



K Kingdom of God

ANAMS

LORD VENKATESWAR

**2009
DIARY**

K for Kingdom of God

K Kingdom of God

K



Prayer to LORD GANESHA

Notes

Gajananam = A very big, & very high, plenty

Bhootha = Lumpy bitter taste (బియ్యం)

Ganadhi sevitham = Drink from top & bottom

Kapilitha = Stem of a white flower

Jambu Phala Saaram = Juice of jambun fruit
Bakshitham = lumpy drink

Uma Sutham = lumpy taken milk from Uma
or sweetness

Meaning

That is to say sweetness arising out of sweetness

Like Vinesha by protecting the legs & keeping near

Keeping this verse chanting LORD divine spirit

of LORD GANESHA in mind, it'll do away

all hurdles in your life -

గ 21 550 భూత గణాధి సేవితం

కపిలితా జంబూ ఫలసారా బక్షితం

ఉమా సుతం సోకా వినయా కారణం

నామస్మి విజయేశ్వరే పాదే పంకజం

Gajananam Bhootha Ganadhi Sevitham

Kapilitha Jambu Phala Saara Bakshitham

Uma Sutham Soka Vinaya Karanam

Namcsmi Vijayeshwara Paade Pankajam

20th Century Commandments

TEN COMMANDMENTS

(All spoken by God himself)

- I Thou shalt have no other Gods before ME
- II Thou shalt not make unto thee any graven image
- III Thou shalt not take the name of the LORD thy GOD in vain
- IV Remember the SABBOTH DAY & keep it HOLY
- V Honour thy FATHER & thy MOTHER
- VI Thou shalt not kill any body
- VII Thou shalt not ~~commit~~ adultery
- VIII Thou shalt not steal
- IX Thou shalt not bear false witness against thy neighbour
- X Thou shalt not COVET

See backside for 21st century commandments

21st Century Commandments

Monthly Planner

2009

January



① I shall not worry, for WORRYING is the most unproductive of all human activities

Thu 1
Fri ② I shall not be afraid, for most of the things we fear, never come to pass

Sat 3
Sun 4
Mon ③ I shall not cross bridges before I come to them
Tue 6 for no one has yet succeeded in doing this

Wed 7
Thu ④ I shall handle but one problem at a time
Fri 9 leaving others to the LORD until their proper TIME

Sat 10
Sun ⑤ I shall not take troubles to your BED, for they make poor bed fellows

Mon 12
Tue 13
Wed ⑥ I shall not carry the problems of the WORLD on my shoulders, for only one has a back that strong

Thu 15
Fri 16
Sat ⑦ I shall be a good listener, for God often speaketh to us through the mouth of others.

Sun 18
Mon 19
Tue 20
Wed ⑧ I shall not try to live YESTERDAY for, good or evil, it is gone for ever.

Thu 22
Fri 23 Instead, LIVE in the now & rejoice in it
Sat 24
Sun ⑨ I shall dismiss feelings of frustration for they are rooted in self-pity and will interfere with positive action.

Wed 28
Thu ⑩ I shall count my BLESSINGS, never overlooking even the smallest, for our biggest blessings are composed of many small blessings.

Fri 30
Sat 31

January

Bhagavat GITA

2009



శ్రీసర్వధారి/పుష్య శు.5
గురువారము / THURSDAY
జనవరి / JANUARY

01

ఆంగ్లవత్సరాది / New Years Day

Bhagawan Sri Krishna has

revealed in Bhagavat Gita (9.11-12) like this:

"When I appear in human form as Sri Krishna, foolish people with all mundane intelligence disrespect ME, because they can't recognise ME as the supreme manifestation.

All their hopes are in vain. These deluded fools will be reborn again as Atheists & Asuras"

Atheists always try to discourage people, by questioning God's existence. Once the faith in Bhagawan is shaken, a person loses his moorings & is thrown at the mercy of such evil forces within & without."

February 2009

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January

2009



శ్రీసర్వధారి/పుష్య శు.7
శనివారము / SATURDAY
జనవరి / JANUARY

03

By & large, Atheists demand evidence for the existence of God, though they can't show any proof for his non-existence. But I can, with my limited knowledge prove safely for the existence of God.

- 1) The planets move regularly in their orbits
- 2) The Sun & Moon revolve regularly in their daily orbit, bringing them light & shine to humans
- 3) Seeds grow into trees regularly
- 4) Seasons succeed each other in an order
- 5) Rain fall occurs systematically for crops & plantations

శ్రీసర్వధారి/పుష్య శు.8
ఆదివారము / SUNDAY
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04

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శ్రీసర్వధారి/పుష్య శు.10
మంగళవారము /TUESDAY
జనవరి /JANUARY

06

Scientifically, there should be a Cause
for all these effects. Nature can't order itself.
It requires a supreme intelligent being,
Bhagavan, who alone is responsible for it.
Even Albert Einstein, the greatest living
scientist of 20th century was convinced
of this supreme intelligence & he too
realized it after studying Bhagavad Gita.
Modern Scientists like Chaitanya,
Periyavar, Prabhupada, have convinced
even atheists (by empirical facts from daily life)
about the existence of Lord Sri Krishna.
The life story of Bhagavan Shirdi Sai Baba
also throws enough evidence on this.
After that, the conchshells, drums, bugles, trumpets and horns were all suddenly sounded, and the combined
sound was tumultuous. - Bhagavad Gita 1:13



శ్రీ సర్వధారి / పుష్య శు. 12
గురువారము / THURSDAY
జనవరి / JANUARY

08

Coming to the lifespan of human beings
different people die at different ages
some at 40, some at 60, some @ 80
& some live beyond their 100s to 100
Who has fixed life span for all these.
In fact there is a "Theory of Karma"
applying to everybody depending on their
Karma (Deeds) like giving & taking,
Bhagavan the dispenser of the fruits of
their Karma fixes their life span years
in accordance with their Karma. Let us
believe that there is a ^{as not} ~~many~~ higher ~~but~~ an owl accepts
any body except owner, let us accept
the Bhagavan - exists within reach of ^{our} breath
and nearer to us than our feet & hands.

MTWTFSS

2 3 4 5 6 7

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At that time Arjuna, the son of Pandu, seated in the chariot bearing the flag marked with Hanuman, took up the bow and
prepared to shoot his arrows. O king, after looking at the sons of Dhritarashtra drawn in military array, Arjuna then spoke
to Lord Krishna these words. - Bhagavad Gita 1:20

January

2009



శ్రీసర్వధారి/పుష్య శు.12
గురువారము / THURSDAY
జనవరి / JANUARY

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different people die at different ages
some at 40, some at 60, some @ 80
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believe that there is always light when an owl accepts
as not
letting any body accept owner, let us accept
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Let us all resolve

శ్రీనర్యధారి/పుష్య శు.14
శనివారము / SATURDAY
జనవరి / JANUARY

10

- 1) to surrender ourselves to Lord Krishna
- 2) to meditate on our Ista Daivam both morning & evenings
- 3) to chant Hare Rama & Govindam
- 4) to study Gitā & Narayaneeyam
- 5) to lead a Gītā-based self life so that the Lord can watch all our actions day in & day out

శ్రీనర్యధారి/పుష్య శు.15
ఆదివారము / SUNDAY
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11

- 6) Let us be honest in all our dealings
- 7) to realize God through Bhakti Yoga
- 8) Any person who offers himself entirely to God is promoted to the status of sharing my own opulence.

January 2009

S M T W T F S

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Let me see those who have come here to fight, wishing to please the evil-minded son of Dhritarashtra
Bhagavad Gita 1:23

On NAMO Bhagavate Vasudevaya

January

2009



Let us all resolve

శ్రీసర్వధారి/పుష్య శు.14
శనివారము / SATURDAY
జనవరి / JANUARY

10

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శ్రీసర్వధారి/పుష్య శు.15
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11

- 6) let us be honest in all our dealings
- 7) to realize God through Bhakti Yoga

8) Any person who offers himself entirely to
God is promoted to the status of
showing my own opulence.

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Let me see those who have come here to fight, wishing to please the evil-minded son of Dhritarashtra
Bhagavad Gita 1:23

On NANO Bloggate Vasudeva



- పువ్వు ప్రమాణం పాతక కర్మ
 వజ్రలేప దీపం అభిక్షాంతి ①
 నాది జ్యోతి అభిక్షాంతి పాతక అభిక్షాంతి
 ధరించి న భజన దేవత ②
 అనంత వాచాన వరలతో వరల
 త్యా కేసా దుశ్శాను పావన దీప ③
 జ్ఞాన దేవా ప్రమాణం ఆత్మ దా నిధాన
 శరణ దీపి పూర్ణ ఒక నాదీ ④

those who do not chant the name of the Lord
 resemble a mountain of gold, which surrounds them
 like a diamond hand bell. He, the meekest is not devoted
 is not able to chant God as a result of his previous deeds

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How can those who are carelessly gossiping
 even attain the vision of God.

