

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 others
People can't face & expect others to criticize & oppose them
If you feel depressed, please try to see & try to lift you up
If you want attention, but you get is only Tension & ^{lower} tension
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 activity 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 & future
Meditation is accepting the moment & living it with depth
Continuous Meditation can change the way of life

The three states of nature/matter are waking/sleeping/dreaming
This happens on a different scale in human body (in a perfect scale)

Wakingfulness & sleep are like sunrise & darkness
Meditation is like a flight to outer space (like dream like a
Nocturnal)

2000 When there is no sunrise or sunset
You may grow old, your hair becomes white & loose teeth, body aging
but your soul/spirit in you doesn't change at all

6) Let your words be from a pure emotion

— Lord Krishna

1

Our words / speech constitute a powerful force

FRI
SEP

NOTES

1) Canine in his book "How to win friends"
exhort people; "You can win friends provide
your words are sweet & free from ambiguity & pragmancy.
I should refrain from words of anger or abusive language.
A sweet tongue always wins over the opposite men

(2) The second aspect is "Words of truth alone win friends.
Words devoid of truth will always reveal the speaker's hypocrisy.
It can always cause damage to his character or a loss

(3) The third aspect is "Even truth must be said in a polite manner.
Even sweet spoken harshly can not be received well.
It can not be good but can be repelled some way.
"A truth, simply because it is truth should not be harsh".
"Truth should be fold in enduring ways": says Gita.

7) Do not criticize Any body or Anything

It is interfere in the affairs of others and
Even if they are wrong, they should feel disturbed on that of
God has not given you authority to sit in judgment over the
Mind or business. Don't criticize their ambitions & blasphemy

It is only the will of God situated in their man's heart.
Let us look upon others in the same way as we look
upon ourselves, yet not force others to believe like us
because I cannot be here like another due to our individuality.
Respecting others individuality is recognizing you - any

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This is called diversity of your emotions

8) Recognize the Varanashrama Dharma

This is the Roopa Kalpama of the Creator

Purushasoktem Seng: Brahmanasya Mukhamaseeth

Brahmanes came from MOUTH

Keshachiyas from ARMS

Vysyas came from THIGHS

Sudras came from feet -

Bachoo & again a KRITIKA

CORU TADASYA YADVASYA

Pad bhyaagum suaro Agayathaka

NOTES

When Varne is more important or elevated?

In the human body each part has its own importance
In a Society, each Varne has its own value & need
Only when all the coordinate are co-ordinated the Society is at its best
Instead we get divided into caste/subcaste/sect/subsect
and fighting within our selves. While the
politicians take advantage playing one faith another
we have become pawns in the hands of politicians
Can we all come for a Casteless Society?

9) BE HUMBLE:

God sees things as a whole while man sees things by parts
God sees things three dimensionally } But man sees
past, present & future } things only @ present
God has perfect logic & logically Man sees no logic

Even if others insult U, don't get agitated & feel insulted

Be wise & be humble in every situation.

Avoid inferiority complex or Superiority complex

3 SUNDAY
Try to find God in everybody & behind every action
of U pick up late insults, U have got humility & purity

U have got spiritually rich & get closer to God

10) To avoid enmity in our life we see ONENESS in each
every action & avoid dualities & duality of things
actions by duality of things
God & higher ideas than all problems will be solved

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11
4

MON

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NOTES

Go to the most beautiful place
of your choice once a year

Learn a little about our breath
about all the layers of our body,
breath, mind, intellect, memory,
ego, & the Self

13) Communicate effectively with everyone
without prejudice is vital for success

14) Take out time for yourself
& try to find time to implement
what I have learnt

15) Life runs with some commitment
The greater the commitment to yourself
the greater the realize & find the energy
to fulfill our commitment

16) Nurish your mind & plan your long-term goals
sublimations

17) Try to become self-reliant
Dependence on others is a painful thing. Do not load
or shift our responsibilities

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(17) Read Hanuman Chalisa everyday

5
TUE

NOTES

- As soon as U wake up & after morning wash
- Before going to sleep pray for his blessings
- Visit Hanuman Temple once a week atleast (Tuesday or Saturday)
- Pray to Lord Sri Ram (Rame Raksha Stavam) daily
- Read Chalisa 100 times to fulfill your desires
know its meaning & content
- Teach Hanuman Chalisa to children
- Make donations to Hanuman Temple
- Form a group of Hanuman devotees for weekly gathering & prayer to Hanuman
- Fast on Tuesdays or atleast (one time) on Tuesdays to receive His blessing
- Print & distribute booklets of Hanuman Chalisa
- Make donations to the needy & serve the needy
- Wear a ring & necklace of Lord Hanuman
- Read Sundarshana
- When in doubt, pray to Hanuman for guidance
- Be happy to let U love & be content with what U have
- Develop mutual respect for others



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Payat Peace of Mind
comes when mind is receptive
Deliver the delivery, the faster the thought
thought becomes is the highest state when perfect peace reigns
Mind means open thinking

18) Never be jealous

6

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NOTES

Jealousy disturbs peace of mind.

No one can make a man by career.
Your career or life is shaped by Ur previous life
and Ur own career. If U are deemed to rise
name in the world can shape your growth.
If U are not destined, not all the world can help U.
It is wrong to blame A for blocking Ur promotion
or B has ruined Ur business. It is BRAHMA.

19) Overcome Ur prejudice: Ur prejudice
does not allow U to mix with people around U.
May be age prejudice, gender prejudice, caste
do not be prejudiced against religion or community.
Only then the life can improve.

20) Have a sense of humor: U acquire a child
Human is the buffer between severe from Humiliation
Human should be complex like car of concern. It can
keep Ur spirit high & improve Ur morale.
Humor is not just words; it is the lightness of Ur being.
Take life not seriously. Perform 70 G.A. &
MEDITATION

21) Do not be afraid to make mistakes:
You have got wiser only by committing mistakes.
When U learn to learn. Be innovative in mistakes.

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Do not look for perfection in everybody

20) Spirituality : Here are four pillars of spirituality & four regulation principles

① Compassion

① No meat eating

② Truthfulness

② No gambling

③ Austerity

③ No intoxication

④ Cleanliness

④ No illicit sex

Tasmeeb Jaagotte Jaagotte

23) Sequence of Merging Merge Ur speech in the Mind

This is what is known as (Merge Ur mind in Ur Intellect)
Negation of Ur personality Merge Ur intellect in Cosmic Intellect
Integration of Universal Merge Ur Cosmic into Unmanifest
& omnipresence Merge Ur U-M into Pure Consciousness

24) PRAYER a vital tool to improve your life

What U can do, perform. What U can't do, U pray for

Use prayer to bring ~~personality~~ ^{Integration} into Ur personality
Know that the higher power takes full care to get you BEST!

25) Identify Your limitations : Your boundaries
Prayer is that moment when U come in touch with Ur
limitations. If U are maintaining inner peace in Ur heart
nothing can rob U of Your peace.

26) Do not make mistakes in pointing out the mistakes of others

If U do this U will make him feel more guilty
A magnanimous person will not point out the mistakes of others

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of make them feel guilty, but we will correct them with compassion

27) Do not lose your friends by pointing
 8 FRI
 SEP the mistakes. To correct mistakes I need love
 Love intent and that is shallow.

28) PUT UP WITH THINGS

What cannot be cured must be endured
 Endure cheerfully. Learn to live with 100 inconveniences
 annoyances & irritations for many to midnight
 U will gain in patience, in inner strength
 in inner power. U will have Disadvantage to Advantage
 of getting sympathy by what all U hear in the process.

29) Have to promote A feeling that U are blessed:-

A feeling that U are blessed can overcome many failures.
 Once U decide that U are blessed.
 1) all the complaints disappear
 2) all the frustrations disappear.
 3) all misadventures run away
 4) a sense of not being loved disappears
 5) Wanting love disappears
 6) LOVE takes care of Ur mind/body/spirit

30) Do Random Acts of Kindness ^{Not too spontaneous}

Hiding in Urself, U become Valentine for the whole world
 Spirit is the Valentine of matter } But are
 Matter is the Valentine of spirit } made free for the
 If U have the spirit, U will take care for the entire body
 When U are for the body, it can take care of you

U are the Combines Tree
 acts of kindness. When U show kindness or the nature comes out
 Do some acts of kindness without expecting anything out of it

Knows that U are a student for ever
You can learn something everyday

"Knowledge flows into me from all sides"

Be humble & eager to learn
HUMILITY can bring success into Ur life
Stay & father smiling grow father into an honest
& a kind man father to the right place (chup plate)

32) Dream the impossible : Have a dream

Without having a dream, U cannot achieve it

- DO something creative 'let not a day pass & U do nothing' something creative of U or an
- A poor man celebrates the New Year only once a year
- A rich man celebrates it each day.
- A richest man celebrates it every moment

When U are living for the sake of the world
the world is failing. Keep smiling for ever
The heart keeps future of the mind for the new

Let the new year bring ancient wisdom & modern knowledge
Life is incomplete with both of these types.

Do not feel shy to speak about human & spiritual values

There is no limiting TIME to achieve Ur life goal. It can be days, months, a year, decades, or centuries, or even yugas, since the goal of knowing the object of Ur life is a never ending process. When all U will become perfect.



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WIE flows up from your grandfather's mouth

Always DO something positive

or something to think without wasting time & ^{cap} ~~energy~~ ^{and} ~~nothing~~

Even if U are xhine physically, don't keep mind vacant
 Occup^{NOTES} urself into healthy xad up or gaps or mental prayer
 Doing things gives self-confidence. Sitting back in idleness
 can lead to nothing & can make ur a total pessimist.
 Don't feel frustrated & do not give up. Don't yield
 Have faith in God & faith in Urself. U can't win
 awards without undergoing tests & tribulations on the way.
 You can't get a degree without passing a qualifying test.

34) Never REGRET: U must have goals/ideals to strive
 Even if U encounter any opposition, you need not regret
 U have to fight heroically. Opp is an inevitable ploy of life
 Learn the lessons from ur past life & gain by it.
 Everything from tiniest part to a big event is ordained
 by destiny & will of God. To regret is to stress ur conscience
 & disturbes your peace of mind. See the will of God
 which keeps manifesting it & seek his blessing with regret

35) Identify ur limitations: Every time U are unhappy
 U are longer ur burdens than stress or limitations
 than U have your limitations U are full happy & peaceful

36) Don't point out mistakes & lose your friends
 By pointing out his mistakes, U can make him feel more guilty
 A magnanimous person can not point out mistakes
 but can correct them with compassion & care

37) Grow spiritually through prayer God will see & call you
 back & call

ASSA VADITHA BRAHMA

Yazm Veda

Where dwells God?

King is the Sun, Veda says, 'the very (ASA) sun (Aditha) is God (Vishnu)'

"This very Aditha is Brahma or God"

To us of the earth, Sun is God, the Almighty

By the Jyotish system, meteorological sciences & also the laws of physics, it is known that the Sun is the EXERCISER & source of all activity in this world. And the worship of sun assumes great importance in Vedas. Considering Aditha, the Sun as a (GOD) to be worshipped, there is a struggle

38) Do not look for perfection in life

If U are too much to be a perfectionist, U are bound to be an angry person. In a state of wisdom or enlightenment, imperfection is an effort, perfection is a confusion. We could appear imperfect on the surface but underneath all is perfect & hiding below it is for U to struggle to bring perfection to surface.

39) APOVIE BHESHAJAM → Vedic Sayam

Water (APO) is a great cure (Bheshajam). Water, has curative (medicine) effect. Have a river bath & offer Besan to Varuna (Lord Water) & also the rising sun at dawn & setting sun in evening. It gives a feeling of rejuvenation.

Drink plenty of water to get the effect of water. Instead of depending on medicines which is degrading Nature cure developed by Germans is called HYDROTHERAPY. Attributing curative effect to water & call it a medicine.

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is neither an approach nor unsatisfactory.

Notes: 1st. make U think

① 13 Abraham Lincoln was ^{one of the} most philosophical president
He ^{can} compress the most difficult into smallest
ideas ^{SEP} better than any man I ever met.

