

FRIDAY

June 2001

Action Plan

11

17 SUN

1 FRI

18 MON

2 SAT

19 TUE

3 SUN

20 WED

4 MON

21 THU

5 TUE

22 FRI

6 WED

23 SAT

7 THU

24 SUN

8 FRI

25 MON

9 SAT

26 TUE

10 SUN

27 WED

11 MON

28 THU

12 TUE

29 FRI

13 WED

30 SAT

14 THU

1 JUL

15 FRI

including me
as one of the
volunteers

To the Qn "What's the most important factor that determines a person's success?", the answers are:

- a) Hard work 21.4%
- b) Determination 15.2%
- c) Attitude 9.8%
- d) Confidence 8.9%
- e) Education 5.4%
- f) Ambitions 5.4%
- g) MONEY 5.4%
- h) Other 28.5%

Considering this, it is a surprise that the "role of money" does not figure in the top three factors that our respondents believe determine a person's success.

July	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu
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When we present the Question "Who has played the largest role in your success" a respondent declared "MYSELF"

Make no mistake in looking who the person is India's current Gen-X comprise of self-satisfied, determined and above all hard working population of individuals who are adamant that achieving the success has little to do with resting on the laurels of another's triumphs.

This is also a Gen-X, many of whom chose not to answer the majority of Qs we posed, as they believe that they are yet to achieve the goals they have set for themselves.

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What is more? The number of
respondents who believed ^{negatively} ~~to the question~~
"Is money the biggest sign of success?"

that "Money was not the biggest sign
of success" outnumbered those who held
a positive view & disagreed with them many
times over.

The responses of a 24 year old from
Nagpur, leaves cynics describe him as
NAIVE about a world that is often described
as CUTTHROAT & MERCILESS but he is
confident that HARDWORK is the single most-
important factor towards achieving success
yet he believes that "success should not be
achieved at any cost"

To a loss between "Achieving one's efforts to success
of going against one's own principles"
it is PRINCIPLES that matter most-significantly

July	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu
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The overall performance indicates that MONEY is not the flag-bearer of success and one certainly does not need to be famous, in order to achieve that or she is successful. In fact, of the eight personalities, who comprise GenX's five most popular Role Models, only LAKSHI MITTAL symbolises MONEY'S worth or Monetary wealth.

Then with regard to the ^{Worthy} success, whom does GenX believe to be a Role Model, Mahatma Gandhi, Nelson Mandela & Subhash Chandra Bose fit the bill for some. While Shervaa Khan, Sachin Tendulkar, Amitabh Bachchan and Hrithik Roshan set the standards for others.

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If there is one component that unifies all the respondents, it is the influence the family, led system parents, has had on Gen X, both in terms of what success means to them in general & personally too? Whether it is their role model, the one sacrifice they are willing to make in order to be successful or particular person who played the largest role in their success.

PARENTS make their mark all across the poll.

Finally what is most poignant is a distinct personality of each respondent. At times, they may succumb to "hard-mentality", but finally all members of Gen X have a mind of their own one that is driving them to achieve their very own definition of SUCCESS.

Parameters of Success

SATURDAY

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Although 1) AMBITION

2) Education &

3) MONEY

as the determining factors of success

one at par with each other (in this poll) interestingly, they did not figure among the top three options.

As the saying goes,

"There is no substitute for hard-work", the single most important factor for > 20% of our respondents, is the amount of effort a person puts in. Success is also well-

monitored by one's determination & confidence. Qualities such as popularity, job satisfaction & credibility garner some support as well. Surprisingly, a select few, chose luck as the most essential factor to succeed, despite

the modern demeanour of the function to the contrary.

JUL

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Over 60% of respondents echo the view that "SUCCESS should not be achieved at any cost" but should be earned on individual merits & at the same time, it is not worth earning "where success causes dissatisfaction, within oneself & creates conflicts between the MIND & the HEART".

CLYDE NUNES, a creative writer, opines that "Society has pushed its children over the edge in order to churn out the best. This gauntlet of sorts has not only blurred our vision over what is morally ^{right} or ^{wrong} ethically, but has also instilled in us a dread fear of failure. Hence the need to draw a line between morals & ethics, when they are at stake.

Compassion towards fellow humans & self respect also rates high on the priority list of some conscientious youngsters. A host of other reasons including one's health, contentment & so on form part of the responses. I personally feel that we should not draw a line, when it comes to compromising on one's health. Needless to realize that success cannot be achieved by pleasing anyone & each one's competitor has to suffer physically & mentally too when he wants to be successful. But there should be healthy competition. One should not try to achieve success at the cost of the society or at the cost of overall well being of everyone around us.

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Statistics show that a whopping 60% of respondents choose their family members - parents, guardians, grandparents, siblings & friends as having played the largest role in their success. While the rest of 40% regards their parents as the epitome of ^{their} success. All this reflects the close-knit nature of the Indian social structure.

No I don't deny at all that my parents should take all credit for my success & may so they deserve to be praised for it. They always tried to find something in me & try to develop my instincts & tried to encourage me to go forward & explore further. Every blow their own trumpet for their dedication, love, person & hardwork as the main cause of SUCCESS.

July

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2001

While few accept AMBIGUITY determining our success

A lot of popular figures from diverse fields such as sports, business, film industry & computer industry make themselves as Role Models of our kids. Some of these ^{include personalities} like AMBANI; Anurag Bhargava, Shah Rukh Khan, Vijay Dalmiya, Premji, Sir Ran Fankar, as well as international icons like Nelson Mandela, Pete Sampras, Neil Armstrong, Bill GATES etc.

It is interesting to note that — "not all respondents have a role model". According to me, no one person defines the epitome of success. You might want to have that another person has (or possesses) but you will never want to be HIM or HER because there is something different in each everyone of us.

TUESDAY

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A Hollywood actress remarked: "Those who say money cannot buy everything must be very poor indeed: they cannot afford."

But by & large, many youngsters do equate money with success; what we find is that for every respondent who agrees with the above there are two who disagree with the same.

It branches: "Money is not everything, as it has its own limitations and so certainly it is not the indication of SUCCESS."

The final Q is: "Whether a qualified woman can achieve success as easily as her male counterpart?"

Women are no longer the oppressed class or gender.

Presently there is no male dominated world and biological limitations have few takers. Most youngsters have a heightened need for success & GENIUS like CRIDE has no gender.

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To a Qn "What is the Secret of Ur Success"

THURSDAY

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"PUSH" said the button ;

"Never be lead" said the Pencil ;

"Take pains" said the Ladder ;

"Always keep Cool" said the ICE ;

"Be up-to-date" said the Calculator ;

"Never lose your head" said the Barrel ;

"Make light of
everything" said the fire ;

"Do a driving business" said the HAMMER

"Aspire for greater
things" said the NUTMEG

"Be sharp in all
your things" said the KNIFE

"Find a good thing
and stick to it" } said the glue.

Success lies in not achieving what u aim
but in aiming at what u ought to achieve

To a Qn "Who is Successful?" I said

That MAN is a successful MAN

SATURDAY

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Who has lived well, laughed often & loved much

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Who has gained the respect of intelligent men;

Who earned the love of children;

Who has filled his NICHE

Who has accomplished his task well;

Who never lacked appreciation of beauty

Who always looked for the best in others;

Who always gave away the best he had;

Who never despaired for ^{what} he has lost;

Who always recognized the value of TIME;

Who always faced the TIDE with Cheers;

Who leaves the world better than when he entered it

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What is Success

SUNDAY

ON THE JOURNEY TO SUCCESS



One of the most endearing characteristics of the word success is that it has no clear definition. Sure, the dictionary states a literal meaning for it, but the parameters of success are different for each individual, thus making it both an eluding and engaging concept. For many, success is the completion of a target, an achievement of what one had set out to do. But there are others who believe, success is nothing but a synonym for happiness; doing what makes one happy rather than pursuing goals in search of happiness. Could success then be the eternal conflict between the heart and mind? Doing what you want or wanting what you do?

"For me success is achieving my goals. Set targets, try hard to get there, and if I manage to accomplish the task, then I consider myself successful," says Roshan Matharu, a student of Khalsa College. What about intangible achievements, such as one's relationship with family or emotional growth? Does one set targets for them as well? "You do need to assess your emotional quotient from time to time," replies Matharu, adding, "But it really is a matter of how you look at the role of emotions in your life. For me, I would rather pursue material achievements."

While it may make sense to

measure your success by material gains, it can also breed a spirit of unhealthy competition, making people adopt unscrupulous means in their endeavor to achieve what they desire. More over, rivalries can take ugly turns, one may go overboard in their eagerness to pip someone for the post, and all sorts of undesirable consequences can arise. Do the ends justify the means? "Certainly not," replies accounts student Harsh Bafna, "Distinguishing between right and wrong is more important than the mere achievement of your goals. I may want a lot of money, but if it has been garnered through incorrect means, it will take away from my sense of achievement. Thus, I look at success as doing something you will not regret later or look back at with the thought, 'what if?'"

Then, there are those who believe that success is not about what you achieve, how much money you have or what your status is in society. For them success is not a destination, but a journey. "I look at success as the realisation of my potential. Whenever I feel that I have reached a certain level, I raise the bar higher, and this way I continually strive to become a better person," explains Venance Roche. One advantage of this mind set is that it eliminates the complacency factor. Often, once a goal is achieved, one often tends to take things lightly from there on and rest on the laurels

To quote from Shakespeare

MONDAY

"The heights by great men reached

JUL 2001

were not attained by sudden flight,
But they, while their companions slept,
were toiling upward in the night."

One of the most endearing characteristics
of the word "SUCCESS" is that it has no ^{clear} definition.
Sure, the dictionary states, a literal meaning,
but the parameters of success are different
for each individual, thus making it both
an eluding & engaging concept.

For many, success is the completion of a Target,
an achievement of what one has set out to do.
But there are others who believe that success is
nothing but a synonym for "happiness".
doing something make one happy - instead of
more pursuing goals endlessly in search of happiness.

