

cc M Rajasekhar Email M Rajasekhar@clearnet.com
old No 14

Chime Tambi Murali Sr
Sowcar pet
Chennai - 600079
Ph - 65622989

25(5) 2001 18/5 20

ⓧ DV.SSS.Somajazulu

cc KSSN Sharma
201, Swathi Residency
Ramdramapur Colony
Habriguda
Hyderabad - 50007

Sai@jagisume@yahoo.com

SOMAYAZULU VSSS DEVARAKONDA @yahoo.com

ETail S M T W T F S S M T W T F S S M T W T F S
01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 JAN
16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



ⓧ Somajazulu vss devarakonda@yahoo.com

As a hero to British Government,
whose sympathy for the League of Nations,
he helped it to come out a country
from the collapse of the British Raj,

6

THU
JAN

Mountbatten enjoyed a level of credibility
and the rules by Pakistan Union no other
Indian Governor General could have been
exercised or enjoyed. This made him a
valuable & impartial interlocutor with both sides
at a time of great tension.

Equally, as a Governor General above the
political fray, he played a crucial role
in persuading the Maharajahs & Nawabs
(who were suspicious & distrustful of the
socialist Nehru) to accept that
they had no choice except to merge
their domains into the Indian Union.
When fighting broke out over Kashmir between
the two dominions, (whose armies were
still each commanded by a separate British General)
Mountbatten helped prevent a deeper
engagement by the Pakistan army, & brought an
end to the war by demanding a line
of control dividing the two zones.

Quotes from SAI SAT Chentive

7
FRI

1) The best way to receive is to give

2) The game of Dakshina leads to Vairagya
of Kumbh Bhakti & Gnane

NOTES

3) Cast all burdens on ME I will bear them
Why should you fear when I am there

4) Have faith in ME though I gave up my body
My bones in my Samadhi will give u ^{hope} confidence

5) My Guru never taught me any mantra
How can I bless any mantra in ur ears

6) Give charity with faith & meekness

7) He who loves me most always
experiences my presence

8) The whole world is desolate without me

9) If u spread ur palms ^{before ME} with devotion & surrender
I will be immediately with u any time

10) Blended is he who is alone of my ^{omnipresent} form
^{omnipotent} form
^{omniscient} form

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
16	17	18	19	20	21	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15



SAI BABA

Even in 1950, when India became a Republic, with its own Constitution, Jawahar Nehru, arranged for it to remain within British Commonwealth not acknowledging the British Sovereignty no longer as the theory of the state, but as the symbol of a free Association of Nations who wished to retain a British connection.

Montscler's influence was so much, and his relation in his life. Editor Montscler was greater than the relationship of either he helped in keeping lasting impact on India and on India's historic past.

The principal pillars of Nehru's legacy to India

Democracy

Secularism

Non-alignment

a foreign policy of

had the impact on the front of India on the subject regarding states based on language & culture and development of the state on some kind of linguistic basis.

EACH DAY bring a BLESSING

10

MON

JAN

Let the morning Sun embrace you

Let the morning Sun fill Ur heart with warmth

Enjoy each day to the fullest with laughter

Put your cares ^{joins} away with impunity

~~WELCOME~~ each day with a new slogan & enjoy

Watch for a new blessing & don't let them slip away

Chase after a hidden rainbow to find the pot of gold

Let each day unfold all memories & be happy ^{in the} reminiscence

Enjoy each precious moment. Live every breath ^{to the} fullest

Relish all the MAK before it escapes Ur memory

As the morning Sun awakes U to start a brand new day

Let the new blessings keep U alert through out the day

To fill Ur heart with comfort & joy to end the day

to hope a brighter tomorrow in sight

As Prime Minister, Nehru was the
uncontested voice of Indian Nationalism,
the man who has discovered India
on his own imagination, but
could not build the India of his vision
without the help of Sardar. On one side
meeting the needs of Gandhiji on the other side.

Gandhiji's assassination by a Hindu fanatic,
strengthened his hands on the communal issue.
Even Sardar Patel agreed to RSS being banned
though the BAA was 15 days after an year.

Patel ran his home ministry well & brought
the local prices under control by banning
their buying firms in a phased manner.

Lord Mountbatten left India on 21st June 1948
(10 months after he presided over its freedom)
& its dismemberment into India & Pakistan.

He was succeeded by C Rajagopalachari as the
first Indian Governor General, who had
been once thought more likely than Jawaharlal
to be Gandhiji's heir apparent.

Though temperamentally a conservative, Rajajee
had no patience for communal sympathies of the
Congress too in his own way. Complemented
Nehru as head of state in his own way &
projected Rajendra Prasad as Country President.

PEACE - FAITH + LOVE + HOPE

13

THU

JAN

NOTES

These are the four levels of life
We should learn from daily activities
The flame of life should never go out
from our life. & Each one of us
can live our life with four candles
inspiring four characteristic features viz



Peace

Faith

Love

Hope

The four candles story begins (xx)
The first candle said: I am PEACE
~~The first candle said~~; The world is full of anger
Nobody can keep me life continuously
Then the flame got completely shut out by hand

Fighting
Jealousy

If the second candle took over to say:
I am Faith

I am no longer indispensable

It does not make any sense if I light the candles

2000

FEB

S	M	T	W	T	F	S	S	M	T	W	T	F	S
01	02	03	04	05	06	07	08	09	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28
29													

Then a breeze suddenly wiped out the flame of FAITH

III The third candle looks over to say

"I am LOVE"

People don't understand my importance
So they simply put me aside & ignore me
They stop loving even those closest to them
I have not the strength to stay lit" & get extinguished

IV ~~The first candle looks over to say~~

~~He~~ A child enters the room, which
is fairly dark with 3 glowing candles, not having

failed to say "You are supposed to
burn till the end

Let me make U go out &
get extinguished"

V Then the faint candle says: "Don't worry & cry"

I am HOPE

16 SUNDAY

While I am still burning, you can
still light the other candles & restore peace
of earth and love

The flame of Hope should never go out for life
*Sasayie touched lit all candles
using the candle of HOPE -*
and WITH HOPE

2000

FEB

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19
20	21	22	23	24	25	26	27	28	29	...	...	...	...	...	...	...	...	...	...	...

Each of us can live a life with Peace, faith & Love

SEVEN CARDINAL PRINCIPLES

17

MON

JAN

NOTES

1) BE HAPPY → Bliss is God's nature
expressed in the individual's soul &
Happiness is an social duty as well
Simple happiness rooted in good environment
become a social value for everyone around us

2) FEEL always that U are DIVINE
God is only ONE, may be in different forms.
We are part of that one & not different from ONE

3) Let Thought, Word & DEED follow from that ONE
Dune which is one's own essential nature.
How happy we feel when we engage in
a noble action & how miserable we feel when
an action is petty & hateful.

4) BEHAVE WITH KINDNESS to all others
What we use to ourselves, because at some ^{subtle} level
~~our~~ temp, I am U and you are ME, but
we are not two separate opposing forces

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	...	...	...	...	...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	...	...	...	...	...

JAN

2000

SEVEN CARDINAL PRINCIPLES

18
TLDVTUE
JAN

5) Awake with LOVE, full the day with ~~love~~

I want to feel love. In truth, we are love

As a man & we are just an human form only
in appearance. In fact each one of us is a
flame of LOVE, dancing in ecology of spirit Lord's MAYA

b) LOVE GOD with all your heart: Trust Him completely

Surrender or ~~lose~~ lose your life to HIM completely

He is the only refuge. When longer pain & death
be our lot, we find refuge in God only.