Cherished: The cherished treasure which is always in ME

In the presence of Bhishma, Drona and all the other chieftains of the world, the Lord said, Just behold, Partha, all the
 Kurus assembled here. - Bhagavad Gita 1:25

is remembering his NAME according to



శ్రీ సర్వధారి / పుష్య బ.5
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15

Baba's powers were not acquired by dint of sheer black magic, but after going through hard rites designed for the acquisition. The full power are part of his own NATURE acquired after a course of prolonged & intense love & devotion to his GURU-GOD. Siddhis are

- 1) DURAGRAHANA: Seeing things happening from a long distance
- 2) ANTARDHARVA: Sudden appearance & disappearance
- 3) MANOJAYA: Quick flash of thoughts, achieving all feats of intellect or reason - intuition intensified
- 4) PARAKAYA PRAVESA = Entering other bodies (Living & DEAD)

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5) Bahayasa: Travelling without physical body in AIR despite obstacles like WALL / bdg / Plan /



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శనివారము / SATURDAY
జనవరి / JANUARY

17

Who is a Brahman?

A Brahman is one whose Atman has become one & identified with Brahma; One who has found his identity with the self everywhere & everytime. He is called Brahma-vid, the knower of Brahma. Among all MEN, it is HE,

శ్రీ సర్వధారి/పుష్య బ.8
ఆదివారము / SUNDAY
జనవరి / JANUARY

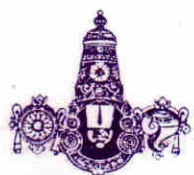
18

whose mind is ever fixed on Brahman alone. He is the best & noblest - the difference between Brahman & the world ^{of objects} is lateral intrusion. Whenever our attention is drawn to world of objects by its unreal nature. The world is nothing but the reflection of Brahman having no reality. The learned man has no discomfence to efforts for the realisation of Brahman, is more dangerous than the ignorant ones.

My whole body is trembling, my hair is standing on end, my bow Gandiva is slipping from my hand, and my skin is burning. - Bhagavad Gita 1:29

January

MAHA



See also
25th/26th
December 2009
మంగళవారం 2009
జనవరి 2010

శ్రీ సర్వధారి / పుష్య బ.10
మంగళవారము / TUESDAY
జనవరి / JANUARY

20

MRITYUNJAYA HOMAM

This homam is performed for pleasing LORD SHIV.
 So that we can escape from untimely death.
 Although in common parlance, HOMAM is
 understood as a means of "achieving something"
 but in this case it is "VICTORY over Death".
 But who can escape from DEATH, since
 is destined, once a person is born on the earth.
 So who can escape from this great event.
 Mrityunjaya Mantra reads;

TRYambakam Yajamahe
 Sugandhimi Pushtivardhanam
 Urva rukameva Bhaṅganai-
 HRUTYOR MUKSHEEYA MAAM RUTHAAT"

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One of the synonyms of Shiva is "MRITYU"
 So Lord Shiva alone is the destroyer of death.

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గురువారము / THURSDAY
జనవరి / JANUARY

22

So, it is believed that the Homam bestows longevity on the performer. The above Mantra is a prayer to Shiva for alleviation of ^{భయం} fear. It should be performed on Buth Nakshatra (not on English Buth date) on Telugu Buth day. It is meant for removal of untimely death or cure chronic illnesses.

It is performed like Durva grass (^{అంబు} అంబు). The homam is one of the most effective spiritual process of healing to survive, rejuvenate a man or woman who is facing a threat on their life. This mantra also protects us from accidents or any kind of misfortune.

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Better for me if the sons of Dhritarashtra, weapons in hand, were to kill me unarmed and unresisting on the battle field.

Bhagavad Gita 1:45

January

2009



శ్రీసర్వధారి/పుష్య బ.12
గురువారము / THURSDAY
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22

So it is believed that the Homam bestows longevity on the performer. The above Mantra is a prayer to Shiva for alleviation of ^{విద్రోహ} ^{దాహం}. It should be performed on BUIL Nakshatra (not on English BUIL date) ^{on Telugu BUIL day} & time of birth. It is meant for removal of untimely death or cure chronic illnesses.

It is performed like Duragrasa (దూరగ్రాస) ^(దూరగ్రాస). The homam is one of the most effective spiritual process of healing to survive, rejuvenate a man or woman who is facing a threat on their life.

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January

KEY to HUMAN LIFE

2009



శ్రీసర్వధారి/పుష్య బ.13-14
శనివారము / SATURDAY
జనవరి / JANUARY

24

Man marries a woman and

secure a child for his progeny & growth of the family. The first stage is Garbhadharm. Right from the time of conception & growth, the growth of foetus within the mother's womb is carefully monitored using latest equipment. If any disability is detected, it is set right at once without any delay.

శ్రీసర్వధారి/పుష్య బ.14-15
ఆదివారము / SUNDAY
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25

As soon as the child is born, a specialist checks the visual & hearing abilities of the child. The child gets vaccinated against TB / POLIO / Typhoid / Cholera etc.

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Special care is taken towards physical health of the child against all viruses upto 5th year.

Sajaya Said: Seeing Arjuna full of compassion, his mind depressed, his eyes full of tears, Madhusudana, Krishna, spoke of the following words. - Bhagavad Gita 2:1

January

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శ్రీ సర్వధారి / మాఘ శు.1
మంగళవారము / TUESDAY
జనవరి / JANUARY

27

The child is fed with nutritious food to ensure proper growth & good health & habits. The child is then admitted into a good school with an effort to develop its knowledge & I. Q etc & to promote its growth. As the child grows up, he/she is encouraged to take up study of a subject of his/her choice of interest, so that it finds him/her, a well paid job & then in turn gives him/her a good placement into a well paid job with a good standing in society. Thus, people think well & plan well for the needs of the child & his placement in good job & enjoys good health & earnings with his scholastic learning.

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Arjuna said: O killer of enemies, O killer of Madhu, how can I counter attack with arrows in battle men like Bhishma and Drona, who are worthy of my worship? - Bhagavad Gita 2:4



శ్రీ సర్వధారి / మాఘ శు.1
మంగళవారము / TUESDAY
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27

The child is fed with nutritious food to ensure proper growth & good health & habits. The child is then admitted into a good school with an effort to develop its knowledge & I.Q etc to promote its growth. As the child grows up, he/she is encouraged to take up study of a subject of his/her choice of interest, so that it finds him/her, a well paid job & then in turn gives him/her a good placement into a well paid job with a good standing in society. Thus, people think well & plan well for the needs of the child & his placement in a good job & enjoys good health & earns with his academic learning.

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గురువారము /THURSDAY
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29

But man's needs do not end here

The indispensable important need is Strong (E) Mind

The most amazing Thing in all God's creation is Vent, the MIND. Modern Scientists, through extensive research have succeeded in sending a Path finder to reach the MARS.

They have also offered innumerable inventions to facilitate day to day life & its growing needs. Likewise Philosophers, through their deep thinking have evolved philosophies to problems of life & society. There are people who earned the power of concentration

to strengthen their minds & also control others' minds. Just as a physically strong controls weak, a strong mind controls a weaker mind & makes him dance to his tunes.

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31

Interestingly, our mind is the key to
our treasure chest - called LIFE.

Man differs from all other god's creations.
in that he is blessed with Intellect - the 6th sense.

All other lives possessing only 5 Senses.

Man enjoys all five senses
In addition enjoys
the sixth sense, i.e. the Intellect
in order to use the other 5 senses

Sight
Taste
Sound
Smell
Touch

in the best possible manner.

So Man is blessed with a combination
of Body, Mind & Intellect.

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is expected to use all the three

Never was there a time when I did not exist, nor you, nor all these kings. Nor shall any of us cease to exist in the future

Bhagavad Gita 2:12

for best human development.

Act of kindness



(A True story)

శ్రీ సర్వధారి / మాఘ శు.6
ఆదివారము / SUNDAY
ఫిబ్రవరి / FEBRUARY

01

Key to human life

Mrs Thompson, a newly appointed ^{promoted} ~~teacher~~ ^{class} teacher noticed the one of her 5th grade students told an untruth on the first day of her school. A little boy named Teddy Stoddard, sitting in the front-row, slumped in his seat.

She noticed that Teddy did not play with other kids, his clothes were messy & needed a bath everyday. She took delight in marking his papers with a big X and putting a big F (fail) on the top of his papers.

But when she reviewed his back papers, she was in a big surprise:

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"Teddy's 1st grade teacher wrote that Teddy is a bright child with good manners"

O son of Kunti, happiness and distress are temporary experiences that arise from sense perception. Heat, cold, pleasure, and pain come and go and you must learn to tolerate them, O descendant of Bharata. - Bhagavad Gita 2:14

He is a joy to be around"



02

శ్రీసర్వధారి/మాఘ శు.7
సోమవారము / MONDAY
ఫిబ్రవరి / FEBRUARY

రథసప్తమి / Rathasaptami

His 2nd grade teacher wrote:

"Teddy is an excellent student
well liked by his classmates"

But he is troubled by his sick mother
with terminal illness."

His 3rd grade teacher wrote:

"Teddy's mother's death
has been hard on him.
But his father doesn't
show much interest &
so his life at home
was a big struggle."

His 4th grade teacher wrote:

"Teddy is quite drawn and
doesn't show much interest
in his studies & doesn't
have any friends at school
& so he sometimes drops out school."

