

SAMSHIDTA GITA = 2032 40

24
MON

APR

Contrary to popular belief that GITA

is meant only for old monks, ascetics or Renegades
it is actually meant for people of all ages
in all stages of life from childhood to old age.
Even atheists can get benefitted by it because
of its scientific analysis guidelines covering
all situations at all ages.

In modern terminology it touches on
several subjects like Arts, Science & Management
Human Resource Development etc.

Although many people ^{of} Gita, they don't
have patience to read the whole lot (all Sargas)
as a small % have time to run through it.

That is why ^{lecture} only for ready selected students
create an awareness & interest in reading them
& provide an overview of the spiritual underpinning

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with the hope that the love heart again begins

Easiest & highest form of worship of God

Feel the presence of God everywhere & every minute
 He dwells in Ur heart & glitters in your eyes
 He is the breath in Ur nostrils. Behold Him in every face
 Consider Ur House as the Temple of GOD/Lord
 Your wife & children are the children of GOD + his 25 S
 Consider every action of Ur service to the GOD
 Every word U speak as the Praise or the praise of the LORD
 Consider Ur lips moved as prostration before the LORD
 Your daily walk or perceptions of the Lord's actions
 Consider Your burning lights as the saving lights to the LORD
 Consider Your sleep as the SAMADHI (Supraconscious state)
 Consider Ur food & drink (as you take in) as offering to the LORD &
 then take it as his PRASAD (gift)
 "How can I clean Ur feet when the GANGES flows through Ur feet"
 How can I offer U a seat when U are all pervading the universe
 How can I have lights when Sun & Moon are thy very EYES
 How can I offer flowers when U spread the essence of all flowers
 Life is short & time is fleeting. Think the time this
 Look HIM within Urself & everywhere around & pray for HIM

25

APR

NOTES

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[illegible]

Who is a FRIEND?

26

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NOTES

A friend is one who listens to ur grievance

Is there love you through Thick & Thin

Gives U praise & understanding even when ^{U are} in need

Mends the ~~HURTS~~ within your mind

A friend will pass no judgement on ur behavior

Accepts as U are, as is there is basis,

Will lend you an ear or shoulder

Whether you are near or far away,

At times if you stumble or lose ur way,

Friends will act as your stepping stone

They will laugh with us when we are happy ^{to show U light of the day}

And cry with us when we are blue

Will love without conditions, with hearts sincere & true

The answer to the Qn "Who is a friend" is:

A friend is my gift from God. I am sure.

Thank U for being my friend for LIFE.

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OMNIPRESENT; OMNISCIENT; OMNI POTENT

28

Where is God; Where he looks his work? What does he do?

FRI

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Like butter in milk flows everywhere
We save them

NOTES

I for the second question he asked for a lamp
of lit it with a match stick & then asked
"In which direction the light passes"
All sides & all directions & angles.
Like love God's effulgence & his vision
is not directed to a particular side/person but all side

II) Then sage asked the king to exchange places
The king agreed & came down while the
sage occupied his place. Now to what God does
He brings down the mighty & elevates himself
He can make poor men & rich poor
Thereby he is all seeing & omnipotent

Make ME a BLESSING my LORD

Oh LORD

Help me to help those needing help

29
SAT

To be a BLESSING to my fellow-men

Instruct me to speak & when to hold my speech

Instruct me when to be bold in giving & when to withhold

Please give me strength when I have no strength enough

Make me tough with my own self & tender towards all others

Give me gentleness to bless all who have a need of gentleness

Give me a love to feel the lonely ^{low} life with compassion

Give me faith for the ^{less} ill & courage to keep hearts up above ^{the} ^{low}

When men have bitter things to meet-squall & accept defeat

Then let me lift their eyes to see the vision of thy VICTORY

Please help me to help & help me to give the wisdom of love

Please help me to accept thy blessing & sleep in thy lap

With prayers to praise your glory & accomplishments

(from the Unity Book, Unity Home, USA)

James Butler Freeman

1949-50 New Too Busy for a friend

1

MON

One day, as a teacher, I asked my student
to list the names of other students leaving little ^{writing} spaces
in between & ^{encouraged} ~~encouraged~~ them to write the nicest things
they want to say about each of their class mates.
It took them the whole period, ^{to even more} to finish the assignment.
When they left the class they handed in the papers to the teacher.
That weekend the teacher consolidated these statements
into a ^{single statement for each of the student} ~~single statement~~ & ^{simply} ~~prepared a chart~~ showing the
~~name of the student~~ ^{on the top & under} his name. Not every other
student said about the individual briefly (without
 divulging the name of the author).

The next Monday I circulated these statements
to the respective boys & asked them to read & return.
Before long, the entire class went into big laughter.
Each one heard another saying or whispering into his ear.
"I never knew Fred meant so much to my class."
"I did not know that so many boys liked me so much."

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Do you HAVE FRIENDS

A human being, we are social by nature
we need to have relationship in this world
Have one / two friends who can be with you in times of trouble
But in fact we have no knowledge who is and from
The truly best friend is God only to turn to help
only you can combat a best human friend
You have a real friend who will not abandon you
if you can do anything for him you need
him to take care of you if you are ill or go
wither you are in your best time or worst time
If you answer this honestly, the answer is NO
Yet you do have an ^{inner} friend (God) (28)
as the witness of our deeds & actions &
to question our mind & to warn us of our actions
Caution us against any selfish actions & warn
To know this eternal friend we must develop
of pure love & devotion (28). He gave
you advice in the 10 27 28 29 30 31. If you need it
You know what a friend is & truly experience
the love of friendship, more bliss than there
a human friend can provide you
Thus you will get more joy & bliss
than there a human friend can give you
You will truly experience the love of Bhagwan
— Sankar Dharma Society —

Stay on friend ship. Two friends travel
together via forest. When they cross a bear
one of them climbs up a tree & concealed
himself among the branches/leaves.
The other feeling helpless lay hungry
on the ground & keeps begging for
him a dead man. The bear thinks
that he is not a friend of a dead man
& leaves him
to go away.

When the bear goes away
the other friend gets down the tree
& accuses him of being a dead man.
The bear told him that he
smelt his carcase.

He promptly replied:

"Never have I met a friend
who desert me at the approach of danger."
He is not a true friend."

Moral: A man's true friend is the test of his sincerity
of friends

1949-50 New Too Busy for a friend

1

MON

One day, as a teacher, I asked my students to list the names of other students leaving little ^{two line} spaces in between & ^{encouraged} ~~encouraged~~ them to write the nicest things they want to say about each of their class mates. I took them the whole period, ^{even more} to finish the assignment. When they left the class they handed in the papers to the teacher. That weekend the teacher consolidated these statements into a ~~single statement~~ ^{single statement} for each of the student & ~~signed~~ ^{signed} the name of the student ~~on the top & under~~ ^{on the top & under} his name. Not every other student said about their individual briefly (without divulging the name of the author).

The next Monday I circulated these statements to the respective boys & asked them to read & return. Before long, the entire class went into big laughter. Each one heard another saying or whispering into his ear. "I never knew that meant so much to my college."

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College

"I did not know that so many boys liked me so much."

Never be too busy for a friend

Later the students entered different fields of life ² and
went to different countries & settled down various places.

One such student went into Vietnam War & got killed

One fine morning, a military person, ^{along with a couple} came enquiring about

my address & name as the ^{father} of Mr Mark of St. Petersburg
obviously waiting to speak with the teacher.

"We want to show you something" his father said
taking a wallet out of his pocket. "The Military found this paper

on the Mr Mark Allen he was killed. We thought U may recognise

He took out two worn-out pieces of notebook paper, brownish
taped, folded & refolded many times "He teaches ^(D) recognized

without difficulty, as the ones ~~he~~ circulated in my class
all the good things when Mark's classmates said about him.

I told them "Thank O very much. ^{You} Can see Nurse / resinsed

Some of marks clammets also gathered ^{in the vicinity} around to congregate. Some of them still present. I still have my other lot on the top drawer of the 2nd floor crib board.

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3

Perfect DEVOTE

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NOTES

In Gita, the Lord describes a perfect devotee as

ANA PEKSHA, SUCIRAKSA, UDASINO
SARVAARAMBHA PARTIYAGI GATAVYATHANA

TO MAD BHAKT HA SAME PRIYATI

GITA
12:16

Anapeksha = Who has no expectations

He considers GOD as the noblest.

To him, there is no greater gain than realizing GOD

So he is not least attracted by any worldly objects.

He is not also attached to his body / senses / mind / intellect.

He is unconcerned in maintaining his body & free from all desires.

A devotee is not shaken by the worst of sorrows

because he remains absorbed in Lord's activities

He knows that all mundane things are perishable

so he has no desire to acquire them.

They don't desire to behold God but remain absorbed

in thinking of His boundless grace. Even the Lord follows such

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such a devotee, so that the dust of his feet may sanctify all

Concept of TIME (Sankarallayan)

Yesterday's Expense

TOMORROW IS HOPES

4

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Today is getting from one to the other

Q Why are we suffering? Because of human form

Q Why did we get this form? Because of our past actions

Q How are actions done? Because of feelings & emotions

Q How one feeling/emotions caused? Because of foolishness

Q How is fatalism caused? Because of ignorance

Q. How is ignorance caused? Because of past deeds. It can do anything.

Lord Gundera Chankanga ^{all our miseries} submits into three categories

- 1) I don't have a particular sheep
- 2) I lost one I had
- 3) I don't like one I have
- 4) I brood over one I don't have

Lord Krishna: "Janana The Thadagnanam Yashyam nasithe Matmanam
Tessa Mahitya Vignanam prakasathi Thatparam (5-16)

What is LOVE?