7) Let Your MIND be alert; always to penetrate

Jan appearance & inner REALITY (let us MIN)

Never be Caught up in appearance, but let it be

always engaged in Ur quest for knowledge of "the man"

antecedentless enquiry of the As | When do I come from
What's my real nature

This is the level of our life | What is my HOME
Where I am going

of justification for our existence

[illegible]

How do I use the first half of the book?

19

WED

JAN

My REFLECTIONS

Who am I today? I ask

And I wonder if I ever know

NOTES

I know the past has shaped me now

Even though the past has passed long ago

2) The little moments from a blue
 The times ~~both~~ happy & sad
 All the people I once knew
 And the things I used to have

3) They all helped me to become
 Where, what & who I am NOW

Because everything has influenced me
 I am not sure exactly HOW;

NOTE

Those who work at a thing with heart & soul
 not only achieve success but also realize Supreme Brahman

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					

JAN

2000

Those who work with pure heart receive help from GOD

MY REFLECTIONS

20

THU

JAN 11/21

NOTES

4) But I am thankful for the memories
Even of the people I have never really ~~known~~
For the people I miss, the people I ~~love~~
And the people I would like to FORGET

5) For these memories have helped me grow
They have made me calm, yet strong
And ^{now} there is a story to my life
They have been writing all along

6) SO THANK YOU for the MEMORIES
Without them, I don't know, who I would ^{BE}
Because somewhere among the memories
Are the things that defines ME.

21

FRI

JAN

Dandi Maheshwari describes opp. Qualities of LORD Shiva like this -

- (1) Oh Samabher: You are a Yogi & also BHOOL,
- (2) You are eating AIRUTHA & also Halahala
- (3) You are a Serpent & also KHANDA PARASU
- (4) U are Shantla Swaroop & also very cruel
- (5) U have Sunk down the MANNADHA
Who creates desire between Male & Female
but U always depend on your wife PARVATHI
- (6) U are a beggar for livelihoods and
at the same time U are ^{the emperor of 3 Universes} ~~beating necks~~ of SKOLLS
- 7) Around your neck you are wearing NECKLES
but U are interested in ABHISHEKHA (forehead bath)
which gives you purity of mind & body
- 8) It's strange to understand the quite opp. Qualities

A Letter from E.O.D

22

SAT

NOTES

When you ran around your house
getting ready to go to office for the extra
I thought that you will find few minutes
to say "HELLO" to me, but U were too busy.
At one point, you had to wait for 15 mins
with nothing to do except sitting on a chair
with your fingers crossed. Then U suddenly sprang
up to your feet. I thought U wanted to talk to me
but U ran to the phone & called to a friend to
get the latest ~~shred~~ of the Union Budget on stocks.
I waited patiently all day long. With all the activities
U were too busy to talk to me or say "BYE" to me.

23 SUNDAY

I noticed that before lunch you looked around
I thought U wanted to talk to me, but U felt embarrassed
so did not see your head. Next table I saw your
friends talking to me briefly before they left.

2000

FEB

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19
20	21	22	23	24	25	26	27	28	29	...	...	...	...	...	...	...	...	...	...	...

But you did not. That is okay

24

MON

JAN

NOTES

There is still some time left

You went home as if I had let things to do

After finding few, you turned Ur TV on.

You spent a lot of time before TV everyday
enjoy the shows but not thinking of outside world

I waited patiently again as you watch the TV
at your meal but again I did not talk to me

By bed time, I felt you got too tired

After telling good night to your family people
you plopped into bed & fell asleep in no time

I have got patience & can understand you

You may not realise that I am always there

for you. I have got patience more than you

I even went to teach you how to be patient

late this as well. I love U so much that I wait for

your nod, prayer or thought or Thankful sign of Ur Heart.

It is difficult to face a one-sided conversation.

S M T W T F S S M T W T F S S S M T W T F S

01 02 03 04 05 06 07 08 09 10 11 12 13 14 15

JAN

2000

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Once again I will wait, with nothing but love for you
 Hoping for U am find sometime tomorrow to talk to ME PM

DO NOT

25

TUE

JAN

- 1) ~~DO NOT~~ undermine your worth by comparing yourself with others. Because each of us are special & we are different.
- 2) ~~DO NOT~~ set your goals by what others deem important. Only you must know what is important for you.
- 3) ~~DO NOT~~ give up when you have ^{still} something to give. Nothing is over until the moment you stop trying. Remember that ^{it is} a fragile thread that binds us each other.
- 4) ~~DO NOT~~ let your life slip through your fingers by living in the past or for the future. By living one day at a time, you live all the days of your life.
- 5) ~~DO NOT~~ shut love out of your life by saying it is impossible to find. The quickest way to receive love is to give love; the fastest way to lose love is to hold it too tightly.

26

WED

JAN

(6) ~~DO NOT~~ be afraid to encounter risks
It is by taking Chances, we learn
how to be brave

NOTES
(7) ~~DO NOT~~ dismiss your dreams
To be without dreams is to be without hope
To be without hope is to be without purpose
(8) ~~DO NOT~~ run your life so fast,
that U forget not only where you
have been, but are also where U are going
Remember that life is not a race
but a journey to be savoured each step of the way

9) ~~DO NOT~~

10) ~~DO NOT~~ forget that Almighty is watching
your each step. Be alert while changing or steps
think of him before changing your steps

S M T W T F S S M T W T F S S M T W T F S
01 02 03 04 05 06 07 08 09 10 11 12 13 14 15
16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 JAN

2000

YOUR PERSPECTIVE

27

THU

NOTES

When we see a coin on the road,
We say "It's heads" While another says "It's tails"
Who is correct? Both are right.
It is the same coin being seen from both sides.
Both have the power to see from both sides.
So it is ^{my} decision, Which side I want to be in.
The top or the bottom; the LEFT or the RIGHT.
On one side is GOD & on the other is the WORLD.
The coin is like a one-sided MIRROR - in the center.
God sees from both sides - but we are able to see
from the other side - you only see the T & not GOD.
The diagram below somewhat captures what is to be felt.

HEADS — COIN — TAILS

GOD (faith or belief) — WORLD (knowledge-wealth)

It is just ^{an} created perspective and you see
what is ⁱⁿ your mind or at the top of our thinking.

2000

FEB

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19
20	21	22	23	24	25	26	27	28	29	...	...	...	...	...	...	...	...	...	...	...

So shape our thinking & change our outlook

28

At King took his son out for a walk into one of his country side village on his return asked him what he saw.

Q: I saw that " We have one dog & they have four
 answered } You garden
 We have a pool in the middle, they have creek & they have no one
 We have an imported lantern } They have stars at night
 in our garden }
 Our patio reaches to the front & they have wide horizon
 We have a small piece } They have fields beyond our sight
 of land to leave }
 We have servants who } They serve other in the village
 serve others }
 we buy our food } They grow their food,
 but grow other as well
 We have walls around our property to protect us
 but they have friends to protect them

He says father was speaker.

Thanks Dad

Jump aspects of Human Life

(1) ANAYASENA MARAMBA - Happy & amless ending depends on fundamental biological order

(2) VINA JAINYENA - Living with some dignity is better than a life of poverty

But ultimately, we are all in the same boat, and we are all in the same boat.

But organized by the Divine will, which is escapeable

Where is the TIME ?

29

JAN

Once a man came to Dr Samuel Johnson
complaining: "Dr I am undone — I can't do anything,
What can a man do in this world?"

Dr J engaged the man to explain in detail.

The man started his arguments in this way —

"Man lives in this world for 100 years at the most.
Where 100 years compared to INFINITY / ETERNITY

Half of this age is spent in sleep — every day.
Our period of Childhood is one long sleep.

Our old age is a time of DEBILITY & HELPLESSNESS
when we can do nothing; While our YOUTH

is MISSPENT or ILLSPENT on evil THOUGHTS,

in all sorts of TEMPTATIONS. What is left

to us is spent in SPORTING, ABOUT worthless
games. We play a great deal and is left

what is wasted away in attending to NATURE CALLS

2000

FEB

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19
20	21	22	23	24	25	26	27	28	29	...	...	...	...	...	...	...	...	...	...	...