March

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After seeking his background,
Mrs Thompson realized Teddy's problems
of was ashamed of her self & her remarks.
She felt even worse when her students
brought Christmas presents wrapped in
beautiful wraps, except for Teddy
who clumsily wrapped with a grocery bag.
Mrs Thompson took pains to open it up
when other children laughed at the
old Rhinestone bracelet of his mother
with lot of missing stones." But she
softened other children's laughter by
putting on the necklace to her neck
and praising him to the skies.
Teddy was happy to remark "Today you smelled like my MOM"

February 2009

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That which is subject to change is not eternal or ultimately real. That which is real is neither temporary nor subject to change. It cannot be destroyed. This is the conclusion the seers of truth reached after delving on both

Bhagavad Gita 2:16

February

He praised her telling her things and
let her know he was the best Teacher,
he ever had in his whole life" 2009



04

శ్రీ సర్వధారి / మాఘ శు.9
బుధవారము / WEDNESDAY
ఫిబ్రవరి / FEBRUARY

Ever since then, Mrs Thompson
paid particular attention on Ted's studies
By the end of the year, he became ^{one of the} most
Children of her class. A year later he
became first in his class.

5 yrs later he graduated from a high school
praised Mrs Thompson for her teaching

5 yrs later he sent a note to her that he
got his bachelor's degree with high honors

5 yrs later he wrote her he was getting married

He thanked her so much" for making me a MA

for making me feel important & showing me
that I could make a difference"

Mrs Thompson wrote: Teddy you are wrong
You were the one who taught me
that I could make a difference
I did not know how to teach till I met you

In case U don't know who Teddy was:-
he was TEDDY Stoddard of IOWA METHODIST
in DES MOINES IOWA who the Stoddard cancer thing

March						
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Both one who thinks that the soul is the slayer and one who thinks that the soul is slain are confused.
The soul neither slays nor is slain. - Bhagavad Gita 2:19

February

He praised her telling her things and
 "let me know the best Teacher,
 he ever had in his whole life" 2009



04

శ్రీసర్వధారి/మాఘ శు.9
 బుధవారము / WEDNESDAY
 ఫిబ్రవరి / FEBRUARY

Ever since then, Mrs Thompson
 paid particular attention on Ted's studies.
 By the end of the year, he became ^{one of the} smartest
 children of her class. A year later he
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5 yrs later he graduated from a high school &
 praised Mrs Thompson for her teaching.
 5 yrs later he sent a note to her that he
 got his bachelor's degree with high honors.
 5 yrs later he wrote her he was getting married.

He thanked her so much "for making me a MAN
 & for making me feel important & showing me
 that I could make a difference."

Mrs Thompson wrote: Teddy you are wrong
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March 2009						
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February

LOVE leads To

2009

Through

Four Fs



Kingdom of

7 ep1

శ్రీసర్వధారి/మాఘ శు.10-11
గురువారము / THURSDAY
ఫిబ్రవరి / FEBRUARY

05

Carry on your highest duty with 4 Fs :

- 1) Follow the Master
- 2) Face the Devil
- 3) Fight to the END
- 4) Finish the game.

Love helps you to get the affection of Mankind

Love will not tolerate any selfish action/ or approach

Remember that Love is GOD & therefore live in LOVE
then everything goes on well. Don't narrow it
down into a routine instrument of restricted love
to fast you heart - rather it encompasses all.

Love should come from within Ur heart -
but not enforced for the outside world

Love must be spontaneous from Ur heart -
the practice of petitioning God for
petty favors should be given up
Love of God should not be based on
seeking favors in exchange of prayers &
offerings to God

February 2009
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the soul neither is born nor does it ever die. Nor being will it ever cease to be. Unborn, eternal, not subject to decay,
primeval, it is not slain when the body is slain. - Bhagavad Gita 2:20



06

శ్రీసర్వధారి/మాఘ శు.12
శుక్రవారము /FRIDAY
ఫిబ్రవరి /FEBRUARY

Love is the most important element

Through love alone we can unify the world.

Absence of love is the cause of hatred.

It is the hatred that undermines human nature

Give joy to all through selfless love.

When love can bring even God near to you,
how can it fail when humans are involved?

God dwells in pure heart, shining in
His infinite splendor of wisdom, power & Love

Start the day with Love
spend the day with Love
Till the day with Love
END the day with Love

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That is the way to reach the God
God delights when his blessings on you



06

శ్రీసర్వధారి/మాఘ శు.12
శుక్రవారము /FRIDAY
ఫిబ్రవరి /FEBRUARY

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It is this hatred that undermines human nature

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When love can bring even God near to you,

how can it fail when humans are involved?

God dwells in pure heart, shining in

His infinite splendor of wisdom, power & love

Start the day with Love

Spend the day with Love

Fill the day with Love

END the day with Love

That is the way to reach the God

God definitely shower his blessings on you

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February

Right Attitude leads to Kingdom of GOD



by Mottu Ponticherry

శ్రీసర్వధారి/మాఘ శు.13
శనివారము / SATURDAY
ఫిబ్రవరి / FEBRUARY

07

"The greatest discovery of my generation is that men can alter their lives simply by altering the attitudes of MIND" because

"Right-attitude" has the power, not only to turn every circumstance to our advantage but can change very circumstance itself. For instance:

శ్రీసర్వధారి/మాఘ శు.14
ఆదివారము / SUNDAY
ఫిబ్రవరి / FEBRUARY

08

When comes to attack you a harm you, if you remain in ordinary consciousness & gets frightened out of your wits, he will most probably succeed in his design that he came for. But if you raise a little higher of strong free of fear, invoke divine help he may just miss you; but if you have the right consciousness of divine presence

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The self cannot be pierced by weapons, burned by fire, moistened by water, or withered by wind.

Bhagavad Gita 2:23

every time around you, he will not be able to raise his little finger against U.



09

శ్రీసర్వధారి/మామ శు.15
సోమవారము / MONDAY
ఫిబ్రవరి / FEBRUARY

There is a moment, when one becomes sufficiently conscious to realize that things around you are really neither good nor bad, they are actually only in relation to you/us and ~~the~~ their effect on us depends absolutely upon the attitude we display towards them.

The same thing if we are conscious of God & take it as a gift of God or as a divine grace we find harmony, helps us to become more conscious of God & invoke His blessings & retaliate to secure our freedom from danger.

If we are afraid, it weighs us down & takes away from us all consciousness of strength & harmony.

2009

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February

Panche Bhootas

2009



శ్రీసర్వధారి/మాఘ బ.1
మంగళవారము / TUESDAY
ఫిబ్రవరి / FEBRUARY

10

The entire universe is visible to our naked eye and is called PRAPANCHA because it is a manifestation of Panche Bhootas. There is no world without these five elements. They are the very forms of the DIVINE. That is why they refer to the five elements as

EARTH — as BHOO DEVI

WATER — as SANGA DEVI

AIR — as VAYU DEVA

FIRE — as AGNI DEVA

ETHER — as subtle Brahman

These five elements are present in every being. The Spirit or Atma which is the very form of God is not visible to the naked eye but

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Panche Bhootas can be seen, heard, felt & experienced by one & all.

It is said that the self is invisible, inconceivable and unchangeable. Knowing this, you should not mourn for the body.
Bhagavad Gita 2:25



11

శ్రీసర్వధారి/మాఘ బ.2
బుధవారము /WEDNESDAY
ఫిబ్రవరి /FEBRUARY

Man is the embodiment of these 5 elements
which are highly potent & life saving.
He is the master of all these 5 elements
Once he understands the significance of
the elements, he becomes God himself

But the body which is made up of these five elements
is bound to perish one day as the other 'but'
in such a transient body, there exists an
eternal DIVINITY in the form of ATMA (self)

This all pervasive divinity called Consciousness
exists in our body in a limited form of CONSCIENCE

Consciousness & Conscience are the same
except in Quantity: The body in Conscience
is comparable to a few miles in ocean
the more water is the consciousness

The all pervasive Consciousness exists in Conscience
but all divine powers as well as all powers

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February

Nine Types of Bhakthi

as given in Ramayana 2009
after leaving  Sabari Ashramam
and reaching Pampa Lake

శ్రీసర్వధారి/మాఘ బ.3
గురువారము / THURSDAY

ఫిబ్రవరి / FEBRUARY

12

When Narada taught his advice on
the nuances of Bhakthi-yoga

Rama told Narada about Nine Types of Bhakthi

- (1) Bhakthi is one who enjoys the association
of a sage (in whose presence one gets peace).
- (2) Bhakthi is one who listens to glory of GOD
with all humility and love
- (3) Bhakthi is one who worships holy feet of ^{Guru} Teacher
of serve him as per his ability
- (4) Bhakthi is one without fault in teaching of ^{Mantra} ^{Tantra}
- (5) Bhakthi is to control sense organs and be
able to stabilize his mind w/o going astray
- (6) Constant remembrance of Lord is ^{another} form of Bhakthi
- (7) To visualize the same God in everything
in all situations

February

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(8) To remain contented, non-careless &
satisfied in whatever condition is placed by Lord

(9) To lead a simple guileless life, not to imagine any
to be stable both in pain & pleasure. harm and

Death is certain for all who take birth. Birth is just as certain for all who die. Therefore, do not lament in matters like this,
which are unavoidable. - Bhagavad Gita 2:27

February

Knowledge vs Learning

2009



శ్రీ సర్వధారి / మాఘ బ.5
శనివారము / SATURDAY
ఫిబ్రవరి / FEBRUARY

14

No matter how good you are,
more learning is useless, if one does not
recognise the finiteness of human knowledge
in the presence of infinity of knowledge.