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"Yes, You have to assess your emotional quotient from time to time, but it is really a matter how you look at the role of emotions in your life. It is definitely a more serious affair. In the early stages of life we are concerned with material achievements only for your growth. Further, while it may make sense to measure your success by material gains, it can also breed a spirit of unhealthy competition, making people adopt all sorts of unscrupulous means in their endeavour to achieve what they desire.

Racism rivalries can take ugly turns & one may go overboard in their eagerness to attain a post-rivalry undesirable consequences.

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"Do the ends justify the MEANS?"

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Certainly not, says a Research professor.

Distinguishing between Right & WRONG

is more important than mere achievement of your goals. It is good to go for money, but if it is gained through incorrect means, it is not worth it & it will take away thrill from my sense of achievement.

Thus I look at success as doing something we will not regret later in our life, or look back at the thought "What if?"

As one Dr Horatio said:

"Success lies not in achieving what you aim at in life; but ~~that~~ in aiming at what you ought to achieve".

August

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Further, once we achieve success sufficiently early in life, EGO plays a larger role. How does one cope with it?

A famous musician has said:-

"One has to understand that success is a culmination of hard work & talent and should never be taken lightly. Rather than letting it go to top of my head, I feel humbled by the appreciation I receive. I take it upon myself to work harder because I have to go a long journey before I consider successful & get results. It is therefore very much necessary to spell out in writing what success means to us in specific goals. Finally we must also be disciplined in attaining it because that is what will make us more focussed.

Finally for nurturing our cherished goals through our hearts:-

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'lose focus, lose everything'

IT'S very difficult to define success. Success is what you work towards, and put in your everything for. That's when you achieve something, or go anywhere near to achieving it. Success, for me, is a combination of focus and hard work. Once you lose focus, you lose everything.

There have been quite a few turning points in my life. The first one was when I got a scholarship from the Sports Authority of India. But it was when I got an offer to play professionally for Calcutta Club that I decided I wanted to make a career of

football. I started playing soccer at four. So football was always a passion, which I wanted to turn into my profession.

My formal education hasn't really played a role in my profession, but I still feel it is essential.



Baichung Bhutia,
(football player)

SUCCESS MANTRA

It gives you more options and you always have something to fall back, if you don't succeed.

Luck also plays an important role by bringing you at the right

place at the right time. But luck comes into the picture only when you have done your bit. And it is only when you enjoy what you do, that you would have the urge to work hard.

I'm not a spiritual person. But it is only my hunger to succeed that has seen me through. I'm scared of failure, because you play to win. But failure doesn't scare me so much that I can't learn from it. In sports, you may be good, yet you can have bad matches and miss plenty of goals. But I never look back, I only look forward to a new match. That's why I have mostly taken criticism positively.

I'm often asked if I feel bad about the fact that football doesn't enjoy the popularity that cricket does in our country. But one needs to be realistic in life. If cricket is what most people are interested in, you can't change their mind. Instead, one can work toward youth development programmes and make the nation identify with the game.

My message to the youth would be to enjoy what they are doing, for that's the only way they can achieve something in life. It doesn't pay to blindly follow others. Passion is of the utmost importance. Parents, who play a major role in shaping a child's future, shouldn't pressure their children, but identify their strengths.

As told to Piali Dasgupta



SUCCESS MANTRA

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I personally feel that it is difficult to define success. Success to me - you work towards & put in your everything on your job. For me, success is a combination of focus & hard work. Once you lose focus & concentration, we lose everything.

There were a couple of turning points in my life. The first one was when I secured a first class in Mathematics & wanted to go for Engineering. but my marriage came in ^{my} way. Secondly when I got into a teaching profession & won the admiration of my students, my senior in profession came in my way & through me although my students came to my rescue to support me & create an agitation, the principal requested me not to present matter looking me a bright future in my life.

AUG

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WEDNESDAY

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More than anything, I feel ATTITUDE is everything. Man is the most complex being on this earth. He is gifted with a powerful mind. But the mind is a double-edged sword. It dominates ^{both} the body & the heart and literally acts as a dictator. It strongly influences every aspect of man (or woman). It is their thoughts & attitudes that decide their course of actions & direct their life's route. Attitude is the way of reacting towards something or someone. It can be positive or negative. Anything that is positive benefits every concerned. But a negative attitude is harmful & leads to conflicts & misunderstandings & separation too. It is $\therefore$ the attitude of a person that determines his success/failure, the degree of his happiness & his position in the society.

August

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his position in the society.

I have two instances to quote in support of my typical attitude

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You may be aware of Sanjay Khan, the famous film actor of Bollywood, who met with a serious fire accident while shooting for his film "TIPPO SULTAN" near Mysore in 1989.

T.V
 film "TIPPU SULTAN" near Mysore in 1989.
 The unexpected devastating fire took the lives
 of 62 people. Sanyar Khan playing the lead role
 of TIPPU was so badly burnt - that none of us
 expected his survival. He was immediately flown
 to Bombay. His high degree burns were ^{so} severe.

But his survival was highly remote & difficult.
But he insisted that he should live. He was then
shifted to London where most experienced doctors from
the world attended on him. He battled with death
defied it & drove back & completed his Serial.
His desire to live made him recover & he did live.

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In the other instance in US (America) Jerry was the kind of man you love to hate. He was always in a good mood & in a good positive attitude. He was never in a bad mood & never thinks negatively. Therefore he was a spontaneous motivator of people in the community. When a press reporter asked him about the secret of his success as to "How do hope to be a positive person all the time?" His reply was revealing to say that: "Everyone has a choice to make every morning. He can choose to be in a good mood or bad mood that day. He ^{uniquely} chooses the former one." His choice of starting everyday in a good mood has become so much deep rooted in him that it has become an unchangeable habit.

August

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We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr
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The expression on the faces of doctors ^{operating} on him was so desperate they could not say anything to the patient who was bent upon living. The medical staff going to operate on him, ^{no doubt} encouraged him ^{not} to worry as he was going to recover & live.

At this critical moment, a mid-wife asked him whether he was allergic to any thing. But Jerry was smart enough to reply even without thinking in that critical situation. He came the reply "BULLETS". His humorous reply made the doctors & nurses burst into laughter. He added in a quite revealing & memorable tone that "I ^{please} choose to live; Operate on me as if I am alive not dead". His extraordinary positive attitude & cheerful mood even in the face of death, made the skillful doctors to save his life, operating for 18 long hours & putting him under intensive care for a few weeks.

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SATURDAY

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A friend reported who met him after six months expecting him to be a changed personality, but his mood never changed.

To his question how he was feeling about incident his reply was astonishing: "If I were any better that was his philosophy of life. I would be TWINS"

The meaning of his humorous remark was: "Any change of attitude in him would have brought out another personality in him, just like a TWIN child who resembles the other one in the pair", but who has independent body & an independent nature. What he meant was "let his attitude continued to be the same for ever". What I mean to say is: "Attitude is everything in life to a MAN" It is the deciding factor of his life.

August

2001

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AUG

Here are ten rules for Success

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- 1) The first is — KNOW-HOW
- 2) The Second is — Use what you know
- 3) The third is — Know what you eat
- 4) The fourth is — Eat what you know
- 5) The fifth is "Hear what others say"
- 6) The sixth is "Don't say what you hear"
- 7) The Seventh is "Do your duty sincerely"
- 8) The eighth is "But be within your limits"
- 9) The ninth is "Serve ^{GOD} willingly"
- 10) The Tenth is "But not grudgingly"

Don't forget the following saying:

"The Heights by great men reached
were not attained by sudden flight
But they, while their companions slept—
were toiling upward in the night"

August	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr
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AUG

SUCCESS IN LIFE

THURSDAY
AUG 2001

As I mentioned earlier, it is difficult to define success exactly. It depends on what you work for & how much effort you put in.

In our Indian Culture, great-grand culture, we conceived life in four different stages.

- 1) the birth & preliminary stage
- 2) the development stage
- 3) the flowering or blossoming stage &
- 4) the culminating or fruitful stage.
- 5) Retirement stage (B) Renunciation

The satisfactory growth of later three stages depends on how best you spend the first stage.

STUDENT STAGE Student life is most precious. The way in which you utilise this period, will decide the nature of coming years that lie ahead of you. In this period you prepare for future. Remember that your happiness, your success, honour & your good name depends on the way you live now.

hope
SATURDAY
AUG 2001

4

Your elders & parents put their faith in you.
This is the time you should mould your life,
your character, your physical health, your
entire nature & approach to your future life.
It is like laying the foundation for ^{an} important
building you are planning to construct & live.
The strength & longevity & continued existence
of this building certainly depends on its foundation.

Therefore let your preparation be wise, correct
of such a kind that leads you to true welfare,
supreme good & lasting happiness. You should master
not only ur academic subjects like Maths/History/civics
but also about human nature, self control, & God etc.
This first 25 years of ur life be dedicated to acquire
good health, perfect character; self control in order to live
ur life righteously, rise in ur trade/profession & be financially sound.
Secure lasting satisfaction & happiness to enter next stage.

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MARRIED LIFE

MONDAY

AUG 2001

6

Having already created an ideal + firm foundation, the student enters the second stage of life, the householder's. It is not merely entering into a physical relationship with another physical creature, is not entering into a social relationship with another family, but - it is entering into a spiritual relationship between two souls in order to fulfill a mutually shared life of divine destiny. Don't forget this spiritual partnership between two human beings/souls in which you spouse is everything to you COMPANION, FRIEND, HELPER, CONSOLER + Partner in life in your great spiritual adventure. This is the only ideal spiritual + divine concept of two human beings living under one roof.

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2001	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

HOME
WEDNESDAY

AUG 2001

8

WORSHIP

With such an understanding, your home becomes not only a living place being worldly existence, but also a place of devotion to God & a divine force who created you. Daily worship, helping those in dire circumstances honouring your guests, (especially those who visit you at the time of your taking food or drink) becomes the primary duty of a householder.