② When I reason with anybody, I spend $\frac{1}{3}$ ^{time} of time just saying
I feel I am going to say $\frac{2}{3}$ of him - tell him
I feel he is going to say & respond

③ If I am offered coffee, I will ask them to get me like TEA
If I am offered TEA, I will ask them to get me some coffee

④ Knowledge & flattery are blood relations

⑤ Stand with anybody while he is right & part with him ^{as is} when he is wrong

⑥ There is nothing true anywhere in this world... if you think
but U see & true, there is something true with U or perceptions

⑦ I care not much for man's religion whose dog he is not the better girl

⑧ U can't build character & courage by taking away a man's
initiative & independence

⑨ Important principles must be inflexible

⑩ Do not let intelligence & persuade or neighbors to compromise

⑪ As a peace maker & settlement maker between two people
the lawyer has the supreme opportunity of being a good mediator
There will still be business for him to carry on his profession

⑫ Set the ideal for self & try to be true to yourself

⑬ Shave to a few tested friends don't be intimate with anyone

⑭ Talk to yourself last a period

⑮ Never seek anybody's advice. Mind U business

SEP 2000

38) PRAYER is a Vital Tool to improve Ur life

14

It also nurtures values like Integrity & Honesty

It is necessary on two occasions when U feel grateful ^{THU} to God
when U feel utterly ^{SEP} helpless

If U are not grateful & prayerful, U are feel utterly miserable
In either case Ur prayers can be answered & U are get benefited

What U can do you do it

What U cannot do you pray for

Spontaneity is not an ritual or doing something strange
It is a very pleasant uplifted state of being when Ur
prayer brings integration into Ur personality processing
Mechanism U do, know the higher being has the final say &
it can do change for Ur best, only if U pray for it

39) Problems of Perseverance

The nerve that never relaxes } All these three
The eye that never blanches } are masters of
The thought that never wanders } Great VICTORY
Victory belongs to the most persevering

Perseverance gives power to weakness and
opens for us the way to the whole world.

With great perseverance ^{all} difficulties can come to an end.

A man of perseverance never meet with failure.
God is always with those who persevere & plan for best
The tendency of perseverers, to persist hindrance & disappointment
is that they distinguish the strong soul from the weak soul.

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If you have perseverance, you can achieve all that you wish

15

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NOTES

(Observe modulations in all Gracilites)
Exophemes are always counterproductive

Rational living requires the man should always
 try to maintain median in his life long journey
 in order to achieve results with less risk in life.

Whether in food, ^{sex} or any ambition/expectation
always observe of moderation. yields rich dividends
In an talk, our outspokenness, or in generosity or philiness
moderation as a principle acts as a speed breaker
in our hurried lives of the present-day world.

We observe caution in not driving a machine too high
 Of all machines, human machine is so delicate
 Of man one low high states, I should use it in moderation
 We watch so many people's lives getting topsy turvy
 princes become paupers & mediocres getting elevated
 Healthy peaceful living needs moderation in all our activities
 Make dressing/hair style/diet/speaking/or any other habits
 & avoid OCD (obsessive compulsive disorder)

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So let we don't become a laughing stock in our company or group

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SFP

Q. 8) Write any 5 (5) points. (05)

(A) OCD - Obsessive Compulsive Disorder

DIVINE INSPIRATIONS

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NOTES

40 Be calm: Do not make haste to deliver your actions & commitments. Do as you can. God gives U the gift of life & U give life the gift of God. Don't be keen on the ~~high~~ expectations of him whom U love.

41 Obstacles are stepping stones & no argument all our difficulties & conquer with U life.

42

7/10 DAY Never enter into any argument & waste U time. Let the other man hold his own opinion on anything. U have only suffer exhaustion & waste time & earn enmity.

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Sri Sankaracharya

MIND

MAHATSAVU ①

BUDDHI ②

ATANKARA ③

CHITTAM ④

18

MON

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NOTES

Classified mind into
four compartments

①

Sankalpacharya Manoropam is MAHATSA
= the first chamber of mind plans to perform work

2) Buddhi Niscaya Roopini = the second chamber
checks and captures of actions & sets the process
of the completion of work as per schedule

3) Aham kasyad Ahamkara = the third chamber
takes initiative steps to complete the work

4) Chittam Smarana Lakshanam = the 4th
keeps a watch over to every step of the work
as a record-keeper & reminds within 3 hours necessary

The MIND also plays a key role as the Prime Minister

to ATMA (who is the king) in fulfilling the desires keeps a watch on
JEEVA

things all the five Trenchendiyas (Eyes, Ears, Skin, nose & tongue)

and also the five Karmendriyas (Hands, legs, anus, penis, tongue)

Brain) the Atma controls the MIND.

The mind controls things the above Ten Indriyas & fractions
of keeps a vigil over them for successful results / action
Every person has control over his mind to keep away from death

things daily practice of VAIRAGYA

Abhaseyathu Kounthoya

Vairagiesha Grubayathe

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Satwika Aharan (plain diet) helps in conquering the mind

Sadachara (good habits) & leads to higher echelons

Rest of Luck

LIFE'S LESSONS

① LEARNING:- Has to learn & not to learn. 19
If the way of learning is high, the development is steep / steep
Learning from experience is complicated. MSE
Learning from success is more difficult. SEP
Learning from failure plugs the holes & gives quick results. NOTES

② Change of Event are also crucial in providing incentives.
Responding to such events is very important.

③ Mind-set is more important and also critical.
A fixed mind set creates a tendency to avoid challenges
& to ignore negative feedback in getting full potential.
Instead a growth mind set helps in learning for continuous trial
& helps to achieve higher levels of achievement.

SELF-knowledge
Corner Stone of an Ideal Hindu philosophy / psychology is
greater awareness & knowledge of one-self.
It allows self helps, a magnanimous belief
in one-self, courage & determination.
"I HUMILITY" to face success with dignity & grace.

Based on my life's experiences, I can assert that belief in one-self
and a growth mind set (3) & readiness to change events (2)
and self reflection (4) helped me grow to the present level.
Back in the fifties (50s) I was at the crossroad (not being able
in the sixties (60s) facing the odds, keeping me in education, to choose
in the seventies (70s) to find my way out of wilderness, the chance of my failing I might be zero
but in the eighties (80s) the odds kept changing in my favour.
In the 10s, it is the life's lessons that made all the difference.

20

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NOTES

In The Ultimate Analysis Five Aspects Self

(1) Do you believe is already preordained or predetermined & is already set and so there is nothing to be done/open to shape or life? NO

(2) Do you believe that the future is yet to be written & it will depend on some future events? YES

3) Do you believe that these events can provide turning points to be accepted by you? YES
~~rejected~~

4) Do you believe that you can learn everyday by the ~~events~~ ^{success} events / setbacks or both? YES
with energy & enthusiasm

5) Do you believe that you will learn more for future ten successes by examining your failure one failure came then contributing to success? YES

I believe that our future is shaped by several turning points at each stage, may every day there provide for more & more opportunities moment at every step of our life

Remember that in the ultimate analysis we are all temporary custodians of the wealth we generate (financial, intellectual, emotional)

The best use of it is to share it with less fortunate all your wealth with your family & children. Love, four faced parents & grandparents.

We have to make it a temporary gift to the future. I did not plan it but it behaves on as to plant garden for him. I may never see it but am grateful for the future people to see.

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FIVE aspects of SELF

Live Godan bringing

21

THU

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NOTES

- ① We are only God's children
- ② Residing in His Kingdom only
- ③ Doing His Good & Happiness work only
- ④ Receiving only His Offerings
- ⑤ Serving His family members only
like the offerings received from Him

In the ultimate analysis we are doing only God's work

SPIRITUAL WAY OF LIFE

① FAITH brings perfection in ur life - being greatest SECURITY

All material securities like job/home/friends are illusions

- ② Keep the house where it belongs } But ~~not~~ in the mind
Keep the money in the bank } i.e. DIVINE faith is our security
Keep faith fully where it belongs } faith can keep divine to act
- ③ Have faith in sound when it is pleasant
Have faith in silence when sound is unpleasant
But have faith in CHATTING but keep faith in chanting/prayer

④ Faith is a subject of head } Meditation is the subject of both HS
Reason is the subject of heart } and connects both then necessary
We have to balance both in adequate proportion

⑤ In science knowledge comes first while in spirituality faith comes first

⑥ Faith is your wealth it gives U strength, stability, calmness & love
Faith is input for belief (Three types of faith) (All 3 are necessary)

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Faith in URSELF

Faith in WORLD

Faith in Divine

INSPIRING THOUGHTS

- 1) PEOPLE are unreasonable, illogical & self-centered
— Love them any way
- 2) PEOPLE can accuse U of selfish motives even if U do good
— Do good anyway
- 3) People can develop bad blood & attribute motives even if U win
— Succeed in efforts anyway
- 4) People can forget the good done by you today
— Do good anyway!
- 5) People can call U dishonest & U frankness makes U vulnerable
— Be honest & frank anyway
- 6) People can ~~fight~~ ^{favor} underdogs but follow only top dogs
— Fight for some underdog anyway
- 7) People may destroy your image built over the years
— Build U image anyway
- 8) People really need help but may attack you if you help them
— Help them anyway
- 9) People can appreciate U in the presence but kick U behind U back
— Do help them in any way
- 10) People praise U on your face for the best U gave them but kick U in the teeth

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Give the world the best U have got anyway

TANTRA GAYATRI

Manayam (Three marriage)
is compulsory for Brahmins to be
inducted into chanting of ^{TANTRA} GAYATRI (in 90 days)

23

YO DEVAHA SAVITHAA ASMAKAM
DHIO DHARMADHI SOCHARATHA
PRE RAYETTASYA BHARATASYA
TAD VARENYA MUPASMAHE

Notes
60 days
20 days
10 days

The Sun God is inspiring our minds and DHARMA.
When we are sleeping here likewise we are
worshipping such BHARAT is inspiring our mind
and Dharma likewise for ever

[INSPIRING THOUGHTS] [DESIDERATA]

- 1) Be on good terms with all persons without surrounding them
speak or opinion/decision quickly & clearly.
- 2) Don't compare yourself with others (there may be greediness/jealousy)
Enjoy your plans & your achievement
- 3) Strive for high ideals & exercise caution in your business affairs
Don't blind yourself to trickery & mischief from others
- 4) Be yourself - Don't feign affection nor be cynical
- 5) Take the advice of elders kindly, surround the hastiness of youth

24 SUNDAY

- 6) Be gentle with yourself but a sense of discipline - Don't surround
to more strength
- 7) Don't forget you are a child of the universe, no better than bees & stars
- 8) Be at peace with God & keep peace with your soul, whatever
be your aspirations in the noisy confusion of life
With all its SHAM / DRUDGERY / ^{broken} Dreams, it is still a beautiful world

2000

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BE CAREFUL - STRIVE to be HAPPY

Don't

25

MON

SEP

NOTES

DONT QUIT

gams up hill

When things go wrong
as they sometimes will,
When the road you are treading—

When the funds are low & when debts are high

When U want to smile, but U have to sigh;
When care & caution is pressing U down a bit;

Rest, if U must, but DONT QUIT:

Life is queer with its Twists & TURNS

As everyone of us sometimes fears

And many a failure's turn around to success

When you might have said you stuck it out—

Dont Give Up though the peace seems low at o'

You may succeed in another place

Success is failure turned inside out—

The silver tint of the clouds of doubt—

And you can never tell how close U are to success

It may be near when it seems so far

So stick to the fight when U are the hardest hit

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

SEP

2000

It's when things seem worst, that U must not QUIT.
Best of luck

SEVEN VIRTUES

26

- ① MASTERING Ur MIND: Mind is like a garden
Cultivate it with proper meditation & reflection - with integrity into the
Quality of Ur life is determined by Qty of Ur SEPT Rays
- ② FOLLOW Ur DHARMA: Define Ur goal personal
NOTES
professional
spiritual
• & be audacious to act on them
- ③ IMPROVE Ur BODY/MIND/SOUL through Sanyas Nemeekas
Follow the 10 virtues of radiant living
- ④ LIVE WITH DISCIPLINE: Ur will power is the essence
of Ur fully actualized life
- ⑤ Respect the Value of Ur TIME by all means
- ⑥ Serve others selflessly practise daily acts of kindness
Cultivate richer relationships
- ⑦ Embrace the Present Don't be ^{an} active of the Past
Nor be carried by future dreams
- ⑧ Live a god-gifted life fully
- ⑨ Live Ur Children's Childhood
- ⑩ BELIEVE in the existence of God - a super power

2) WED
SEP choose a place I have to go deep if needed
(7am-8am) (breakfast, night)

(4) Thank Urself for being accommodative

(5) Thank Ur ^{family} God + Gurus for being here with you

(7) Breathe slowly & deeply & consciously relax

9) Place your hands (palms down) at any place on your body as you are guided by Ur inner mind in Reiki process.