The Lord declares to the Seekers of Love & Maya ^{believe} **6** ^{THREE} ^{YOGA}

1) PATH of KNOWLEDGE (JNANA YOGA) (Live & discriminate ^{true MEANS} to realize ^{NOTES})

- (a) To be AKINCAVA with no possession over anything (DESTITUTE)
- (b) To be devoid of Desire (I need nothing)
- (c) To be APRAYATNA w/ do anything with selfish motivation

2) KARMA YOGA (Path of ACTION) Renounce all EVIL

- (a) Neither think of any evil or wish any evil or do any EVIL
- (b) To feel compassion for & share the joy & sorrow of the cheerful person any sufferer
- (c) To apply the things acquired from the world in rendering service to the world without the desire for its fruit

3) VIKAS MARGA (PATH of Devotion) Take ^{TOTAL} refuge in

- a) I am part of only God (NAMAIRATISO JIVA LOKE)
- b) God is my father & I am His son
- c) All is His (Whatever is seen, heard & reflected upon)
- d) Entire universe is His manifestation only
- e) only God exists no can there be any other entity besides Him

In this realization, there is perfection of HUMAN LIFE

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All Human life is love & nothing else

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What is PRAYER

MON

NOTES

Prayer generate good spiritual current
 & produce rare tranquility of the mind
 It elevates the whole emotional nature & accompanied
 by growth of inward grace ^{strength} sense of atonement
 with the Supreme being. The intensive purified
 feelings raised in the process of the prayer
 brings about a substantial change in state of mind
 puts the ^{praying} man in tune with the infinite God &
 links with the cosmic power house of the
 inexhaustible ~~POWER~~ source.

When prayers are raised on foundations
 of absolute devotion to God, with purity
 of mind & without any motive & without
 any concern or detachment of worldly concerns
 & unyielding faith in the divine power
 they lead the inner being of man into the

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highest spiritual experience.

PRAYER

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NOTES

Psychologically, it should be remembered that prayer is not merely uttering of words but an intense & sincere feeling & longing for contact with the all-pervading power of God. The nature of thinking & feeling is such that it is not possible to think of or feel anything without transforming the psychological organ into the mode of the object. When is thought of or imagined in the mind of the devotee. In the case of prayer, the object of infinite power itself, the mind takes a powerful mode, the devotee gets endowed with superhuman power in addition to achieving his purpose for which the prayer is offered.

All is well that ends with a prayer. Best of the

10

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NOTES

FATHER'S GIFT

A young man was ready to graduate from college. From his childhood he fancied to have beautiful sports car & knowing his father could afford it - told him his wish. As he approached the graduation day, he wished that his father would fulfill his long cherished wish. Finally on the morning of his graduation his father called him into his private study & handed him a beautifully wrapped gift box. Curiously, some what disappointed, ^{young man} opened the box only to find a lovely looking book Bhagavat Gita. Like the young man some embossed in Gold on the cover. Anguly he raised his voice "Take all your money in Bank and skinned out of the house leaving the book on the table."

Many years later the man became a successful businessman. He received a telegram that his father passed away & invited all his possessions to his son. When he arrived he was filled with sadness & searched his father's papers & when he saw the old Bhagavat Gita he kept years ago, had time to go thru its pages & noticed underlined "Love & mine love give service his devotee asks for. Do that son whenever."

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Someone calls for help
As he was reading the, a car key dropped from the back of Bhagavat Gita. On the key was the date of graduation & the words "PAID in FULL"

10 TIPS WORRY LESS ACHIEVE MORE

11
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NOTES

- 1) Do not think of problems as DIFFICULTIES
Think of them as opportunities for learning
- 2) Do not speculate ^{about results} after U have done Ur best
Forget it & proceed to the next in actions
- 3) Do not allow time for abstract thinking - NO
stop building air castles = day dream
- 4) Keep busy with Ur 24 hours with: work/prayer/sleep/relationships
- 5) Do not concern Urself with things on which U have no control
Armchair generals cannot win battles except to face nervous b/dom
- 6) If a project is big break into steps & tackle one by one
to tackle
- 7) Do not procrastinate - More time saps Ur self confidence
- 8) Do not pour on Ur worst anxieties to other
people - Don't expect other pity or sympathy - It will
only make U feel sorry for yourself
- 9) Get up as soon as U wake up - otherwise you will
spend more time & use up nervous energy in advance
- 10) Plan Ur schedule so that U have not have to waste Ur time
Hurry is a blood sucking worm & a sister to cursing

12

FRI

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NOTES

People Come into Your life How?

People come into Ur life for a reason?
 for a season?
 for a lifetime?

When U know which one is correct U will know what to do.

① When U know that a person is in Ur life for a reason, it is usually to meet a need U have expressed. They have come to assist U through a difficulty to provide U with guidance & support to aid you physically, mentally, emotionally, or spiritually. They may seem like God-sent. They are for a reason. Then without any prompting on Ur part, or inconvenient time this person can say or do something to brighten this relationship.

Some people come to your life for a season, because Ur turn has come to share, grow or learn. They bring U an experience of peace or make U laugh. They may teach U something U never done. They give you unbelievable amount of joy & happiness. Believe it or not, it is real. But only for a season.

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PEOPLE COME INTO YOUR LIFE HOW?

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Lesson

Life time relationship teaches you ^{solid} LIFETIME things ^{we} must build upon. Share, emotional, foundation.
Your job is to accept the lesson, love the person
put what U have learnt in other areas of life
It is said that Love is blind but friendship is CLAIRVOYANT

Thank U for help / my life better for a ^{reason} ~~season~~ lifetime.

Send this to every friend you have on line
including the person who sent it - to you
if the response is: —

0 Replies → U may need to work on Ur "people's skills"

2 Replies → U are nice but need to be more outgoing

4 replies → U have picked up Ur friends well

14 SUNDAY 6 replies — U are soon right popular

8 replies — U are totally awesome

→ 10 replies — U are one true ME

I border line I'm stand — Good luck

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2nd SUNDAY

MAY

MOTHER'S DAY

and 15 MON MAY TO UCH My heart, Baba

Let me hear to heart in the voice
Let me help someone in dishes
Whisper let me hear something I might face tomorrow
if help me so that I can make better choice tomorrow
Show me the way that I may help all others
Let me do my best I live a life that is worth living
Let me help my brothers & sisters
Please be to praise & let me be forgiving.
Please let me obey & honor U by how I live.
Let me show true compassion for all mankind
Let me obey all U commands & let me not slip
Please take away all my sins & make me a whole
Please let U spirit live always alive in me.
Please let me not hurt anybody whom I love most
Let U love, peace & compassion always surround me
Oh God draw me close & cradle me in U love
Oh God touch my heart & lead me to my home & family
Please surround me & all my wife & children

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HANUMAN touch my heart + bless me

Lord Hanuman is called Adibal (20) of 16

Hanuman was born @ Ruzga Mooka forest (Vandhyu)

to Father Kesari & mother ANJANA DEVI in (20) of 16

Hanuman is Shrivatsa Bhakta of VAALYU PUTRA

He was born in the womb of VAALI & SUGREEVA

At young age he was the ^{student} hard disciple of Lord SORAYA

learned Vedas, 108 upanishads & all Shastras

Hanuman was a great astrologer & was expert in

a great physician & was a great warrior

He is an expert in all weapons & a great warrior (20) of 16

He is very accessible to all of us as his devotees
his available whenever someone is

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I pray to my Lord Hanuman & all of us

He is as fast as HIND & as speedy as WIND & strong

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Oh Lord Hanuman bless all of us



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A17 Recent study conducted by US scientists
a group of volunteers were exposed to cold & flu virus
It is discovered that those with a positive frame of mind
were less prone to catch the virus & even if they catch
their symptoms were less pronounced than -ve thinkers.

NOTES
"Stress leading to depression can be cause of a
number of diseases including physical ailments.
Often people are not aware of the fact that their own
state of mind can affect their physical health.
The immunity of our body system is directly related
to our mindset & mental stability."

"If we are suffering from bouts of negative emotions,
the ability of body to resist diseases reduces ^{to a large} extent
which can result in becoming more prone to cold/flu/diabetes

REMEDY
Stress leading to depression
can be cause of a number of diseases
including physical ailments.
Often people are not aware of the fact that their own
state of mind can affect their physical health.
The immunity of our body system is directly related
to our mindset & mental stability."

DATY, BE HAPPY & HEALTHY

Stress leading to depression also affects composition of all chemicals in the brain which are responsible for our behavior.

Once the balance of these chemicals is disturbed it is reflected in the mental & physical health of a person. If a person is clinically depressed, it leads to chemical change in the brain. The secretion of some chemicals becomes less than normal affecting the immune system of persons.

Experts believe that some diseases like Diabetes, Hypertension, Cancer are psychosomatic i.e. an offshoot of a stressed body. This happens because the hormones are controlled by psyche, i.e. emotions tend to affect the hormones. E.g., Extreme anger can cause hypertension, Diabetes & Heart problems.

Why negative emotions affect ur body in different ways.