EATING & DRINKING etc etc

"How can a man spare time to realize his God-head? he cannot find time"

Tell these Churches & Temples & religious leaders that people have no time to realise their God-head

Dr Johnson smiled at his speech but did not reprimand him nor reproached him but said: "Men ought to commit suicide because they have no time for God-head" Brother, I can't add ^{more} any complaint to your complaints and make it further complicated?"

But the man asked Mr J to state his complaint. Mr J said "Look here friend what is there for me to add. I began his mock cry to say: "There is no soil on EARTH for me to grow corn to feed me - I am undone"

Man say: "Or I admit ^{as as ten men} you eat much, but there is soil enough on earth to produce corn/vegetables

2000

MAR

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8

for your body. Why do you complain?

2

WED

FEB

NOTES

Dr. Johnson said; Look here

What is the size of the Earth,
looked upon as a Mathematical point
in astronomical calculations. When
we calculate the distance of SUN & STARS
we regard this earth as NIL, as a
CYPHER (zero) and $\frac{3}{4}$ of this CYPHER
is occupied by water & what is left
out of the balance. A good & great deal
is taken away by desert sand & a
considerable part is taken by BARREN HILLS.
Stones and quite a good part is occupied
by lakes & rivers; while considerable
good land is occupied by good cities like
LONDON & WASHINGTON while the rest is used
as streets, roads & railroads & tramways

BANANA NAILS

Bananas contain three natural sugars
sucrose }
fructose } combined with fiber
glucose }

5
SAT
FEB

NOTES

Bananas gives an instant, sustained & substantial boost of energy. Research has proved that "just two bananas provide enough energy for a strenuous 90 min workout. NO wonder Banana is the NO:1 fruit that could keep athletes. But **Energy** is not the only way banana can help us keep fit. It can also help us overcome/prevent a substantial no of illnesses and worse conditions, making it a must to add to our daily diet.

Depression: Bananas contain TRYPTOPHAN, a type of protein that the body converts into SEROTONIN, known to make U relax, improve your MOODS & generally make U happier. So people suffering from DEPRESSION but feel better after eating a banana

7

Note

Three ripe bananas a day
are good for nutrition.

MON

FEB

They contain: —

① Iron which improves Hemoglobin & prevents Anemia

② Sugar — Fructose, Sucrose & Glucose
to boost energy & adds calories

③ Potassium Good for hypertension,
good for heart &
prevents muscle cramps
after dehydration & diuretic therapy

④ Phosphorus — good for brain/heart/ cellular metabolism

⑤ Neurotropic Vitamins — B₁, B₆, B₁₂ good for Nerves

⑥ Vitamin A — good for night vision

⑦ Amino Acid Tryptophan which elevates Serotonin
good for mood elevation & a sense of well-being

⑧ Fibre — good for gastro-intestinal tract

⑨ Banana milk shake with honey in summer
stops heartburn

⑩ Allows free bowel movement

S M T W T F S S M T W T F S S M T W T S
... 01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19
20 21 22 23 24 25 26 27 28 29

FEB

2000

CONSTIPATION High in fiber, bananas included in diet helps restore normal bowel action. 10 and helps to overcome the problem without need for laxative. THU FEB

HANG-OVER: One of the quickest way to avoid a hangover is to make a banana hangover, sweetened with honey. Banana calms the STOMACH with the help of HONEY, builds up depleted Blood sugar levels, White milk soothes & rehydrates the system.

Heart BURN: Bananas have a natural Antacid effect. So if you suffer a heart burn, eat a banana to make relief.

Morning Sickness: Snacking on bananas between meals helps to keep Blood sugar levels up towards Morning sickness.

Mosquito Bite: Before reaching for insect bite rub the affected area with banana skin. Many people find it amazingly successful in reducing swelling.

NERVES: Bananas are high in Vitamin B that helps calm the nervous system. Control your Blood sugar by snacking on high Carbohydrates for every 2 hrs to keep

2000

MAR

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

levels steady

ULCERS

The banana is used as the dietary food against intestinal disorders because of its soft texture & smoothness. It is the only ^{RAW} fruit ~~let~~ can be eaten intact dishes in over-chronic cases. It also neutralises over-acidity & reduces IRRITATION by coating the lining of the stomach.

Temperature Control: This is a cooling fruit that can lower both the physical & emotional TEMPERATURE of expectant mothers to ensure free & calm delivery.

SAD Seasonal-Affective Disorder is relieved by Banana because it contains natural mood enhancer TRYPTOPHAN.

SMOKING: Bananas help people trying to give up smoking. ^{& Potassium & Magnesium} Be & B₆ in bananas help the body recover from effects of NICOTINE.

STRESS: Potassium present in Bananas is a vital mineral that helps normalise heartbeat, levels OXYGEN to the brain & regulates water balance in the human body. When we are stressed the metabolic rate rises & reduces K levels.

2000

MAR

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21
22	23	24	25	26	27	28	29	30	31											

These can be balanced with a high-potassium banana snack.

STROKE: Eating Bananas as p/o regular diet
Can cut the risk of death by strokes as much as 40%

WARTS: If U want to kill off a Wart, place a piece of
banana skin on the Wart, with the yellow side out. Carefully
hold the skin in place with a plaster or surgical tape.

General: Banana is a natural remedy for many ills
When U compare it to an APPLE it has 4 times the POTASSIUM
It is also rich in potassium
One of the best value of food

- Three times the Carbohydrate
- Three times the Phosphorus
- FIVE times the Vit [A]
- Three times the Vits & Mineral

"A banana a day keeps your doctor away"

After reading the above plus points
do you look at Banana in the same way again
When U feel hang-over on return from office
take a banana & relax. Take a Banana
after dinner you will have a free motion
by the morning

2000

MAR

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
27	28	29	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31	...	...	...	...	...	...	...	...

HATS OFF TO BANANA WORLD

IMPORTANT

7 FEBRUARY

month of the year

WED
FEB
NOTES

16

A friend told me that Feb is the most stressful month of the year because there are fewer days to get everything done. But I feel a conscientious parent is always pressurised.

Parents are always stressed out, trying to raise & educate their children while making their ends meet - low income. Parents are growing up kids have their own kind of stress. They don't stop worrying about older kids just because they leave their nest - they too start worrying about us as we become seniors. Finance, job, retirement, security, health problems, infestations, fast changing society, all these put our brains thinking too much.

Medical Science ^{is for an better} tells us that too much stress is bad for health.

It is not bad for our health. Let us make room for some spiritual interaction to stabilize our mind & drive away stress. Find some place where you can go to connect with your inner self or GOD.

What better place than your house or temple can find that better antidote to stress for you stress!

Lord Krishna says
(QUOTATION)

Break February as a Stress Reduction Month

A D1

Shankaracharya, say

17
THU
FEB

th. Three things in life are difficult
or impossible to achieve

① Human birth

② Thrust for knowledge

③ Company of Saints & Holy people

To take birth as a human being is rare.

What is the use of human birth if human
qualities are missing from our life.

There are billions of humans without human qualities.

What is the use of self-centred ^{being} salty or sugar like instead of sweet.

Liberation from human life is the fruit of knowledge.

However man lives a mundane life, carrying
the burden of living like the bulls in the oil mill.

(T is not the best)

So get up, wake up & live a life of
value & integrity & achieve greatness.