(10) After reasonable time (get up for sleep) I get up slowly & move a couple of steps till I feel comfortable.

Let's start at 04:00 and speed up to the end of the earth.

- 1) Pasyema Saradasathem = May we see & submit ourselves through the Lord Jesus Christ for 100 years
- 2) Teekema Saradasathem = May we live 100 years in complete picture of life
- 3) Nandama Saradasathem = May we rejoice happily for 100 years
- 4) Modama Saradasathem = May we live happily for 100 years
- 5) Ajeetha Shyama Saradasathem = Live unconquered for 100 years
- 6) Bhavama Saradasathem = May we share our fame for a hundred years
- 7) Srunukama Saradasathem = May we hear pleasant things for a hundred years
- 8) Prabhavama Saradasathem = May we speak good things for a hundred years
- 9) Ajete Shyama Saradasathem = May we remain undefeated for 100 years

This greeting for a long life denotes the love of life that Vedas hold for us for hundred years long. It is not a long life, dry, "like an oak tree" as Ben Jonson puts it, that is to be cherished; nor a long life sick & desolate and no one around to love & seek you & pray for you.

How happy & full of life will it be for you
 if one lives happily for 100 years
 & if one lives making others happy for 100 years
 & if one lives dignified & unburdened for 100 years
 & if one lives unconquered for 100 years
 & if one lives a glorified life for 100 years

Best foods for Ur heart

30

SAT
SEP

1) Three foods U should never eat

- 1) Bacon & saturated fat / high protein diets
- 2) Carbonated beverages / sugar sweetened beverages
- 3) Soft drinks full into rapidly absorbed carbohydrates

2) Three foods U must simply eat

These 3 essential foods help protect the heart & the eye

- 1) Walnuts: "14 walnuts per day" says Wendell Dr. are a great food for the heart. They are also ^{anti-inflammatory} & reduce the risk of heart attack
- 2) Olive oil is another hero of the heart
- 3) Drink Red Wine

3) Three physical exercise preferences

1) Pull-ups

2) Surya namaskar

3) Hatha Evening Walks

Q1 What are the Qualities of Brahmin?

2

MON

OCT

NOTES

Truth, forbearance, kindness
cleanliness; penance & charity
are the virtues of a perfect Brahmin.
He should learn first how to behave
equally both in happiness & sorrow.

Q2 If the Qualities in Sudra or other caste
can be called BRAHMIN? Any upper/lower caste

Even if a Sudra attains these virtues,
he can become a best Sudra & not a Brahmin.
Likewise if a Brahmin loses his virtues,
he cannot be called a Brahmin at all.
Therefore to determine the caste of a person,
his virtues & character are most important &
play a dominant role in his life style.

"It is the prime duty of a human being to preserve
his virtues, and good character. Then to
preserve his money & wealth"

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Q3. If a person is dangerous & harmful character, even if he is a liar, but if he practises nonviolence, he can attain punya & take his nonviolence is kept at a highest pedestal. Chant; telling truth, helping others in need & practising nonviolence are four good qualities in which Non Violence is placed at highest pedestal. After death a human being will get his next birth as a human body, human animal body. If a human being is a charitable person and also follows nonviolent path, like Gandhi, he will take his next birth as a divine body. If one ignores nonviolence but continue to engage himself in violent activities, he will be reborn as an animal. Therefore nonviolence is considered to be a most acceptable dharma or better character.

4

WED

OCT

3) ਉਸਤਾਦ ਫ਼ਿਰੋਜ਼ ਨਿਜਾਵਤੀ

Let us be glorious more & more

any needs recognition in society
known as SOCRA Validation

human's cell ed / SOCRA Validation

People who want to parent with no social validation

if the chem-ss obtain in both niches + status

Social Validation brings & promotes Mental Health
Promotes Selfconfidence

Promotes Selfconfidence

promotes self esteem

Have if you may I ~~to~~ promote self esteem
U are become more popular, after
ascending the social ladder of success
and social recognition & social status.

Popularity (9a) and early obtained.

It's the net result of so many qualities like Honesty, ...

Honesty, 8
Compassion
Self Control
Bravery
Hard Work
Name _____

The net effect is KEERTHI
There is obtained only by doing
great desirable social acts
while keeping others from doing
anti-social acts &
being a party to social injustice

TIME Value

Time is Very precious. Don't waste it on ⁵ trifles
People keep their extra money in safes or bank ^{THU} lockers
But, ^{Spree} time cannot be saved in the manner
If you are not alert in using time, you waste talent, knowledge
So devote ^{precious} your time to the best of pursuits & pray ^{to} God, ^{read} sacred books
Don't waste it on useless pursuits like gambling, movies, races
Romaine Montanones says: There is no better duty than
welfare of others in society.
There is no ^{better} means than giving trouble to fellow humans
& causing disturbance to others than by useless activities
God says "I am the servant of my disciples & the jewels of my crown
It is therefore our time in the presence of God
and become the jewels in His crown"

Kudo Vidya

10

TUE

工

11) How can a lazy one acquire knowledge?

To sum up, one should not be lazy or indifferent in acquiring knowledge but should be studiously eschewing idleness. When he is sure of his riches

If one is nice, he can get more friends & friends can make ur life happy by their association.
Hence all concern should be to acquire more nice friends.

Be thankful for ~~what you have~~ ^{what you have} ~~that you can be negative into the~~ ^{your blessing} ~~future~~ ^{you desire};
If I did, I'd be here to look forward to

Be thankful if U dont know something
for it gives U an opportunity to learn more
Be thankful for difficult time
so that U have time to grow up in those times

Be thankful for your limitations, because
they give you opportunities for improvement.

Be thankful for each challenge because
it gives you a valuable lesson
Be thankful when you are tired & weary
because it means you made an effort

[illegible]

Life given fulfillment comes to those who are also thought for the pitfalls of self-betrayal

The WINNING FORMULA (3 W'S)

11

3 Ws for success (Water - Walking - Will Power)

The **3 W'S** are the very corner stones of Success

Water You cannot make anything happen without water
Exp. fact. Say 8-oz glasses of water (64 ounces is minimum)
If U can learn to make Water your best friend
U can speed up or slow down progress down the way to ^{good} health

Walking is an excellent way to burn calories & loose wt.
Walking or any other activity to burn calories / increase heart rate
Exercise is critical to successful life style & long term wt-loss
This W not only helps U wt-loss but the endorphins that
are released in your brain during walking Ex. time when U feel better

WILL-POWER is the internal fortitude that allows U choose wisely
When U are tempted & persevere when frustrated in life
Will-power is something that we have ^{inside} us, ahead in subconscience
Waiting to be mined, harnessed & released @ access in demand

The 3 Ws (~~the~~ legs to ur stool) will create a 4th W (Wonderful)
to make your body stool steady & balanced

Four ways to fitness

Four ways to fitness (except food)

12
THU

- 1) Muscle Endurance (may be tricky definition)
the idea is to keep resistance light, the reps high
of the rest time to the minimum. This region
keeps the endurance rate up into low intensity & longer duration
- 2) HYPER TROPHY, also known as increasing muscle size
Chose high resistance & perform low number of reps to increase muscle size
- 3) GENETICS is also a big factor to be born with
Certain amount of strength & endurance muscle fibers
(Some are like Neil Armstrong or Arnold Schwarzenegger)
- 4) Muscle strength & power (Thru genetic potential)
They repeat each exercise 5/6 times with five mins rest in between

In addition to genetics, age, diet & sleep all
have an effect on our health. As we get older
we lose muscle but we can reverse the process with
intensive regular strength training exercises

Accomplish 768 hours of sleep right (Muscles grow
only while resting or sleeping)

SOORYO UPASANA

13

In Indian culture word SURYA takes prominent
worshipping of SUN Role/Place

Any person who wants perfect health must + should
worship SOORYA SUN GOD; who also represent Goddess GAYATHRI

In male form He is SOORYA & female form GAYATHRI
and in neutral form SAVITHA. Thus the word SOORYA

is immortal as TRINARTHI form of LORD VISHNU.

Only the persons shall cross "SOORYA LOKA" after death
enroute to their MOKSHA (destiny).

We also see ARUNOPASANA (worshipping SUN) in SRUTHI

After vedic age, several poets praised SUN GOD by their
works. In these poets MAYURA BHATT ranks first.

SOORYA SATAKA written by Mayur Bhatt comes first.

Mayur Bhatt was a poet in the court of Bhog RAJA in
Sandhanu Dist BHARAT Mahabharat. He was his father-in-law
7th Century AD

He praised Sun for curing his SOORYA SATAKA
to cure him of his ailments.

16

MON

OCT

NOTES

It is not the Realisation of one's absolute being
that is Brahma Jnana is not the knowledge
to be acquired from ^{any} outside source or individual
but to be realised from his own inner self
for there is more effort needed from inside
of realising it and hence inner happiness
It is one's ignorant outlook that one has

To give up & start a search from inside.
The self you seek to know is yourself
needing

Q- can't you suppress ignorance till cause for grief
 like the TEV Foolish Men ^{needing} me

22 23 24 25 26 27 28 29 30 31
 Invered for a lot of the Tenth Mth Ath -

Ten foolishmen had to cross a stream on a boat & on reaching the other end, they wanted to make sure that all of them had in fact safely crossed the waters.

One of them began to count but in the process failed to count himself & shouted out "I see only NINE & surely we have lost one of us"

Another man asked him: "did you count correctly?" and started counting himself, but in the process did what the other man did by excluding himself.

One after another each one counted but followed the same pattern by excluding to count himself.

All of them agreed on one thing "we are only NINE but who is the missing one?"

Every effort they made to locate the missing one failed.

They concluded "Whoever be that is missing ^{must have} been drowned
he lost him for ever & permanently



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So saying all of them burst into tears.

18

WED

OCT

Even

NOTES

Seeing these proud men crying at a
a sympathetic Wayfarer enquired for the cause

while
Even ~~the~~ saying all the ten men burst into tears

but the Wayfarer was shrewd enough
to know the reason for their grief, which
is only illusion & muddle-headedness

In order to make them release their folly,
he made them all to stand in a row &
started counting them one by one and
made each one of them to respond to his
roll-call and in the process, the tenth man
also responded to the roll call count ^{the} of guests
& -
At the end they looked at each other's face &
knew the Wayfarer in one voice for identifying
the missing man. Surely, speaking nobody ^{was} missing
& it was their ignorance & idiotic supposition in failing
to count himself. I ~~was~~ ^{lost} ~~him~~ ^{him as lost}

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Thus Brahmacarana is not
a knowledge to be acquired from any source
so that acquirers may obtain it externally
or from an external source.
It is nothing but getting out of one's own
ignorant outlook & rediscovering his self.
The self you seek to know is yourself.
It is your supposed ignorance of self
that causes your needless grief like
that of the ten foolish men, who
grieved for the loss of the Tenth Man,
who was never lost.

It is only self realization that cleared
their mind of the wronging loss of Tenth MAN
I brought sense into their minds. It is
I suspect till I too realized on my 70th BIRTHDAY

20

FRI

OCT

NOTES

Reflections on my life's birthday

It is my luck of coincidence
 that October is the birthday month of my life
 having been born on 5th October (502 years)
 falling in the middle of NAVARATHRI
 I used to tell my children about their
 mother's birthday & bring into their minds
 the importance of a MOTHER as representing
 for million things she gave them

acting like an
 for EMBROIDER in setting their problems
 for Tears she shed for bringing them up
 caring for them into her
 for Heart in providing for their comfort
 for her Eyes in caring for their needs right today
 for her Right decisions in settling their problems
 & disputes

Put all the alphabets together,
She has been their mother ^{every} till today
Coming to the assistance whenever it is possible

21

SAT

OCT

NOTES

For all you who are lucky to be blessed
by their mother, this is beautiful.