Anger → increases blood pressure
Sadness → weakens the immune system
Fear → causes stress
Anxiety → affects the heart
Depression → affects the brain
Loneliness → affects the body
Guilt → affects the mind
Shame → affects the emotions
Jealousy → affects the life
Envy → affects the body
Pride → affects the mind
Avarice → affects the emotions
Lust → affects the life
Sloth → affects the body
Gluttony → affects the mind
Greed → affects the emotions
Wrath → affects the life
Envy → affects the body
Pride → affects the mind
Avarice → affects the emotions
Lust → affects the life
Sloth → affects the body
Gluttony → affects the mind
Greed → affects the emotions
Wrath → affects the life

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10 Laws of WL - loss

Here are 10 laws listed in order of importance for the test to the most important

- 1) Exercise: A minimum amount of aerobic exercise to increase the heart rate & slowly increase...
- 2) Eat Healthy: Have balanced meal with more of vegetables; fruits; fish less junk food + vitamins
- 3) Eat Less: Consume less food to decrease in food consumption
- 4) Self Expression: Live ur best life with best skills
- 5) Self Acceptance: a willingness & ability to love & accept yourself as the imperfect & wonderful person
- 6) Manage Emotions: the ability to identify, observe & focus your intense emotions for achieving something good
- 7) Heal Emotions: Identify your emotions & ensure they don't dominate or behavior
- 8) Manage Ur Thinking: Productive focus ur thought-process
- 9) Heal Ur Thinking: Ensure that ur mind & body don't dominate ur emotions
- 10) Spiritual Development: Willpower & ability to connect

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rebel ur success to a divine source High power to God

10 Guide lines from SAI

20

- 1) **Quit Worrying**. Don't fret over little things ^{that come your way}. I am here to carry all your ^{SAI} burden.
- 2) **Put it on "My TODO"**. I am take care of all ur worries. I can't take care of your problems unless you list them out for me. I take care of lot of things for U that U can never realize.
- 3) **TRUST ME**. I can take care of all ur needs & problems. Only thing U should ask ME & seeking help. I want to help U. Once U hand over ur problems U can be rest assured.
- 4) **Leave it ALONE**. Rest assured that U will be rid of problem. Leave them with me & forget about them. Let me do my job.

- 5) **Talk to ME**. Forget the worries & keep in touch with ME. Don't forget to keep talking with ME. I want U to include ME in ur mailing list & to hear ur voice. Praya is meant for keeping a chat with me. I am your friend.
- 6) **Have FAITH**. I see a lot of things going on for you but U can't see from where U are. Have faith in ME. I want to take care of U. You can't have to trust me & confide in me. I take care of problems of so many like U, who confide in ME.
- 7) **Share your thoughts**. Share ur sorrow, anxiety, with ME. I share ur laughter with those who feel sorry & share your tears with those who have forgotten to cry. Share all ur worries with ME.
- 8) **Be patient**. U have travelled so many miles & met many people. Trust in my timing & I am safe. Have patience & keep praying.

- 9) **Be kind & compassionate** to all, ^{those} who feel like you. For me all are equal but placed differently in diff jobs @ diff locations.

- 10) **Love Yourself**. Have confidence in yourself. ^{believe you see other help & my help} I love U & I love ^{SAI} ^{as a parent} to my LOVE. ^{success / strength / good health} ^{by giving help / peace of mind / Happiness}

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May SAI shown his grace on US & remove our problems

For every minute, INSPIRING Thoughts

Anger 22
MON
MAY

You are angry with someone, you lose 60 seconds, you can't get back
is a state of mind and a condition in which
the tongue works faster than the mind.
Harsh words break no bones but break the HEARTS

Past
Present
Future

You can't change the past; but you can ruin
the present by worrying over the future
LOVE is the only thing that can be divided without getting diminished

LOVE

all that you shall be loved so that you can become beloved
Everyone needs to be loved especially when they are in distress
Love is strengthened by working through conflicts together

Health

is the real measure of man's wealth is
what he has invested in his eternity.
It is for parents to live the same thing but they teach.

Laughter

is God's sunshine. Take time to laugh
for it is the music of our soul & the song of the DIVINE

God

Thank God for what I have & trust God for what I need

Yesterday
Today
Tomorrow

If you fill your heart with regrets of yesterday
& the worries of tomorrow, you have no today to be
thankful for or to hope for a brighter tomorrow
The choice you make today will usually affect tomorrow

Patience

is the ability to idle your motor when you feel like
stripping your gears. To get out of difficulty you must go through it
to feel yourself. It is enhanced by others but does not depend on others

Happiness

For every time you are angry with someone else,
you lose 60 minutes of happiness which you can never get back

Do

What you can for who you can love what you have
and where you are use all the resources at your command

The Discernment of Right Action

23

TUE

When something is attempted by you ~~and~~ ^{if} you experience personally, some exhilaration, joy or satisfaction, realize that you are doing right action but if you experience, fear, shame, doubt, anxiety or prickling of conscience, know that you are doing wrong.

A constant awareness of the DIVINE, eliminates all possible tendencies to wrong action; this ^{will} empower our mind with strongly marked moral judgement which will discern easily & pronounce by itself if a particular action be right or wrong, good or bad. Whenever you perform an action, if you experience any elevation of mind, a sense of ease, & brightness of ^{immediate} future, know that action is RIGHT.

This is a prescript how to test oneself whenever we commence any activity good or bad

24

Predecessor

GOD RAMA

King Rājā Vardhāna (GOD RAMA)

WED

of Kosala earned the name of benevolent King. One day his wife noticed his grey hair & started weeping for his old age. ~~When~~ he preferred to go to the forest. But his people opposed his plan and started a drive to pray to Sun God. (through SORAYA SOKITHAM SORAYA Upasana) for his longevity.

Sun God appeared & presented long life to him.

But the King got wild & opposed this move; because though he got his long life, it does not help his family and the Kingdom.

So the King started praying to the same Sun God. With him his wife & queen also followed the same way. Finally the Sun God had pity on the King's prayer & granted long life to the King as well as his people. With good health & long life.

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2000

PRAYER to SUN GOD is helpful.

TEN VIRTUES

the develop

RESPECT 26

FRI

(1) He should have Sense of Respect for ^{LORD} to whom we are devoted - like Arjuna to Krishna

REVERENCE (2) He should have reverence for one by whom he is reminded of his responsibilities

(3) Love; Satisfaction & Bliss: A devotee loves the LORD. He gets satisfaction & Bliss through Japa & Meditation

(4) Longing of separation are felt by the devotee because he is away from God & always yearns for his darshan

(5) Absence of skepticism & unwavering faith in God

(6) Glorification - Acquiring of glory ^{one's} by glorifying the Chosen LORD. One who is unaware of the same is also a form of devotion

(7) To live only for the sake of the LORD as applied by Hanuman who takes delight in Rama's tale & wants to live as long as people chant Rama Nama & he himself does Ram nama

(8) Sense of Belonging: God abides in all & everything belongs to God

(9) The practice of beholding God in all as practiced by Prahlada. He sang to his father & accepted to show God in stone & all

(10) Positive Attitude even in the most adverse circumstances. Devotion to God develops all these 10 virtues in the devotee. God dwells at the back & cell of the devotee who practices the TEN

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The Lord is not far from U, for U are always the Lord Himself

Incomparable FRIENDS & Formidable FOES

There is no eye like INTUITION

(2) no blindness like IGNORANCE

(3) no evil like LUST

(4) no enemy like ANGER

(5) no friend like ATMA (Conscience)

(6) no VIRTUE like SATYAM (TRUTH)

(7) no shelter like LOTUS FEET of the LORD

(8) no wealth like spiritual wealth

Therefore develop the eye of INTUITION, kill the enemy of ANGER
eradicate the ignorance of love & lust,
make friendship with ATMA & attain the ^{supreme} healthy, god's realisation

There is no greater obstacle to divine life & meditation
than the craving of carnal pleasures

Kill this craving through enquiry, dispassion & meditation

Flesh is your invulnerable foe

Live in the spirit of Atman and

28 SUNDAY

Annihilate the formidable foe & March forward

(9) ~~There~~ There is no light like the knowledge of self

There is no hegemony like that of contentment

There is no virtue like your TRUTHFULNESS

There is no BLISS like that of your soul

There is no friend like your ATMAN.

2000

JUN

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It's better U know about your SELF - Speak TRUTH & develop contentment
Be friend with your ATMA & reach the bliss of Ur. Soul

Six Things to BROUSE

① 29

MON

MAY

Remember that all worldly objects are perishable
perishable of devoid of happiness. He who depends
on them is liable to be disappointed & feel miserable

NOTES

② Remember that God alone is one who is OVERLASTING,
Changeless, eternal, everlasting & not subject of all
depending on HIM none can get disappointed &
none can ever feel miserable

He faith in God lifts MAN up to supremely
divine HERO, knowledge, love & peace - no despair

③ Remember that he who possesses faith in God
even remains unaffected by any odd circumstance
There may be failure in the world but not in
the greatest of shocks fail to affect the spiritual man

④ Remember that after putting your TRUST in God,
U still suffer from unrest & misery, U may take it
for granted that there is somewhere some defect
in your faith itself. So pray to God with confidence
in Ur heart to remove the defect. Thus U can get over the
defect & all Ur misery & unrest can be rooted out.

⑤ Remember that after committing an error, U should rectify the same
otherwise it will cause U misery & distress. Whenever U feel despair
remove that confidence in God with divine light and reassurance

⑥ Remember that in the auspicious world of God there is no place
for failure or despair. Whenever You feel like distress
thinks that Ur faith has changed/dwinded. Try to think of God
You will feel strong & full of energy & success will be in sight

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21 22 23 24 25 26 27 28 29 30 31 almost within ten days

2000

(Kalyana Kalpataru MARCH 2007)

When we examine our lives, we come across
three aspects of our life: viz

Physical level - Action - Action Budget

1 ~~Heart/MIND~~ Intellectual level - Emotion - Common Quizzes

Intellectual level - Thangam - Intelligence quotient

Thus what we refer to as emotions, feelings & attitudes etc. are all at emotional level @ the level of our hearts & they have an important role to play in our lives. In fact feelings are involved in all our thoughts & actions.