10 Qualities of Svachhata (10/5)

21

MON

FEB

NOTES

1) Apangcha (not receiving)

2) Patience

3) Boldness

4) Dama

5) Purity

6) Control of mind

7) No worldly vision

8) Philosophical thinking

9) Leading a truthful life

10) Be without anger & ego

of 10/5

is free from
effluvia

all these
worldliness
of mind

You can
be called a
"Mahatma"

Modern Version of HARE & TORTOISE

Once upon a time Hare & Tortoise had an argument about who is faster of the two? They decided to start a race to decide.

(1) The hare shot ahead & after some time he saw that he was far ahead of TORTOISE & wanted to relax ^{under a tree} sometime before continuing the race. He sat under a tree & soon fell asleep for long. The T plodding on overtook H and finished the race. The hare woke up & realised that he lost the race.

Moral: Slow & steady wins the RACE

A more recent version of the story continues. The H was disappointed at losing the race & did some introspection & realised that he lost due to Overconfidence & carelessness. If he had not taken things for granted there is no way of T winning the race. He had therefore challenged the T for another race.

23

FEB

NOTES

This time the ~~He~~ went all out & ran without stopping from start to finish won by miles

Moral: Fast & Consistent will beat slow & steady

If there are two people in an organisation & one is slow, methodical & reliable and the other is also reliable but fast, the fast & reliable chap will consistently climb the Orgnl ladder faster than the slow & methodical & reliable. So it is good to be slow & steady but better to be fast & reliable. But the story does not end here

The T did something this time & released the. There is no way of beating the H in a race, the way it was currently formatted. He thought for a while & challenged the H in another race, in a slightly different ~~Route~~ the H also agreed. They both started of from A to B separated by a river

S M T W T F S S M T W T F S S M T W T F S

01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19

FEB

2000

In keeping one's self-made commitment,
to be constantly fast, the H took off & ran @ 24 top
speed until it came to the edge of the river
& the finish line was on the other side of the river.
H sat there wondering how to cross the river.

24
THU
FEB

Meanwhile T trekked along, got into the river & swam across.
Continued walking & finished to race ahead of H.

Moral: First identify your core competency & then change
the playing field to suit your core competency.

In an organisation, if U are a good speaker,
make sure U create opportunities to give presentations
that enable Senior Mgt- to notice your worth. If
your strength is analysis, make sure U do some
research, make a report & send it upstairs.

Working to Ur strengths are not only bring U to limelight
& get U noticed but also create opportunities
for growth & advancement. The story doesn't end here.

2000

MAR

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	...	...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31	...	...	...	...	...	...	...	...

pg 0

25

FRI

FEB

By this time H & T became good friends
 Both made some thinking & decided ^{yet} ~~another~~ ^{the} ~~RACE~~

NOTES
 This time H carried T till the river bank
 then the T took over & swam across the river,
 carrying the Hare on his back. At the opp bank
 H carried T and ran reaching the finishing line
 together. They felt a greater sense of satisfaction
 than what they felt earlier than before.

Moral: It is good to be individually brilliant &
 have strong core competence, but unless U work
 in a team & harness each other's core competencies
 you will perform below par due to ^{intrinsic} ~~basic~~ ~~deficiencies~~
 Team work is mainly about situational leadership
 letting the person with relevant core competency
 for a situation take the leadership.

There are more lessons to be learnt from
 this story as explained below

The main^{aspect} is: the Soft H & T did not give up after failure. He H decide to ~~work~~ harder & put in more effort. The T changed its strategy to overcome its ^{inherent} weaknesses.

Know the in life when faced with same failure sometimes it may be appropriate to work harder & faster & some other time to change strategy & some ^{other} times to do both. H & T also learnt another lesson: "When we ^{stop} compete

against a rival if instead start competing against a situation we perform far better and win over the other.

The competition between PERSI & COCOLA was like the Tortoise & Hare story. The story of Hare & Tortoise teaches us:

- 1) that fast & consistent can always beat slow & steady
- 2) that U must work to the full capacity & competence
- 3) that pooling resources & working as a team can always beat individual performance
- 4) Never give up when faced with failure
- 5) finally compete against a situation not against a rival

In short be STRATEGIC & INTELLIGENT

2000

MAR

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
27	28	29	30	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31									

Use your

~~SATYAMEVA JAYATE~~

(TRUTH ALONE Triumphs)

29

TUE

FEB

NOTES

Asatoma Sadgomeya = lead us to truth

SATYAM Sivam Sundarom = Truth is pure & beautiful

ALIK = false (things that cannot exist at all)

MITHYA = untrue (imagination which is not real)

Vyavaharika Satyam = exist in dream or poetic image

That's why Sankaracharya says —

"Brahme Satyam Jagat Mithya" which means that Brahman alone is Truth Absolute

World is full of untruth.

Paramarthika Satyam = Real which is absolute truth (unchanged by moods or different states of mind)

Never changes over the time or decays with time. Which remains the same for everyone, everywhere.

BRAMA SATYAM Jagat-SATYAM = World is True

From a higher standpoint everything looks true

Vivekananda says "Truth is permanent"

1

WED

MAR

NOTES

EXISTENCE of God

There are many explanations to prove that God exists & why God allows pain & suffering in this world. Just read this small conversation between a barber & his customer.

A man went to a saloon to have his hair cut & his beard trimmed. As the barber started his work, they got into a small conversation dwelling on various subjects from kings to Cabbage & finally entered into a controversial topic on "Whether God exists or not".

BARBER: I don't believe that God exists at all.

Customer: Why do you say that? It may be Or so they but you can't generalise it.

Barber: You just go out into the street & see. If God exists, why there be so many sick people, so many abandoned children

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	...	...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31	...	...	...	...	...	...	...	...

MAR

2000

& so many suffering from pain & hunger

Customer

(Thinking too if he refutes his argument
the barber may abandon his
hair cutting unfinished
threw him into the street
Did not refute his argument
till he finished his hair cutting

2
THU
MAR

The barber finished his cutting & the customer went
out of the shop into the street, but came back
along with a man whom
~~he~~ he saw ~~a man~~ with long, stringy hair,
who looked dirtily and unkempt beard
and told the barber: "Barbers don't exist".
Barber: "Has man I say to after seeing me &
having your decent hair cut ^{in my} hands?"

Customer: I was a fool in coming to you.
If there are barbers why is this man
with long & unkempt beard?

Barber: Ah. I mean to say barbers do exist.
They do not come to me.

Customer: Exactly that is what I want to impress on
God he exists but people don't find him
I go to him for blessing & advice.

2000 APR S M T W T F S S M T W T F S
1 17 18 19 20 21 22 23 24 25 26 27 28 29 30
God is everywhere including your heart

3

FRI
MAR

NOTES

Ram Raksha Stotra

Was written by Buddha Kausika Rishi

after he had a dream vision, where
 he was taught about this mantra;
 as a remedial measure ~~against~~ ^{an} illness.

Those who lead ^{an} honest, spiritual life
 will find planets becoming anikul (favorable)
 and not pratikul (unfavorable).

During one of those years in the plains,
 some yogis were sitting in one place
 and a very argumentative personality
 came & challenged them to revive
 a tree which had dried up & was dying.
 At night he was told to recite Ram Raksha Stotra

in praise of Lord Rama. Baba did as directed
 the tree bore leaves & flowers within 15 days
 justifying the famous astrologer's prediction

gave Raksha Stotra as the best astrological remedy

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	F	S
01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	MAR	2000
19	20	21	22	23	24	25	26	27	28	29	30	31							

6

MON

MAR

NOTES

The ant works hard in working hard
of summer long building house staying
up, supplies for the forthcoming winter.
The grasshopper thinks that the ant is
a fool and laughs & dances & plays
away the summer.

Come winter the ant is warm
& well fed. The grasshopper has
no food to eat or drink and
so he dies out in the cold weather.

That is the punishment for not
being able to save in summer
when the weather conditions were
favourable & easy.