As the Tamil poet Arvai sarathi: "What we
have learnt is but a handful of common sense
the unknown is as vast as the universe."

శ్రీ సర్వధారి / మాఘ బ.6
ఆదివారము / SUNDAY
ఫిబ్రవరి / FEBRUARY

15

Only the Supreme Principle knows the Absolute Truth.
In classical Tamil, the word VAL means both
truth & purity. VALARIVAN meant one
who is aware of the pure truth: The DIVINE.

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Not shipping the feel of the OMNISCIENT
poetic way of expressing our humility
in the face of boundless knowledge

I have spoken to you of how to use wisdom in sankhya, now hear about wisdom in yoga. With this wisdom, Arjuna, you will free yourself from the bondage resulting from karma. - Bhagavad Gita 2:39

What should we do
to reach the

February

Kinship of God?



2009

శ్రీ సర్వధారి / మాఘ బ.8
మంగళవారము / TUESDAY
ఫిబ్రవరి / FEBRUARY

17

When we desire to red coat of its
beige colour, what can soap & water do?
Nor can immersing it in milk help us?
The only means is to put it into fire flame.
That one turn RED & ultimately ^{into} a heap of white ASH.
In the same manner, when we are anxious
to destroy the darkness of IGNORANCE &
the "dust of desire", perfect knowledge
of the SELF is necessary. Darkness can
only be ended with the help of LIGHT.
We cannot overwhelm darkness by attacking
it with more darkness. Knowledge of the SELF
is the illumination that one needs to destroy
the inner darkness, which can ^{only} be won

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In the practice of this dharma no effort is wasted, nor is one's progress ever diminished. Even the slightest practice of this discipline protects one from great danger. - Bhagavad Gita 2:40

With faith & ardent devotion to God

Which is better: Worshipping God or Singing late Pujā late Bhajans 2009



శ్రీ సర్వధారి/మామ బ.10
గురువారము / THURSDAY
వీణవారి / FEBRUARY

19

Spiritual exercises such as Pujā (Worship), bhajans (loving adoration) or Dhyana (Meditation) are activities prompted by devotion to take U to a higher plane. We should not enter into any controversy about their efficacy, since we do not know the depths & heights to which they can lead us. (x)

In the context, a word of advice to those who are burdened by an lonely responsibilities, anxieties & to those who find themselves unable to pray to the Highest Self. With our gift of life as a human being, one should ^{not} discern the nature of humans. The spiritual path we follow should help us

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The Vedas deal mainly with life within the jurisdiction of the three gunas. Arjuna, you should transcend these gunas, becoming indifferent to material dualities, fixed in truth, free from concerns for acquisition and comfort, and established in the self. - Bhagavad Gita 2:45
to wake up, strengthen & sustain our desire to realize God

February

2009



18

శ్రీసర్వధారి/మాఘ బ.9
బుధవారము / WEDNESDAY
ఫిబ్రవరి / FEBRUARY

(xx) These can be gained & judged by
only through actual practise.
Proof lies only in one's own
personal experience alone.
If the fault falters or
peeks hight & low
how do we gently steer it
at a steady pace.

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February

2009



How can we learn to find ^{శ్రీసర్వధారి/మాఘ బ.12}
our living GOD, in every single moment ^{శనివారము / SATURDAY}
amidst the hustle & bustle of our hectic lives? ^{ఫిబ్రవరి / FEBRUARY} **21**

The expression "God is NO WHERE"
remains unchanged. There is no need
to confront this expression - The only thing
we should do is to shift the W in where
to the previous word "NO", so that it becomes
"God is NOW HERE". ^{శ్రీసర్వధారి/మాఘ బ.13}
^{ఆదివారము / SUNDAY} **22**
^{ఫిబ్రవరి / FEBRUARY}

The negative suddenly becomes positive
Similarly by merely by unifying your vision
towards GOD, in one direction, all the
distinctions & differences you see in the world
disappear like a single stroke & the many
great devotees from all ^{becomes ONE} faiths
have realised this truth; learned

February 2009

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Perform your duty fixed in the yoga of action, abandoning all attachment to success or failure, O winner of wealth. Such equanimity of mind is what is meant by yoga. - Bhagavad Gita 2:48

by the purification of our mind

February

2009

Your body is a Replica of God

Your body is the peel the fruit is inside



You need sense

శ్రీసర్వధారి/మామ బ.30స్వా

మంగళవారము / TUESDAY

ఫిబ్రవరి / FEBRUARY

24

You need Confidence to do anything
function according to your capabilities.

Only Ego can bring diffidence in ^{your} actions

What U are referring to as EGO is not something
U acquired because U did something extraordinary

The EGO is born right from the moment - U started

kickling in your mother's womb & the first-
time U got identified with Ur human body

Your ego is part of the Defence Mechanism

It is only just to protect Yourself. It is only
false reality - What U are referring as Confidence

is false reality or false identity You

Created for the sake of Survival

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★	★	★	★	★	★	★

When your intellect emerges from the thicket of delusion, you shall become disgusted with all that has been heard and all that is to be heard. Thereafter, when your intellect is fixed and not perplexed by scriptural injunctions, you shall attain yoga - samadhi. - Bhagavad Gita 2.52 - 2.53



శ్రీ సర్వధారి/పాల్గుణ శు.1-2
గురువారము / THURSDAY
ఫిబ్రవరి / FEBRUARY

26

The Ego is like your shadow. The moment
 I have a physical body, I will acquire a shadow.
 The shadow itself changes according to the location of sun.
 So your shadow depends on outside situation.
 You need diff kind of identities to deal with
 different situations. Once I realise that I
 am the shadow, you try to crawl upon the earth.
 Further the comfort & enjoy depends on the
 flooring or the carpeting or sometimes even on
 if we ^{do not} transcend to the limiting physical life
 life will be a struggle, struggling between
 Confidence & Deference. In that
 context, life can just change any cause.
 If everything goes as per our expectations
 life is just glamorous, then we are a slave
 of the physical

February 2009

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Indeed, O son of Kunti, the senses are so strong that they can forcibly carry away the mind of even a discriminating person. - Bhagavad Gita 2:60

February

BUDHAYA

ATMANI DEVAIHA

2009

TATWAMASI

(తత్వమ్)

ATHAY BRAHMOSE

కేం (బ్రహ్మ) సే.

శ్రీ సర్వధారి / మాఘ శు. 3-4

శనివారము / SATURDAY

ఫిబ్రవరి / FEBRUARY

28



'The wise people

consider our inner soul as God. This is a dictum that indicates the hidden power

lying in men. Once is called his SOUL

This itself is the miniature form of God ^{guide} for us

at times of need. This is loftiest advaitic philosophy

that "MAN is nothing but reflection of God"

But-

many people strain their physique to undergo pilgrimages & laborious ways to find out God.

While these practices serve to discipline the body, man should ultimately discover God from within.

Budhesya Atmani Devatto

Tatwamasi Atmani Brahmasmi

February 2009

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★ ★ ★ ★ ★ ★ ★

(Sai Baba)



శ్రీ సర్వధారి / ఫాల్గుణ శు.5
ఆదివారము / SUNDAY
మార్చి / MARCH

01

"The seeker of Brahma
& The Lord finally become one - the LORD Himself
Here the saying denotes that -

"The Seeker ultimately becomes the sought"

The constant dwelling on the heavenly ways of God
brings into the aspirant a METAMORPHOSIS &
becomes totally submerged in the highest goal.
An imperfect finally becomes perfect - and an
impaired attempt immaculate purity.

The state of completeness or fulfillment
is also described in another great Vedic Text -
OM POORNANMAHA . POORNA MITI MATI

There God is in his resplendent fullness &
here to MAN is also a complete Whole.

This in the present text - the seeker after Brahma
is becoming the BRAHMA, himself
is a great concept signifying

April 2009

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19	20	21	22	23	24	25
26	27	28	29	30	★	★

Whichever of the roving senses the mind runs after, that sense carries away one's intelligence, just as the wind carries away a ship on water. - Bhagavad Gita 2:67

"ONENESS of MAN with God"

March

Does God exist-?

2009



శ్రీ సర్వదారి / పాల్కుణ శు. 7
మంగళవారము / TUESDAY
మార్చి / MARCH

03

I know Hindu scriptures it is said
Let who totally surrender to GOD, and
Certaining feel the presence of God someday or
And those who are totally against existence of God
also feel the negative effects of their actions
I fear the hand of God someday or other
But those who are in medium & dream world
get confused but - are not - totally against God
So there is no point in being a Doubtful Thomas
but develop your thoughts in a +ve direction
so later someday U will find a solution;
Even if U ask a (so called) religious person (not a scholar)
he can't tell U positively because he is not ^{sure} himself
I am ^{not} you? but blurt out - that he read in books
So don't discuss with others, but hold them high
in the Heart of Hearts & U will get a flash of HIM
in his presence & Advice

April 2009

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29	30	31				

If in your opinion, O Janardana, knowledge is superior to action, they why, O Keshava, are you engaging me in this horrible action? - Bhagavad Gita 3:1

BUDHASYA . ATMANI DEVATHAA

March

2009



"The Love MAN

శ్రీ సర్వధారి / ఫాల్గుణ శు.9
గురువారము / THURSDAY
మార్చి / MARCH

05

Consider his inner SOUL as ^a reflection of GOD
is the dictum that indicates his SOUL as a GOD,
which guides & directs him at the time of need.
Tatvasamasi & Anam Brahmo Sami are the sayings
that dwell on the supremacy of human soul.
That is why Vedas say "KNOW THYSELF" &
know your own potentialities & explore,
which significantly points out that MAN
need not seek god elsewhere but find HIM WITHIN.
Poor people undergo tortuous ways to find GOD
He presents saying throws a great philosophical meaning
which reflects immense potentialities of human being
otherwise known as Heavenly Qualities

April	Whit						2009
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March

BHAVA

SUNEETHI



(Rig Veda)

2009

శ్రీసర్వధారి/పాల్కుణ శు.11
శనివారము / SATURDAY
మార్చి / MARCH

07

May U Be (Bhava) a person of good morals.