I wonder better be more emotional or rational.

It is my conviction that we are essentially more emotional
than those who consider themselves as rational & scientific
also have their emotional side to be proud being unreasonable
they have their own pet theories & great attachment to them

That is why feminism is found not only among religious groups but also among people in science, politics & economics

31

CONTROL OF ANGERWED
MAY

- 1) One should feel the presence of the Lord
Vasudhiva Kuythava without any anger
- 2) Everything being the manifestation of God
I am the servant of God
- 3) By the Grace of God, I will remain undisturbed.
It is desire that causes anger. NO anger without desire
- 4) Everything should be looked upon as if it were
under the jaws of the God of Death. During
the numbered days of our life, why should
be angry & with whom? Our life ^{span} is short
Why should I hurt anyone
- 5) One should feel prostrate before elders. Have
a cheerful countenance & a happy heart.
- 6) Desire is the root cause of anger. So
spend time reflecting upon the God & his names

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MAY

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Murti

Control of Blood Pressure

Blood Pressure refers to the force ¹ with which your blood moves against the walls of ur arteries. A U are aware BP readings consists of: SYSTOLIC pressure
DIASTOLIC pressure

SYSTOLIC reading refers to pressure as Heart beats

DIASTOLIC reading is the P when H relaxes between beats

BP reading rise & fall throughout the day
if the BP remains elevated for prolonged time

U are considered to have High BP (Hypertension)

High BP is a silent killer as it works too hard

This is potentially dangerous medical condition

which puts U at high risk of heart disease

Kidney disease, impaired vision & hardened

arteries. Hypertension is also NO.1 Risk factor

for stroke

7 Ways to lower your BP

12

FRI

JUN

Follow a healthy eating plan

The best plan as per latest research
Diet (1) Low fat (2) Plenty of fruits
(3) more vegetables (4) low fat dairy products

(2) EXERCISE Include a regular exercise plan into your life style can control BP besides being active is an essential part of your healthy life style

(3) Reduced Sodium Intake Too much sodium can elevate your Blood Pressure
Should not consume > 2.4 gm of salt/day

(4) Maintain a healthy weight

Overweight & obese people have a substantially greater risk of developing high BP
Also carry greater risk of high cholesterol & Diabetes

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JUN

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BP goes down as the body weight decreases

According to reliable sources, > 1 billion Hindus
MON in the world as on 18 Jan 2007

JUN & > 3 millions Hindus live in US alone
NOTES But here the precise Hinduism may not be too much

Hinduism is not just a number game. Rather it's
a matter of personal conviction & spiritual attachment

It can be categorized into two categories (A) Nominal Hindus (B) Conscious
Hindus depending upon whether they follow Hindu Sanatana Dharma.

As a Conscious Hindu, one must ^{not only be} & ^{be} a true devotee of the
the philosophy & teaching of Hindu Sanatana Dharma

but also practicing Karyakrama like Sandhyavandanam etc
Yoga

& reading scriptures like Bhagavad Gita etc.
& performing daily pooja to your favorite deity.

Ultimately it is by living as a Conscious Hindu
practicing spiritual Sanatana Dharma & enjoying the

true happiness & joy & fulfillment, I became a Conscious Hindu
& practice Hindu rituals in Hindu lifestyle

One can feel a proud Hindu. Dr. FRANK MOSES

FOOD QWIZ

6
JUN

- ① Do you taste the food before eating?
 - ② Do you eat for food with a long mind or need or desperation? It's more about relief than hunger.
 - ③ Do you delay ^{anytime} eat food until the setting is right or once U start eating U are not pulled out?
 - ④ Do you accelerate U r eating ^{to bring about} Max relief?
 - ⑤ Are meals like a stepping stone to help U get through the day?
 - ⑥ Do you have private rituals around eating?
 - ⑦ When U eat, do you feel a sense of relief, comfort or dreaminess?
 - ⑧ Is food one of your best friends?
 - ⑨ Once U have some sugar/cheese/high fat nibble is it hard for you to stop eating?
 - ⑩ Do you nibble (nonstop) thought, to get through the day?
- All these are classic symptoms of food addiction & if you have 4 or more, U need not be worried or ashamed.

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Food addiction can be overcome in many ways

7

WED

JUN

NOTES

- 1) Eat more fruits - increase fruit intake helps facilitate wt loss
- 2) Drink TEA - real Tee VS Herbal Tee
(Body Mass Index)
has lower BMI nos & have less body fat -
(Build more nerve strength)
- 3) Lift weights - { Build more muscle,
Burn more calories
- 4) Start meals with a salad & low fat dressing
Salads will provide some bulk to help fill U up
- 5) Eat more proteins replacing refined carbohydrates but lean protein will not only help satiate you but also increase your metabolism
- 6) Decrease/eliminate simple carbs. By increasing insulin levels, they provide a favorable environment
- 7) Eat more veggies - they fill U better providing calories & avoid high calorie dressings
- 8) Cut down rest time between sets: This will ^{keep U in high rate} increase
- 9) Alternate upper/lower body routine to
- 10) Don't forget fiber which absorbs water & makes U feel full

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8

THURSDAY
JUN

- 11) Include low fat water based soups & snacks with meals to decrease calories
- 12) Lift heavy to build muscle. Put down the ^{weight} & push some iron & no other heavy lifts
- 13) Bump up the intensity - make ur workouts count
- 14) Change ur routine - Variation is the key
- 15) Take a long walk - the more calories you burn, the more better for ur body
- 16) Replace one meal a day with large salad & protein
- 17) self monitor ur wt - keep a journal / diary
There is no other way to track ur diet
- 18) Portion control - Avoid buffets
- 19) switch to calorie free drinks - avoid com
- better to be liquid / solids. Opt - to tea or water
- 20) Don't drink juice - Eat the whole fruit
The whole fruit provides more nutrients
- 21) Eat breakfast - of ur choice & maintain
your body, but

9

FRI
JUN

Scary TRUTHS Re

You are never too young ^{to think about} OSTEOPOROSIS

NOTES

Even one in 100 women (>50) will have an osteoporosis related fracture in her lifetime & some women in 20-30 also get affected by it. Says MARIUM E NELSON author of "Strong Women Strong Bones". Here are seven scary truths that threaten our bones.

- ① Calcium is critical to keep our bones healthy. Certain foods protect our bones more effectively than pills. Foods containing Vit D (milk; egg yolks; b/c cereals) (green leafy vegetables like spinach, Kale & Cabbage). Go outside for 10 mins at noon 3 times a week. You will get all the SUN you need to produce sufficient Vit D to reach our requirement of 600-1000 IU daily. The amt of time you spend outdoors also affects your body's skeleton.

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YOUR BONES

10

JUN

NOTES

- (2) Undergo a bone density test - ^{or} ^{also} get checked for osteoporosis & change diet that even is necessary to build your bone density
- (3) Don't break ur bones. Unless it is an accidental fall from a car or scooter, U should not break a bone.
- (4) Gum disease is more than a dental problem. If U are past menopause get urself tested for O
- (5) BONE loss may not be uniform in the body. crucial points to check are: HIP + SPINE
- (6) Ur parents poor posture is your problem too or loss of height.
- (7) There is no pill to cure osteoporosis.

Tabs like Fosamax + Actonel may replace some bones & reduce the risk of fractures but nothing too serious. Can assume U
Hormone replacement therapy may reduce calcium loss

PTH (Parathyroid Hormone) is a new drug currently used to make new bone cells & binders

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⊗ Bone Mineral Density (BMD)

12

MON

JUN

To improve your Metabolism

- 1) Lift weights — Muscle is the key to metabolism
- 2) ~~Get up~~ ^{Set up} ~~normal~~ ^{normal} cardiovascular exercise
~~the~~ average person has 100,000 ^{lb} of fat stored in ^{the} body
- 3) Try interval training by inserting a 30-sec sprint into your jogging exercises
- 4) Don't waste calorie burning by sleeping or standing suddenly
- 5) Eat breakfast regularly as it is the most important meal of the day. If you skip or breakfast you can go up to 18-20 hrs without food. Start the day with a solid 300-400 calorie meal high in fiber
- 6) Space your meals wisely (5) skip alcohol
- 7) Catch some ZZZ's — Sleep loss may increase hunger & affect the body's metabolism
- 8) Drink plenty of water — 80% of water / glucose in the energy burn process requires water to be effective
- 9) Drink milk at bed time contains calcium

Vasishtha & ARUNDHATHI

Vasishtha was Raj guru (NIMD 25) of
Vasishtha is the kule guru of Lord Rama

13

Family friend, Indrapan & Guide of Lord Rama
He is the family priest & well wisher of the family

Vasishtha married CORJA, (Arundhati) d/o Kardama
Devastathi

After he was upset with his Ruler NIMD 25
he got himself reborn as VASISHTHA

of his wife Corja got reborn as ARUNDHATHI (Sundara
Caste)

Vasishtha & Arundhati is said to be an ideal family

So every newly married couple is shown his story
as the Divine Reshi pair for married bliss

Vasishtha & Arundhati has several children (sons
& most famous among them was SHAKTHI / d/o Parashara
Nagashri)

Who in him is the 1st VEDA VYAS

is the father of SUKA MAHARSHI. Her is progeny

BRAHMA - VASISHTHA - SHAKTHI - PARASHARA -

VEDA VYAS & SUKA ✓

Vasishtha is an embodiment of Peace / ANANDA / TRANQUILITY

TEN COMMAND MENDS

14

WED

JUN

NOTES

(1) Do not interfere in other's business unless asked for

(2) Forget & Forgive

(3) Do not crave for Recognition

(4) Do not be jealous

(5) Change Urself accorde to Environment

(6) Endure what cannot be cured

(7) Do not bite off more than You can chew

(8) Meditate Regularly

(9) Never leave Ur MIND Vacant

(10) Do not procrastinate & never regret

SAVION

MY MARRIAGE DAY

15

THURS DA

JUN

NOTES

This is my marriage day &
that too my Golden jubilee Day.
after completing 50 years of marriage
when I learnt the lessons of my life

① "Do not interfere with others Business
unless asked for"

Not gus create our own problems
by interfering in others affairs without any
body asking for your advice or counsel
we do so because we somehow have
convinced ourselves that our way is the best way
our logic is the perfect logic and those
who do not conform to our thinking
must be criticized & steered in the
right direction & that too in our direction.
This thinking denotes the concept of INDIVIDUALITY

A SPECIAL GIFT FOR DAD

Thank Dad this Father's Day with Polo Ralph Lauren Fragrances. This classic duffle bag is your gift with the purchase of a 4.0 oz. or larger Eau de Toilette spray of his favorite fragrance — Polo, Polo Black, Polo Double Black, Polo Blue, or Polo Sport.* Designed in navy blue with tan accents, this oversized bag is perfect for a weekend getaway or business trip.