Another aspect of householder's duty is to evolve between themselves a reciprocally ideal behaviour of mutual love & affection honouring each other's individual freedom. Such an atmosphere becomes an ideal ground for nurturing the ^{new} generations coming up in life. If they find beautiful relationship among their parents, love, harmony, love & mutual respect, it creates ideal atmosphere for their growth & exemplary performance.

September	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su							
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FRIDAY
AUG 2001

10

Through their personal relationship and
synchrony & exemplary behaviour in
family life, the parents place before
their children an exemplary way of
conducting themselves which becomes
the first educational process of the child.
Home, becomes the Nursery of the Nation
& nursery of the world at large.
Providing an ideal setting & an ideal
atmosphere for the formation of tomorrow
is an important duty of married couple.
Otherwise SUNDAY becomes . . .

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

September																														
Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	
2001	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

III Stage: EMPLOYMENT

SUNDAY

AUG 2001

12

In order to maintain and spend for the big establishment - one has brought up he has to have some source of income either self employed like DLM business or regular income { or self employment to meet your commitments } or Govt - employment

providing for your parents wife & children & other dependents like in law & with skin. To a certain extent, it is a self-centered life of you, although you have to have some selflessness for the sake of family, society but now you must give way to members of your own generation, team them up in their chores and make them selfless members of the community & plan for

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IV Stage RETIREMENT.

TUESDAY

AUG 2001

Having fulfilled the duties of raising children, making them **14** adults capable of standing on their own feet, a new stage of life comes into being. Uptill now you are entirely preoccupied with your family, profession & jobs, providing for your parents, wife & children & other dependents like in-laws, etc. To a certain extent, it is a self-centered life of your own, although you practise some selflessness for the sake of family & children. But - now you must give way to members of your new generation, train them up in their chores and make them self-made members of the community & plan for

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for own future

Having retired, we a little more leisure in your hands & a vast reservoir of professional competence, expertise & experience, you have to become a selfless member of the Society to become an altruist & philanthropist.

This is also a period of introspection, when husband & wife get some free time to think of their past, consider their present & plan for their future together into their inner life study & stand meditation & prayer etc and if you have necessary material plan for a pilgrimage.

We must realize that a time comes to everybody, when we have to say GOOD-BYE to our kith & kin & prepare for our last journey.

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VI) RENUNCIATION

SATURDAY

AUG'2001

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This is the final stage at which your only duty is to get your mind, without any diversifying thoughts, and place it on the SUPREME BEING. This is the prefinal stage, otherwise called, the SUNSET period of one's life as human being. Then all your relationships & connections come to a close. At this stage of life, your entire mind should be fixed upon the ETERNAL, no more on the passing world. You have fulfilled all your duties & responsibilities towards all members of your family and know full well that you have to depart. The river of life is reaching the Ocean of life. A time will come when it has to merge into the Ocean waters.

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MONDAY

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At this stage of renunciation one's mind has to become calm + content, steady + safe and pure + prepared for inevitable. Your heart should be free from all cravings + desires. You should reach a stage of perfect self-restraint + virtue + desireless. This is an ideal stage - the fruit of right living. Here one automatically becomes absorbed in the contemplation of the Supreme & moves towards God's experience & His thinkings. You will reap the harvest of a rich spiritual inner-life, supreme peace & bliss, obtaining the ultimate objective for which one has taken his birth & to fulfill his dreams. That is the goal to be reached. This is the time to follow the key to manage successful life.

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The POWER of SUCCESS

WEDNESDAY

AUG 2001

22

In ancient GREECE, you may know that SOCRATES was the greatest philosopher reputed for his success and to hold KNOWLEDGE

in high esteem. One day one fellow met this great philosopher & said that:

"Do you know what I just heard about ur friend?"

"Wait for a Minute" Socrates replied.

"Before telling me anything I would like you to pass through a test called 'TRIPLE FILTER TEST'."

"That is right. I am interested" Pl proceed".

Socrates continued: "Before U talk to me about my friend, it may be good on your part to take a moment & filter what U want to say?"

Without making sure of your answers to these 3 tests, you may not be rich & live to talk about him.

The first filter is "TRUTH". Let us say

FRIDAY

AUG 2001

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You must make sure that what U want to say about my friend is absolutely true

"NO" he man said. "I have just heard about it."

"So good" Socrates said: "you don't know

What you are going to say about him is true"

The next filter is: "the filter of good news".

"Is what you are about to tell me about my friend something good or bad or none?"

"NO - on the contrary" he was about to reply

"So - you want to tell me something bad about my friend + you are not sure whether

What U are going to tell something is bad or good

"At least do you know what U want to say is useful"

So whenever U want to speak, think well before U speak
if what U are going to say is harmful, wait - from here
then ask Urself whether it is worth it - or useful

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Success lies in your forced thinking deep.

The SECRET of SUCCESS

SUNDAY

AUG 2001

26

I happened to meet some parents, professors, students & their mentors about the secret of their success. In the process they provide some deep insight into their life in general & academics. Prof. Randy Pausen of San Francisco said:-

1) "You want the secret of my success.

So come at 10pm to my lab @ Rhode Island

2) "No one is all evil; be prepared to find the best in everybody; wait even for an year

3) "Tell the truth always & be true to yourself. Be honest, apologise if you were wrong;

4) "Focus on others activities & not yourself"

5) "Experience is what U get when U did not get what U wanted for the purpose U wanted

6) "Success becomes part of your physique when U get trained & experienced"

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28

He gave credit to the University where he studied & where he taught all his life. The faith he preserved & maintained spans volumes of his long cherished life. He showed us the Encyclopedia Britannica he relied upon & said for freshness it is nothing but a paper & they prefer to read a lay side magazine & had no patience to read or refer to this book. He also demonstrated some aerobatics to convince everyone that he was more healthy than anybody of his age and could even do some Saarya Namaskars bending his body from his head to foot. No wonder if Times Magazine has declared him as one of 100 most-healthy people in the world.

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To a question "What is the
Secret of your success"

THURSDAY 11
AUG 2001

different versions produce different meanings

30

"PUSH" said the button

"Never be lead" saying body, said the Pencil

"Take PAIRS" said the window panes

"Always keep cool" said the ice bowl

"Be up to date" said the calculator

"Never lose your head" said the barrel

"Make light of everything" said the fire

"Do a Driving business" said the Hammer

"Aspire for greater things" said the nutmeg

"Be sharp in all U's doings" said the KNIFE

"Find a good thing + twice bit" said the Glue

In short Success lies ^{NOT} in achieving

What U aim at but in aiming at What

September	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su							
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"What U ought to achieve!"

Success Mantra

FRIDAY

AUG 2001

This is the story of a great MAN:

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At the age of 21 he failed in business

At 22, he got defeated in the may politics

At 24 he again failed in his business

At 26 he found a calamity - when his wife died

At 27 he got into nervous breakdown.

There was lull for seven years

At 34 he got defeated in elections

After 10 years of struggle in politics,

At 45, he lost his election to senate

At 47 he failed to become President

At 49 he lost his election to senate

Finally at 52 he became President of USA

He is no other ABRAHAM LINCOLN

SUCCESS — SELF ESTEEM & STRENGTH

SUNDAY

SEP'2001

Simply speaking, Self Esteem is the opinion you have of yourself which has an all pervading effect on the way you act, react, behave & feel. Don't forget that we are what our thoughts have made us. So take care about what you think about day in & day out. Thoughts live & crystallise. They travel far. When an idea exclusively occupies your mind it is transformed into an actual physical or mental state. How has the knowledge in the world been gained, except by concentration of mind the powers of our mind. The Lord is ready to give to give us its secrets if only we know when to knock & how to give it a necessary blow.

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There is no limit to the power
of the human mind. The more concentrated
it is, the more power is brought in
to bear on one point. That is the SECRET.
Even a fool can accomplish a task, if he
works with his heart. But the intelligent ones
are those who can convert everyone who meets him
So take up one idea & make it idea of your life
Think of it, dream of it, Live on that idea
Let your brain muscles, nerves & every part
of your body, be full with that very idea
& just leave every other idea that flashes
through your brain. That is the way to SUCCESS
That is the way spiritual giants are produced
Others are mere talking or sounding machines
So let us let our thoughts make us of

SEEING, VS Looking

There is also a great difference between true seeking & false seeking. When one seeking is true, he begins to humble on truth hidden inside it. Some people seek truth but never find. They seek it in wrong places @ wrong timings & put trust in wrong things. To set one's hope on Man is pertinent. is real seeing while seeking @ passing face is impermanent & looking at surface. The more we chase the tangible, the more ~~the~~ the intangible slips through our fingers. If we start seeing closely. Seeking to find the God within & ascertain his purpose of incarnation, God who is invisible cannot be experienced by those who only look but can be experienced by those who seek to see Him.

October	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We
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Seven Wonders of the World

MONDAY

SEP'2001

10

Junior High School Students
at Monticouth Junction, ^{New Jersey (USA)} where
my granddaughter Anusha is studying
were asked to list out what they considered
to be the SEVEN WONDERS OF THE WORLD.

Though there was some disagreement,
the following list received maximum votes

1. Egypt's Great Pyramids
2. TAJ MAHAL of India
3. The Great Canyon of Arizona, USA
4. The PANAMA CANAL of Egypt-
5. The EMPIRE STATE Building of USA
6. St-Peter's BASILICA Church
7. Great Wall of China

This is not the actual list of 7 Wonders of World
as we read in our school days.

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(Pl see along side)

While gathering the lists from the school kids, the teacher had noticed that one girl student had not handed in her list. So she asked the girl whether she had any trouble in handing her list. The innocent girl said: Yes. I require a little more time to complete, because I could not make up my mind because there are so many out of which to pick up. The teacher said: "Alright, but I can help you". The girl hesitated but read out her list:

- 1) To Touch
- 2) To Taste
- 3) To see
- 4) To hear
- 5) To feel
- 6) To laugh
- 7) and To LOVE.