Grasshopper

New Version

The ant works hard all the summer long; building his house &. storing supplies for the forthcoming winter. The grasshopper thinks the ant is a fool & laughs & dances & plays the summer away.

Come winter, the starving grasshopper
calls for a Press Conference & demands they the
ant should be allowed to be warm & well fed while
they fast cold & starving - BBC/KNN/NDTV & all.
Channels provide pictures of the starving grasshoppers
engaging ant side by side with its food supplies

The world is stunned. Grasshoppers can't suffer. People like Brundage Roy stage a demonstration in front of the ants' house. Medea Parker goes on a fast along with other grasshoppers demanding that grasshoppers be exterminated during winter.



APR

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	...	...	...	...	...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						

8

WED

MAR

NOTES

Annex International & Kofi Annan

Criticize the Indian Govt for not upholding the fundamental rights of the grasshopper
In Internet to flood down online petitions seeking support to the grasshopper.

Opposition MP's stage a walkout & ^{giving} ^{indirect} ^{express}
Left parties ^{giving} ^{indirect} ^{express} call for Bharat Bandh
CPM Kerala pass a law preventing ants from
working hard in the heat to bring justice between the
ants & grasshoppers.

Later prasads allot are free coach to grasshoppers
on all Indian Railway train after naming grasshopper both
Aygn Inga provides ^{in secret} special reservation for grasshoppers
Arundhati Ray calls it "a triumph of justice"
Jeebhi calls it "Social justice" While
CPM calls it "Revolutionary Resurgence of Dantodden"
Kofi Annan invites grasshoppers to address UN Assembly

The ant migrants to US to set up a NY Pollan Co., Silicon Valley
While millions of grasshoppers die of starvation everywhere in India

19 20 21 22 23 24 25 26 27 28 29 30 31 ... 12 13 14 15 16 17 18 MAR 2000

2003

SEVEN STAGES OF HUMAN LIFE

9
THU

① THAMASA STAGE: We don't know

We ~~don't~~ not know that we don't know
We are under a spell of ~~ASRA~~ ^{ASRA} & we have to awaken the dormant

2) STAGE OF IGNORANCE: & sleepy (Kundalinee)

We don't know, but we know that we don't know
and are prepared to learn.

3) HALF-AWAKE STAGE: In this stage,
We know but we don't know that we know
We need self motivation & need to be reminded by others
that we can do it (Lord Rama needed Hanuma & Lakshmana)

4) SAATHWIK STAGE: Remember HIM that he is GOD

We know things that we know, but humbled by
that little we know and confess
that we are still learning & that we are life long students

5) STAGE OF ARROGANCE: WE know things that we know
and go about boasting that we know everything (only a little)
There is still a ocean of knowledge in front of us - we are peeing pebbles
on the sea shore

6) STAGE OF SUPREME CONFIDENCE

State of Lord KRISHNA. He knows that he is GOD & yet
he behaves like a human, a friend, philosopher & guide

7) STAGE OF ONENESS with Supreme

PARA BRAHMAN. This leads us to an Modern RISHI's
about whom we all know & share with others next time

Try to understand GOD & share your knowledge
with rest of us humanly.

2000

APR

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	...	...	...	...	...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	...	...	...	...	...	...

10

FRI

MAR

NOTES

Human Soul VS Supreme Soul

① Soul Take

only human Bodies

① never comes into the cycle of birth & death

2) Souls become impure

2) God is ever pure & He is the purifier

3) Souls come into freed / anger / lust / ego & attachment

3) God is beyond any bondage & is the liberator of all including sages / gurus

4) Souls are caught up by the present time & have no accurate knowledge of past / future

4) God is the knower of all 3 aspects of time Past / Present / future

5) All souls are brothers

5) God is father / Mother of all souls

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	...	...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31	...	...	...	...	...	...	...	...

MAR

2000

Bhama Kumar) R. Mahakrishna

HUMAN BEING

11
SAT

Dharma teaches us that a typical human being is actually a multifaceted & multidimensional being with a material dimension, a casual dimension ^{ultimately} & a spiritual dimension that is always clearly visible to the naked eye. The human being consists of:

- a) **Deha** (Physical body)
- b) **Manas** (mind substance, including impressions, data, memory)
- c) **Buddhi** (rational faculties)
- d) **Ahankara** (false, individual ego)
- e) **Atman** (the true, spiritual self)

According to DHARMA 'World View',

We are certainly "BEINGS" who possess bodies — no sane person would deny this immediate empirical fact.

Indeed, contrary to the unnatural & illogical conclusions that the Radical Egalitarian draws

from this simple fact, from a purely physical perspective that there is an infinite degree of diversity & inequality that is clearly empirically seen.

2000

APR

S	M	T	W	T	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	...	...	...	...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	...	...	...	...	...

Physically Speaking,

No two human beings in the world are the same

14

1) Some are tall, the other are short ^{the} ~~there~~ is ~~some~~ ~~difference~~

2) One person is strong & another person is weak.

3) Some need glasses while others need hearing aids

4) The diversity we find physically is endless & limitless

That is all commonplace. By extending the analogy

While looking at their minds & their intellectual capacity

We clearly see that some are more intelligent &

skilled than others. Some are more naturally artistic

& creative than others while some are analytical &

Cerebral. Some people have mental or emotional

Challenges, such as psychosis, bipolar disorders or

retardation, while others have minds so healthy

as to allow them to view reality with a more

tremendous clarity.

To continue →

Egoistic desires, preferences & goals too are
as diverse in content & quantity as the
numerous people we come across around us.

16
THU
MAR

Some aspire to become great world leaders.
Others desire wealth or fame or romantic love.
Some people, by contrast, seem to have more yearning
to realise God & save ten fellow beings in greater
simplicity, humility & deep compassion & determination.
Thus we are all quite different from one another,
unequal in so many ways in our appearances,
abilities, in our desires & in our preferences as well.

Rather than attempting to lie to ourselves &
artificially fly into the space in the face of clearly
discernible empirical facts, Senatore Sharon &
encourages all people to respect each other & honor their
differences & work together with dignity & harmony
despite an undeniable recognition of all our differences.

2000

APR

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	...	...	...	...	...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	...	...	...	...	...	...

Senatore Sharon recognises we live in differences

17

FRI

MAR

NOTES

Four Vedas

The four vedas, Rig Veda, Sama Veda, Yajur Veda & Atharvana Veda deal with different aspects of human life.

The first two Rig & Yajur deal with the appreciative adoration of the sun / river / fire & Home. Sama Veda is musical in chanting.

Atharvana is more practical in its approach of dealing with community welfare & defeat of enemies. Of the four, Atharva is the latest in chronological order. The basic understanding of four Vedas is essential as a backdrop of our Cosmological & Vedic concepts.

Meaning: The humble Sage,

xx By virtue of his true knowledge & wisdom sees no equal vision (20 A 25:) the learned gentle brash, a cow, an elephant or dog or an outcaste etc.

Having God as a common source of inspiration,
let us behave as children of God from a
spiritual perspective. Your spiritual
self (ATMAN) has no color, race or dimension
No class or gender, neither capitalist or Communist
Neither a black Indian or White European or American

18

SAT

MAR

NOTE

Transcending both the bodily dimensions of life &
all kinds of materiality, your true self finds itself currently
situated in Ur body due to Ur own free will, I desire
indivision or consciousness. Equality ^{in spiritual realm} is an exceeding
important goal which we should all aspire for.
This concept of spiritually-inspired equality is very
beautifully explained by Lord Krishna in GEETHA:

19 SUNDAY

VIDYA VIMUKTA SAMPANNAM

BRAHMA NE CAHI HASTHINEX

SHUNI KAIVA SWAPNA KECHHA

PANDIT HAA SAMA DARSAN HAA.