FATHER'S DAY

(3rd Sunday in the month of JUNE)

Reduce your wants & feel like a king

Don't multiply your wants & feel like a beggar

Excuse your faith in God

Self surrender & worship God
to become a cosmic entity

When the heart is purified, the person automatically turns to God

Baba Sai has created each one of
you in a unique way. & so
no two human beings can think or act
in exactly the same ways

All men & women act the way they do
because BABA, ^{desiring} ~~with~~ them prompts her way.
Why do you worry over time is over BABA SAH.
to look after everything? Why are you bothered?
Mind you are business & you will
keep peace & tranquility.

It is upto you reconcile with
your mindself & keep going content
interfering with others and take
care of you are getting on well
with others & take comfort with you
by not interfering with their affairs.

2000

JUL

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FATHER'S DAY

SAT
JUN

NOTES

18

Baba Sai has created each one of us in a unique way. & so no two human beings can think or act in exactly the same ways.

All men & women act the way they do because BABA ^{desiring} ~~entire~~ them prompts their way. Why do you worry when there is our BABA SAI to look after everything? Why are you bothered? And you are business & you will keep peace & tranquility.

It is up to you reconcile with you yourself & keep going without interfering with others and take care of you are getting on well with others & take example with you by not interfering with their affairs.

2000

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FATHER'S DAY

17

SAT

JUN

NOTES

18

2) FORGIVE & FORGET

20
TUE
JUN

This is the most powerful aid to peace of mind. We often develop ill feelings inside our hearts for the person who insults us or try to harm our interests. We nurture these grievances. This in turn results in loss of sleep, development of stomach ulcers and high Blood Pressure too. This insult or injury was done once, but the nurturing of the grievance goes on for ever by constantly reviving the same thought into your mind. Get over this BAD HABIT.

Believe in the justice of BABA SAHIB. Let him judge the action of the man who insulted you. Life also starts to waste in such trifles. Forget & forgive.

2000

JUL

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LOVE flourishes in giving & forgiving.

(3) Do not Crave for Recognition

22
THU
JUL

This world is full of selfish people. They seldom praise anybody. Without any selfish motive, they may praise you because today you are in power and useful to them; but no sooner than you are out of power, they will forget your achievement & will start finding fault with you. Why do you wish to kill yourself in striving for their recognition? Their recognition is not worth the aggravation.

Do your duties ethically & sincerely & go according to what your conscience dictates. I leave the rest to BABA SAHIB. I sincerely believe in HIM. You will face all the good things of life.

2000

JUL

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(4) DO NOT BE JEALOUS

24

SAT

NOTES

We all have experienced how jealousy can disturb your peace of mind. You work ten times harder than other colleagues in your office but something they walk away with from there, while you do all. You may start a business, years ago, but you are not as successful as your neighbour whose business is one year old. There may be several examples like this but you should never feel jealous.

Remember that everybody's life is shaped by nature, which becomes his DESTINY. If you are destined to be rich you will definitely become, no matter the obstacles created by others.

Jealousy will not get you anywhere. It will only take away your peace of mind.

5) Change yourself according to ~~the~~ environment

27

TUE

JUN

NOTES

This is the best way to change yourself
then trying to change environment
single handedly.

If you try to change environment
single handedly, ^{chances are} you are likely to fail.
Instead try to change yourself to suit
your environment. As you do this,
even the environment, which has been
unfriendly to you, will mysteriously change
and become congenial & harmonious.

If there is hot sun, hold an umbrella

If it is too cold, cover yourself with a rug

If there is RAIN stay away at home

Change yourself, your wear & clothing
depending on the weather & climate

2000

JUL

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6

ENDURE What Cannot be CURED

29

THU
JUN

NOTES

This is the best way to turn an disadvantage to an advantage. Everyday we face numerous inconveniences, ailments, irritations & accidents that are beyond our control. If you can't change them or control them, you must learn to put up with these things. We must learn to endure them cheerfully. Thinking: "BABA wills it - so be it".

Baba's plan is beyond our comprehension. Believe in it & you will gain in terms of patience, inner strength & empower.

All said & done I believe while saying
"Where there is a Will, there is a WAY".

7 Do not BITE off more than I can chew
We often tend to take more
responsibilities than what we are capable
of discharging out. This is usually done
to satisfy our EGO & PRIDE.

KNOW YOUR LIMITATIONS.

Why take on additional loads that may
create more worries & headaches?
You can't get peace of mind by expanding
your external activities. Reduce your
material engagements & spend more time
in prayers, introspection & meditation.
This will reduce those thoughts in your mind
that make you restless.

Next mind line produce greater peace of mind

This maxim request be remembered constantly

8) MEDITATE REGULARLY

4

TUE

JUL

NOTES

Meditation calms the mind
I get rid of disturbing thoughts.

This is the highest state of peace of mind.
Try & experience it yourself. If you
meditate earnestly ^{for} half an hour daily
your mind will become peaceful
during the remaining hours. Three & half hours
your mind will not be easily disturbed
as it was before. You would benefit
by gradually increasing the period
of daily meditation.

You may think this will interfere
with your daily work. On the contrary,
this will increase your efficiency & you will
be able to produce better results in less time.

9) NEVER leave the mind vacant

An EMPTY mind is a devil's workshop
All evil actions originate in vacant mind
Keep Ur mind occupied with something
positive, something worthwhile & useful.

All activity follows a HOBBY.

Do something that holds your interest.

You must decide what you value more
Money or PEACE of MIND.

Your hobby, like social or charitable work,
may not always earn you more MONEY,
but you will have a SENSE of FULFILLMENT
and ACHIEVEMENT.

Even when you are resting physically,
occupy yourself in healthy READING
or MENTAL CHANTING of SAI'S name

7

FRI

JUL

NOTES

Make it a Rule

Never to regret
↓

Never to lose heart

Look forward
↓

Think of the future

Plan for the future

I will get good results

Future will be bright

God will take care of you
+
Your family

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JUL

2000

10) DO NOT PROCRASTINATE

8
SAT

Do not waste time in any
protracted wandering or Quing Orself
"SHOULD I or SHOULD I not?"

NOTES

Days, weeks, Months & Years may be wasted
in the sort of futile mental debating
You can never plan enough because
You can never anticipate all future
happenings. Always remember the
BABA SAI has his own plan for you
Value your TIME & try to attempt
doing things that need to be done
It does not matter even if you
fail in your first attempt.
You can learn from your mistakes
and succeed the next time.

All said I done,

Sitting back & worrying
have led to nothing.

11

TUE

JUL

Don't brood over the past

NOTES

Do not regret or Repeat.

Whatever has happened, take it
as it was destined to happen the way

Take it as the WILL of SAT BABA
and learn to submit to His will.

You don't have the power to
alter the course of BABA'S WILL

Don't cry over Spilt milk but
proceed forward with faith in SAT

and faith in your own true power.

May BABA-SAT bless us all & try to
understand his TEN COMMANDMENTS in proper
spirit.

12

WED

JUL

NOTES

Today is Kumbh Mela

Here is the importance
of

GURU PURNIMA

+

My friends we
perform

GURU PURNIMA

Q How is it one to have a life that is
completely & entirely flawless?

A Life can be flawless when "NIRMAMO NIRAHAM KAR" -
free from attachment & free from EGOISM - become

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Egoism & Attachment are the main cause of all flaws.

We are all the result of an
act between PRAKRUTHA & PURUSHA
We are exstant with an sthula DEHA
m/c of a conjunction between a
male & female in literal terms.

But in respect of a GURU the master
who always tries to refine us something
it is a selfless act. Only his teachings &
education to us, make us earn our ^{daily} bread
and go for further progress in life.

His selfless sacrifice is the only best ASSET
for any of us. Hence he is to be worshipped
as GURU BRAHMA
GURU VISHNU
GURU DEVI MAHESWARA } In other words,
we have to worship
our Gururjee
in all forms of the God, Trimurtree

15
SAT
JUL 20

NOTES

What is the shortest possible way to remain at the lower foot of the GCR?

In the absence of guidance from our Guru,
we remain in darkness & ignorance.