[The room was quite silent as she read out her list + you could hear it with pin-drop silence]

The behaviour of the child in bringing out a novel list of seven wonders reminds me of a divine story which serves as a gentle reminder to all of us that certain things we overlook as simple and ordinary are often the most wonderful & we do not want to travel anywhere elsewhere to experience them, since they reflect our actions connected with our own

PANCHENDRIYAS named EYES

EARS

FINGERS

LEGS &

SKIN

On friendship

SUNDAY

SEP'2001

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This is a small incident which ^{in my school} occurred during my childhood days.

My teacher was immersed in teaching his students when a ^{VIP} visitor (obviously a person with some position & authority like the present NDA/M. appeared at the door. The teacher did not care for him & continued his teaching. The visitor appeared somewhat hurt & came right into the class & asked the teacher "Why is it that you did not care for me? You have not come to the door to meet me". The teacher said: "I am busy with teaching my children, which is more important for the kids to learn and get influenced by my words & talk. You cannot disturb me when the class is going on." The intruder, who felt hurt for his position, started arguing with the teacher & wasting his time. "I don't believe in your talk talk."

October

Mo Tu We Th Fr Sa Su Mo Tu We Th Fr Sa Su Mo Tu We Th Fr Sa Su Mo Tu We Th Fr Sa Su

2001

TUESDAY

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18

The teacher took courage, asked the youngest boy of the class to stand up & asked him to pick up his cane and keep thrashing ^{the} visitor with some lashes till he gets out of the class & out of school. On hearing these words, the visitor got excited (both his eyes became red & wide) and raised his hand to beat the teacher. Promptly the teacher prevented him & asked him "What is there to become angry? Nobody beat you or caused any injury. I was talking with my student & telling him a story. He did not touch you nor scolded you nor did anything with you to get excited. ~~It is~~ ^{My} words to the student must have caused you angry & excited against me."

THURSDAY

SEP 2001

20

"You said you don't believe in ~~any~~ tall talk to influence the minds of children." How did you get influenced by ~~any~~ talking something with any student?"

It is very wrong to say that mere words cannot change the mind or influence a person. With mere words, you can cause excitement. With mere words you can create affection in the mind of another person, and with mere words you can earn the grace of anyone else. Please remember this."

The visitor realised his mistake ~~he~~ went away. So in this world, we can promote friendship by using sweet words & speaking very politely. On the other hand, if you use harsh words, you cannot promote any friendship in this world & instead develops enmity.

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Here is another aged old story with a different approach

FRIDAY

SEP 2001

Two men ^{X & Y} were travelling in a forest area. When a bear suddenly crossed over their way. Suddenly, one of them ^(X) quickly got up to a nearby tree top & concealed himself in branches & leaves. The other one ^(Y) fell flat on the ground & pretended ^{or feigned} dead. The bear came up to him, smelt him all over & soon left him. When the bear has gone out of sight, the other one ^(X) got down the tree & inquired of his friend "What was it that the bear whispered into your ears?" X replied: "He gave me this wonderful advice"

Never Travel with a friend who deserts you at the approach of any danger"

The plain fact is that it is better to have a couple of real friends who stand by you than many ^{false} who desert in danger. Above all learn to be some one's best friend. Learn to enjoy TIME alone & being within Yourself. This will help U to make a better person & a better FRIEND.

On Relationship with a FRIEND

SATURDAY

SEP 2001

22

A professor stood before his philosophy ^{class} with some ^{items} to demonstrate the importance of ^{friendship} 22

When the class began, he picked up a large jar & asked a student to fill it up with some golf balls. When it was full he asked other boys whether it was full. All of them cried in one voice: "Yes sir".

Then he asked another boy to pick up a box of pebbles & drop the pebbles in the vacant spaces of the jar ^{as} between the golf balls till no more pebbles could be accommodated inside the jar. He asked the student again whether it was full. All of them agreed in one voice "FULL".

The professor then fixed up a box of sand & asked another boy to empty it in the open spaces of the jar. Of course the entire sand could go into it - effecting filling the empty spaces. They laughed.

He asked them once more whether the jar was full. They unanimously agreed it was full.

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The professor then ^{prepared} produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the entire space left out by the sand - the students again laughed for their ignorance. After the laughter got subsided, the professor gave him a big lecture by which all the students realized: Tell the JAR represents your life.

- 1) The golf balls are the important things like - your God, your family, your children, your health, your friends & your favorite passions - all things you enjoy in life. If everything is lost, or life is still full.
- 2) The pebbles are the other things that matter like your job, your house, your car, scooter etc etc
- 3) The sand is everything like small stuff
- 4) The coffee is everything you like in your life

WEDNESDAY

SEP 2001

26

If you ~~fill~~ ^{put} all the sand or coffee
 into your first, there will be no room for pebbles, joy
 The same is true of your life. If you spend all
 your time & energy on the small stuff, you will
 never have room for things that are important for U.
 Pay attention to things that are critical to ^{your} happiness

Play with U children - Take time to have health check

Take U family for dinner & visit a tourist spot
 There will be still time to clean the house & fix up

Take care ^{first} of the golf balls, the things that really matter
 See your priorities in life & the rest is sand

One of the students then raised a Q, and enquired
 what the coffee cup represents? The professor responded
 to say: "You got the point. It just goes to show you
 that no matter how full your life may seem to,
 there is always room for a cup of Tea like a FRIEND
 That is the importance of FRIENDSHIP coffee

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So always try to keep up U friendship at any cost

One day Socrates met an acquaintance who ran up to him excitedly and said: "Socrates, do you know what I have heard ^{about} you disciple?"

"Wait a minute" said Socrates and added "Before I tell me, I would like to conduct a test, called 'TRIPLE FILTER TEST' consisting of 3 parts

The first filter is: "Have I made sure, that what I ~~about TRUTH~~ am going to tell you is TRUE?"

"NO" said the man: "I just heard about it!"

"Alright" said Socrates: "So you don't really know if it is actually TRUE".

"Now, let us try the second filter" said Socrates

"That is about GOODNESS". added Socrates

"What you are going to tell me about my student/disciple is something really good ~~bad~~?"

"NO" said the man: "On the contrary..." he wanted to add

"SO want to tell me something bad" Socrates added

"I am not sure" the man added

October	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We
2001	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Socrates continued to say the following
"You wanted to tell me something about
my disciple, even though you are not sure
or certain whether it is true or false".

The man shrugged and got embarrassed.
Socrates added & continued to apply the third test.

"It is called the filter of USEFULNESS".

"Is what you are going to tell me about my disciple
is going to be useful to me in some way
or other or benefit me in some manner?"

"No - not really so" said the visitor/man.

Finally Socrates advised him remarking...

"If what you are going to tell me is
neither GOOD nor TRUE or USEFUL to me
Why tell it to me at all?"

(Please avoid such loose talk with anybody)

A TRYST WITH HISTORY

TUESDAY

OCT 2001

2

Today is October 2nd which is celebrated as the birthday of our National leader Mahatma Gandhi who secured independence for the nation. ~~High~~ India celebrates > 50 independence days it has not yet shaped into an ideal institution of democracy nor any ideal principles of parliamentary democracy have taken root nor started working out as they are supposed to. ~~the~~

It is with a good reason that RED FORT features prominently, year after year, in independence day celebrations when the Prime Minister unfurls the national flag from the ramparts of Red fort & addresses the nation

For more than five decades, THURSDAY
OCT'2001
4
 we have celebrated independence day at
 Red fort, constructed during AD 1639-1648.
 It has witnessed the fall of Mughals,
 the beginning of Indian Resurgence against
 British Rule & presently it features annual
 speeches of our Prime Minister in free India.
 Needless to recall here, that it is believed
 that even Pandavas, after defeating Kauravas
 had built their capital at Indraprastha
 here at New Delhi.

It was at the Red fort that the British
 symbolically deposed the last of Mughal Rulers
 Bahadur Shah Jafar, ending the 3-century long
 Mughal rule in India. The entire phase of history

later
 spelled the beginning of the end of British Empire
 as well
 things. The Indian flag finally flew on Red fort 90 years later.

November	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
2001	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		

SATURDAY

OCT'2001

6

Although India was never a single entity, until the British conquered it, it was able to forge a national identity & unite all its diverse people (of all races) with a feeling of INDIAN-NESS. Unlike most ^{democratic} ~~Asian~~ nations in the world, which were founded on the basis of a nationalist invocation of a shared history, religion or race, the Indian nation emerged as solid unit ~~by~~ & founded by a group of individuals who championed pluralism. In its own way, India stands in sharp contrast to other nations in South Asia for the reason that every nation in this region has a religious community that dominates the ETHOS of that particular country.

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Thus NEPAL is a HINDU Kingdom
Pakistan & Bangladesh are Muslim/Islamic republics
While SRILANKA'S constitution recognises BUDDHISM
and SIKHISM as to language of the majority of
Sinhalese which plays a major role in the
life of that country.

An important lesson that we have to learn
from the recent history of South Asia is
that a democracy that creates two different
kinds of citizens rapidly evolves into
something different, obviously a third type.
But India did not go down this road
obviously by virtue of its long history.
The necessity to forge a united Alliance
against a hostile colonial state & the TRAUMA
created by partition put India firmly on the
path of a pluralistic democracy.

MONDAY

OCT 2001

8

NOV
DEC

November	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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The reason why India is so much important to the history & practice of democracy is its success in making a system of representative Government work successfully in a bewildering diverse country. This achievement liberates the idea of democracy from specific cultural contexts & submits to political argument that a big nation state like India cannot be too poor, too diverse or too fractious. If India did not exist, no one could have ^{the} imagination to invent it. Thanks to the democratic system that preserves the diversity of the electorate. India's ruling coalitions are all forced into such complex electoral arithmetic for pluralism, so crucial to ^{nation's} any well being,

NOV
DEC

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is held for a foreseeable long future.