(Suneethi)

This great Vedic exhortation inspiring MAN to possess morals in life is a timeless & eternal teaching on the importance of ethical values in life.

A nation, with its people, observing high ethical standards in their daily life, flourishes & exists longer

on the other hand, world history ^{శ్రీసర్వధారి/పాల్కుణ శు.12} offers ^{ఆదివారము / SUNDAY} ^{మార్చి / MARCH} **08** tells us how the great kingdoms of the world that once created history, ~~disintegrated~~ ^{disintegrated} like house of cards

because of its feet of clay. The Achilles Heel lay in the immoral people leading to the inevitable fall from its glorious heights. History is full of instances of kingdoms razed to the ground as its rulers lived lives of abysmal indulgence

April 2009
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26 27 28 29 30 ★ ★

March

2009



శ్రీవారి తెప్పోత్సవ సమాప్తి / Sri T.T. Float Ends
హోళి / Holi

శ్రీసర్వధారి / పాల్కుణ శు.14
మంగళవారము / TUESDAY
మార్చి / MARCH

10

"The Vedic adage" "May U keep up, Your morals"
is relevant not only to the rulers, statesmen & politicians
but also to the individuals, who form the nation.
People with disciplined orderly lives & habits
following the doctrine of ethics ^{from} a boon to the nation
leading to its glory & continued existence.

This Vedic saying is equivalent to every
mother's exhortation to her children to follow morals.
No mother on earth would be happy to see
her children following immoral ways.
Hence Vedas are also termed as Vedic MOTHER
(Ved Maatha) giving worthy guidelines
leading to a glorious life of her children.

April		2009						
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March

Equanimity

2009



11

శ్రీసర్వధారి / పాల్కుళ శు.15
బుధవారము / WEDNESDAY
మార్చి / MARCH

శ్రీలక్ష్మి జయంతి / Sri Lakshmi Jayanthi

He alone is the man of True knowledge who does not over rejoice when accolades visit him in plenty & does not get dejected when insults are thrown

He is like deep lakes formed in Ganges when the river is spate or facing a dry season

Equanimity is a quality extolled in our culture. One can venture to draw a parallel to the Gita's Qtn: "Dukhe shantah wignemana"

"One who is not depressed by sorrow & one who is not elated by comfort"
He alone is called a sage with stable mind

||| Listening is an art requiring concentration. It requires surrendering one's ego and make room for someone's thoughts.

||| Like a bullock cart ^{of INNER CONSCIOUSNESS} drawn by two Bulls (Intelligence (Buddhi) & Mind) (Manas) both of them share the same

Cart and run the roads of the village of the rules of the Road. No matter the journey will be safe & the person

March 2009		S	M	T	W	T	F	S
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By sacrifice you will satisfy the gods, who in turn will satisfy you. By this mutual arrangement, you shall attain the greatest good. - Bhagavad Gita 3:11

reaches his destination

IGNORANCE IS SIN - KNOWLEDGE IS GOD

March KNOWLEDGE is your BUILT RIGHT 2009



శ్రీసర్వధారి/పాల్కుణ బ.1-2
గురువారము / THURSDAY
మార్చి / MARCH

12

The biggest sin is being ignorant →
All kinds of problems of human life
are derived only from the mischief of ignorance
We need to destroy our ignorance through the
Right Knowledge, if we want to be free from
all problems of life. So we should try destroying
all our available time & money to gain knowledge.
Remember knowledge is our built-right &
that knowledge comes for heaven through our Yogis &
Rishis who mastered the science & acquired the ART
to activate the whole brain & reach superconscious
state to connect ~~the~~ Cosmic Intelligence
with eternal light & spirit (GOD)

APRIL 2009
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26 27 28 29 30 ★ ★

The gods, nourished by sacrifice, will certainly bestow the fulfillment of your desires. However, one who enjoys the gods' natural gifts without acknowledging the gods themselves is a thief. - Bhagavad Gita 3:12

May GOD bless U WITH Enlightenment & prosperity

APAVITHRA PAVITROVA

March

2009

Marganic slokam



P/O Sandhyavandanam

శ్రీసర్వధారి/పాల్కుణ బ.4
శనివారము / SATURDAY
మార్చి / MARCH

14

Every day at the commencement of
Sandhyavandanam prayer, the Vedic text-
is chanted which means to say:

"Let the impurities turn pure.

Let me be clean both within & without &

Let me be pure in all aspects of my LIFE"

As I chant the name of the Lord "శ్రీసర్వధారి"

శ్రీసర్వధారి/పాల్కుణ బ.4-5
ఆదివారము / SUNDAY
మార్చి / MARCH

15

This is an evocative text-meaning to aspires to
feel pure both internally & externally &
this STATE to be achieved by uttering the LORD'S name
Impurities to be Vanished & replaced by pure conditions
both in body, mind & environment- forms the
main inaugural text of obeisance in Vedic prayer

April 2009

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The main aspect of the prayer requires external cleanliness
& clean state of mind internally are the
two external factors stressed here.
"A clean body with a clean mind"

AMRITHAM VISHA SAMASRITHAM

March

2009

NECTAR-AMRITHAM follows POISON

VISHA SAMASRITHAM



శ్రీ సర్వధారి / ఫాల్గుణ బ.6-7
మంగళవారము / TUESDAY
మార్చి / MARCH

17

This adage sounds strange, bringing
[To opposite together, at a tandem. This saying
has a great-medical significance
All poisons by application of the rules of FORMACOPIA
are turned into great valuable remedies saving
a nectar saving the sick from clutches of death.
Poisons are metamorphosed into medicine,
producing an ambrosial effect on nectar.

A legend in the epic describes that when
the angels - suras - on one side & churn the
the demons - asuras - on the other side of ocean of milk
a great-fearful Haka-Hakam emerges. (శ్రీ సమస్తం)

Lord Shiva had to come & gulp the poison & calm it
in his throat & so he is called "నాగేశ్వరం".
After the poison, nectar emerges bringing immortality
to the recipients. AMRITHAM (nectar) follows Visha (Poison)

April 2009

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Victory emerges, this saying hints that
"Sunlight" follows the dark night &
After the thunder comes the calm &

Therefore, without attachment to the fruits of your work, constantly engage in your duty as a warrior, for by acting without attachment one attains God consciousness. - Bhagavad Gita 3:19

"After a fear of defeat, Victory emerges"

MADHU MASEEM VAAETHA MUDHEYATH

March

(I love speak sweet words)



2009

శ్రీసర్వధారి / పాల్గుణ బ.8
గురువారము / THURSDAY
మార్చి / MARCH

19

In this Vedic Text, the importance of only **"Speaking sweetly"**, avoiding harsh words, in conversation is emphasized, indicating that I can exercise control over my expressions & never allow myself outbursts of any hurtful words.

Q: How say { Anudraga karam vachyam } Truthful
{ Satyam Iniya Hetamchayet } Palatable

The words we speak should be free of emotional outbursts; must be truthful & palatable (పరిమళం ఉండాలి)

At the time of first indication of food (అన్నం) తల్లిదండ్రులు parents insert sweetened milk food to baby while the priests chant: **"MADHURA VAAETHA MUDHEYATH"**
"Let your words be sweet, in future"

It should be noted, that even before the child speaks he should learn to speak sweetly (x)

Dale Carnegie in his book **"How to win friends"** advise us to speak sweetly without hurting the ego of other people, has been emphasized in the age of even the old Vedic Text.

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March

2009



18

శ్రీసర్వధారి/పాల్గుణ బ.7
బుధవారము /WEDNESDAY
మార్చి /MARCH

✱ Sita Devi in Ramayana
is described as "సుష్మతాభాంగి"
"NITYAM SUSHMITHA BHASHINEE"
(speaking softly with a smile)

March							2009
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March

2009



శ్రీసర్వధారి / ఫాల్గుణ బ.10

శనివారము / SATURDAY

మార్చి / MARCH

21



 శ్రీ సర్వధారి / ఫాల్గుణ బ. 10
 శనివారము / SATURDAY
 21 మార్చి / MARCH

In his Thiruppavai, upanyasam
 Krishna talks about - Sarangathu in stages.

Vkrishna talks about 'Sarangathu' in stages.