I used to tell my children a parable
I happened to read somewhere for the knowledge
of removal of their ignorance about the
importance of a mother + MOTHER'S LOVE

A little boy came up to his mother
in the kitchen one day & handed her a
piece of paper (go the down some details)
as he was asked him to join & repeated
for discharging some errands & odd jobs
and causing disturbance to his studies
and impairment on his study time and

22 SUNDAY

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treating it as an affront on his self respect.

23

MON

OCT

NOTES

My claim for service rendered last week
(as per details) \$ 15-00

- 1) for cutting grass \$ 5-00
- 2) for cleaning up my room \$ 1-00
- 3) for going to the Market $\frac{\text{Twice}}{\text{Twice}}$ \$ 2-00 (\$ per time)
- 4) for help with my brother } \$ 1-00
While U went for shopping }
- 5) for clearing the garbage \$ 1-00
- 6) for clearing the back yard \$ 2-00
- 7) for getting a good repairman \$ 3-00 \$ 15

His mother glared at his note & replied;
Claim nothing for the free services rendered:

- 1) For 9 months I carried you) No Charge
While U grew inside me
- 2) for all the nights I sat up) no charge
While you as U studied & served
U with Tea & snacks
- 3) for all the days I doctored) no charge
U for all your ailments
- 4) for all the crying times ^{Wiping your nose}) no charge
from all the tears I shed for U
- 5) for all the long food & clothing) No Charge
etc

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The total cost of my love is No Charge

Then the boy finished reading this,
 tears rolled down his eyes & he ^{looked}
 straight into his mother's eyes and ^{was about to} ~~tears~~
 he paper into pieces then his mother prevented
 him from doing this & asked him to frame it
 & keep watching at it then his mother is no more.
 The boy said: "Mom, I really love you
 with all my heart. Please forgive me for my ^{impulsive} behavior."
 He then took the paper into his hands
 and wrote ~~on~~ on it in bold RED letters
 as "PAY in FULL". & underlined it
 and got it framed & kept on his study table.
 He kept ^{on his study table} it & ~~watched~~ on watching it &
 reading it as a "Lesson of his life" and
 preserved it as long as he lived his life &
 passed on to his children down the line.

WORK IS WORSHIP - DUTY IS GOD

25

WED

OCT

A Glass of Milk

One day a poor boy, ^{Howard Kelly} was selling goods from door to door, to earn remuneration to be able to meet his school fee. He felt very hungry, decided to ask for a meal & decided to ask for a meal at the next house. But he lost his nerve when a lovely young woman opened the door. Instead of a meal/money he asked for a glass of water. She thought that the boy was thirsty & hungry and so brought him a glass of milk. He drank it hurriedly & asked her "How much do I owe you?" She replied "You don't owe me anything. My mother has taught me never to accept anything for show or kindness to anybody." He replied "I thank you from the bottom of my heart."

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NOTES

[illegible]

HOW TO LIVE

① **27** Realise ^{that} whatever happens in Ur life
FRI
OCT ^{only} better U like it or not, is ^{for} your GOOD

2) Always walk the journey of Ur life
NOTES Holding God's hands - U can never go astray

3) Power of Prayer is the greatest power of the Universe
It can change God's decision if U pray for the things

4) Feel the power of God by giving him some time
Everyday. You will feel miraculous things
happening to you

5) Even the word **IMPOSSIBLE** says that
"I am possible"
So nothing is impossible when U have faith in God
and when U think positively.

6) Negative thinking is Your greatest enemy
Whatever U think will happen either truly or very

7) You can never be sad when God is Your companion
Make HIM Your companion so that U are always **HAPPY**

8) God will always speak through Ur inner voice
Whenever U are confused, Ask Him the way, he will ^{show} Right Path

9) A person who is honest / disciplined / hard working is always successful

10) If U help your fellow human beings today
God will help you TOMORROW

LIVE HAPPILY

28

- (1) Live ur life with HOPE; WISH & prayer
only +ve fibres will surround U & +ve things will happen to you
- (2) Pray to God to hold ur hands always because
if U hold husband U may lose it but he will never be away
- (3) Remember God is watching you 24 hrs x 7 days x 12 ms
You may hide things from ur family but not from God
- (4) You have wasted many years of your life, ^{sometimes} by being B.A.
But don't waste time because Tomorrow never comes
- (5) Talk softly & politely so that U can never get angry
U may land urself in a mess by talking loudly
- (6) A person who ego will have to forego 70% of his life
- (7) Anger is the worst word of the English Dictionary
because it has ruined many lives & families of the world
- (8) Patience is the only way to live happily. A person
who is patient is never unhappy at heart
- (9) A person should be as innocent as a small child
only then he is loved by everyone

(20) A person who is good at heart
& who is good on face } can never have ^{any} ENEMIES

2000

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30

MON

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NOTES

Concept of YOGA

The word "YOGA" is of great significance. It is derived from the word "YUJ" meaning "to unite". It means union of parts or identification of the various parts of the human body for greater cohesion and systematic coordinated effort. If you identify yourself with the joys & sorrows of everyone by extending your normal horizon rising above the pettiness of life, that is YOGA. If you identify the various parts of human body as parts of the same whole, comprehensive unit, it ceases to be personal & becomes collateral. Mother & son have emotional identification. If the son is unwell, the mother feels agitated. So is the relationship between husband & wife. If one is happy, the other one is also unhappy.

YOGA is therefore built down to EMOTIONAL
INTEGRATION 31

with everybody around you or in some vicinity

OCT

NOTES

If U want to understand another person clearly,
"put yourself in their position" then U can understand
them better (say Judge & a Thief or so).

If U can develop such an attitude in life,
then U are not very far away from YOGA SIDDHI.

YOGA stands for physical well-being

It comes as a blessing to the suffering humanity
as a form of PSYCHOSOMATIC TREATMENT

It comes as a short-cut to God's Realisation
for seekers of truth. It doesn't stand for

Magic-Mongering or Mythifying the Unhappy.
Half-TRUTHS & Untruths have been projected in

the name of YOGA looking down upon the
basic concepts of GRUHASTHASHRAMA, which are
meant to develop your personality & reach the

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to their full potential

attain peace & tranquillity within oneself

YOGA has a special role to play in today's world to bring joy to our hearts & homes

2

THU

NOV

NOTES

It can remove our mental & physical afflictions while enjoying good things.

The concept of YOGA does not lay down any extraordinary rules & regulations of behavior or rigid self-discipline. You can continue to enjoy the good things of life & still be called a YOGI.

It is not necessary to give up your worldly ambitions or material aspirations. At the same time you need to be a slave of your desires & ambitions. Be reasonable. Be like an ocean which remains peaceful undisturbed, even as the turbulent rivers pour their muddy water into it. The wisdom lies in remaining steadfast in the turmoil of life & attaining a state of self equilibrium.

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No limiting factors

3

FRI

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Yoga can benefit all people of all ages in all circumstances, night or day.

NOTES

Your life is part of KARMA YOGA. The life of a householder is a continuous Yajna. All your labor to keep your home fires burning, your activities to discharge your social & national obligations are all oblations. Once, ^{you} understand this truth, you can keep your vision self-realization undimmed in the midst of the unremitting hard work that your station in life engenders upon you.

Anxieties, frustrations, exhaustion of body & mind all accelerate the aging process. Yoga is powerful remedy against all these forces of destruction. Age does not come your way. Whether you are on the threshold of life or spring of youthfulness, you can learn Yoga.

Senior Citizen, you can learn Yoga



There are no limiting factors

Gita also does teach you ESCAPISM

When the magic moment of crowning achievement arrives, the mighty Arjuna also faltered ^{SAT} ~~and~~ ^{NOV} began to retreat. Talking of Sri & Salva ^{as} & rehearsing to Himmlayes - The Lord Krishna brought him to senses by preaching KARMA YOGA

YOGA does not mean Ashwinger YOGA of scriptures
On Karma YOGA; Bhakti YOGA, Jnana YOGA
are all different parts of YOGA. LIFE itself is YOGA
Religious duties are p/o YOGA. Day today work is YOGA
Evening walking & running is part of YOGA
The field is vast & inviting. Let the thrill &
quickness of YOGA transform all your activities

5 SUNDAY

Pathanjali's 'Yamas & Niyamas' were formulated
for an age that is gone by & done with in the past
They have no place in the world of today, where the
air we breathe is full of falsehood, violent & imperfect

6

MON

NOV

NOTES

Having said so much about Grubbs & Shreve,
it is up to You to hold its sanctity. If U want
to live in this world, U have to renounce all that is
Vulgar & petty. ^{all} ^{aspect of} ^{detachment} your action with

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8/15 we far perfection: let's be the YOGA of Efficiency presented in YIT

My own personal view of YOGA

My own views on yoga differ widely from what has been taken for granted all along. I don't believe in sermons & talk talk but I can see some connection & full force I have at my command. My own ideas on YOGA differ widely from what has been because I have a mission to fulfill. So enjoy a happy & harmonious home life. Enrich yourself with enthusiasm in your day to day activities? When adverse circumstances squeeze & suppress you, rise above them with a cool head & an easy assurance. If so you are an YOGI. Strive to put your home in order. Strive for betterment of society. Strive with every fibre of your being for the welfare of humanity. Let Caste, Creed & Sex be barriers to your progress & growth or to your family traditions and growth in society.



DEC

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Always Strive for excellence in all things
 WED NOV Advance to the greatest. EXEMPLARS

Dream the greatest of the great dreams
 Seek the loftiest of the lofty goals in the mind
 Cultivate the most valuable virtues in the self
 Never settle or compromise for lesser self
 In all its striving, however, always seek to do good
 Never seek the path of self-aggrandizement

Dr FRANK MORALES

The spirit that dwells in the body of all beings
 is eternally indestructible: so don't mourn on death

ଓମ ନମଃ ସ୍ୱାମିନାୟ
 ଶ୍ରୀ ଗୁରୁବ୍ୟାକୃତେ ନମଃ
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How to thank God

11025100

FRI

NOV

Does one acknowledge God's Blessings
"Thank U God is enough & pray HIM"

"Thank U God is enough & pray Him"

If you have food in the Refrigerator, clothes on U, back a roof over U head & a place to sleep @ night U are richer then 75% of the people in this world. If U have money in the Bank, change in Your wallet, money to spare in a dish, You are among top 10% of the ^{wealthy} world. If U get all this on U Computer U are among top 1% of the world. Who has the opportunity.

If I can wake up this morning like me Health - then
 I am more blessed than the many who can not
 survive this day. If I have never experienced:

- 1) The fear of battle (2) loneliness of imprisonment
3) The agony of failure 4) Pangs of starvation → Case

ahead 700 millions of people of the world. I f U can
 keep Ur head above Ur shoulder & smile & I
 offer a prayer meeting what heressment - a array
 U are better than blessed > 3 billions people of the world.
 I'll keep Ur head up & smile U are unique to
 all those who are in doubt & despair.

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If U can read this message & understand it, U are unique & more blessed than 99% of the world. Double blessing!

SEVEN

WONDERS

Of the world

A group of students were asked to list out the things they thought are Seven wonders of the world in their present old list.

(1) Egypt's great pyramids

(2) Taj Mahal - INDIA

(3) Grand Canyon USA

(4) Panama Canal

(5) Empire state Bldg (USA)

(6) St Peter's Basilica

(7) China's Great Wall

(1) To See

(2) To Hear

(3) To Touch

(4) To Taste

(5) To feel

(6) To Laugh

(7) To Love

Don't W. These are the things that we later for granted are great things ~~the~~ overlook them as simple & ordinary but they are really wonderful & you can't ever imagine by comparing yourself with a person devoid of these Seven things. Remember that the most precious & wonderful things in life cannot be built by human being nor bought by man. They are the workmanship of GOD.