FRIDAY
OCT 2001

12

Despite all odds Indian Democracy
has stood the test of time and let
Celebrate every Independence Day as another
stepping stone for progress & prosperity.
As a responsible & proud citizen of this country,
I feel great about our hard-earned independence
which was earned after a long struggle
undertaken by our senior leaders like
Mahatma Gandhi. I believe in the saying
"With Independence comes responsibility".
All the citizens as well as political parties
should not forget this & no one should
exploit this gain for their vested interests.
We need to use this hard-earned independence
not only for our personal growth but also for progress of
the country by correcting the flaws of the society.

November	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
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Even
 2 India celebrated 55 years of its
 independence, no concrete institutions of
 Democracy have taken roots so far nor
 started looking effective in their directions.
 Has an "TRUST NOT DESTINY" turned out
 in terms of ground realities for one BILLION
 Indians & has should be proceed further?
 Some prominent figures from public life
 speak out what we have achieved so far:

- ① "Indian Democracy is alive & well placed
 because today a filmmaker has acquired
 the freedom to portray the realities as they are"
 "The 21st Century is truly democratic when
 looked at through the prism of Cinema where
 there is something for everybody" Thanks for filmmakers
 like Mehrotra Khan for making the mighty "MOTHER INDIA"
 today's joy for "INDIAN NEWS" .. Mahesh Bhatt - Film Maker

November	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
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3) "To begin with, India is not a nation-state in the classical 18th/19th European mould, with one language, one religion, one king/leader or one state. Instead, it is basically a richly diverse civilisation which has decided to create a new state for itself to cope with a world largely moulded by Europeans for their own convenience. The founding fathers hardly realised that the ancient ^{mosaic} democracy could only be governed by a moral authority, for India has long reserved its respect only for moral & societal leaders, not for its kings and generals. We envy the mind boggling development in China. It is the responsibility of our society - scientists, media businessmen, peasants & industrial workers (who all constitute the electorate) must take a hand to make it more efficient." Narasimha, Scientist

THURSDAY

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DEC

November	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
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4) For a political scientist, Kancha ILLAIAH
Indian Independence | Author of "Why I am
Waste independence | not a Hindu" 20

of the rich, affluent & elite. The vast
majority of people, living in countryside
do not enjoy ^{have a} nor claim on Indian Independence

"Independence from colonial power meant
social mobility & justice for the powerful
But for the masses, they can't think of
claim the same educational or vocational
opportunities as the upper caste / classes"

5) Arvind Narain, a human rights lawyer
feels that "While 1947 was an important time
for the birth of new nations" but "we
have lost ^{an} way. It's time that we have
to re-think & regain the meaning of independence
and try our luck."

⑥ For a true sports person like Kapil Dev, the celebration of Indian independence plays out into nationalist jingoistic fervour at a match. "The idea of a nation at an international match is expounded in the cheering of its spectators." A citizen cheering for another country is deemed to be disloyal & anti-national. The idea of identity - religious & territorial, is interesting & amusing. So far players like "IRFAN PATHAN", playing as an Indian muslim becomes emphasized when he plays against Pakistan or Bangladesh. Similarly for ~~OMAR~~ ~~Abdullah~~ of J and K, it becomes important to blur his identity as an Indian muslim to herald some kind of national deal in politics.

7) Founder of ASHITA, a women's collective
Kalpana Kennikumar, a women's collective
in Hyderabad believes that there is always
a struggle for Indian women's continent
against colonial rule & subjugation of women.

8) According to B.R. Ambedkar,
the fulcrum of women's discrimination
lies in the caste system and if that
were removed, the caste system would
not exist at all.

Though the victory of 1947 was considered
as victory for all, independence for women
was never spelt out in black & white.
Too independence remains only on paper
due to attitudinal problems &
we have really forgotten that we are independent.

WEDNESDAY

OCT 2001

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DEC

Memories of Gandhian Era

FRIDAY

OCT 2001

Whenever I tried to tell my children about
Gandhiji & his freedom struggle, the
response is the same: "Oh: please stop it!"
We hear enough of him at school

26

So much has been written about the freedom
struggle that the subject has become ^{rather} stale
for children who did not grow up with it.
But for me, it was so much part of
my growing up that I wish to share it
with my readers. The first glimpse I
got of Gandhiji was when I was in the form
^{Nehru & Patel}
when they passed through Nellore to Madras
(presently Chennai)
to attend a plenary session of Congress in 1942.
People started breaking coconuts & singing songs.
He was more than God for most of the waiting people
who indiscriminately waited along the Railway Track
in Nellore South (near Vedaapalem grounds)

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80 The past five decades have shown
many bitter political & nonpolitical
explosions for the sake of a pluralistic
society, but there is an urgent need
to reinstate ^{peaceful} methods of dialogue &
communication (in keeping with Gandhi's thinking)
if all the creations has a common origins
of all the people, whatever party they belong to,
belonging reach the same Kastras
Where is the scope for maintaining this understanding?
It lies within ourselves only. If we
could only treat our children that the
stability of our neighborhoods, schools, state
or country & indeed the entire world hinges
on our ability to discuss our feelings rather
than resorting to violence, we might be able to ensure

November | Th Fr Sa Su Mo Tu We Th Fr Sa Su Mo Tu We Th Fr Sa Su Mo Tu We Th Fr
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a safe world for our children or children's children

SUNDAY

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The only way of doing this is to show to our children how it is to be done. Every parent who has ever struck a child knows the hollow feeling it brings, even though it brings some sort of obedience or submission only for a while & not of a permanent nature. The truth about dealing forcefully with others is no different - we may think we have won now, it is only a temporary solution. It only heightens insecurity; insecurity breeds fear and fear leads to panic & loss of control. While our times clearly lack good moral leadership, the heroism & endurance of the average Indian, despite his limitations, is probably our only hope for a bright future. His simple forms of communication with neighbors & personal circles might still save our country.

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WEDNESDAY

OCT 2001

31

The way forward may not be
that easy but fraught with dangers
like a separate Telengana Movement.
When differences like this drive people apart
& when temperatures rise, it is easy to believe
that a rapid solution lies at the end of a
daggers but not a dialogue. Yet, we,
as peace lovers, like Mahatma Gandhi,
must resist an temptation for crime &
think otherwise in calm & cool atmosphere.
There is a way out paved with negotiations,
understanding & the thoughts that comes from
a determination to achieve success things
peaceful dialogue.

Don't look around for peacekeepers,
they are within us & not outside our
body & within our reach only. Best of luck

17 SAT

(1) clear-cut aim in life

18 SUN

(2) A wise programme.

19 MON

(3) Approach to Money in life

(4) a good health

20 TUE

a source of Happiness

(4)(b) What is true Happiness?

21 WED

(5) Act & live in the present

22 THU

(6) The habit to not think it is

23 FRI

(7) 9 kinds of Nectar

24 SAT

(8) Value of TIME (2 mts)

25 SUN

(9) Be kind hearted

26 MON

(10) Think nobly & valiantly

27 TUE

(11) Be absolutely truthful

28 WED

(12) 7 cls of Happiness

29 THU

(13) on Eating food

30 FRI

NOV

DEC

Q What is HAPPINESS?

THURSDAY

NOV 2001

Everybody in this universe see people from different countries, different races & cultures different languages, use different ways of living are ceaselessly engaged, from the cradle to grave only in trying to avoid pain & enjoy happiness. But nobody can certify that he has been happy always.

This is a world of pain & sorrow; may be due to fire & famine or earthquake & cyclone or famine. Then there is suffering brought in by germs, viruses & bacteria.

But the greatest of suffering is brought by MAN himself.

But no happiness is found in all earthly objects. However little happiness they give is only temporary. Lord Krishna said in Gita: Whatever happiness U

derive from Ur 5 senses are the source of sorrow. There is no real happiness in these sense contacts. Even the most mundane thing, can give U ^{you} a gladdened difficulty.

It is Ur ATTITUDE that gives U happiness from the object of Joy. Making best of life situations to ur advantage

of being content with what U have, are some ways to it. Then you need not chase for it or go after its back.

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It will come & perch itself in Ur life like a beautiful butterfly.

① Develop a clear-cut Aim

FRIDAY

NOV 2001

First, you must form a correct perception of how you wish to develop & perfect yourself. You must cultivate a clear-cut idea of what you want to become. This will give you a definite & clear-cut aim of your life. Without such an aim, you cannot move forward powerfully & progressively. Otherwise you will be pulled by different people in different directions & your mind will be distracted & energy wasted. You can avoid all these if you have developed a well-defined aim or picked up a set of well-defined objectives in sight, so that there is no confusion in your thinking & the road will be clear to pass through. You know what you wish to attain and in which direction you should proceed.

Only then you will understand
 What is right and what is wrong
 and where to compromise to what extent.

Only then you will distinguish between
 What is desirable & what is undesirable
 & what is to be accepted & what is worth
 being rejected, while moving forward
 towards your aim of life.

Such definiteness will give you
 a great inner strength & will develop
 your will-power to accept what you see
 or come across in your life as you go ahead.
 It makes you a positive personality &
 there will be no threats or negative trends
 in your life. A strict observance of SWOT Theory
 will help you reach your target or aim of life.

(2) Draw up a wise program :

The second important thing is to draw up a wise program of life to help U proceed on the desired lines and gradually attain U'r aim of life. Such a program will provide U with a plan of action in meeting with all problems that face U & other growing youth to deal with all situations that arise in your life to meet & overcome any sort of temptations with a firm & determined mind & surmount any obstacles on the way with a firm boldness & self confidence.

The power to do this is already existing within U in a latent state & it is same has to be unfolded & activated. A proper understanding of Your own mind, its behaviour & habits and the law that governs the inner activity of the mind becomes very very helpful in your living through this

Wonderful & interesting period of your life.