- ① Anukoolasya
Sankalpa } Khetava is poor & liked by Perumal
 } tier alone we will do -

- 2) Praktische Analyse } Varianzanalyse } however He does not like
we will do, anytime

- 3) Rakshishyathi } To be firm in belief and
ilithi } live in that belief alone
Vishwasaka } We always protect us

જાનકીધારી / પાલુડ બ.11

ఆదివారము / SUNDAY

శుక్ర / MARCH

22

- 4) Copterygia } Catching by feet from
Varanasi Thatta } in total surrender

- 5) Kaufmann.com: we don't know anything,
we don't have anything, but you

- b) Alma Nilshepari: Merging an soul. in His FEET

April 2009

S M T W T F S

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26 27 28 29 30 ★ ★

100%

2009 S
K puts all 16x Six stages explaining

its idea in Thurupprakam we get—
These 6 steps by our Acharyas' guidance

March

HAYAGREEVA JAYANTHI

2009



శ్రీసర్వధారి/ఫాల్గుణ బ.13
మంగళవారము / TUESDAY
మార్చి / MARCH

24

Inaananada MAYAM DEVAM

Nurinda Sparahkeetina jann

Adharam Sava Vidyanam

Hayagreeva mupacama Ley

Grudepurama Let it Tel. to earliest
of the incarnations of Lord Vishnu
was Tel. of Hayagreeva the Waste
primordial preceptor of the world.

Among the numerous stotras, those on
Hayagreeva are widely believed to
bestow knowledge (Gnana) on the one who recites

On this auspicious occasion Hayagreeva Jayanti
we should recite "వాయు శాస్త్రం, and

"Lakshmi Hayagreeva Sahasranamam" 
for peace & tranquility.

April		2009				
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DIKEYAYONAH

PRACHODAYATH

March

(Yajurveda



Sayalin Mantra)

2009

This means:-

శ్రీ సర్వధారి/పాల్కుణ బ.30స్వా
గురువారము / THURSDAY
మార్చి / MARCH

26

"Let our minds be blossomed"

is the important basic concept of
Vedas, enshrined in this first mantra,
ordained to be recited, as many number
of times as you can possibly do/can.
Sayalin mantra, ^{much} is the invitational
prayer to Sun God, forms part of
the ancient Vedic living. These sages
considered, Soorya, the Sun God,
or Aditya as of much significance to MEN
on Earth denizens of the Zodiac, in
emphasizing: "This very SUN is God himself"

S M T W T F S
* * * 1 2 3 4
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12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30 * *

ADITYA or SUN, is Brahma, ^{the} God himself
(ASAVA ADITHYO BRAHMA)

Therefore, O best of the Bharatas, at the very outset regulate your senses and kill this devil that
destroys knowledge and self-realization. - Bhagavad Gita 3:41

March

2009



25

శ్రీసర్వధారి/పాల్కుణ బ.14
బుధవారము / WEDNESDAY
మార్చి / MARCH

GAYATRI

(The greatest of all Mantras)

1) OM Bhoor Bhuva Suvaha

2) Tat Saviturvarenyam

3) Bhargo Devasya Dheemahi

4) Dheyo yonah Prachodayat

March

2009

S M T W T F S

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

March

2009



శ్రీవిరోధినామ/చైత్ర శు.2
శనివారము / SATURDAY
మార్చి / MARCH

28

With this background of SUN worship in mind let us understand the meaning of this:

OM BLOOV
BLUVA
SUVATHA

The Lord of the three worlds
BLUVA -
BLUVA -
SUVATHA -

OM Tat
Savitur
Vamaryam

The glorious adorable one

Bhango
Devasya
J Leemahi

To his great LIGHT
I offer my
prayers thrice daily

శ్రీవిరోధినామ/చైత్ర శు.3
ఆదివారము / SUNDAY
మార్చి / MARCH

29

Shreyo yonah
Prachodayath

Let our minds &
Thoughts be
blossomed by
chanting these lines

The last line of this mantra is significant - in that it is the Core (substance & sum) of this mantra

April 2009

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Thus, knowing oneself to be superior to the intellect, control the mind with intellect. In this way O mighty - armed one, destroy the unconquerable enemy in the form of desire. - Bhagavad Gita 3:43

March

2009



In the first place, ^{of the last line} The significance is that

ప్రవేశనామ/వైత శు.స
మంగళవారము / TUESDAY
మార్చి / MARCH

31

"The devotees of the Sun God,
While praying; through Sandhyavandana,
pray for the blossoming or expansion of
their minds (Prachodayath) of
the people & their thoughts. Addressing
the Sun, the mantra or prayer, consists of
a significant thought, seeking openly,
"Let our thoughts expand". Thereby
rejoice all devotees in a universal way
(all of us). meaning all those who chant Prayers"

Secondly the prayer is for expansion of thoughts
All human process is embedded in it.
I stop here :: words prove inadequate
to describe the freshness of ప్రార్థన

April		2009				
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MAATHAA BHAMI

April

PUTHRO AHAM

PRIDHIVYAH 2009



(Athervane Veda)

శ్రీవిరోధినామ/చైత్ర శు.8-9

శుక్రవారము / FRIDAY

ఏప్రిల్ / APRIL

03

శ్రీరామ నవమి / Srirama Navami

"EARTH is my mother" (Pudhe BLoome)

I am the Person (Putro Ahambhivya)

Man is considered as the person of this Earth -

What more ecological or environmental

concept can there be than this ancient script.

It has timeless value & is of great importance

to the MAN even in so called modern times -

"Sons of the Soil" is the basic concept of MAN.

Hence man should be able to do everything

to help promote the productivity of the Earth -

He should also promote the habitat, increasing

the "flora fauna" & desist from doing

anything that affect the ecological balance

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One who truly understands the divine nature of my birth and activities is not born upon giving up his body but comes to me, O Arjuna - Bhagavad Gita 4:9

Of the earth is selfish natives.

April

2009



04

శ్రీవిరోధినామ/చైత్ర శు.10
శనివారము / SATURDAY
ఏప్రిల్ / APRIL

If the Earth is viewed as **Maa Bhoomi**, (mother) man cannot be taking steps leading to any kind of ecological imbalance like the deforestation & destroying the habitats of animals, birds & fish.

05

శ్రీవిరోధినామ/చైత్ర శు.11
ఆదివారము / SUNDAY
ఏప్రిల్ / APRIL

Man is nothing but the son of the earth & should show immense regard to its ecology. Some of the astronauts looking at our earth once remarked saying "How beautiful our earth looks from here" — GRAND

May							2009
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April

2009



04

శ్రీవిరోధినామ/చైత్ర శు.10
శనివారము / SATURDAY
ఏప్రిల్ / APRIL

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05

శ్రీవిరోధినామ/చైత్ర శు.11
ఆదివారము / SUNDAY
ఏప్రిల్ / APRIL

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May							2009
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MAA BHAI BHAI NA MARISHYAS!

April

(Atharva Veda) 2009

11.

~~FEAR~~ NOT —



శ్రీవిరోధినామ/చైత్ర శు.12
సోమవారము / MONDAY
ఏప్రిల్ / APRIL

06

YOU will not die

This vedic text sounds strange. When everyone knows that "MAN is sub-MORTAL"

The saying has 2 parts { (1) Fear not — (2) U will not die.

- ① Man's greatest enemy/killing factor is FEAR. If u fear more than anything that kills a MAN when he gets over the fear, he will cross fear of death. Hence symbolically, he does not face death thing. physically, he may lose his physical body.

② The later part: "You will not die" speaks of man's soul, which is IMMORTAL. (prove to die) Gita says that "Soul is indestructible" (అపరాధం)

Suffice to say that. This reminds man of his immortal self and fear of death.

April 2009

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should not be given undue place

Though carrying a physical tabernacle man is nothing but the reflection of GOD

Worldly people who desire material success perform sacrifice in worship of the gods. Surely in this world they quickly get results from such ritualistic acts. - Bhagavad Gita 4:12

of embedded in his life; is the heavenly immortal soul

April

MUNDE# MATHIR BH INNAHA

(As people differ  ideas differ) 2009

No two people are alike
no one is an exact REPIKA of the other.

శ్రీనివాసామ/చైత్ర శు.14
బుధవారము / WEDNESDAY
ఏప్రిల్ / APRIL

08

Their finger prints denote that man is created as an individual totally distinct from another.

The above APHORISM speaks of the individuality

"Matir Bhenncha" = Thought ^{one} are different for ^{another}

Even among brothers of the same parent (siblings) we observe a world of difference in their aptitudes & behaviour. It is most amazing

to find that in God's creation, ^{every} one individual is created with unique individuality which denotes his identity / difference for the rest of the creations.