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2 billion people who can't read at all

from God

Live the life U love & Love the life U live

13

MON

NOV

NOTE

A few tips on how to achieve more & more by keeping away worry. The more one becomes

worryless, the more one achieves

See what is caused by worry: —

① One is YESTERDAY ^{is gone forever} ~~just~~ all its mistakes & cares, its faults & blunders, aches & pains

Yesterday has passed for ever & is beyond our control

All the world cannot bring it back to life
We cannot undo a single act performed yesterday

② The other day we should not worry about is TOMORROW
With all its possible promises & burdens

Tomorrow is also beyond our control. It is yet to be born

This leaves TODAY to be spent usefully & enjoyed

It is the useful experience of today that lives for ever

It is the results you achieve that lives for ever

It is the remorse of yesterday you can erase today

The dread of tomorrow that you can dream off

Let us therefore Live for today in all its might

- ① Do not think of problems as difficulties. Think of them as opportunities for actions & learning.
- ② After doing ur best to deal w/ a situation, avoid any speculation about its outcome. Forget it & proceed w/ another. Beka says "Let go & let God do his will".
- ③ Do not allow Urself time for Absorber Thinking. Eliminate DAY DREAMING & stop building Air CASTLES. Keep busy & spend 24 hrs of your day filled with the 4 ingredients: **WORK ; PRAYER ; RECREATION ; SLEEP.**
- ④ Do not concern Urself with things on which U have no control. Arm Chair generals do not win battles but end up.
- ⑤ If Ur project is big, break it into steps and tackle one by one. Ladder Rungs. With Nervous Break down. Think of step II after U negotiate step I and so on.
- ⑥ Do not PROCRASTINATE. Let not ^{your} ANXIETY sap Ur SELF Confidence. Start doing NOW.
- ⑦ Do not feed on Ur WOES & ANXIETIES to other people. Don't expect any pity or sympathy - it will make U feel sorry for urself.
- ⑧ Get up as soon as U wake up. If U lie in bed for long U may use up Ur nervous energy in advance of Ur accomplishments.
- ⑨ Plan Ur schedule in advance & proceed ^{one by one}, so that U may not have to HURRY. Hurry is a blood sucker to WORRY & a sister to CARRY. Only helps to shatter poise & self confidence & ^{contributes to} FEAR & ANXIETY.

Plan & think that U have worried about this time last year & feel HAPPY.

2000

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Trust in God & Work is WORSHIP

15

WED

NOV

NOTES

- 1) Be nothing I want - nothing in return
- 2) Give what U have - it will come back to U
- 3) But don't expect it to come back immediately
- 4) It will come back later multiplied thousand fold
- 5) Ur attention should not be on that - ^{but must be on} Ur power to give
- 6) Learn that the pleasure of life lies in giving & ^{but too} WILINGLY
- 7) As soon as U come into life, U tend to store & accumulate
But nature puts a hand on Ur throat to open Ur hands
- 8) Whether U are willing or not U have to give @ that stage
- 9) If U tend to say "I will not" you get hurt -
The more U struggle, the more miserable U feel
- 10) The sun takes water from the sea & returns as ^{Rain} shower
- 11) U are only a machine in taking & giving
The more U give, the more U get back
- 12) Be they are not a beggar but be unattached
- 13) Even if Ur attempt is a failure, learn something ^{from it} failure
- 14) Assent Ur Godhead in the midst of all Ur difficulties
- 15) Nature teaches U to need ^{slowly & steadily, creating in creation} ~~that base can sell Ur might~~ ^{It is for U to be for life}
U get Ur super dune power not to hit back

NOV

2000

It's Secret -

Human Body

The "Human person" is actually a ^{Complex} SYMBIOSIS } 16

^{Script} Complex distinct aggregate including (1) PHYSICAL BODY

with (2) ATMA alone is the true self

which is eternal, true, beautiful, indescribable & blissful by its own inherent nature (3) MIND (MANAS) (4) INTELLECT (BUDHI) (5) EGO (Ahamkara) (6) VITAL FORCE (Prana)

But the body are identifying with the (6) ATMA (source of consciousness) acting as animating force (inspired) but the shells (inspired), like the material (inspired spiritual) and the illusory outside (inspired the real).

The meaning of life in human form is this to reverse this negative & self-defeating tendency to serve an ego.

The path of Samkhya Dharma offers us profound philosophy

in the shape of GITA / Upanishads / Vedas to comprehend life's meaning besides systematic path of spiritual practice like Yoga / Meditation

To know the exact meaning of human life, experience the taste of truth in existence god things Samkhya Dharma

SIGNIFICANCE of Breath of LIFE

17

Inhale - God approaches U

FRI Hold ur breath - God remains

NOV Exhale - U approach God

Hold Exhalation - U surrender to God

Practise 108 times daily

U experience
control - ur God

— Success same

NOTES

- 2) Breath is the link between body & mind & breathing Exercise is an integral part of yoga
- 3) When breath wanders, the mind is also unsteady
When breath is calmed, the mind can be still
& yoga achieves long life
- 4) Breath is life & if U breathe well U can live long
- 5) Smile, Breathe & go slowly.
- 6) Breathe, let go & remind urself for this very moment is the only one U know U are very sure of
- 7) If U take up breathing, U have another chance of Congratulation

What is Health: A disease free body; a quiver free breath
A stress free mind; An obsession free memory

2) An intuition free intellect; a soul free from sorrow

Have some introspection: Why I am not feeling so good?

Why I am angry

Why I am not succeeding

Light (Jyoti) is the first item of worship in an vedic system
The word Light carries several attributes like
LOVE / HONESTY / KNOWLEDGE / GENEROSITY / PROSPERITY
FAITH / PEACE / PURSUIT OF WISDOM & devotion of light

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Life is a Mystery - live through it - Realise its goals & success

FIVE ELEMENTS of LIFE (Earth, Water, Fire, Air, Ether)

① EARTH: Contains magnetic currents & many properties to cure diseases. It is a hot/cold pack. It removes poisons out of the body & cods the system.

② AIR: By wearing few clothes; by exposing body to fresh air. By taking morning & evening walks. (Keep up indoor hanging) & by taking deep-breathing exercises.

③ WATER: In the form of Cold/hot/Vapour baths; Stomach wash. By taking a glass of water immediately after getting up from bed because body rejects 10 litres of water/day. (It is a relieving bath). Water controls the heat-systems of the body. Before & after meals, helps expulsion of impurities through the skin & kidneys.

④ LIGHT: Sunlight costs nothing. Expose to morning sun & get Vitamins. Sunlight cures Rickets, Chromotherapy cures many illnesses. Electric light also cures many diseases but it is costly.

⑤ EARTH - Contains magnetic currents ^{which} cures many diseases. It is used as cold or hot packs & cods the system. It removes poisons out of the body (Vomit/Excretion).

DIET:

The intellect is rendered clear; subtle & sharp by Veg diet. I should include raw leaves / salt water lemon to give digestion. Avoid foods rich in starch & sugar. Soft starchy drinks besides coffee/Tea/Alcohol & drugs as a matter of policy. Don't be a slave to any diet theory. Use your common sense. Chew the food well. Digestion starts in the mouth & mastication. Don't push food into the pullet with a glass of water everytime. Eat when you are hungry (but later later after finishing). Don't take anticacids. 2000

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Our body is continuing growing till the age of 25 years. Milk, cereals, potatoes, fresh leafy vegetables are good.

Benefits of HYDROGEN PEROXIDE

20

1) Take one Cap full of HP & hold in Ur mouth for 10 min
Use it in a mouth wash to keep Ur mouth clean

NOV

2) Let Ur tooth brush soak in a cup of Peroxide

NOTES

3) Clean Ur table tops w/ H₂O₂ to kill germs & denture them

4) Rinse Your cutting board w/ H₂O₂ to kill bacteria

5) Spray 50:50 (H₂O₂ & H₂O) on Ur feet to clean fungus & other

6) Soak any infections or cuts in 3% H₂O₂ for ten minutes
to heal gangrene & other sprains

7) Keep a 50:50 spray bottle in every bath room
to disinfect toilet harp Your septic system

8) Tilt Ur head back & put 100 50:50 spray when
U have cold & plugged sinuses & clear Ur nose.

9) Put a Capful of 3% H₂O₂ into Ur mouth & hold it 10 min
to reduce Your toothache before go to a dentist.

10) Spray 50:50 H₂O₂ on Your bed hair & comb it through
to prevent dryness of hair

11) Put half bottle of H₂O₂ in Your bath tub to rid ^{boils &} skin infections

12) Add a cup of H₂O₂ (instead of bleach) to a load of Whites
in Ur laundry to whiteners. Drop a bubble on blood stains

13) Clean Ur ^{drains} w/ H₂O₂ & repeat if necessary

14) Keep no room without H₂O₂. It keeps Your neighborhood clean

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NOV 2000

WORSHIP = the offering; the offered & the offerer.
are all one & the only one

22

WED

NOV

NOTES

To worship or idolize ^{entire} a sense of belonging is a ^{single} ^{experience} ^{part} of
Method of worship or idolization differ in diff parts of the world
Some worship the Pope while ^{some} others worship the pop star
Some are crazy about the popular politicians
While some fall for popular film stars
A sense of belonging & seeing divinity in those whom we adore
makes U a Saint. Those who worship without any
sense of belonging & those who are against worship are in some way
The bible says: "I am God & U shall have no other Gods"
The same is said in most of Indian scriptures

The Role of Religion is to make us righteous & loving
The purpose of politics is to care for people & their welfare
When Religion & politics do not co-exist, then we have
Corrupt politicians & pseudo religious leaders

A religious man who is righteous & loving will care for people's welfare
& so can become a true politician & statesman
All the great prophets cared for people
A righteous politician cannot be but religious

When Religion restrict freedom to worship &
restrict modes of worship, they become unsuitable
for creating a harmonious society.

Today both politics & religion need reform through

Politicians must become more righteous & spiritual
Religion must become broader & more spiritual
to allow freedom of worship & to encompass all worship in the world

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Parents & Children

Very often parents tend to notice
any when children go wrong & scold them
without appreciating them when they do some good.

23

THU
NOV

Children need to get positive messages from their care takers in order to promote healthy esteem & confidence in themselves.

Criticism sends a negative message creating diffidence. Every situation gives us an equal opportunity to encourage or discourage our children.

U are tend to criticize, humiliate, neg., & sarcasm
tell or punish the child when U don't like their action.

believe in his ~~shepherds~~ & Lancelotti ~~architect~~ +ve encounter focusing on the shepherds & made us green

U disengage or children U protect him & do things he is capable of doing on his own. Not cause diffidence in learning! - & for negative expectations. When he attempts some the new

The diff between PRASE & EN Convergent is a lot
Encange then to be honest in the approach effort

Don't bribe or child with bait to encourage him
Some parents use encouragement & bait to manipulate
the deeds of their children & ruin their behavior ⁱⁿ particular way

Don't expect that just because u have encouraged him
he/she should obey you & serve your ends
Always keep in mind the KB is to look for strength & stay

WORSHIP = the offering; the offered & the offerer.
are all one & the only one

22

WED

NOV

NOTES

To worship or idolize without a sense of belonging is a ^{false exercise} ~~part of~~ method of worship or idolization diff in diff ^{parts of} the world.
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He is a statesman & prophet cared for people
A righteous politician cannot be but Religious

When Religion restrict freedom to worship & restrict modes of worship, they become unsuitable for creating a harmonious society.

Today both politics & religion need reform. Politicians must become more righteous & spiritual
Religion must become broader & more spiritual
to allow freedom of worship & to encompass all religions in the world

NOV 2000

WORTH = No. of lines - 10. all. What to Teach Children?