MOKSHA MOOLAH Guror KRUPAH.

b10

In other words, there is nobody greater than
Guru for Shyamnaji, nothing is stronger
than the worship than the lotus feet of Guru.
Nothing is more valuable than the words of Guru
for Namra Sakthi & nothing is more valuable
than Guru Kripa for MOKSHA or MUKTI.
That means everything is Guru & Guru only.
Sometimes I have seen a few who expect
their Guru to their likes & dislikes; but that should
be remembered in whatever status he is,
whatever clothes he wears, wherever he sits,
HE IS GURU & only his perception takes
close to refinement.

Mudra Mudra is one which acts like
an Antenna to touch the lotus feet of Guru
before we commence any japam.

2000

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There are three types of growth:-

1) SWAGURO (Guru himself)

1) PARAMA GURU (charagis guru)

3.) PARAMESHI GUM (Gurugi's gum's gum)

Uncle father, grand father & great-grandfather

For every stage, we have a specific system

of Mantra & the ultimate is Gum Make Padu

in which we find the doors of God.

Some Gayathis like this :-

गुणान् प्रदाया विदमहे

Mukthi Kaaranaya Sheemahar

Thanno Guru Prachodayaath

Please remember "NA Guror Adhikarn".

There is nothing bigger than, better than,
prone than a sacred than, guru and his
holy word. Hope for Guru Krupa always.

SYMBOLISM of HINDU GODS

22

The Vedas are the source of Hinduism. They proclaim that God is REAL and ONE ^{SAT} ~~one~~ ^{and} ~~one~~. Why then do HINDUS pray to so many GODS? perform so many festivals & so many rituals? Why don't they practise one ritual & pray one GOD like other religions?

Hindus are not poly-theistic ^{to pray} many Gods. Hinduism speaks of one GOD, i.e. supreme SELF in all. The different Gods & Goddesses of Hindu Pantheon ^{Atman or Brahman} are mere representatives of the powers & functions of the one supreme GOD in the manifested world, to satisfy different castes, sub-castes & subjects. The master plan of the Hindu sages has been drawn up logically, scientifically & practically to divinise everything since their main attention has been on material world. Everything is divinised from the cradle to the grave. A touch of divinity is lent to his material pursuits to attract his attention towards God at some stage or other.

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For instance —, Hinduism has personified health & riches in the form of ~~God~~ **Goddess** 25
TUE
JUL

Let a man who is always after money is remembered of this Goddess in all his transactions.

Similarly, the symbolism of Lord Vishnu explains why **Lord Vishnu** is blue in color and wears yellow.

The blue color of Vishnu reflects his infinite stature, infinite like the sky or ocean. Yellow is attributed for two reasons: (1) The earth gives out a yellow fire & (2) Anything buried in the earth for long gathers yellow color.

So anybody clad in yellow/blue represents the descent of infinite, immeasurable, transcendental truth to the material realm.

9 day worship of Dasera of three ie God in human form
9, goddess

Worship of Durga for ^{First} three days is for destruction of negative forces.

The next 3 days is for ^{Worship of Vishnu} ~~creation~~ ^{with} ~~for~~ ^{to} establish positive tendencies.

The last 3 days is for Sanskrit for gaining knowledge of the Supreme Self.

The victorious 10th day (Dashmi) is the DAY OF ENLIGHTENMENT

26

WED

JUL

NOTES

Ten Golden Rules

(1) Make a life style change

live the right population ^{diet} the ^{infidants} but not a temporary solutions

(2) Exercise regularly as p/o your lifestyle
combine aerobic exercise & resistance training

(3) Drink plenty of water (at least 8 glasses a day)
Drink water before, during & after all exercise
so that U don't get dehydrated
Cool water keeps U cooler & complexion
keeps the edge of your appetite

(4) Monitor or portion sizes

Your meal plan shows the portion right for U
A palm span of flat looks like the tip of ur thumb
An ounce of cheese looks like a pair of dice
A cup of yogurt looks like a tennis ball

(5) Keep a food journal & keep a
trace of what all U eat so that you learn
to avoid mindless eating in the future

JUL

NOTES

- 21
JUL
NOTES
- ⑥ Don't skip meals: Eating regular meals is an important way to keep your metabolism regular. Divide your meal into smaller portions & eat more often throughout the day.
- ⑦ Lose/Avoid junk food - Clean off junk food from your home / cupboard & do some spring cleaning. After a dinner party, distribute the left-overs to your friends.
- ⑧ Modify or favorite recipes - Frying adds fat to food; broach adds calories. Some favorite foods can be baked or boiled even. It is better to make them at home than at a store.
- ⑨ Manage your stress - Too much stress is unhealthy to your body. Find healthy ways to manage your stress & make it easier to live a healthy lifestyle.
- ⑩ Develop a support NETWORK - Follow the advice of Beatles: "Get by with a little help from your friends". A support team is one of the most critical ingredients in achieving success. **Let's go!**
- 2000 AUG
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- Be a member of a let's go group to get better results

Bhagavat Gita

Bhagavat Gita is the main base for Samethana Dharma since the last 100 years. This great work attracts several foreign authors as well. Mahatma Gandhi was also inspired by this book who said "Bhagavat Gita is my mother." Shree Charya also wrote comments on this book as the "Essence of all Upanishads". In Mahabharata, Gita was told to Arjuna by Lord Krishna in 745 slokas (not 700). All the three Bhagavadas / Shankara, or their immediate disciples { Ramanujacharya, Madhva, like Anandagiri, used only 700 verses as opposed to 745.

It is generally believed that various people added various verses to Ramesherast for time to time. So there should not be any discussion of how many no of verses or who wrote the book etc but how to follow the spirit of the message for the betterment of the society.

Remember that Lord Krishna said in (V/18-66)

Sarva Dharmaan Parityajya

MamEkaam Sharanam Vrajha

Aham Twa Sarva Papabhyo

Moksha Ishyami Ma Shuchah

using
Argument
as the
medium

(B/18-66)

Meaning: Having renounced all dharmas seek refuge in ME alone, so that I can release U from all sins
Do not feel a duty to do these

31

MON

JUL

Every person by birth involves into

five runas:-

Deva RUNA

RISHI RUNA

PITRU RUNA

MANUSYA RUNA

Bhootha RUNA

Of all these 5 runas

Pitru Runa

is the most important

because Laksh. Pitru you cannot have been born

without the parents cannot be paid back easily

Hence to need to serve them state care of them

listen to them & give them a lot of respect

This is the least U can do to them

Story of Pundarik of the elder muni along

used to take care of his parents. Lord Krishna

stays like Pundarik: permanently to care him

of that way Pundarik Kshetram became famous

for his shamed legs. So visit the Kshetram

to bring back the glory of your legs

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Moral: Serve ur parents like Laksh. don't go against their wish

Life, Liberty & HAPPINESS

1
TUE

We convince ourselves that -

Life will be better off, once we are married & have a baby after another and so on.

Then we get frustrated because our careers are not old enough & that all ^{the} we sell isn't getting done.

Then again we get frustrated because once we reach adolescence, we get influenced by others & get new ideas.

When we must deal with them - surely they must be happier when they grow out of the teen years.

Then we tell ourselves that our life will be better off.

When our spouse gets his/her act together, when we have a nice car, when we can take a vacation and relax or when we finally retire.

The truth is there is no better time to be happy than right now. If not when? Our life is always ^{full of} challenges. It is better to admit as much & to decide to be happy ^{in spite of all obstacles}.

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For greater period and longer time, it seems
that life or better life or real life is going to start
But there is always some obstacle along the way
an ordeal to get through, some task to be finished,
a marriage to be performed or a bill to be paid
Then life would really start after that event
I finally realize that these obstacles are the real LIFE
This point of view helped me see that life is not any road
to real happiness - HAPPINESS IS THE ROAD
So enjoy every moment - So enjoy every moment
So stop waiting for completion of school / return to school
to lose to loss / to gain to loss, to get married or to get divorced
to get new car, to get the house mortgaged or to play on radio
or to die or reborn ... before decide to be happy

Happiness is a voyage, not a destination
There is no better time to be happy than now
Live & Enjoy every moment

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4

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NOTES

Now think I try to answer the 5 Qs

(1) Name the five richest people in India
(may be Bill Gates is)

(2) Name the last five Presidents

(3) Name the last five Noble prize winners

(4) Name the last five Noble prize winners
or top five Credit Rating

Probably I can't or rather it is difficult

Don't worry. No body can remember that.

All said I have trophies getting dust

Prizes are forgotten &

Applause dies away

Instead of this

think the following alternatives

which I should be able to recall easily

from your memory ;—

- 1) Name 3 letters who contributed to Ur education
- 2) Name 3 friends who helped U in ur hours of need
- 3) Name 3 people who made U feel special
- 4) Name 5 people U would like to spend time with

If ur menpells - the people who mean something to you & not voted the best, don't have most money have not won the greatest prizes - they are the ones who can take care of U, no matter where they stay.

Think about it - **Life is very short**

You don't know within how many U placed

Let me give U a hand - U are not among the most famous but among those whom I remember to send this wonderful message

6 SUNDAY

In SEATTLE Olympics 10 athletes i all are mentally or physically challenged have stand upon the start line for 100 m race. The gun fired everybody wanted to participate but better to be



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Copied of running or not. Will was there

They ran in threes & fours. A boy tripped & fell and
had a couple of somersaults & started ⁸ crying
Everybody slowed down & looked behind ~~them~~ ^{us}

They stopped & came back. . . All of them. . .

A girl with a "Broken's Syndrome" sat down next to him
hugged him & asked "Do you feel better now?"

Then all the ten walked shoulder to shoulder to finish line.

The whole crowd stood & applauded & the entire
applause lasted a long time and a loud voice

People who witnessed this event, talked a lot ^{then} mentally
because deep down inside us, ^{all} ~~we~~ know that the most important
thing in life is "much more than winning for ourselves
but - "to help others to win" even if that means
sloping down ourselves & changing the course of our race.