Even in a herd of cattle, they seem alike. But the cattle herder alone identifies their difference & distinguishes one from the other. (xx)

April 2009

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"No two individuals are alike", as the Ray-note of the ancient saying, speaks of individuality & importance of this individuality of the MAN

There is no work that implicates me. I have no desire for the fruits of action. One who understands me thus is not bound by reactions to work. - Bhagavad Gita 4:15

April

2009



07

శ్రీవిరోధినామ/చైత్ర శు.13
మంగళవారము / TUESDAY
ఏప్రిల్ / APRIL

(xv) In various families of families / Arts
though some traits are established
the Reserve / Innovation by the individual
reflect the individuality of MAN
Even among lot of citizens states
the individual traits are not
allowed to develop & blossom,
people differ from one another
it is the individuality that
brings him to the true light

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In consideration of the influence of the gunas and one's karmas, I created the fourfold division of socio religious order (caste). Although I created this system, you should know that I am imperishable and not responsible for the results derived from it. - Bhagavad Gita 4:13

April

MOUNENA KALAHAM NAASTHI

SILENCE STOP Quarrels

2009



If you observe silence, శ్రీవిరోధినామ/చైత్ర బ.1
Quarrels do not occur. శుక్రవారము / FRIDAY
ఏప్రిల్ / APRIL

10

Every day life, Squabbles are fanned by Repartees
Rebuttals & continue endlessly to the detriment of both parties.
More squabbles create unpleasantness
with their uncontrollable outbursts, hurting
the ego of the other person & provoking him to retaliate.
To put it simply: Avoid Retaliation at all costs.

There is a display of uncontrolled emotions,
but its impact lies deep, raw & irrational.
It may be a moment of weakness, but
its repercussions go a long way by loud expression
with a raised tone belittling an emotions & passion.
So better outcome is controlled by SILENCE &

2009

April 2009
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It can be stretched causing configurations
of words or speeding of a contagion.
How to stop these squabbles: SILENCE

A person who has removed desire and motivation from his undertakings and consumed his karmic reactions in the fire of knowledge is called a sage by the wise. - Bhagavad Gita 4:19

BE SILENT & BE COOL

MUNDE. MATHIR BHINNAHA

April

2009

"No people differ" —  — "Ideas also differ"

ಶ್ರೀವಿಠಲನಾಥ/ವೈಶ್ರವಣ ಬ.4
ಸೋಮವಾರಮು / MONDAY
ವಿವಿಧ್ಯುಕ್ / APRIL

13

No two people are alike

"No people differ — ideas also differ"

One person is not the replica of another

Even among the brothers of the same parents
we observe a world of difference in
their aptitudes, likes & dislikes & behaviour

It is envisaged in God's Creation, that
every individual is born with unique features
which distinguishes from the rest.

Even among totalitarian states, where
individual traits are not allowed to
blossom, people differ widely from one another

"No two people are alike" can be

said to be the key note when speaking of

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In acts of sacrifice, that by which the offering is made is Brahman, as is the offering itself. Sacrifice is offered by one who is himself Brahman into the fire of Brahman. One who is absorbed thus in thoughts of Brahman in Sacrificial action attains Brahman. - Bhagavad Gita 4:24

INDIVIDUALITY of MAN -

April

DAIVAM SAMAJA ROOPENNA

GOD HIMSELF
SHOWS



in the FORM
of SOCIETY

2009

శ్రీవిరోధినామ/చైత్ర బ.6
బుధవారము / WEDNESDAY
ఏప్రిల్ / APRIL

15

This saying lays before the MAN the importance of community life & community welfare. Man should feel obliged to his community for the several benefits, he enjoys from the society. Man is essentially a social being & all animals & other living things also live in clusters. It is the bonnider duty of every man to take care of his community at large, to look for its welfare & contribute his share of service, in the way he prefers to do. So that in the end he feels satisfied; "I have served my society well & I have been served in turn by my society". This gives us a sense of satisfaction.

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er practice breath control. They offer inhalation into exhalation and exhalation into inhalation thereby restraining both. Still others restrict their intake of food and restrain their breath, Sacricing their vital force. - Bhagavad Gita 4:29

(10/20)

April

2009



16

శ్రీవిరోధినామ/చైత్ర బ.7
గురువారము / THURSDAY
ఏప్రిల్ / APRIL

To the ancient kings & rulers,
this service proved to be the first ideal
of its kind: being the ^{ideal} example of Rama
who lived not for himself, but
for the welfare of his people.

Rulers who understood their people,
or who saw God in them, thrived well,
& earned great name for themselves.

One significant feature of this vedic text is
even in the vedic age, man is advised about
the importance of the community. In other
words, MAN cannot live in ISOLATION.

He is a product of the society, however much he may
live on

All these persons know well the purpose of sacrifice and are purified from evil through its performance. They enjoy the nectar of sacrificial remnants and attain eternal Brahman. O best of the Kuru dynasty. Without sacrifice no one can happily even in this world; what then of the other? - Bhagavad Gita 4.30 - 4.32

(Jai Hind)

YATRA VISWAM BHAVATHI EKA NEEDAM

April

2009

(Althavama vedam)

This is a
Universal Concept



శ్రీవిరోధినామ / వైత్ర బ.8

శుక్రవారము / FRIDAY

ఏప్రిల్ / APRIL

17

Where the world is like a Nest of BIRDS

Envisaged in Vedas, is of great significance
Every syllable of Vedas is aimed at welfare
of the people & peace in the world is stressed
No where to find any parochial feeling of
Concept of fragmentation or division.

The above text describes the world as 'NEST of BIRDS'
We have now the concept of Global Village
World history is replete with long wars
between Nations, leading to untold suffering
to the people, animals & devastation of property
Horrors of war are pronounced
on the common man rather than on the
higher strata of the society.

April 2009

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subduer of the enemy, of the various sacrifices, that of wisdom is far superior to the sacrifice of material possessions,
for whatever may be accomplished by action is realized in wisdom. - Bhagavad Gita 4:33

April

2008



18

శ్రీవిరోధినామ/చైత్ర బ.9
శనివారము / SATURDAY
ఏప్రిల్ / APRIL

Peaceful Coexistence is

disturbed by racism, fanaticism
bigotry, territorial aggrandisement.

This gave scope to start organisations
like UNO, Human Rights Commission
Red Cross to bring forth brotherly
compassion & Tolerance.

19

శ్రీవిరోధినామ/చైత్ర బ.9-10
ఆదివారము / SUNDAY
ఏప్రిల్ / APRIL

While nations may try to

show on to their national characteristics.

it is in the interest of world unity

we should initiate steps toward

world peace, which helps to

maintain peace & tranquillity among
people

May	S	M	T	W	T	F
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April

YATRA KRUTI STATRA GUNAHA

2009

(As one looks, so one his TRAITS)



శ్రీవిరోధినామ/చైత్ర బ.10-11

సోమవారము / MONDAY

ఏప్రిల్ / APRIL

20

"You form a body language reveals your inner traits & characteristics".

A new faculty is growing as PHYSIOGNOMY of its allied faculty "BODY LANGUAGE".

The Qm is can this theory be accurate?

Can the assessment of personality by simple appearance be gauged correctly & accurately?

The Answer is YES / NO

Sometimes our calculation may grow away

As U know, the human element is well beyond any tight jacket formulation. But this

factor alone should not hinder us from

having a broad understanding of the personality stand up before us.

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April

2009



21

శ్రీవిరోధినామ/చైత్ర బ.11
మంగళవారము/TUESDAY
ఏప్రిల్/APRIL

Braady speaking,

Good faul & physical features
generally reflect good character,

While rough & shoddy looks often
are found in undesirable character.

Hence there is some truth in the saying
that "Physical features reflect inner traits

of a person" may be accepted in a general way.

But in these days of sophistication,

Plastic surgery & dress style & Deceit

it may prove difficult to arrive at

right conclusions about a personality by

observing the outward form. However

the saying deserves our serious consideration

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One who has faith and devotes himself with controlled senses to attaining this wisdom is successful in his effort.
Having wisdom and knowledge, he quickly attains the supreme peace. - Bhagavad Gita 4:39

April

2009



శ్రీవిరోధినామ/చైత్ర బ.12
బుధవారము / WEDNESDAY
ఏప్రిల్ / APRIL

22

In this context,
I am inclined to share with you an
Observation as a member of Interview Committee
Once prevailed on the members for unanimity
In every interview, the selectors follow a
various norms to assess the nature & traits
of the candidate interviewed for the job.

I was a Senior member of AEs' AP (Office)
of the rank of Dy Accountant General (Ad)
When we called in for interview some new
recruits for the job of Andhra Assistant
in the revised set up.

Everyday we listed about 30 candidates
for interviews 25 in the forenoon & 25 in the A/P.
Sent out the calls & the people also
arrived. They are assembled in our
waiting hall appointed to our
recruitment cell with a big sit-out
with lot of ventilations & reading material

Those who are ignorant, faithless, or doubting are lost. There is neither happiness nor success
in this world or the next for the doubting soul. - Bhagavad Gita 4:40



23

శ్రీవిరోధినామ/చైత బ.13
గురువారము / THURSDAY
ఏప్రిల్ / APRIL

Each candidate is allotted about fifteen minutes time for questioning by three members of the board, first by the Chairman about his identity & next by a senior member on his specialisation & a third member on his field of activity. The Qns to be offered to the candidates were also listed out in a stereo type format & given to the interviewing officer in a half-margin format, both right hand space blank for filling up the answers in the form / way in which they are presented with a separate column provided at the end for the award of marks allotted by the interviewing officers.

May

2009

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April

2009



ಶಿವರತ್ನದಿನ/ಪ್ರತಿ ಬ.14
ಪ್ರತಿಬುಧವಾರ/FRIDAY
ವಿಜಯವತ್/APRIL

24

In the process

allotted for the day

most of the candidates joined have been interviewed

One fine evening probably on the last day, the interview was almost over but only one candidate waiting with lot of spare time by their time all the types of Qn were put & the guy was able to answer correctly but we were in no mood to select him because the quota allotted for the day is over

But the interview would not be over until the candidate misses to give correct answer. Then the chairman wanted put an embarrassing Qn only to put out the candidate by asking:

Q: DO you know how to sing? YES

Q: What is a National Anthem?