TUESDAY
NOV 2001

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3) Approach to MONEY in LIFE

- a) No doubt U have to earn money THURSDAY
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8
for fulfilling Ur moral & social obligations
But earn money in a way that will not —
defame U nor bring difficulties to U in any way
- b) Whatever money U earn, plan for a proper way
to spend it in a rightful way & at the same time
preserving enough for Ur old age ^{needs &} requirements
- c) Earning too much money is like attachment
to a loving daughter who leaves U after marriage
- d) Money accumulates in life like water in a coconut
or get lost —
If U don't utilise in time it will evaporate in
If U don't drink in coconut itself
- e) You should not be lazy in earning, nor
should be a spendthrift in spending - You
should maintain a balance between earning & spending
- f) A rich person is not recognised by his Bank Balance
money
He can be recognised by the way he spends for good / BAD

- g) A person who earns by hard work is the BEST
 A person who scavenges by ancestral money is BETTER
 A person who lives on other's money is the WORST
- h) You should be careful with a person who steals your money in small amounts daily without your knowledge than the one who steals ^{LUMP SUM} at a time
- i) The money you spend for yourself, family members or for charity alone is your money; ^{for} the rest - you are like a custodian for it which is not useful
- j) You should be able to donate at least 1% of your earnings to the needy & destitutes
- k) When a man becomes wealthy, he is plagued with six types of blockages: 1) He can't see the needy
 2) He stops speaking good
 3) He refuses to pity the needy
 4) His ears get plugged
- l) A man without greed becomes straight forward & simple.
- m) Even if you are wealthy, avoid being puffed up by your wealth, which is harmful & damaging in direct

4) GUARD YOUR HEALTH

4(b) TRUE HAPPINESS

WEDNESDAY

NOV 2001

14

Real happiness does not come from the fulfillment of every desire. It comes from a simple ^{franciscan} source. Instead of searching or longing to be happy, create for yourself a way to be happy always. Something as simple as a smile can do needful that can make all the difference in the world.

“Everywhere in this universe, man is the same, his thinking is the same & his conditions is the same. Since the time of creation, there is not even a single person who can stand up & declare ‘I never experienced any suffering or sorrow & my life has always been happy’ because this is a world of pain & sorrow because

everybody thinks that happiness is found in earthy objects. Lord Krishna tells Arjuna: “It is on five senses with their sense objects, which is the real source of unhappiness.” Even the most mundane things can be most beautiful experiences if viewed from a different perspective / angle or tackled differently. And that only it is your ATTITUDE that brings happiness to the actual object of joy.

December 2001

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Being content with what I have & making best of life's situations is the best KEY

THURSDAY

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Many painful experiences are
 brought out by natural forces
 beyond our control - floods, earthquakes,
 cyclones, famines & fires etc.
 Then there are sufferings brought out by
 germs, virus, bacteria, animals etc.
 But by far the greatest source of suffering
 is caused by MAN himself. It is
 the suffering caused by one man to another.
 It is suffering that is self-created,
 that arises within ^{an} individual self
 due to desire & attachment for
 worldly objects - love & hate, anger,
 passion; worry; tension, frustration,
 disappointment; illusions, excitement &
 all other varieties of restlessness
 due to the multiplicity of our desires.

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So better game about the

(5) Act and LIVE in the present-

Once a poor man approached Dharmaraja of Pandavas, because he always followed the path of Dharma or Virtue.

The poor man asked for help but was asked to come the next day. "Come tomorrow".

Bhishma, overheard ^{as he was taken back} this reply from Dharmaraja. He announced that the next day will be celebrated

as a day of victory. But no body knew that the victory was for & who had won this victory.

The news reached Dharmaraja who asked for the explanation of BHISHMA for announcing this.

Bhishma said: "We have won victory over death".

Dharmaraja had asked for man to come for 24 hrs. to tomorrow which means that he is sure to live for next 24 hours. Is this not a victory?"

Yudhishthira realised how inadvertently made so

FRIDAY

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DEC

b) The World is What You Think it is :

SUNDAY

NOV 2001

18

WHEN

Socrates was sitting outside the gates

ATHENS, A man came up to him & asked

"I am thinking of moving into Athens. Can you please tell me what other people like to live here?"

Socrates: I would be happy to tell U in great detail but before that let me know why U want to move here & what it was in U old city"

I Visitor: Oh it was awful. People stab U from U back & rob U from behind. I am keeping my enemies"

Socrates frowned on him! Well U best be on your way because, U will find the same thing in Athens.

Later another visitor came & asked Socrates the same Qn. and Socrates said & enquired about his old city.

II Visitor: When I come from, people all work together. You are never hated. expect with devotion & respect

Socrates smiled at him to say: Welcome to Athens. You will find the same thing here in Athens

In short, the world is what we think it is. The outside is a reflection of our inner self. If we look at the negative side of things, our outlook would be bleak. If we are an optimist, we feel everything +ve outside. If we are a pessimist, we find everything negative.

Most situations in our life can be
seen as a relationship interaction. It is a personal relationship & dialogue
as our dealings with a friend or family member.

TUESDAY

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20

All things around us are merely reflections
of our self examination. If we learn
to live with understanding, we will
have no one to blame except ourselves.

Usually we want to blame outside world for our
mistakes or misfortune. The physical world
is a projection of our own beliefs,
much we think as reality. As a man
thinks, so he becomes.

Belief is the Thermostat that regulates
our thinking & what we accomplish ultimately.

If I believe I am unimportant, everything
you do has an important mark. As time
goes by, lack of belief in ourselves shows in
the way we think, walk, act & behave.

Unless we readjust our Thermostat, we shrink
in our estimations & grow smaller in our estimations.
When I readjust my Thermostat, we move forward &
believe in ourself & good things start happening.

You are a product of your thoughts & source of your HAPPINESS.
Your MIND is a conception workshop producing your thoughts.

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DEC

⑤ Nine Knids of NECTAR

In the Skanda Purana, it is said that THURSDAY
Householder should have the 9 Knids NOV 2001 of Nectar
to make his life HAPPY & not nothing 22

- 1) Speak pleasantly to anybody coming to your house
- 2) Look at him gently & kindly. If U see
dunty in the guest, you are divinely wise & awakened
A guest is like a God & hence worthy of adoration.
- 3) Treat him amicably & congenially, like you
hoping for reflecting friendship & good will.
- 4) Your heart should be full of love & affection
- 5) Stand up & welcome him respectfully
even if he happens to be Ur enemy
- 6) Say a few ^{sweet} words to welcome your guest &
offer a glass of water like something to eat
- 7) Start a friendly conversation "Where can I do for you
even if he had come to settle scores with U"
- 8) Sit with him for sometime ^{after welcoming him} even if he doesn't like U
- 9) Finally as he goes out, U must see him off & intimate
talking with him & looking for his next visit.
- 10) Never try to impress the visitor with Ur wealth & status
nor try to establish your superiority by boasting urself.

December | Sa | Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo

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Happiness lies in your welcoming the guest & ^{in a} manner

(7) SERVE OTHERS

FRIDAY
NOV 2001

23

The vexing problems of the modern world
its clashes & conflicts, its greed & exploitation
its hatred & hostilities, its mad craze
for selfish acquisitions can never cease
unless & until there is a change in our outlook
towards our neighbors & life around us.

Man makes life what it is. Life around us
is nothing but a reflection of our mind & soul
The only rational & lasting solution to the
afflictions that beset the organized society
is re-instilling the spirit of selfless service
into its rightful place in our life.

The more we give of ourselves
the greater can be our conquest
over sorrows & sufferings
and our ascent to peace & Bliss

⑧ Value of Time : (2 minutes)

SATURDAY

NOV'2001

24

There was a famous doctor who ^{KAL} his son while initiating him into this sacred profession "Never for a moment stay back to listen to any Purana or any reading of Bhakti Bhagavata".

One night while running with his bag of loot, in a bylane to avoid to follow up by police he entered a by-lane when a glass piece entered his back and he started bleeding. He hid himself behind a HMC (2nd floor) ^{backside the house of} abutting a Brahmin who was explaining an incident for Mohar. In the couple of minutes he hid himself there he heard the Brahmin telling the story of the name of God: "He has no ears, no ears, no limbs. He has a face & can stand by U. content any form. In short as Gita says "Sarvottama Iasmad-Paradarm". Don't get tempted by oral commands. The description got embedded in his mind & he could not erase it from his mind.

SUNDAY

NOV'2001

25

A few days later when police

came to know of his depredations as well

as his group of deeds; they ^{wanted to} arrested him

In order to know more about their activities,

they entered their area incognito, the leader

as a KALI soldier as conspurcous in disguise

They shouted & yelled & caused terrified

the decoys & called upon them to come out

of their den. I fall at the feet of KALI

Many of his colleague died as demanded

but KALI, who heard the lecture of the paraben

knives just enough to save his skin

He was not at all terrified by the police

He challenged the head constable being the dog KALI

tore off his clothes & exposed his wrongful deeds

& instilled courage into the hearts of his gang

When the police left discomfited, he convinced himself

of 2 mls of the forbidden fruit could help him so much

What cannot I gain if I spend my whole life on it?

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He left the evil path & became a SADHAKA

⑨ Be kind hearted

MONDAY

NOV'2001

26

Out of your life, there must be a flow out of ceaseless love, kindness and compassion. Never hurt anyone, even the least one of God's creatures, either by thought, word or action. Even in your dreams, you should never think of harming or hurting any creature of God. This sublime principle of non-injury, harmlessness, is given a vital & important place in the eternal vedic way of life.

Always be a centre of help to some body or a centre of benefit to some human child or an old man or be the centre of happiness & peace to all human beings. Never injure, never hurt, never harm any living creature.

DEC

(10)

Be absolutely Truthful

TUESDAY

NOV'2001

27

You must be rooted in
absolute truthfulness

Even at the cost of your life,
never utter any falsehood.

Never be dishonest in any
of your dealings with anyone.

Be a person of integrity & of verity.

Become established in truthfulness in
Thought, word & deed.