24

STRANGER: Give them definition of STRANGER
 Teach Young Children Who a stranger is?
 Friendly strangers can be dangerous by offering treats etc
 Don't be very strict & assure or mislead like
 You children but kind & convincing. They may
 get lured by friendly/sympathetic talk by strangers
 & fall into their trap. Tell them some Basic Rules
Guidelines

- 1) Never give ur name & address to a stranger
- 2) Never open the door to a stranger whom u don't know
- 3) Never tell ur cell no. that u are home alone. ^{for backup} phone no to call
- 4) ^{Keep} Never divulge ur vacation plans or ^{other} information ur trip
- 5) Never volunteer to play with strangers who hang around
- 6) If a stranger follows in a car, run in the opposite direction
- 7) Avoid strangers at school & make school security
- 8) Never play in deserted places/parks/subways/streets
- 9) Never show off your money/purse in a public place
- 10) Teach ur children to keep in touch with u if they get lost
- 11) Tell children how to make telephone calls to reach their parents

10
R
5

W T F S M T F S
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 NOV 2009
 Home Police Cell
 Tell children how to make telephone calls to reach their parents

UTTHISTA THA

25

A king had sent his only son to an advisor to inform him his knowledge of life.

He went to the old wise man & requested

"Oh wise man, bring me light to path of my life."

The wise man said:

"My lord, live far away like the fruit in the sand. However, I can give you some indication on your way."

"Read the Rules written across ~~3 doors~~ on your path."

Do follow them but don't try to get away from them.

because you are condemned to die again ^{if you} ~~let~~ ^{avoid}.

Go now - follow the path & feel in your heart & react."

The old man disappeared & soon he was in front of a big door.

1) "CHANGE the WORLD"

He managed to change something, but many other resisted him. Many years passed.

He came across the old man and asked him whether he learnt anything in his life. He said:

"I have learnt to discern what is within my power and what is without & what depends on me & what does not."

Old man said: "Use your strength to act on what is in your power."

Soon the prince was behind the 2nd door where he saw:

2) "CHANGE the Other" This was my intention but it was

a source of irritation, bitterness & frustration of so on.

After a few days he met the old man again to know.

He answered: "I have learnt the cause of my setbacks & took

them as opportunities to reveal & change myself & find

that all things have their roots in me."

3) "CHANGE yourself" was the next he came across his son.

He tried to merge himself & took pains to mend his defects &

started to meet his success in some chosen field or activities. He

made up his mind to stop fighting & give up & let go.

He advised him to take the next lesson as he hung back the door

as he returns on his path.

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27

(4) ACCEPT Yourself! As he looks back

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NOTES

he was surprised to find all the thrown away by him
This time he told the old man who met him
I have learnt that the 1st rule in being happy
I have to accept myself unconditionally
the way I am & make several improvements
"This is the first rule of wisdom" told the old man

(5) Soon he reached the ball side of the second door

"Accept-The Others" and recognized all the people

around who clapped with him & those who praised him
He was embarrassed to find people like them he fought
to free the old man to whom he replied

"I started to come to a friend - love myself
I had nothing to blame others. Everything is in me
I have learnt to accept everybody as they are &
Come round to accept them & their thinking
I live in harmony with them

The old man said: "This is the 2nd rule of wisdom"

(6) "Accept-The World" Soon he came across the 3rd door

& reached the door on it

He also recognized the people whom he tried to change & failed
Nevertheless it was the same old world but his own outlook
to it changed & he began to reconcile with himself

After he came to the old man to whom he replied

"The world is a mission from my soul. When my soul is
cheerful I find much laughter & I find the world is cheerful
When the world is sad I have learnt to accept it totally"

He is the 3rd rule of wisdom. Said the old man

Old man's advice: "One has to go from silence of penitence
finally says: to the 'penitence of silence'."

2000

7) Determine Ur direction - You self concept is made up of three parts
 Your understanding of the three parts
 enable U to guide key decisions in Ur Mental Computer
 → Knows Ur ideal the direction of Ur life
 to guide growth of Ur character & personality
 Ur self-ideal is a description of the person U
 would like to emulate & follow his way of life & thinking

28

DiRECTION
EXPERIENCE
ACHIEVEMENT

5) Strive towards excellence - Important Ur life
 U must have real about courage, conviction, confidence,
 love, fortitude, integrity, compassion, compulsion, patience,
 persistence etc to achieve your ideals.
 U may not achieve overnight but improve gradually
 & Ur striving to behave consistently like them

C) clarity is essential - Many characteristics of successful
 people is that they have clearly defined ideals & their
 behavior is consistent with their idealized behavior

d) Self-Challenging Goals - Your ideals are Ur goals/ambitions
 When U set Ur goals, Ur ideals become a guiding motivating force

e) Your future is limited - Impulses in Ur self-ideals
 begin with Ur imagination for which there are no limits
 so imagine Ur ideal version & behave in the same way

You must pay for things to put Ur ideals into action

1) First dream big dreaming - Set big, exciting,
 challenging goals & ideals for Urself in Ur life ahead

2) Second think about how U could act if U were an O/S person
 then practise being this person, as long as U are acting a role
 U have no other a difference in Your behaviour

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29

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NOTES

Lord Krishna showed to Parth. (Arjuna)

his Viswaroopa form like numerous mouths & eyes

like numerous wonderful sights & divine ornaments

Arjuna said: "I see all the Gods; Brahma, seated on the lotus being surrounded by all the Rishis & Celestial serpents, I see the whole endearment, sun & Moon being thy eyes, thy mouth, the burning fire, the whole universe thy mouth, the terrible teeth, & fearful to behold all the sons of Ashoka, along with Bhishma, Drona, Karne crushed on the Savya Sackee, between teeth;

The Lord said: "Stand up; kill the enemies & enjoy the kingdom"

Arjuna said: "I am distressed to see the universal form. Please show me your usual form with 4 hands"

The Lord showed him his usual form & consoled him with 4 hands

Said: "Neither by Vedas or by austerity, or by gifts or sacrifice can I be seen in this form, as thou hast seen me."

Only by the single minded devotion, can I be seen in reality

He who does actions for me, who looks to me as the SUPREME, who is free from attachment & devoted to me

he who bears no enmity to anybody, he alone comes to me

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GOD: Hello, Did you call Me?

ME: Called you! Who are you?

G: This is GOD. I heard Ur prayers. I thought I will speak to U

M: Of course, I do pray. But I am actually busy with something

G: What are you busy at. Even cats are busy too

M: But I can't find free time. Life has become hectic these days

G: Me actually get U busy & consume time. But productively give U result

M: I understand but I have not suggested U for instant messaging Chat

G: But I wanted to help U in fighting time through the news media

M: Why has life become complicated these days?

G: Just live it. Don't analyse. Analysis is what makes it complicated

M: Why are we constantly unhappy? G: U are worrying about it

G: You today is Ur tomorrow but U have worried about yesterday

M: But there is so much pain due to uncertainty

G: Pain is inevitable but suffering is optional

M: If suffering is optional, we do ^{many} people always suffer

G: ^{like} Diamonds getting polished with friction, good people become better through trials

M: DO U mean to say that such experience is useful? (not bitter)

G: Yes, Experience is a hard teacher. It gives test first & lesson later

M: Still why we can't be free from problems?

G: Problems are like speed breakers to caution U & enhance mental strength

M: In midst of so many problems, we don't know where U are heading

G: If U look inside U can find inner strength & Ur heart provides INSIGHT

M: Sometimes success eludes us while temptation knocks for ever

G: Success is a measure decided by others. Satisfaction is what U experience

M: In tough times, how to feel motivated? Just wait for U have big

G: Always count Ur blessings, not U are missing. Watch how much U have & care

M: What surprises U about people? Who am I? Why I am here?

G: Don't ask U are but determine who U want to be to make Ur life happier

M: What is life? G: Life is not a process of discovery but a process of creation

M: How can I get best of life? G: Ignore Ur past without regret & handle present with confidence

M: What is Ur final advice? G: Keep the faith & drop to fear. Face the future without fear

M: Don't believe in U doubts. I don't doubt. I believe in U

Life is a mystery to solve not a problem to resolve

Trust Me. Life is wonderful if U know how to live & enjoy

Life is not measured by no. of breaths taken, but by no. of moments lived to the fullest

away

Fitness for Every Age

1

FRI

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NOTES

Age is determined by one's capacity and not simply by counting no of years of a man's / woman's life.

20's

One should be creating a solid foundation of strength; train to improve muscle strength Cardiovascular exercise to improve endurance & flexibility exercises to improve mobility In adults maintain life long consistency try to design a routine based on fun activities such as hiking, biking or outdoors & fun Add 2/3 days of strength training & balance & energy

30's

An improved look to the body occurs in 30's Be consistent & not sedentary, ^{you will} lose flexibility Take complete rest between workouts. Keep busy with activities like hiking, swimming, golfing, tennis etc. This is a point where injuries occur to body so pl avoid.

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Altho age process can start early.

40's People become sedentary in their 40s because of family responsibilities like marriages for daughter or job for a son etc. Try to keep cheerful with good health. This is a decade when you should feel smart. Genetics play a big role during this time when it's harder to fulfill our responsibilities. Be focus on feeling strong & energized without feeling depressed or disappointed but proceed forward.

50's In the past 50s comprised of crises of oldish but the prevailing evidence relates to consistent movement. If you keep active you can expect renewed energy, increased strength & invigorated state of well-being. If you gain more weight & inactivity you can enter into 60s early, otherwise you can get back to 60s. This is the time to practice yoga & more advanced stretching exercises & regular moderate cardio ^{exercising} resulting



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This is time to be gamified against

4

MON

DEC

NOTES

Beyond Fifty - Sleep Tramp every day

light to moderate Cardiovascular intensity

three/five times a week for about 1/2 an hour

are good health prescriptions during this time

Regard so as a time to maintain strength levels.

This is a great time when people who can't become fit
to graduate to activities that are enjoyable

+ join groups / walking clubs / dance clubs / Associations

Sleep Tramp can help older people become sedentary

with stiff joints - Keep walking/psychic exercises

joints are susceptible to injury during this time

So pay careful attention to exercise the body

and a healthy nutrition program which can

keep you younger than you would have ever imagined

It Cheere with your physician support groups

Fitness is a vital part of being healthy life style

finally for all senior citizens.

The best medicine or Panacea for all diseases
for keeping good health is Sanyog Vadhu & Meditations

The divine waves electrify, reanimate & energise the cells. Another potent drug is to keep oneself busy & always cheerful & joyful, study Gita do pranayama & Sanyasanas & Bhakti. Keep association with other wise & healthy seniors. Study Gita (one/two chapters) & cultivate faith & confidence in divine virtues & thoughts of devotion.

Align your mind to run in spiritual direction
in divine grooves, then your brain can be free
of generate harmonic vibrations. You can also
maintain excellent mental health without any disease.

find a holistic approach to body building
and nutrition program & personal training
and your mind aimed at God & his supreme power

CONCEPT of YOGA

6

WED

DEC

To be truly healthy, you not only have to eat a balanced diet, but also maintain a balanced state of mind inside. Your mind will be in balance if you perform ^{your duty} correctly. Just as certain foods like ^{fruit-juice} ~~veg-juice~~ clean the body system, keeping a +ve attitude will have cleansing action on the mind. You can easily get rid of physical blockage like constipation by taking more fiber in your diet or by taking laxative. Why you can get mental blockages like anger, hatred, greed (which cause more harm) by maintaining a positive attitude.

YOGA teaches us that the disease first enters the mind & then steps into the physical body. For example, some people no amount of fibre/laxatives help to get rid of constipation as they are always stressed/disturbed causing ulcers/acidity etc. Therefore cleansing the mind is as vitally important as the cleansing of the body physically.