The story of a bird with two necks

Once upon a time there lived ²¹ a special bird with two necks ^{TUE} and shared a common stomach.

One day one of the heads found a jar of nectar & on seeing the other also wanted to share it and taste the nectar but the first who noticed did not want to part. Enraged at this, the other neck went for a jar of poison and drank it. The poison reached the common stomach & both of them got poisoned.

MORAL: Always don't hesitate to share a good thing with others. Don't monopolise for yourself. It is in your own interest.

22

WED

MAR

MONEY

NOTES

God uses money to test us & our real nature in our journey to God

A Pure person uses money wisely & steps forward in his spiritual journey

An Impure person loses ^{it} to his DESIRES & falls into the worldly Trap.

Ultimately the MONEY reaches its destined place as earmarked by God

So have a sense of utility & usefulness for MONEY SPENT.

For the food of village, I have to give up my family
for the food of country, I have to give up the village
for the food of humanity, I have to give up my country
for the food of humanity, I have to give up everything

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	MAR 2000		
19	20	21	22	23	24	25	26	27	28	29	30	31								

LAW of ACTION & REACTION

23
THU

NOTES

The law of Karma declares that every soul will reap the fruits of its actions & every soul is responsible for its fate & destiny.

Our future is what we make for ourselves. It is incorrect to say that the soul is immune to the after effects of its own actions. Instead the reverse is true. In essence if you sow thorns you cannot expect to reap thorns. This is similar to the law of motion which says,

"for every action there is an equal & opposite reaction"

There are 3 types of Karma: ~~good~~ ~~bad~~ ~~mixed~~

It should be counted into the first two. ~~good~~ is good action. All actions based on consciousness of soul are good actions, ~~bad~~ is bad action.

While the lower body consciousness are bad. Through Raja yoga we can burn his sin. Raja yoga meditation gives mental strength to perform good.

2000

APR

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	...	...	...	...	...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	...	...	...	...	...	...

GOD KARTHA KARAYITA CHATWA
24 PRE RAKSCHA ANUMODAKA

FRI

MAR

SEKUTE DUSHKUTE CHAIVA

NOTES

CHATWARA SSANA BHAGINATHA:

Means: There will be four share holders to obtain results of each good or bad karma

KARTHA: the person by whom action was performed

KARAYITA: the person who ^{completed} ~~ordered~~ to perform

PRE RAKA: the man who inspires the karta to perform

ANUMODAKA: the person who ^{approved} ~~justified~~ the act

All the above four should share the Punya/Pape equally. Hence each & every human being should develop a habit to do only good deed as a result the entire world should turn into a PUNYA BHUMI when the God showers all his blessings.

SRI MAAN NARAYAN VISHNUR VASUDEVO BH RAKSHATHU

Devotion & Emotion

27

MON
MAR

Even a dry leaf cannot be waved
by the strongest gale without His divine will.
He are all his beloved children,

NOTES

His will cannot but work out to our good.
He keeps the midweller leaves that is food for us.

Bhakti is meditation in its deepest & fullest
manifestation. Bhakti actually denotes
devotional meditative absorption.

Emotion is different from Devotion

Emotion in Bhakti sense of Yoga & dharmic
spirituality is a purely material originated
phenomenon that arises from the mind (manas)
chitta (psyche); desire (kama) & anger (krodha).
Thus materially inspired emotions are unreal.

DEVOTION, on the other hand, is a state of consciousness
that is transcendent in essence & thereby reflects
the innermost, latent nature of the atman (true self)
as being functional & contemplative & ontologically
sustained by the Absolute & represents functional nature
of our soul.

S M T W T F S S M T W T F S
... 01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18
19 20 21 22 23 24 25 26 27 28 29 30 31 ... MAR 2000

The Pair of Seasons

A man has four sons who each at different times broke a So he sent them each at different times to see the land. The first son went in winter, the second in spring, the third in summer, and the fourth in autumn. When they returned, he called them to give him feedback. The first son said the land was ugly, bare, and thistles. The second son said it was covered with green and full of promise. The third son said it was full of flowers, looking very beautiful. The fourth son said it was drooping with fruit. The last one disagreed to say that it was, indeed, dead. The man agreed that all the boys described different seasons, but the outlook was different. "I can't judge a season or the land from one season but must have been impacted by all seasons. If I give up now it is winter, I will miss the beauty of fall because of spring and summer!"

Don't let the pain of one season destroy the joy of the rest of seasons
Don't judge life by one difficult season
persevere through difficult periods of life
Better times are sure to come

Handwritten text: "Handwritten text: ..."

29
WED
BAR
NOTES

DOCTOR'S DAY
30th March is celebrated as Doctor's Day
to honor Dr. Crawford Long,
who in 1842 was the first physician
to use ANESTHESIA during surgery.

ANESTHESIA & Dump Surgery.

Balance Sheet of LIFE

Doctors
30
THU
MAR

Our birth is our Opening Balance

While death is our closing balance

Our investing ideas are Assets while prejudiced ideas are Liabilities
or good deeds

Heart is our Current Asset while ^{BRAIN} SOUL is our Fixed AS

Thinking is our Current A/c; Education & degrees are PATENT

Goodness & Achievements are EQUITY CAPITAL; Character & Morals are STOCK IN-TR

Friends are our General Reserve; Love is our DIVIDEND

Value & ^{Good} behavior are our GOOD-WILL

Patience & good behavior are our Interest Earned

Children are our BONUS ISSUES; Grandchildren THR

Basic IQ & Knowledge is our INVESTMENT

Knowledge & Work performed is our Profit-earned

Sickness or Punishment & Suffering is LOSS & subsidy

So before Income Tax assessment hearing (in the Court)

Balance your Assets & Liabilities

and Arrive a new life.

2000

APR

S M T W T F S S M T W T F S S M T W T F S

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Success is 99% failure

31

FRI

MAR

NOTES

To understand this, (Mr Sochi ~~is~~ ^{is} ~~hand~~ ^{hand})

I turned my attention to my own life.

I felt my ^{entire} life failing at important junctures.

- 1) When I first walked I just fell down
 - 2) When I started speaking I stuttered
 - 3) When I wrote a "d" it looked like "b" & when I wrote a "b" it looked like "d"
 - 4) When I sprinted I peaked & when I rode a bike I crashed
 - 5) When I played football, I fumbled to make a goal
 - 6) When I was a student I failed more classes than I passed
 - 7) My first three girlfriends dumped me a week each
 - 8) When I ran for political office I lost my deposit (\$)
 - 9) When I started a dot-com, I ~~lost~~ ^{in 1997} 90hrs a week & never made a dollar
 - 10) When I drove a truck I ^{dumped the gasoline} ~~created~~ an environmental hazard
 - 11) When I first drove a car, I totalled 4 cars
 - 12) When I first used Windows 95, I crashed the entire flip system
 - 13) When I administered data, I deleted an entire customer database without a backup & I lived to talk about it.
 - 14) These are just a few of my failures. I have a lot MORE.
- But today I believed that the day I spent trying to concede to my demons, is the day my soul dies & sends my ghost

2000

Three Principles for Progress in Society

Are there main principles for progress in society?