TRUTH is God

One who practises truthfulness rigidly
can attain Godhood. God is present
in this human world as the sublime
principle of truthfulness.

⑩ Think nobly + virtuously

WEDNESDAY

NOV 2001

As you think, so you become
Just as, "As you sow, so you reap" 28

In the same way you will ultimately experience
that you constantly think + feel + memorize.
Your inner thoughts lead to outer actions.
Repeated actions get converted into habits.
Such habits become your permanent qualities.

- This nature goes to form your character.
Your future + destiny depends on your character.

Carefully bear this in mind + act accordingly.
Your inner thoughts are the seeds of your destiny.
Safeguard your thoughts + feelings + capitalize.
Think nobly + virtuously + you will become
a noble personality.

You will see a great man + make your
life fruitful.

More than all books you read

More than all your lessons + exams

More important than everything in your life

is the cultivation of virtue + fame.

This is the source of your ultimate happiness
+ to become a great personality.

(12) On Eating food

THURSDAY

NOV'2001

anusha

29

Within us the vital force is God

All things that sustain life are manifestations of God

The great lamp face in us is God

• We should not eat food in a contemplation manner
• in an angry mood or in a mood of displeasure

So food should not be eaten with disgust or
in a huff or in a criticizing tone manner.

We should eat food in a worshipful manner.

We should not waste any food

Remember Sansi always before starting taking food
I start eating with a mood of worship

as if I am feeding God. Let me Ur self
so that Ur mind will attain peace & happiness

Upasana says that "Aarom is Parabrahman"

The happy temperament of the maid servant who was
offered a dance (While she was becoming four clothes)
reflects the secret of Happiness

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The life of Sansi has long been incident to trouble

7 C's of HAPPINESS

FRIDAY
NOV 2001

30

What are crucial ingredients of experiencing true Happiness?

Here are 7 elements of life that I believe are essential to the attainment of ^{True} happiness

• 7 C's of Happiness of which one is more important than others

① COMPASSION: to value life in all its forms
to engage in loving, kind actions & to cultivate
an attitude of "Reverence for LIFE"
including Yanran (ALBERT Schweitzer)
Nobel Laureate

② CONTENTMENT like inner calm &
peace of mind that doesn't mean
acceptance of everything that happens

③ CONNECTION which means involving yourself
in relation to everyone around you,
connecting to your own self & inner life
& becoming aware of the environment within & life

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DEC

(4) Communication which is the

primary method for connection which increases our knowledge, understanding & awareness. Words are building blocks of all happiness.

(5) COMMITMENT: if one gives life's purpose is to enhance our happiness, committing our life to the service of others brings more happiness than we can imagine. Happiness requires us to commit ourselves to something larger than ourselves.

(6) CONSCIOUSNESS. In order to be happy we must increase our awareness for life. A single awareness leads to more conducive to happiness is: IMPERMANENCE of everything. Life is in a constant state of flux, change of system & evolution.

(7) CREATIVITY: Creating our life experience by consciously choosing our thoughts, your actions, attitudes & decisions. We allow us to achieve perfect happiness regardless of external circumstances.

1 SAT	In Shah,	17 MON	
2 SUN	the pursuit of happiness	18 TUE	
3 MON	is not something	19 WED	
4 TUE	U leave out for or	20 THU	
5 WED	attain from outside your skin	21 FRI	
6 THU	Happiness develops from within	22 SAT	
7 FRI	U are born to be happy.	23 SUN	
8 SAT	U are given life to experience happiness	24 MON	
9 SUN	Pursuing happiness is U's birthright	25 TUE	
10 MON	Said through all ten 70's of happiness	26 WED	
11 TUE	the pursuit of happiness becomes	27 THU	
12 WED	obscure & being	28 FRI	
13 THU	becomes the happiest & happy	29 SAT	
14 FRI	moments of U's life	30 SUN	
15 SAT		31 MON	

Everlasting Traditions of Hindu Religion

SATURDAY

DEC'2001

India is a land ^{noted} for family traditions. **I**ndian Hindu community is noted for high class customs & traditions. No matter wherever Indians go, wherever corner of the world, they follow the traditions. No matter how people of other countries come to know of our traditions & try to follow them because they are so satisfied or find proof of success in following them. Particularly Americans follow Indian customs & traditions & declare a closed holiday for Indian festivals like Deepavali & Dasara ^{in the} same way as Christmas & New Year.

We have a meaning (25600) } for following our
 a religion purpose (25600) } festivals & to perform
 a custom (25600) } pooja to a particular
 a method (25600) } god like Rama/Krishna
 a history (25600) } to invoke their blessings

All these traditions are part & parcel of our daily culture.

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I mention TEN such traditions in the following pages

① FIRST PRAYER to LORD GANESHA

पुस्तक सं. १०० २०

SUNDAY

DEC 2001

In Hindu traditions, no body ventures to step
into a ^{new} job or start a fresh activity (ancestral ^{the line})
or start a new house or even

Even while worshipping your family deity daily,
or worshipping a particular God like Krishna or Krishna & Shyam
or Rama or Ram & Sita or Hanuman or Hanuman & Jaganath
or Durga in Navaratri or Saibaba for Purnima
we invoke Lord Ganesha first worship him & seek
his blessings for "AVISHNATIASTU" before performing kirtan

Even while conducting an ceremony we fix up particular
place for V. puja room, install Ganesha at the place
removed from crowd etc. etc. etc. etc. etc. etc. etc. etc. etc. etc.
In short Ganesha puja is a ^{prerequisite} permanent condition (condition)
for any activity - Even for my writing this Autobiography
I opened a chapter (Prayer to Lord Ganesha) in the volume
before starting my writing of Autobiography

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MONDAY

DEC '2001

3

Ganesha is also called Vighnesh -

who remove all obstacles in
your way of achieving desired results
in all your activities & ventures

There are a number of stories in Hindu
Mythology depicting the sanctity of the ritual

(2)

DEEPARADHANA

Before performing any puja or ritual,

it is incumbent on the householder to light a lamp
with three wicks (representing the Sri Mouthrees)
to drive away the darkness & bring illumination.

This is usually placed in the puja room before the deities
both morning & evening during Sandhya Samay,
as per our Hindu traditions. In some houses,
the lamp will be burning all 24 hrs called Akhand Deepam
while it helps the lamp blackout of current light
(which is very common these days) the oil lamp represents
our culture & helps in protecting our riches & properties
it is supposed to burn out our Akhanda SELF feelings -

Further each graha is linked with a particular
Avatar or incarnation of God as explained below.

THURSDAY

DEC 2001

1. రాశిం దేవతాః సూర్యుః - SUN represents Rama Avatar

6

2. చంద్రుః కృష్ణావతారః - Moon represents Krishna Avatar

3. కుజః నారదావతారః - KUJA represents Narada Avatar

4. బుధః బుద్ధావతారః - Budha represents Buddha Avatar

5. శుక్రః శివాయతనావతారః - SHUKRA " Parashuram "

6. శుక్రః శివాయతనావతారః - Shukra - Parashuram

7. శనిః కర్మకాండవతారః - SANI - Karmaveer

8. రాహుః వరాహావతారః - Rahu - Varaha Avatar

9. కేతుః మేనావావతారః - Ketu - Menava Avatar

10) కల్కి మహాదేవః - Kalki Avatar

3) SOORYA NAMASKAR

SATURDAY

DEC 2001

8

After worshipping ^{all the} Navagras, we ^{is always} have
to worship ^{Lord} Soorya Bhagawan, who ^{is} the
presiding deity of the nine Navagras
and is called the living God whom you see
every day & who lightens ur life with his light.
Who have to perform Dwadasa Soorya Namaskar

- 1) Om Mithraya Namah Please protect my Right-hand
- 2) Om. Ravaye Namah Please protect my Left-hand
- 3) Om Soorya Namah Please protect my HEART
- 4) Om Bhenevey Namah Please protect my Right Leg
- 5) Om Khagaya Namah Please protect my Left Leg
- 6) Om Pushney Namah Please protect my HEAD.
- 7) Om Hrianya ^{Gambhaya} Namah Please protect my STOMACH
- 8) Om Maneechaye " Please protect my NECK.
- 9) Om Aditya ya " Please protect my Right EYE
- 10) om Savitraya " Please protect my Left EYE
- 11) Om Arkaaya " Please protect my SKIN
- 12) Om Bhanuvaraha " Sar-VANXANGANI Nam Rakshathu

January	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th
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SUNDAY

DEC 2001

(4) Yagnopaveetham

The word Yagnopaveetham derived from YAG + nam
to perform. When this is an absolute necessity
to wear. It is made up of (Nine rolls of white thread
which decorates a male with three Brahma Hoods
human body. When he performs a third marriage
usually at the age of nine but before sixteen also.
This enables him to perform a daily chore of
Gayathree with a list of promises like: - - -
(as described in detail in the next schedule.

This repeats to be renewed when he wears and
also at important events like Sravastha Purnima
and Sankranti festivals on which days
a male has to perform Tarpanam to his
ancestors, three generations back and
forth from father's side as well as Mother's side.
Similar tarpanam is to be performed on the days
before performing father's mother's annual ceremony
after their departure from this world. When
the person will make up to spell out a few promises
before changing from Yagnopaveetham.

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④

Samelhye Vandenberg

MONDAY

DEC '2001

10

January	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th

(5)

VIC, rhesusae diana

WEDNESDAY

DEC'2001

12

(7)

Sepanto Pooze Room

FRIDAY

DEC'2001

14

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8

TULASI Page for Ladies

SUNDAY

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(9) Fasting one day a week

(once a month)

TUESDAY

DEC'2001

18

(10) Performing Vratthams
(once a month)

THURSDAY

DEC'2001

20

Visit to favorite shrine
(once a year)

DEC'2001

22

12

UDNAPANAM.