"I got the email from PS Rao & when I am very thankful
Perhaps we succeed in changing our heart or perhaps
someone's else heart is well."



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A candle has nothing if it is used to light another candles
or series of

Example

9

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There was old man in a village with a horse
which earned him fabulous prizes.

NOTES

One day he found that the horse was missing.

The village assembled ^{to say} "What a misfortune!
You should have sold the horse for money."

Old man: It may be a misfortune or a Blessing.
Don't come to conclusions. Wait & see.

After a few days, the horse returned with a dozen horses.

The village again assembled ^{to say} "What a Blessing!"
His son started training the horses for better purpose.

After a few days, he fell from the horse & broke his legs.

He became weaker than before as there was nobody to help him.

People joined to sympathize with him, but

the king said "Judge not with a single event."

Once you judge, you stop thinking - one part ends

another part begins. The journey never ends like God opening

Try to reach a higher peak & realize God's infinitesimal size.

Finally, when ^{war} broke in, all young men were summoned
but the king's son, with a broken leg, was spared.

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So it was a blessing for the King.

① Q: What are a thumb rules for a layman to take care of his HEART? CHAT with

DIET ^{FRI} AUG Low g Carbohydrate; more protein & less oil
Exercise ^{NOTES}: Half an hour walk; aerobics; avoid lying sitting
Diet: Smoking & Drinking; Avoid NV food
Control weight & control Blood Pressure & sugar

2) Q: ~~How~~ is it an apparently healthy person gets heart attack
this is called Silent attack - so every > 30 yrs
should get a routine health checkup.

3) Q: Is heart attack hereditary? Ans.: YES

4) Q: What are ways to check heart stress? ~~desired~~?
Change Ur attitude towards life. Don't look for perfections
& everything in your life - change Ur life style

5) Is walking better than Jogging?
Walking is better. Jogging leads to early fatigue/injury

6) Do people with low BP also suffer heart attack?
Extremely rare

7) Does Cholesterol accumulate early or late in life?
Cholesterol accumulates from childhood even

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Avoid eating junk-food since reduces body enzymes

A Heart Specialist

8) How can I control cholesterol without medicine?
Control diet; Walking & eat Walnut

9) How can you prevent heart ailments?
Yoga helps a lot also Sunanomekerry

10) What is the best food for heart?
Fruits & Vegetables are the best — oil is the worst

11) What is the routine check up to do things for Heart?
Routine blood test to ensure Sugar/Cholesterol BP / Free mill Test after an ech

12) What are first aid steps for Heart Attack?
Help the person into a sleeping position
Place an ASPIRIN tablet under the tongue along with a SORBITRATE tablet, if available.
Reassure him to a CORONARY Care unit since the max casualty takes place in the first hour

13) How do you differentiate between Heart attack / Gas Trouble?
Extremely difficult without ECG

14) What are reasons in steep increase of Heart attacks?
Sedentary life styles; smoking; Eating junk food.
Lack of exercise; marriage within close relatives
Lead to Congenital abnormalities & increased awareness to heart safety

medicines
12
SAT
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13 SUNDAY

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15 How Anti Hypertensive drugs ^{cause} complications

14

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NOTES

Yes Most drugs have some side effects
Modern Hypertensive drugs are safer

16) Does Consuming more of Coffee/Tea lead to Heart attacks

NO

17) Are Asthmatic patients prone to Heart attacks? NO

18) Does Consuming more bananas keep H/A? NO

19) How can a person keep himself in H/A?

Yes. Lie down comfortably & put an aspirin under Tongue
Ask someone to take U to the nearest Coroner's unit
without any delay. Don't wait for ambulance
& waste time. - Doctor may not come

20) Do ^{low} White blood cells & low Hemoglobin count lead to H/A?

NO - But it is ideal to have normal Hemoglobin level
to increase your exercise capacity

21) Hectic Work schedule is to be avoided?

Even in that Change of Change & shifting the
place of work also helps

22) How is H/A related to Blood Sugar?

Yes - A strong relationship since Diabetics
are more vulnerable to Heart problems.

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23) How to keep your heart in good condition

Eat a healthy diet; avoid junk food

Exercise regularly; do not smoke;

Go for health checkup once in six months

15
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AUG

24) Why H/A is more in men than women?

Nature protects women upto 45 but not men

25) Disposition of other headache pills increases risk of H/A

NO

26) What are the modern anti-hypertensive drugs?

There are hundreds of drugs. — Choose the right combination for your particular state & problems & situation.

Best stofo for natural ways of controlling BP by Walk Diet reducing weight & changing life style

27) What are things I need to take care after a heart operation?

Diet; Exercise; drugs on time; control of BP / Cholesterol

28) Define junk food: Kentucky food; Samosas, Macdonalds; Masala Dosa

29) Is it possible to have BP under control in the normal range of 120/80. Yes.
 (yet be perfectly healthy)

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30) Marriages within close relatives lead to congenital problems

SIGNIFICANCE of 108

16

WED

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NOTES

There are a couple of explanations for the significance of this mystic no

108 was in a Japa Mala

One from the YOGA stand point the

Number of breaths in a day of 24 hrs = 21600
12 hrs = 10800

If u can concentrate on the gayatri
mantra at least @ 1/100 for 7-10 min = 108
the mental strength & self confidence will increase

Counting the no of recitations is usually done 108 times

Does this no have any spiritual significance or
mystic experience?

The symbolic significance can be understood from this example

The SUN rises in the East represents KNOWLEDGE

This is a reminder of the RISING SUN of knowledge ^{we look} towards East

The needle of magnetic compass always points to NORTH

You may turn it around all directions but finally when it stops

its needle is always pointed to the NORTH.

Our mind must always be pointed towards GOD

As the needle of the compass reminds us of Northern Direction

the direction inspires a sense of Samadhi

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In the minds of the Sadhakas.

Allegiance
Meaning
of
108

108
FRI
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Every human body measures 96 fingers horizontally from TOE to HEAD. According to an scripture the self in the solar orb consists of 12 finger parts. The fig (96+12) points to the oneness of JIVA & ISHWARA.

Swami Nityananda disciple of Ramakrishna gave another explanation. A JIVA while living in mortal world, before birth, as he remembers the miseries he suffered in the past life by which he could not realize God.

He takes frequent pledges to use his next birth to ^{realize} God. He remembers the Lord through every breath & thought. Normally a healthy man breathes 21600 times in 24 hrs. Once he takes a birth, he forgets all the vows taken in the womb. His forgetfulness takes away six the ZEROS in 21600 leaving behind 216. Hence a person usually repeats the name of the Lord three daily morning ^{while getting up} & evening @ bedtime. In each sitting he performs a garbe of 108 times and remaining sleep after he is performing his duty.

Also the average distance between Moon & Earth in lunar distances is 216. If a pole of certain ht. were to be separated from an observer by a distance that is 108 times its height, its angular size can be = that of Sun or Moon. That's why 108 beads are used in Hindu Rosaries (216000). A full round on the Rosary represents a symbolic journey from the Earth to the Sky. We breathe 21600 times in 24 hrs. 10800 during day & 10800 during night. If you take my name or any name 108 times or multiply 108 by 108 times (Sanskrit 1080000) (Sanskrit 1080000) (Sanskrit 1080000)

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Life's TIPS

- ① Life is not trying to live without problems but trying to solve problems
- ② Courage is acting in spite of ^{defeatism} because it is right
- ③ If U play the field of unresolved feelings, the only thing left ~~pross~~ is resentment
- ④ Compassion is passion with a heart
- ⑤ Honor is standing for U believe / not for what U know
- ⑥ The only thing U need to control is Your attitude & temp
- ⑦ How U lose or win is much more important than how much U win or lose
- ⑧ If U only do what U know U can do, U can never do very much
- ⑨ There are no failures, just experiences & Your reactions to them
- ⑩ Getting what U want is not as important as giving what U have
- ⑪ Going on journey with a map requires following directions
going on journey without map requires following ^{the} heart
- ⑫ Talent without humility is wasted
- ⑬ If U don't want something bad enough to risk losing it then U don't want it bad enough
- ⑭ When life knocks you down, U have two choices

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— to stay down or to get up & fight back.

The ²¹ ultimate want of every person is ~~Health~~ ^{For} H + H
A person becomes happy when his wants are fulfilled

So U can be happy easily if ur wants are less & simpler
The formula for HAPPINESS is to live a simple life

How to lead a simple life?

Spiritualism is the best tool for HAPPINESS
We are only toys in the hands of God. If U have faith in Him
he will do all good to U. Absolute faith gives U mental balance
U can face success or failure equally well without losing mental balance

How to become spiritual? It comes from Satva or Satvic mind
which encourages creative thinking & positive outlook.

This gives 3 imp things: clarity; inspiration & motivation
A frustrated mind leads U to failure & downfall

How to become Satvic? Satvic foods give U satvic qualities
Satvic foods: fresh vegetables, fruits, milk, cereals, etc

Rajasic foods: Hot & pungent dishes like spices, garlic

Tamasic foods: liquor, tobacco, meat & any spicy food

For happiness eat more satvic food, less rajasic food & no tamasic food

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HAPPINESS

the body should be able to digest & assimilate food & eliminate wastes regularly
For good health, take nutrition food & posture
(+ve foods) (-ve foods)
Vegetables & fruits etc. Cereals; milk etc.