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DEC

2000

Health wisdom

You are what U Eat

There are numerous ways of looking @ health benefits of foods. Calorie counting alone is like selecting the color of the car without checking the machine. Some foods have cooling effect while others heating & yet some have stimulating effect. The method of cooking ^{like frying, steaming etc} also have their effect on nutritive value. Fundamentally, speaking eat only when U are hungry. U must have an interval of 4 hrs between your two meals. B/F at 8am, lunch 12 noon, snacks @ 4pm & dinner @ 8pm. Eat with a relaxed, happy & positive state of mind. U must eat foods for the nutrients they offer & not for taste. When U eat natural foods like fruits U acquire taste for the same. Remember the human body also is very accommodative. If U stick to food which is as close to its natural form your body can remain in good health. Also eat food with certain amount of detachment. ~~don't~~ feel pressured for some foods and envy for others. You are what U EAT



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~~THE~~ GREAT LAWS OF HUMAN NATURE

1) I asked God to do away with my Vices

FRI

DEC

God said "NO" You alone are to resist them

2) I asked God to complete my body with immortality

NOTES

God said: NO. Your spirit is immortal thing ^{body} is temporary

3) I asked God to bless me with PATIENCE

God said: "NO" Patience is the byproduct of difficulties
It is not given in hand but learned from personal experience

4) I asked God to give me HAPPINESS

God said: "NO" I give blessings - Happiness depends upon U

5) I asked God to free me from pain & sorrows

God said NO - Suffering makes U learn from pain & sorrows
It makes U go far away from the world & bring U nearer to ME

6) I asked God to make my spirit strong & firm

God said "NO" You have to grow by Urself. { I will prune you to make U bear fruits

7) I asked God for things that make me life LIFE & feel happy

God said: NO - I will give U life so that U can enjoy LIFE & feel happy

8) I asked God to keep me love others, like He loves me

God said "I will give you fire, I will give you my love" Best of luck

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MAY 68

9

SAT

DEC

World Laughter Day

(ଶ୍ରୀ) ଶ୍ରୀ ଶକ୍ତି ବାବୁଜୀ ଶ୍ରୀ

NOTES

Life is a routine affair, unless I
make it worth living with laughter.
Somebody asked me "When did I laugh last?"
I had to scratch my head in ^{utter} dismay
and start looking back into the past-days.

Life has become a routine these days &
family tensions had made life miserable. Here
we require a little laughter to ~~shake~~ ^{shake} our
drives & make our lives worth living & sustaining.
I to put some "punch" in our daily routine.

Eeneide has presented something like
ten guide lines to put some sense &
punch in our daily routine:-

TEN
Sundays

MON

DEC

NOTES

1) Daily routines right from brushing
your face, dressing Or hair style & dressing up
also should be done in style & with grace
or upside down to make life funny &
feel the difference & make others enjoy.

2) 22.2.2000 I go to school. Small events of childhood
Childhood is full of fun & mirth & laughter.
If we try to recollect in our old pensioner moments.
When I was five years old
Once my dad purchased a knife for cutting vegetables
& was giving it to my Mom. I snatched it from
my mom & started cutting ^{new} the nicker I was
bearing & was about to dig deep into my skin.
She cried aloud & snatched away the knife
from my hand & scolded me for what I was doing
I simply cried telling "Dad let it be wrong I did
I am only trying to make sure whether the knife
will cut the vegetables correctly or not by
cutting my nicker experimentally".
Everybody laughed at my childish action

(3) $\left\{ \begin{array}{l} \text{25/10/2019} \\ \text{25/10/2019} \end{array} \right\}$ 5:40 PM { 25/10/2019 }
 elder { 25/10/2019 } 12

2 Children usually fight for the same thing
 or same action which the Youngers enjoy
 just for the mere fun of it - without any benefit.

FRIENDSHIP

As U travel on life's roads, A true friendship is always there
 When happiness eludes U, & everything goes wrong
 She will walk with U each mile though the Road is hard & long
 When the storm clouds pass, the SUN comes out once more
 She will celebrate U's company, as she knows that friend are
 It is a gift from God, to have a friend that is true
 Who walks along life's path, sharing each step with you
 True friendship is a gift shared by hearts that care with long

SIX ENEMIES TO THE SOUL (ego)

Kama, Krodha, Lobha, Mada, Moha & Mastabha
 all these together form what is called Maya or ego; ego is
 The ego gets reflected in several forms in diff people
 People add degrees to their names. All the descriptions are a big zero
 before God & adding them to name, reflects the individual ego
 When U develop yourself, the ego gets attached to it & it is
 of U develop self, you develop ego then ego bandh then a
 one gets attached to it - Moham & Madam for selfish - loses the balance of mind

Today's Thoughts

13

WED

DEC

NOTES

The whole Universe is a single unit
from whatever standpoint you view it.

This Universe is a unit of PRANA & AKASHA
(force & matter)

This is also self contradictory

What is force — Matter which moves matter
What is Matter — Matter which is moved by Force
It is a see-saw puzzle

Some of our fundamental teachings are curious

It is a "Headache without a head" as Swami Prasad says

This is a state of things which is called MAYA
which has neither existence nor a non-existence
yet this world which is a certain degree of existence
therefore it has an apparent existence (vikarma)

Emotion is a power which influences our thought
that influences our entire life

Negative emotions bring agitation, unrest & unhappiness
+ve emotions bring feelings of calmness, peace, harmony & happiness

The ideal is to rise above the sentimentalities of our life

No one can make you a saint. I have been it myself

The divine law of Karma always works for our benefit

gives us opportunity to heal our defects & become perfect

When the mud of ignorance & false gods of soul can shine through

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Love alone can bestow the Godliness in you.

To day Thought

14

DEC

NOTES

People grow on their own way in their own time
Persons, whose minds are ^{POSITIVE} strong & ^{POSITIVE} will not be affected by
any Nepotism, thought. A negative person is frequently affected
by the darkness & animosity of others & suffers throughout their life.
It is essential to become more +ve; to have ^{more facts} love & cheerfulness.
Negative ^{thoughts} stems from deep-seated fears & a sense of insecurity.
It is to have that stems from love & a sense of security, a healthy
psychological & spiritual foundation to meet all ^{constructive} circumstances in a +ve
Human being, ^{or children} who do not receive normal expressing love
will seek it in abnormal ways. The love of love persists only
those yearning will get perverted & express in unhealthy ways
dysfunctional relationship & a chronic inability to feel +ve.
When U meditate, send such individuals your love & care.
That is the highest way to heal Uself of hurt feelings of those
who have been unkind & feel insecure & desperate.

"The Art of feeling Uself from Hurt feelings"

By Smt. Bala KATHA

SAT SURVEY FOUNDATION

2000

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Flour

Heavenly Sunlight

15

FRI

DEC

NOTES

Walking in Sunlight all of my journey

Over the mountain tops, the deep valley

Jesus has said: "I will never forsake thee"
Promise divine that never can fail

② Shadows around me, shadows above me
Never conceal my Savior, and guide
He is the light, in Him, is no darkness
Ever I am walking close to his side;

③ In the ever bright sunlight, ever rejoicing
Pressing my way to mansions above me
Singing His praises gladly, I am walking
Walking in sunlight, sunlight of love;

④ Heavenly Sunlight, Heavenly Sunlight,
Flooding my soul with ^{your} glory divine;

Hallelujah, I am rejoicing
Singing His praises, Jesus is MINE

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(I hope someone's heart will be touched by this message divine)

VEDIC NUMBERS (1-1000)

16

SAT

DEC 16

- ① **EKA** = ONE GOD (VIRAT - MAS ^{cutting} / Feminine)
- ② **DVI** = TWO = Prakriti Purusha (G ^{God} ^{God} ^{God})
- ③ **THRI** = Thri Noorthis (Holy Trinity) (2) ^{God}, ^{God}, ^{God}
= ^{God}; ^{God}, ^{God}, ^{God} | ^{God}; ^{God}; ^{God}
- ④ **CHATUR** = चतुर्विध (चतुर्विध; चतुर्विध; चतुर्विध)
= चतुर्विध (2) ^{God}
- ⑤ **PANCHA** = Pancha Bhootas = five element
(^{God}, ^{God}, ^{God}, ^{God}, ^{God})
- ⑥ **SHAT** = शतमुख = six faced subrahmanya
= Shad Vedanges = six appendages of Vedas
- ⑦ **SAPTHA** = Sapthe RISHIS (URSA MAJOR; Great Bear; Big dipper)
(Sapthe Mathurkas; seven Pitham Devalatas)
- ⑧ **ASHTA** = Eight Divine Angels; Ashva Sukralekha
= Ashtanga Yoga Vidya srothram
- ⑨ **NAVA** = Nava Brahmas; Nine Brahma Rishis
= Nava grahas (Sun; Moon; MARS; Mercury; Jupiter; Venus
Saturn; RAHU & KETU)
- ⑩ **DASA** = Dasa Avatars = Ten incarnations of Vishnu
Ten Commandments; DASA Mala Vidyaes
Ten SHAKTI forms

What is DHARMA?

King Janakee said: Under my rule
Everybody should follow his own Dharma
O King he can not spare his own son even
"I will always be humble - I will honour my teachers
elders, guests, brahmins & Dieties and respect them
I will observe truth & cleanliness & respect ^{to} elders
I will give charities to the needy to all my might
I will never feel jealous about others
I will never find fault with others oraspine anything
I am married & I have one wife Janakee
I will never feel happy by praise or sad if the cause me
Though I am a low caste man, I respect my religious
Living wife being his ^{SV} is the utmost Dharma
Kindheartedness ^{virtues} respect for others ^{virtues} are great virtues
Charity & helping ^{even} those who do U harm are great virtues
Respect of five elements (sky, Air, fire, Water & Earth)
Which have five characteristics (Sound / Touch / Form / taste & smell)



JAN 2000							JAN 2001							JAN 2002						
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Each element has five form in ascending order & merge in descending order

Food Quiz

22

1

Do you feel hungry before entering the kitchen during work

2

After these days when U don't taste the food before U eat

DEC

3

Do you need for food like a single-mindedness & dependence
that is more about relief & comfort than HUNGER

NOTES

4

Do U archeslate U'r eating to bring about max relief

5

Is meal time the stepping stone for help U to get through the day

6

Do you nibble non stop throughout the day to get through it?

7

Do you have private rituals around eating time

8

When U eat, do U feel a sense of relief, comfort or dreaminess

9

Is food one of U'r best friends or the best friend

10

Once U have sugar, chocolate or high-fat nibbles, it's hard for U to stop eating

11

12

13

14

15

All these classic symptoms of food addiction
If you have ≥ 4 of them you don't need to be worried or ashamed

SPIRITUAL CHURNING

by Sivananda

23

SAT

DEC 2000

NOTES

As one extracts Butter by Churning

I have found the TRUTH by Churning

MEDITATION my Churning ROD

MY BODY is the Churning POT

OM is my Churning ROPE

ATMA Pantheonem is the BUTTER

Dharmacharya said ^{1st} Give charities, speak truth,
do penance; perform yagnas; be good to others

Shedding anger, jealousy & pride; leading ^{simple} ~~virtuous~~ life

keeping Ur senses under control, learning Vedas & scriptures

observing cleanliness & kindness towards all others,

less talking, more doing, speaking good & giving shelter

to those who need your support & shelter and

leading virtuous life; respecting teachers, elders & gurus

following Dharma & non-violence; following one's profession truthfully

Controlling our senses from sensual pleasures

Avoiding lust-desire & anger

2000 JAN S M T W T F S S M T W T F S
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25

MON
DEC

NOTES

PROTECTION from SUN

to the SKIN

Incidence of sun-related damage is on the increase

Avoid all exposure to the sun between 12 noon & 4 PM

Children below 3 yrs, in particular, should avoid

This should be a hat & sunglasses. Avoid all outdoor activities including sport / walking / gardening. Even if you are in a car with tinted glass, still it affects.

Clouds are not a barrier against UVA either.

Beware of reflected light from snow / sand / water / grass.

Those frequent should avoid the sun ^{to prevent} @ CHLOASHA

Protect Ur skin once U have obtained a TAN.

It is a myth that tanned skin does not require sunscreen as a protective shield. And beware of certain medicines which may be light-sensitive.