① **DATVA PRITI** (दादा प्रीति) = Love of God

SAT

APR

NOTES

Unless you love God, universally, you can't fear sin.
When fear of sin, morality gets established automatically
so love of God includes in you the next one

② **PANI BHETI** (पानी भेति) (fear of sin) When you fear sin,
your mind can't divert to doing good
and that is how you think of doing moral things

③ **SANGHATI NEETHI** (संगति नीति) (Morality in society) comes
through love of god. Believe in Panchashiksha saying

① DE ② VO ③ DU ④ NNA ⑤ DU = दादा ननु दादा ननु

To remember this, follow the eight letter Sanskrit word

① Sam ② Sai ③ Ya ④ Ma ⑤ Vi ⑥ Ma ⑦ Sya ⑧ thi

2 SUNDAY

This means दादा ननु दादा ननु = Never doubt God = doubt is bad

Instead of saying "God is NO where" shift to better

(N) doubt is "no", to say "God is NOW here" & everywhere

3

MON

APR

HANUMATH - VIJAYOTSAVAM

(Lord Hanuman comes us)

TO DAY is 5022222222222222

40 feet high green granite statue of

of 5022222222222222 @ TIRUVALLUR
(on the rail route from Madras to Tirupathi)The celebrating 5022222222222222 is a celebrating sacrifice
commemorates the life of Hanuman as the son of Sita andKanjakeshala (a girl) the attendant of 50222222
(the predecessor of god)One day she insulted a sage who cursed her to be born
as a female monkey, a curse which could be erased

by giving birth to a son. She could be incarnating Lord SIVA

She took birth as ANJANA and married KESARI

Anjane prayed to the God of WIND (VAYU) who granted her a son

She also prayed to Lord Shiva to take birth in

her womb free her from the curse of living like a

female monkey. Lord Shiva was pleased by her purity of mind

of devotion. He agreed to incarnate in her womb as her son

S M T W T F S S M T W T F S S S M T W T F S

01 02 03 04 05 06 07 08 09 10 11 12 13 14 15

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

APR

2000

This day, Hanuman took birth on 14th day on 22nd of 22nd 50222222

Always Success in Life

Dear William - You are resolution to succeed ⁴ wife
say Abraham Lincoln: "is more important than any other thing"
 TUE
 APR

ARISTOTLE: "It is impossible to fail in many ways"

Q. Quindlers: If Ur Success is not on your own terms,
and though it looks good to the world,
but doesn't ^{feel} good in Ur heart, it is no success at all.

Michelle Johnson: I learn as much from those who failed ^{from} as those who succeed

David MacCullough } Real success is finding your life work,
in the work that you really love

EMILY } Success is counted sweetest by those who never succeed
Dickinson } respectfully

I give my success to have listened respectfully
 to the very best advice and then going ahead
 doing the exact opposite

Jerry
silence } "My definition of success is" To freely Bloom"

Henry David Thoreau } Success usually comes to those who are too busy to be looking for it, but pass success unknowingly.

Alber- } Try not to become a man of success
EINSTEIN } but to become a man of VALUE

M K Gandhi: Success is not anyone's grandfather's property. It comes out of sheer effort.

She told him Hanuman that the Lord could give him

5

WED
APR

a fruit as bright as the sun. He flew to the sun
about to grab him by his mouth.

Indra used his ~~power~~ ^{power} to prevent ~~Indra~~ ^{him} to swallow the sun.

Vayu (the divine father) got annoyed & stopped the Lord

from blessing. All gods got suffocated & Lakshmi ~~was~~ ^{was}

bestowed numerous ^{sheep &} powers on Hanuman.

His singleminded devotion & faith in God made him

a true disciple of Lord Rama. He did not hesitate

to cross the ocean to search Sita, to carry ^{of drugs} medicine

to save Lakshmana, etc. He is a person bestowed by God.

He loved only the presence of Rama & service to him

at all times & became his devotee for all times.

He wore the necklace of diamonds at the Rama's

feet & his neck & sat at his feet for prayer.

Let us follow & seek Hanuman's boundless fidelity.

Then we can also be successful in all success in life.

Affirmation: Hanuman

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

APR

2000

Jai Hanuman

Brain Dampening Habits

7

FRI

APR

(Note)

Midnight

4:00 AM

to the time when the
Body HARROWS
produces Blood

So have a good sleep

during hot period
Don't sleep late & prevent the

NOTES

XX

[Evening 9 to 11 PM] - for eliminating unnecessary toxic
Chemicals from the antibody system
This time should be spent - relaxing / listening to music
Or the Caravan, if the h/w spends working clock / dishes
or monitoring Children's homework / telephone
it can have a negative impact / cells

[Evening 11 PM to 1 AM] Deloxification of LIVER
is ideally done during
Deep sleep stage

[Early morning 1 AM to 3 AM] Deloxification in the gall area
during deep sleep

[Early morning 3 AM to 5 AM] Deloxification in the lungs
(People usually coughing during this time)

[Early morning 5 AM] Deloxification in the colon - Empty the Bowel

[Morning 7 AM to 9 AM] Absorption of nutrient in the small intestine
U must take B/F during this time
Don't avoid B/F - Do take some thing
Behave like breakfast even up to 10:30 skipping it

Sleeping too late & waking up too late & skipping B/F
disrupts process of removing unnecessary chemicals

S M T W T F S S M T W T F S APR 2000

LIVER DAMAGE

Main causes are

- ① Sleeping too late & waking up late in the morning
- ② Not urinating in the morning
- ③ Too much eating
- ④ Skipping breakfast
- ⑤ Consuming too much medication
- ⑥ Consuming too much preservatives, additives & artificial sweeteners
- ⑦ Consuming unhealthy cooking oil
- ⑧ Don't consume fried foods when you are tired
- ⑨ Veggies should be eaten raw or cooked
- ⑩ Fried Veggies should be finished in one sitting

Maintaining good eating habits & time limits are very imp for our body to absorb & get rid of unnecessary chemicals according to schedule

See the timings along side

Note

8
SAT
APR

NOTES

9 SUNDAY

0000

S M T W T F S S M T W T F S S M T W T F S

My provocation

- (1) Tell me about your childhood
Where did U grow up? How long did U (or fly)
live in that area? Did U have any pets?
^{When U moved out?}
How did Ur parents discipline U? What they taught U
- (2) Tell me about Ur Childhood home/Neighborhood
What was Ur home like? What kind of amenities
did U have (Gas, Electricity, plumbing, phone, TV, Radio)
Photographs of Ur home; Did U have swimming pool / Tennis court
Did Ur town have a bus route / Rail Rd / PO / Radio str
Describe your neighborhood?
- (3) Tell me about Ur Childhood activities:-
What kind of games did U play? You int in sports/Hobbies
Any Childhood pranks? Did U do any Childhood jobs? ~~How~~
did other kids hang out? ^{Approx 15 or three} You close friends HARI / Sankar / RSR
- (4) Tell me about Ur Education? Primary / Sec / Degree
Describe Ur school / college / Every college / Why
Do U remember Ur favorite teacher & best friend
Educ levels U reached? Ur favorite subject ^{school} / ^{college}
What spl skills did U acquire? Any foreign language?
Hindi / Sanskrit
- (5) Tell me about Ur Spouse?
When how U married? When did U meet - Ur Life Partner
How long did U date? When did U get married?
Her Education? Bedding & relations (Any episode - water episode)
Copy of marriage invitation? Exchange of Rings (sisters)

(6) Tell me about Ur profession. (Teaching / Teacher)
Describe Ur first job?
Did you change Ur profession?
How U relate Ur profession? Keesang

(7) Tell me about Ur family background,
Grand father, father, uncles, aunts etc.
House blessing ceremony, fight with Han's mother
Describe Ur parents & physical characteristics. Unrelated
Religious traditions & fasts / diets / temple (Sri Sri Rameswaram)

(8) Tell me about Ur marriage
QUID PRO QUID arrangement in sister's marriage

9) Family hardships & Any funny stories
in your school/college life (incident)
Ur belief in God Family life / religious affections
Ur visits to TPT - Was service in NCC / R.S.S.
Favorite film outings (TPT or PPalani) activities

10) When were U born? Historical events (England) U
When did U acquire Ur Radio / TV / Telephone / computer
How these acquisitions changed Ur life style?