MONDAY

DEC'2001

24

MANAGING Stress & Strain in work life

TUESDAY

DEC 2001

25

A group of alumni, old in their careers
visited their Uly professor complaining about
stress & others in their work life & seeking remedy.
Offering his guests ^a cup of coffee, the professor
went into the kitchen & came out ^{with large} a pot of coffee
few assortment of cups glass, plastic
crystal, porcelain, steel, expensive, cheap (m/o mud)
& asked them to help themselves with coffee.

When all the alumni had a cup of coffee
in their hands, he addressed them to say:
"Please notice that all the expensive, nice looking
cups were taken ^{up} by you, leaving behind cheap ones
while it is common & normal for you
to want only the best for yourself,
that is the source of your problems & stress."

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Live simply; Love; Generous; Care deeply; Spk kind

Be assured the the cup itself
adds no quality or taste to the coffee
What all I wanted was only coffee
but not the cup; but I consciously
went for the best cup & then began
envying each other's cups forgetting
the coffee in your own cup & enjoying

Now Consider this:

LIFE is the coffee proper
Cup = is from job; money; position in society
They are just tools to hold & contain life
The type of cup I have does not define or
change the quality of coffee a life you live in
By concentrating on the cup I fail to enjoy the
God makes the coffee; men chooses the cups

Happiest people don't have best of everything

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They just make out the best in everything

Be assured the the cup itself adds no quality or taste to the coffee. What all I wanted was only coffee but not the cup; but I consciously went for the best cups & then began envying each other's cups forgetting the coffee in your own cup & enjoying

Now Consider this:

LIFE is the coffee proper
Cup : is from job; money; position in society
 They are just tools to hold & contain life
 The type of cup I have does not define or change the quality of coffee a life you live in
 By concentrating on the cup I fail to enjoy the coffee inside
 God makes the coffee; men chooses the cups

Happiest people don't have best of everything

They just make out the best in everything

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What I learnt about 2007

THURSDAY

DEC 2001

27 Dump my Sandya Mendonca program (since I perform daily in the morning)

I spell out my Sothra Name & let I wish to cherish dump my life time I spell out Three things as my life's ambition

- 1) Oh God please give/allow me sufficient time to complete the process of writing all the Volumes (A to Z) of my Autobiography
- 2) Oh God, please allow me to take part in all the meetings of my pension's ASSOCIATION. honoring senior persons, who achieved the ambition of their life when they attained the ages of 80 years but an increase of 10% pension of 90 years - do - of 100 years - do - and enjoy the increase in the pensionary benefit up to 100%

3) Oh God please allow me to establish my personal library in the 2nd floor of my 270/3RT and through it for public utility.

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Bhavadyaya Gotro

FRIDAY

DEC'2001

28

I belong to Bhavadyaya Gotro. The origin of which is as follows:-

The Marut Devatas found Sage Bhavadyaya near River Ganges, brought him to their control & taught him about Vedas. He was adopted by Bherat s/o Sakuntala & Dushprithi. He performed Yajna, so that his foster father Bherat would have another son (Bhumenyu) & handed over the Kingdom back to him. He was also a disciple of Gautama of Valmiki. He was a first hand witness to the incident of Krounche Bridge.

He married Suseela ^{sura} & son called GARGA. His another son DRONACHARGA was born as a result of his attraction to another Apsara ^{GUHARTACI}. He trained Drona in use of weapons.

Bhavadyaya had also a daughter by the name of DEVAVARNINI, who later married VISHRAVAS & became the mother of KUBERA.

SATURDAY

DEC' 2001

29

Udharprabhu aparbhava
 Jagnavalkya, the author of
 Satpata Brahmana was a descendent
 of this Bhavadwaja Maharshi. Also
 Bhadrwaja was a host of Dasaratha & his
 (S/o Bharatha)
 When he was enroute to meet Lord Rama
 to persuade him to return to Ayodhya

Bhadrwaja had a debate with PARUGU
 about the Caste system, who converted
 into the thought that there is no difference
 between members of different castes.
 He also prayed "ॐ श्रीगणेशाय नमः" to
 get a son to rule his kingdom.

Bhadrwaja's Vedic mantras were placed
 in the Sixth Mandala of Rig Veda written
 by Veda Vyas

Dharma Sootras & Shrauta Sootras
 were written by Bhadrwaja & their
 manuscripts were in Pandu script & is
 available in Bombay Veda Vidyapeeth

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Now MUMBAI Veda Vidyapeeth

According to Rikhtankra, the
pratisakhy of the Samveda
(collegiate student)

SUNDAY

DEC'2001

30

Brahma taught fromman to
Brishaspathi, who taught it to INDRA
who, in turn, taught it to Bhardwaja
Haharshi.

~~His~~ Bhardwaja was one of the
greatest sages of the Hindu Dynasty &
a descendent of Rishi Angirasa,
whose accomplishments are very much
esteemed in the later mahe purans
as well as encyclopedias of the
Hindu Dynasty.

I am proud of calling myself
as a humble descendent of this
mighty Bhardwaja Rishi & chant his
family name as p/o of my daily rituals.

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How to choose your profession?

NAME & ADDRESS	COMMUNICATION
In deciding upon a profession, you must take a look at all the professional activity really implies.	F M F M F M
It constitutes your service & your contribution to the welfare & progress of the society and human race as a whole.	F M F M
Professional life is self-giving & true & giving in one self for the sake of benefit & happiness of all beings.	F M F M
The income getting aspect is secondary & primary. This must be clearly understood. Income must be subordinated to the basic ideas of self-giving & service. Otherwise man is no more a man but a wolf in sheep's clothing.	F M F M F M
As long as we have a body we have to work for our livelihood. You have to struggle hard to secure basic things of our life food, clothing & shelter & medical aid.	F M F M F M
But our efforts to secure these things should not be immoral or unethical or unrighteous. Right conduct should be the basis of our professional life. Whether it is a doctor or engineer or advocate or even a daily labourer or vegetable vendor.	F M F M F M

O = Office

F = Fax

R = Residence

M = Mobile

Summary Ur social life should not become

mere frivolity; description or extravagant
waste of time, energy & money
on meaningless status keeping

Your social life has to be constructive,
creative & ennobled by fellow-feeling,
compassion & spirit of sharing. It
must be gauged in terms of an
increased happiness, welfare & benefit
of all human beings

Be helpful to your brothers & sisters
Desire to serve your neighbor & also
society at large & the nation &
also dumb creatures who provide you
with milk & honey

Desire to be serviceful to all
Don't forget to care for Mother Earth
Take pure air & drink pure water
Take care of animals which serve you
Let your time be spent on useful pursuits
Not in gambling or racing animals
effulgent income - Jan Hing PURK

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NAME & ADDRESS

COMMUNICATION

A man once visited a temple construction when he saw a sculptor making an idol of God. - suddenly he noticed a similar idol lying by his side. The gentlemen examined the idol & asked the sculptor why he is making another one when one is here. But the sculptor said without looking at it - "The first one got damaged at the last stage". The gentleman examined the idol once again & said that he finds no damage. The sculptor looked at it carefully: -

"There is a scratch on the nose".

The gentleman said: "Who can notice it from a distance?" The sculptor stopped his work, came to the gentleman & told him laughing: "I know".

The desire to EXCEL is exclusive of the face. When someone else appreciates it or not.

EXCELLENCE is a DRIVE from INSIDE

Life

20/11/2013

NAME & ADDRESS		COMMUNICATION	
1) Life is a Lyric Life is a Gift	}	O	F
		R	M
		O	F
		R	M
		O	F
		R	M
2) Life is like playing in public and learning to as one goes on	}	O	F
		R	M
		O	F
		R	M
		O	F
		R	M
3) Life is FRAGILE Handle with PRAYERS	}	O	F
		R	M
		O	F
		R	M
		O	F
		R	M
4) Life is a song - sing it -	}	O	F
		R	M
		O	F
5) Life is a game - play it	}	O	F
		R	M
		O	F
6) Life is a Challenge - Meet it -	}	R	M
		O	F
		R	M
7) Life is a DREAM - Realize it -	}	O	F
		R	M
		O	F
8) Life is a Sacrifice - offer it for a good cause	}	R	M
		O	F
		R	M
9) Life is LOVE - Enjoy it -	}	O	F
		R	M
		O	F
10) If you can walk - You can dance If you can talk - You can sing	}	R	M
		O	F
		R	M

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Look to this DAY ^{to preserve & spend it nicely} for it is life, ^{the very life} life

NAME & ADDRESS

COMMUNICATION

In this brief course lie all the realities & varieties of your existence

The Bliss of growth

The splendour of action
The glory of power.

Yesterday is a dream } Today well lived
Tomorrow is only a vision } makes every yesterday

Today well lived makes

Yesterday a dream of happiness & every

Tomorrow a vision of hope

Spend well this day in all its entirety.

The grand Essentials to HAPPINESS
in this life ARE: (1) Something to do

(2) Something to love

(3) Something to hope for

by

Joseph Addison

LIFE:

NAME & ADDRESS

COMMUNICATION

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

Life is not about wanting
for the storms to pass through &
but it is learning to dance in the rain.
We all face adversity in our life.
However, it is not the adversity, but how
to react to it that truly determines
our joy & happiness in our life.
Many times, do we spend too much
time feeling sorry for ourselves
or can we, with gratitude, learn
how to dance in the rain.
It is almost very simple to feel
important, but one word GRATITUDE
can change your attitude & your life & even
When we choose not to focus on
what is missing in our life
but are grateful for the
abundance of other things that are present
we experience heaven on EARTH.
SARAH Brethrenack

ON EXCELLENCE

27

NAME & ADDRESS

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NOT OUTSIDE

A person to admire

that I see in U is hard to find

A person with a heart so kind.

∴ U put others before Yourself.

U needs always get put back

further on the shelf

There is no one who could give more love

U spread peace like a dove

U give off Yourself all there is to give

U show others what it means to live.

I know too I can count on you

because U have been there for me
in all I have seen through.

What I see in You is a person to admire
Because U truly inspire.