22
TUE

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for good health I must take 75% +ve foods & 25% -ve foods

Total food should provide all 6 tastes: Sweet, Savor, salt, Bitter, Pungent & Astringent
If the 6 tastes are balanced VATHA/PITTA/KAPHA can be balanced
so mantra for good health is to include bitter vegetable

like Bitter gourd, White radish, plantain, Drumstick leaves etc.

Who is the one that heats up?

KAMA, KRODHA, BHAYA, SNEHA, HARSHA, SHOKA, DAYA, Taapraschitt, Jatakusht, chaanta Ketham, TUTA

These 7 things that are the cause of heat that makes mind melt

- (1) Passionate desire (Kama) (2) Anger (KRODHA)
- (3) Fear (Bhaya) (4) Affection (Sneha) (5) Grief (Shoka)
- (6) Rejoicing (Harsha) (7) Compassion (Daya)

When desire is intense one gets into enjoying the object
Even while enjoying pleasure, if enjoying impression can not be wiped off
Spiritual enjoyment must be careful & extra cautious

A

23

Lord said?

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NOTES

- 1) Remain fearless depending on ME alone
- 2) Have a firm resolve within to attain ME
- 3) Maintain Equanimity to know Me & my true essence
- 4) Give pure (selfless form of) Charity
- 5) Keep all senses under pure complete control
- 6) ~~Performing~~ doing ones duty in complete scope
- 7) Abiding in the principles of sacred books to bring into your daily life
- 8) Bearing any hardships happily with inner joy
- 9) Straight forwardness of MIND + BODY + SPEECH
- 10) Causing no difficulty to anyone through Body/Mind/Speech
- 11) Absence of anger even by provocations (Everyone is my manifestation)
- 12) Renunciation of desire (13) Tranquility of Mind
- 14) Refraining from malicious gossip (15) Truthfulness & gentleness of speech
- 16) Kindness ^{with compassion} to all creatures (17) Softness of heart
- 18) Absence of attachment (19) Softness of heart (20) Forgiveness
- 21) Absence of fickleness (22) Sublimity in body & speech
- 23) Freedom from all attachments & Circumstances
- 24) External cleanliness ^{of body} & Internal purity of mind

Kanku Bhava Shervam (Extempore prayer)

Adi Shankara is the most miraculous of God's ²⁴ creations. ^{THU}
Believed to be an incarnation of Lord Shiva himself, the divine creation became an ascetic who
When we think of this lay-monk this extraordinary ODYSSEY
from Kaladi (Kerala) to Kashmir (JFK) carrying heart & soul
on the way, composing hymns on Gods & Goddesses and
forfeiting an unfettered faith in God, we cannot but accept
The creator's omnipotence. He is what CARLYLE called VATES SAC
The pristine language, Sanskrit, ^{OR} SACRED SANSKRIT
all its MERODITH; flexibility & conceptualization
may be viewed as God's own Tongue or Deva Bhasha (A 20th
STUTHI; STHAVAN; STOTRAM are 3 forms of prayer
of Supreme Sup'. In the process we have Parashara (Sanskrit)
Here is one very rarely recited ^{Shakta (Sip)}
prayer address to Goddess Lakshmi ^{Goddess (Sip)}
to Deity of opulence & wealth., made ^{Goddess (Sip)}
in Extempore speech, on the spur of the moment
When a poor woman, whom he begged for arms (20 S)
gave him a Gooseberry (Amle - Usinka fruit)
all but the ^{Shakta (Sip)}
A hymn came to a close, then was a Rain of Gold coins, which
made the woman dumb with overjoying devotion to Supreme Mother



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Who is a Rakshasa (Asadake) (devilish traits)

25

- 1) Speaks falsehood & does shamanship
- 2) Exhibits Arrogance, thinks oneself as a superior due to being objects of attachment
- 3) Behaves egotistically concealing "I-ness" & "mine-ness"
- 4) Gets angry on others without any provocation
- 5) Behaves harshly in mind, speech & behaviour
- 6) Does not give importance to knowledge & wisdom
- 7) Does not respect elders or knowledgeable persons
- 8) No discrimination between Truth & Untruth
- 9) Does not discharge his duties & relies on non-duty
- 10) Always tempted to do prohibitive actions
- 11) One who possesses the devilish traits, does not deserve God's attention" (GITA 16.4)

ACION Exercise (Three steps)

FIRST: Accept that U deserve all the joy & happiness U can possibly achieve through Ur own effort

SECOND: Make Ur 9m happiness the chief operating principle for life & judge everything/anything apart their standard

THIRD: Be willing to work hard & pay the price for satisfaction

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20 21 22 23 24 25 26 27 28 29 30 31
Always try to go the extra mile & your success will be assured

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BABA'S Teachings

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NOTES

- ① Being human a human being is supreme
- ② Mistakes are committed by everybody only those don't repeat
- ③ Spiritually merging symbolizes the happy union of two souls. Maintain that unit. Don't let it get pulled apart.
- ④ Happiness comes as a result of good faith in your God. Don't forget the God after you become affluent.
- ⑤ Happiness consists of mind & body, but when we stomach is full, think of those who have no food to eat. Share your food with them.
- ⑥ Don't allow pleasure/pain to override your thinking.

Vivekananda's Teachings

Each work has to pass three stages ← Ridiculous
Opposition
Acceptance

Three steps of human consciousness ← Waking
Sleeping
Dreaming

Three states of matter ← Solids
Liquids
Gases

18 Rudras :-

- ① MANYUVA
- ② UGRA RETHA
- ③ RUTHA DHWAJA
- ④ YAHIR BUDDHA
- ⑤ DHIRUTHA VRATHA
- ⑥ RATHINJA
- ⑦ MRUGA MADHATA
- ⑧ PADUKESHVARA
- ⑨ BHISHAKA

NAVA VIDHI Bhakti

- ① Sravana
- ② Kirtan
- ③ Smaranam
- ④ Aradhana
- ⑤ Archana
- ⑥ Vandanam
- ⑦ Dasyam
- ⑧ Sakhyam
- ⑨ Atmanivedan

MAHLENAITHA

KAPPAALIKAI

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How place of residence 5 Indriyas + 5 Indriyas = 11

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25 Ways to rejuvenate

32

1) Know the context of our life

Look at your life (60-70-100) span

Compared to millions of years gone by & yet to pass by

It is a drop in the ocean, intense of space and time

This understanding itself is enough to dislodge our ego.

Now open up your mind and your eyes: Who am I?

Why I am on this planet? What is the object of my life?

I will stop worrying about small things & will feel ^{love} happy

Every moment of our life which reel around your context.

Might be equivalent of life always known as "I must die"

I will see "Whatever happens, I will be here in flesh

& blood to discharge my duties" with the blessings of God's protection

Keep your mind unbiased in all situations & circumstance

With peace & equanimity. If nothing happens & if your work is not done

I laugh away all such incidents, even if anybody comments.

Understand that I enjoy the protection of God. Don't put mud in my

head. Even I am in flesh & blood and enjoy every minute

The quality of our life will improve every day & today

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Your LIFE Importance
(2) Know LIFE's Importance

29

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Life is a dream. Days run pass off one by one.
Have ur life lived & accept whatever comes in ur way.
U dont have to be afraid of anything in life.
Every thing U have in life is for your best advantage
to make your life more lived, enjoyable & progressive.
U have to hard day & night & find time is fast running.
Look for the next day. Be same routine to next day.
Don't. While away your time in gossip sessions. Even in
a gossip session if ten people fall to dwell on the same
subject of beauty & if you change the subject matter
to "Stock Market" then everybody will switch over to stock
market to know ABC of stock or not. It is ^{man's} tendency
so if you realize the ^{nature} impermanence of our life,
U don't waste time on beauty/stock but deal with God
or the source of life. It is wisdom. And then ur life improves

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(3)

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Make your (smile) cheaperA baby smiles 400-500 times a day (Reserve papers)
and adolescent 17 to 20 times a dayWhile an adult does not smile at all
Being stressed out a sign of poverty or growth.
You should smile more often & becauseWhen U smile all the ^{face} muscles get relaxed a lot
to get the confidence & courage to move on in life.Let not any body break away your own smile
no matter ^{cheerful} the say to you is stupid
they may have thrown some garbage at you
Don't accept it on its face value & brood

In ur ignorance U think that smile is costly &anger cheaper

But a smile is free just like sunlight thrown at U
and blowing at ur face & water falling from rain

Anger is expensive like a diamond or pearls

So make ur smile cheaper & ^{discard} anger expensive

Don't make your smile fragile but strong

Don't accept every message flashed via ur phone

Come on - don't let ur smile be broken away

Make it a point to smile atleast once every day

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4) Be enthusiastic & praise others

Enthusiasm is the nature of our life

31

Take every opportunity to praise others & support them enthusiastically
As you sow, so you reap. You get what you give. The
people in our face expect others to be angry & oppose them
If you feel depressed, please try to see & try to lift up
If I want attention, but I get only Tension & stress
become one where enthusiasm never dies

5) Make Meditation a part of your life

Higher goals can be achieved through Meditation & Introspection

What is VIT-M? Mind without agitation is Meditation

Mind without hesitation, doubt, anticipation

Mind that comes home to the source without frustration

Though Deep rest & Dynamic action are opposite values
they are complementary to each other & not eliminative

Meditation is the art of keeping quiet without doing anything

Meditation is letting go anger, fear, past & planning

Meditation is accepting the moment & living it with depth

Continuous Meditation can change the way of our life

The true states of nature/matter are waking/sleeping/dreaming

This happens in a different scale in human body (in a different scale)

Wakingfulness & sleep are like sunrise & darkness

Meditation is like a flight to outer space (both dream like a flight)

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You may grow old, your hair become white & loose teeth, body aches
but your soul is spirit in it & doesn't change at all