(10) Growing Children
We may feel jealous of a successful person
but we are never jealous of our own children
On the contrary we are proud of their achievements & for
surpassing us. We are ^{not} envious of them but we feel happy
because we are able to see our self in them.

12

WED

APR

STRESS

A lecture while explaining to a class about
he raised a glass of water & asked a class
"How heavy is this glass of water?"

Answers ranged between 20 grams to 500 grams
The lecture replied: The absolute wt does not matter
It depends on how long you hold it in the position
If you hold it for a minute, it's negligible
If you hold it for an hour, it aches my arm
If you hold it for a day, you have to call an ambulance

In each case, the wt is the same but the longer you hold
the heavier it becomes. That is the way with Stress Management
If we carry our burdens all the time, sooner or later
the burden becomes increasingly heavy, you can't carry
it like the glass of water, you have to put it down for a while
& rest before holding it again. When you are refreshed
you can carry on with the burden again for long

S M T W T F S S S M T W T F S

01 02 03 04 05 06 07 08 09 10 11 12 13 14 15

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

APR

2000

When we are refreshed you can carry burden again.

MANAGEMENT

13

Here are some great things dealing with BURDENS OF LIFE.

1) Accept ^{the} some days you are a pigeon ^{heavy} ~~slight~~ ^{APR}
While you are a statue on some other days ^{NOTES}

2) Always keep ur hands soft & sweet and be prepared to eat them if necessary

3) Always read stuff that makes U look good if U die in the middle of speech

4) Drive carefully. It is not only cars ^{can be} that, recalled by the Make

5) If U cant be kind, have the decency to be VALUABLE

6) If U lend \$¹⁰20 I never see him again, it is worth it

7) It may be that ur sole purpose of life is to simply to serve as a warning to others

8) Never buy a car you cannot push

9) Never put ur both feet in ur mouth at the same time when U dont have ^{even} one leg to stand on

10) NO body cares if U cant dance well. Just get up & dance

11) Sleep late. It is the early WORM that gets eaten by the bird

12) It is the second mouse that gets the cheese & not the FIRST

13) Birthdays are good for U. The more U have, the longer you LIVE

14) We learn a lot from crabs - some are sharp / pretty / dull / weird name
I am ~~not~~ ^{different} colors but live in the same box
together ^{more} a good secretary

15) A truly happy person is one who enjoys ^{the secret} on a below

NAVAMI FESTIVAL : How to SERVE

15

SAT

APR

NOTES

1) Best-way to serve God is to give

2) My presence is eternal value but
my form is transitory

3) Ignorant is one who fixes me to a form
Worshipping a form is worshipping all the deities who dwell
within

4) God is most merciful. I am His servant
Always Remember HIM

5) I rest where there is full devotion

6) I say things here. There they happen

7) I am in You; You are in ME. There is no difference

8) Deities can never oppose ME, unless I want them

16 SUNDAY

Clarifying these have help in spiritual growth &
a healthy society -

17

MON

APR

NOTES

AGING

What disease U dread most?

Cancer? Heart disease? Osteoporosis?

Alzheimer's? Each one can be treated with drugs & prevented & then progress slowed down.

All these diseases are p/o the aging process. By preventive action, you can slow down the process & prevent premature aging process.

Sugar affects Aging process: It is a common knowledge

that very few Centenarians are DIABETICS

Sugar is a sticky substance. When U have extra sugar floating in ur blood stream, the sticky sugar molecules attach themselves to proteins, forming new chemical structure

which starts the degeneration process within the body.

Causing CATARACTS, SAGGING SKIN, STIFFENING JOINTS

due to loss of collagen. When glucose attaches to a PROTEIN

molecules, the resulting end products keep circulating in the blood & having adverse effect on blood vessels

! DIABETICS have a high risk of precipitating Heart disease

S M T W T F S S M T W T F S S S M T W T F S APR 2000

PROCESS

Excess fat
VS
Aging process

When it comes to aging process

18
TUE
NOTES

many gas are concerned

outward manifestation like to gain weight while it is the fat that make us age faster. grey hairs etc

They stimulate production of millions of free radicals making our cells cancerous & dysfunctional - they ignite once cell after another in a chain reaction turning our body cells into a malfunctioning junk

They attack the fatty membranes all over our body on a daily basis. Consuming a plate full of ALU chips,

or fried SAMOOSAS, PURI-BHATEES, papads, pastries etc can cause free radical damage to our body

Just as fried chips, lying exposed to air begins to get RANCID the fat we consume become oxidised & we begin to spoil.

Now that we are actually aware of what happens

When we consume ^{None} sugar & fat-laden foods, avoid fats

It is time to live life in moderation & build resistance & immunity in such a way that a little bit of sugar & fat taken occasionally, should not affect our battle @ aging

I must emphasize that what is going inside our body is of great importance that you extend appearance



S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	
21	22	23	24	25	26	27	28	29	30	31										

Take care of our inside & keep it detoxified & clean so that we live long & healthy

19

WED

APR

to be followed in which a human being

- 1) One should follow recognised conventions & traditions of his family & religion.
- 2) One should avoid irrelevant, false & harsh talk
- 3) One should not hate anybody by speech/deed/mind nor cause pain to anybody intentionally
- 4) One should avoid violence/Theft/Slandering
- 5) One should respect & serve his parents, teachers & other elders whom by age/sex/designation
- 6) One should remain calm & fortitudinous in prosperity or misery and both
- 7) One should not be jealous of some one's achievements but emulate him to some height of achievement
- 8) One should serve as much of his capacity patients/sufferers/engraved/unemployed/hungry
- 9) One should not stop into his own happiness but include others

S M T W T F S S M T W T F S S M T W I P
 01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

our share have for the happiness of all

GOOD HABITS

20

APR

NOTES

- Can avoid disease & avoid unhealthy situations
- 11) One should not be enemy to anybody nor make their enemies without any valid reason
 - 12) One should not reveal the unfavorable/misdeeds committed by his employer to anybody
 - 13) One should not trust anybody blindly, nor mistrust anybody without valid grounds
 - 14) The key to gain favor is to understand other person & do likewise
 - 15) One should not be a SLAVE to his sense organs nor they should be suppressed
 - 16) One should not be a slave to his sense organs nor they should be suppressed
 - 17) Be desirous of nothing but SITUATION (MOKSHA) NOT ~~be~~ ^{absolutely} be devoid of Dharma / Artha / Kama
 - 18) Mind should be kept free of sympathetic feelings (AARDRA SANTAA NATATA) and kindness
 - 19) FORGIVENESS & FORBEARANCE should be your nature
 - 20) Get rid of Avarice / Irritation (Sensuousness / Jealousy)
 - 21) Every night before sleeping renew ^{your day's} physical & spiritual improvement

2000

MAY

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
...	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	...	...	...	...	...	...	...	...	...	...

22) Don't drink unknown mix / run go before flames / Never ride any unknown vehicle

MAKE ME A BLESSING

22

SAT

Make me a blessing Oh my LORD

Help ME to help those needing help, Oh LORD

To BE a blessing to my FELLOW MEN

Instruct me ^{when} to speak & when to hold my speech

When to be BOLD in giving & when to WITHHOLD

Be give me strength if I don't have strength enough

LORD make me tough with my own self &
Tender towards all others

Let there be an outpour of gentleness on those ^{who need} gentleness

Give me a word, a touch to fill the lonely life;

Give faith for all & courage to keep hearts up & up

My own feeling is just low & low,

When men have bitter things to meet - squall

23 SUNDAY
Then become life. Their eyes to see ^{I accept defeat -}

The vision of Thy VICTORY.

Help me to help & help me to give

The wisdom and the will to live

2000 MAY
S M T W T F S S M T W T F S S M T W T F S
... 01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30 31

James FREDERICK DILLIET