Select a Sun screen which suits U & ^{make sure that} it has an SPF

Drink a lot of water to prevent dehydration (indicates UVA)

In Summer, washing Ur face using a face wash which cleans is also equally important

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2000

HAPPINESS

26

TUE

NOTES

It is knowing sweet friendship with all
It is good to know I have someone who is always there to help

You are the sunshine in the morning
illumination for me a bright
of rainbows after the rain
making everything bright for some
24 hrs a day & 365 days a year

When I make peace with myself then I can be in peace with the world
I can enter ^{your} mind like a robot program to do tasks as directed
I can control my habits and thoughts are the program for my brain computer
If my thoughts are under control I can become strong & free

Good habits have to be developed. Concentrate on good thoughts
Try to stay in peace. My power & abilities will come out
as the by-product of your peace of mind.
Be calm & don't be carried away by your thoughts.
When I am one with universal power, I begin to act
from a diff. plane not from the limited, selfish ego. When
I speak a good word I am everybody & produce happiness

When I am good I am everybody I am developing strength.
When I act from strength I can control everything
When I am calm & strong inside I can help people
I am also not influenced by others or by environment

Swami bodhayananda @ gmail . com

27

WED

DEC

NOTES

TO DO LIST

- 1) Search out for a forgotten friend
- 2) Dismiss any semblance of SUSPICION
of replace it with TRUST
- 3) Write a loving letter
- 4) Share some TREASURE
- 5) Answer softly
- 6) Encourage the young
- 7) Manifest our loyalty in a word/deed
- 8) Keep a PROMISE
- 9) Find the time (to do what we want)
- 10) Mend a quarrel
- 11) Forgo a grudge
- 12) Forgive an enemy
- 13) Listen (to what others say about you)
- 14) Apologise if you are wrong

To DO list (Contd)

28

THU

DEC

NOTES

- 15) Try to understand (other point of view also)
- 16) Flout ENVY
- 17) Examine Ur demands on others
- 18) Think first about someone else {oppo
- 19) Appreciate; Be kind; Be gentle
- 20) Laugh, a little more.
- 21) Deserve confidence
- 22) Take up arms against malice
- 23) Deserve complacency
- 24) Express your gratitude
- 25) Gladden the heart of a child
- 26) Take pleasure in the beauty of the Earth of the wonders of the world
- 27) Speak your love - again & again
- 28) Thank God for ~~temp~~ blessing you with TODAY
- 29) Remain blessed by praying every DAY
- 30) Thank God for his divine Blessings

My reflections

- January I find that I look for on people
 If I look for good I will find good &
 If I look for bad I find only bad qualities
 It is for me to choose what I want
- A life without challenges is like food without
 any salt and pepper or Mithai.
 Challenges are meant to teach & help me to grow
- A person^x who comes into my life
 has come either to teach me something
 or to learn something from me
 This is my view even if the person is no
 other than my life/life partner
- I can never lose anything that belongs to me
 nor can I possess anything which is not ^{really} mine
- A rich & full life is not determined
 by external circumstances and ^{traditions} relationships
 These can be contributory to my life (but cannot
 be the source) and promote my thinking.

Heart Related matters

If U feel that there is a BUICK parked on chest
It's not a heart attack. If the
symptoms persist better go for a checkup
30 to 40% of patients don't exhibit any symptoms

Analytical symptoms may include

1) a sensation of indigestion / back discomfort
between the shoulder blades

2) The most common symptoms are:

a) Shortness of breath

b) Chest discomfort

c) Physical exertion or ailment

The discomfort often radiates to the throat,
neck; jaw; teeth, shoulders & arms
particularly the left arm. It is a
sustained discomfort; often occurring
alongside shortness of breath, sweating
nausea; profound fatigue & a sense of
uneasiness or anxiety or feeling ill.

* Don't worry but visit a doctor

O = Office

F = Fax

R = Residence

M = Mobile

NAME & ADDRESS		COMMUNICATION	
Heart attack symptoms 30 to 120 mts			
The most common symptoms for women are		O	F
1) Pain or discomfort in the center of chest		F	F
2) Pain or discomfort in areas of the upper body such as arms, back, jaws, neck or stomach		O	F
3) Shortness of breath, cold sweat, nausea or lightheadedness		O	F
4) May or may not be accompanied by chest discomfort		R	M
What is not H/A		O	F
1) A complete normal healthy 30yr and develop all sorts of fleeting aches & pains unrelated to heart		R	M
2) Momentary chest discomfort		R	M
3) Persistent chest discomfort that worsens with positional changes or during breathing		O	F
4) Chest discomfort that seems to get better with exercise		R	M
5) It is better to avoid chest related habits like smoking, sedentary life style, overeating etc		R	M

WORDS of SHIVANANDA

NAME & ADDRESS

COMMUNICATION

PANNEET

The best medicine for all diseases
 for keeping good health is regular meditation.
 The divine rays electrify, regenerate &
 energize the cells and provide needed strength.
 Always keep yourself joyful & cheerful.
 Study Gita daily a chapter or few stanzas.
 Keep yourself fully occupied to keep away idleness
 or terrors of worldliness. Turn the mind into SATVA
 & enjoy ~~worldly~~ health & peace of mind.
 Cultivate faith, courage & truthfulness, &
 entertain divine thoughts & praise of God.
 Allow the mind to run into spiritual directions.
 Your mind will generate harmonious vibrations.
 You will enjoy excellent mental conditions
 & no physical disease will approach you.
 Love & Love alone keeps O things.

O = Office

F = Fax

R = Residence

M = Mobile

My humble prayer GOD KNOWS

①	NAME & ADDRESS	COMMUNICATION
	When U are tired & discouraged from further efforts	God knows how hard U have tried
②	When U have cried so long & U heart is in anguish	God has counted U tears
③	If U feel that U life is on hold & time has passed by you	God is waiting along with you
④	When U are lonely and U friends are too busy for phone call	God is by your side
⑤	When U think U have tried everything & do not know which way to turn to	God has a solution for you
⑥	When nothing makes sense and when you are confused & frustrated,	God has the answer
⑦	If U outlook is brighter & U find traces of HOPE	God has whispered to you
⑧	When things are going well & you have much to be thankful for	God has blessed you
⑨	When something joyful has happened & you are filled with awe & surprise	God has smiled upon you
⑩	When you have a purpose to fulfill & a dream to follow	God has opened U eyes and called U by name
	Remember that wherever U are & whatever you are facing & experiencing	God knows

O = Office

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- 1) It is never too late to enjoy your childhood
- 2) LIVE well; laugh often & Love MUCH
- 3) Life is but a moment in relation to ETERNITY
Have a little fun everyday
- 4) Don't Confuse having a career with having LIFE
They are not the same thing but its distinct
- 5) The world belongs to the ENTIRETY (EMERSON)
- 6) If U don't run your life, somebody else will
- 7) A smile is the easiest way to improve our looks
- 8) U should count each day as a separate LIFE
SENECA (BC3-65)

NEW Year Resolutions

- ① Spend more time with your family
- ② Fit in fitness
- ③ Lose weight
- ④ Quit Smoking
- ⑤ Enjoy life more
- ⑥ Quit Drinking
- ⑦ Get out of Debt
- ⑧ Learn something everyday
- ⑨ Help others in your own way
- ⑩ Get organised in all ur activities.

May You have -

- ① Enough happiness to make you sweet
- ② Enough love to make U strong
- ③ enough hope to make U happy
- ④ enough strength to make U healthy
- ⑤ enough love power to face any crisis

ప్రతి పైసాకూ ఓ లెక్కుంది!

పొదుపు చిట్కాలు వినడానికి, చదువుకోవడానికి భలే సులభంగా, ఓన్ ఇంటేకదా! అన్నట్లుగా ఉంటాయి. ఆచరణలోకి వచ్చేటప్పటికి ఎంతో కష్టంగా ఉంటుంది. నా వరకు నేను ఐదేళ్లుగా పాటిస్తున్న ఓ పొదుపు చిట్కాని మీతో పంచుకుంటున్నాను. మొదట్లో దీన్ని ఆచరించడానికి నాకూ ఓ ఏడాది వట్టింది.

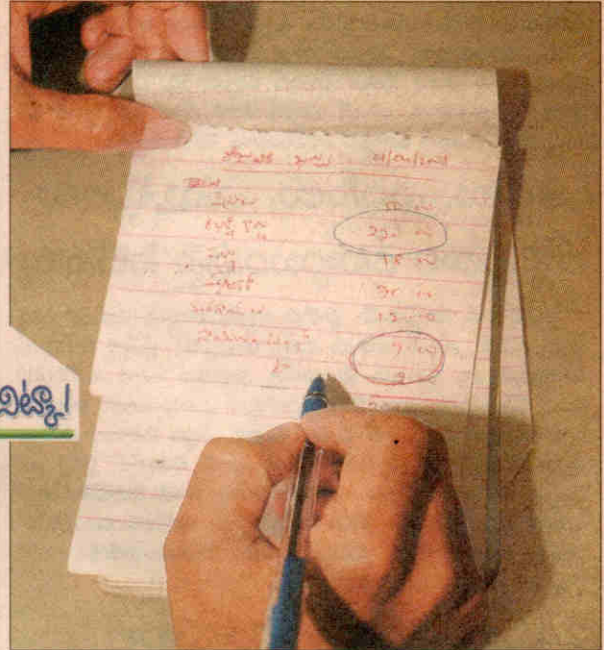
మనం ఆశ్రద్ధ చేసే చిన్న చిన్న విషయాలే కొన్నిసార్లు ఎంతో ప్రయోజనాన్ని కల్గిస్తాయి. కాబట్టే ఏ విషయాన్నీ అంత తేలికగా వదిలిపెట్టకూడదనేది నా సమ్మతం.

✦ ఖర్చు చేసే ప్రతి పైసాకు నేను లెక్క రాయడం మొదలు పెట్టాను. ఇది చాలా చిన్న విషయమే. కానీ, మొదట్లో ఇది నాకు చాలా కష్టమనిపించింది. నా మిత్రులు నన్ను వెళ్ళిరించారు కూడా. పిసినారి ననీ అన్నారు. ఓ మంచి శక్తిమంతమైన పొదుపు చిట్కా పాటిస్తున్నప్పుడు ఇవేవి వట్టిచుకోవద్దని నన్ను నేను సముదాయించుకున్నాను.

✦ నేను చేస్తున్నదేమిటంటే.. ఓ చిన్న నోట్‌బుక్కులో ఏ రోజుకారోజు ఖర్చయిన ప్రతిపైసా లెక్క రాయడం. ఇది ఒక దినచర్యగా అలవాటయ్యింది.

✦ ఖర్చుల్ని రాయడం ద్వారా నెలసరి ఆదాయాన్ని ఎందుకు? ఎలా? ఖర్చు చేస్తున్నామనే విషయం స్పష్టంగా తెలిసింది. దానిని ఒకసారి పరిశీలిస్తే.. అనవసర ఖర్చుల మొత్తం తెలిసింది. వాటిని నియంత్రించుకోవడానికి ఏం చేయాలో నిర్ణయించుకున్నాను. పొదుపు చేయడమే కాకుండా దానిని తెలివీగా మదుపు చేయడమూ ముఖ్యమే అన్న విషయం గుర్తించాను.

ఇక్కడో ఉదాహరణ చెప్పాలనుకుంటున్నాను. వృథా ఖర్చులని తగ్గించుకోగా రూ. 500 మీగులుగా తెలిందని అనుకుందాం. 40 పళ్ల వ్యక్తి ఆ మొత్తాన్ని ప్రతి నెలా సిస్టమెటిక్ ఇన్వెస్ట్మెంట్ ప్లాన్ (ఎస్ఐపీ) ద్వారా



మ్యూచువల్ ఫండ్‌లో ఓ 20 పళ్ల పాటు పెట్టుబడి (రూ.500 × 12) × 20 = రూ. 1,20,000 పెట్టారనుకోండి. 60వ సంవత్సరం వచ్చేసరికి అతని రాబడి అటూఇటూగా రూ. 7 లక్షలు అయ్యే అవకాశం ఉంటుంది. వదలి వీరమణ దశలో ఉన్న అతనికి ఇది ఎంతో అక్కరకు వస్తుంది. కేవలం దినసరి ఖర్చుల ఖాతా రాయడం ద్వారా ఇంత పెద్ద మొత్తం మలిసంధ్యలో రాబడిగా అందుతుందంటే సంతోషమే కదా!

- పి. వెంకటేశ్వర్లు.

అక్కిలి లిజిస్ట్రేట్ మ్యూచువల్ ఫండ్ సలహాదారు, నెల్లూరు