Ans: JANNA GANNA MANNA.

Q: Why not you sing? (Wadiup)

Ans:

Q: Why are you waiting?
Can't you recollect?

Ans: I know every thing but it is too much to expect me to sing while sitting. Everybody stood up & National Anthem was sung. I have abandoned him for no reason on my part.

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A person who is free from both hatred and desire is always renounced. Being indifferent to dualities, O mighty - armed, he is easily freed from bondage and attains liberation. - Bhagavad Gita 5:3

I insisted that the boy be selected but may no marks in the entire list of candidates, which was appreciated by my Hq as well.

April

MUKHE MUKHE SARASWATHI

2009

Let us learn



from EVERYBODY

శ్రీ విరోధినామ/వైశాఖ శు.2-3

సోమవారము / MONDAY

ఏప్రిల్ / APRIL

27

Man has to learn ~~several~~ lessons from several people. For this purpose, he has to keep his mind from prejudice. If a man has a free open mind to draw lessons from others, he will be enriched with new things in a regular constant way.

In our day to day life, we come across various types of people with different IQ. We cannot possess all the talents we see in all the people we come across. The talents which we lack & which we come across in others, ~~should~~ immediately attract our attention & prompt us to study them & grab them.

One who works without attachment ascribing his actions to Brahman is not trained by evil, just as a lotus leaf is untouched by water. - Bhagavad Gita 5:10

(p.to)

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April

2009



28

శ్రీ విరోధినామ/వైశాఖ శు.4

మంగళవారము / TUESDAY

ఏప్రిల్ / APRIL

Our state of mind should be such as to prompt us to appreciate others talents as an on-going process of learning. The expression "Obtain knowledge from all, all, i.e. to obtain knowledge from every face we come across, impose upon us that we must be eager to enrich our knowledge by our contacts with people with whom we come across. We should have the characteristic humility or humbleness to recognise the great talents in others. Otherwise our life will become stagnant. We should also have keen power of observation, pinpoint the good things forgetting our ego. The status of the other person, wealth/education should not come in the way of appreciation of their talents.

The omniscient Godhead does not accept responsibility for anyone's good or evil deeds. Beings are deluded because their knowledge is covered by ignorance. - Bhagavad Gita 5:15

YASTU KRIYAAVAAN PURUSHAH SAVIDWAAN

April

మౌనము క్రియావాన్ పురుషుడు సవిద్యాన్ 2009



శ్రీవిరోధినామ/వైశాఖ శు.5
బుధవారము / WEDNESDAY
ఏప్రిల్ 29

29

This is an ancient text, showing the importance of pragmatic approach in one's study of various books. It is only the man with a pragmatic approach / practical approach to life & study of Texts that becomes a real scholar in the ultimate analysis. (Sa Vidwaan)

Life is all a bundle of activity. A person who dynamizes, applies the information, obtained from the various areas of activities (KRIYAVAN) will be entitled to become a true scholar.

Scholarship hampered into useful activity will only be a true & successful activity.

Otherwise the whole process of learning will turn into obscure metaphysical HYPOTHESIS

April 2009
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May

Manushyanam

Sahasreshu

2009

Geetha Sep



శ్రీవిరోధినామ/వైశాఖ శు.7
శుక్రవారము / FRIDAY
మే / MAY

01

Manushyanam Sahasreshu

Kaschil Yathathi Siddhaye

Yatatanaapi Siddhayanam

Kaschitnam Valti Thetwatha:

Amongst thousands of human beings
a lone one is inspired to strive ^{for} accomplishment.
Even amongst the successful ones, a lone person
understands one with essence - He is to say
One in a million has to become spiritually perfect.
Though spirituality is hinted in the shloka,
it is applicable to every field of ^{human} endeavour
In every field, one in a million ^{can achieve} PERFECTION.

2009

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In fact Success is a rare commodity

Shutting out external sense objects and fixing the eyesight between the two eye brows, equalizing the incoming and outgoing breaths that move through the nostrils, restraining the sense, mind, and intelligence dedicating oneself of liberation, he from whom desire, fear, and anger have departed is forever liberated. - Bhagavad Gita 5:27-5:28

(p10)

Long
May

Krishna goes further,
then He says:



2009

02

శ్రీవిరోధినామ/వైశాఖ శు.8
ఆదివారము / SATURDAY
మే / MAY

EXcellence is DIVINE

Yad yad Vibhoothi Matsattvam

SHRIMAD OORJITHAM EVA VAA

TAT TADEVA ANAGACHCH A TATVAM

MAMA TEJO - AMSHA . SAMBHAVAM

Meaning

"Whatever is brilliant

03

శ్రీవిరోధినామ/వైశాఖ శు.9
ఆదివారము / SUNDAY
మే / MAY

prosperous & well founded

Recognize it is ^{anywhere} infinite in ^{our} splendour

In short, EXcellence has done crying

One should always try achieve perfection

because PERFECTION is the best in all activities

"YOGA KARMASU KAUSHALAM"

This focus on excellence is the most
distinguishable mark of Hinduism

May 2009						
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"Clean Your stomach of all impurities"

Is the medical advice given in the ancient Medical text- "Bhava Prakasa".

That- "Stomach is the seat of all diseases" is a well known & widely accepted proposition

Indigestion, Indiscretions in taking food,

Using Carcinogenic substances are disease producing agents. All these first take their seat in the stomach & spread to other parts of the body.

To counteract this dangerous disorder, Ayurveda suggests an easy practicable advice. It is the regular intake of powdered Cumin seeds

Theera Choorana

mixed with a little jaggery of 5gms weight. Will rid of the stomach of all disorders like liver disorder, anorexia, want of appetite etc.

June 2009

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Even at the time of bedding, the most sacred moment of man's life both man & woman keep their hands on this Mixture.

One who is self-satisfied by dint of scriptural knowledge and realization and is steadfast and sense controlled sees a piece of earth, a stone and gold equally. One so fixed is said to be a yogi. - Bhagavad Gita 6.8

on the heads of the spouses. Know importance of this cumin seed Jaggery Mix in the continuity of this human Race

May

RAKSHITHA SWENA SEELEYNNA



2009
Sundara Kanda
(Rameyana)

శ్రీవిరోధినామ/వైశాఖ శు.12-13

బుధవారము / WEDNESDAY

మే / MAY

06

These words from Rameyana
indicate how SITA Devi during her imprisonment
into Ravana defended her Chastity & Character

She defended herself (RAKSHITHA) with own (SWENA)
~~SITTA~~ Character (SEELEYNNA)

Here sage Valmiki (Author of Rameyana) has
described Seethe as the lady that defended herself
with her own Character. (Rakshitha Swena Seelena)
Her own purity of character proved to be her defence.

Of all chapters in Rameyana, Sundarakantha
occupies utmost importance in the epic.
Ravana is enamoured of the beauty of Sita
but tries to win Sita by involving her
good sense & boarding himself saying that
he is a better personality than her husband.

To this, Seethe by her fearless replies,
stating that he (Ravana) is a shadow in comparison
to the might & character of her husband RAMA

This strong sense of fearlessness & fidelity to
her MAN that astounded Ravana & withheld
him from taking any drastic actions.
It is this fearless defence that proved as
an armour to the Character of SITA Devi

2009

T W T F S

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Aapadi KIM KARANEYYAM ?

May

2009



11

శ్రీవిరోధినామ/వైశాఖ శు.14-15

శుక్రవారము / FRIDAY

మే / MAY

08

Smaraneyam Padayugalam
Ambayah, Tat, SMARANAM KIM KURUTHEY !
BRAHMA DEENAPI KIMKAREE KURUTHEY "

When one faces real Threat to his life,
existence, the only way out for him is
the worship of the lotus feet of AMBAA.
SREE LATHAM BIKAA.

If one remembers her for a fleeting second,
the entire world including Brahma & Deva
want on his side prepared to obey his orders.

The worship of a male God as the
fountain head of all virtues & strength
and a female counterpart as the source of
beauty, health & fertility is a common
thread that runs throughout all the
ancient civilisations in the world.

In the beginning of vedic culture the
prominence was for male gods under
the commandship of INDRA. However
one's own mother was the greatest source
of energy & protection for each of us &
also the fact that woman as a life alone

June 2009

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28	29	30	*	*	*	*

Making his mind one - pointed and controlling all the activities of his senses, he should sit on that seat and engage in
yoga for the sake of self - purification. - Bhagavad Gita 6.12

Can make the life of a male with living,
people started giving prominence to the female as a DIETY

May

2009



09

శ్రీవిరోధినామ/వైశాఖ శు.15-బ.1
ఆదివారము / SATURDAY
మే / MAY

అన్నమాచార్య జయంతి / Annamacharya Jayanthi

The female ages,
the mother goddess
gains ascendancy
over the male counterpart.
The tendency was genuine.
even in Vedas how great
mantras were always

10

శ్రీవిరోధినామ/వైశాఖ బ.1-2
ఆదివారము / SUNDAY
మే / MAY

considered
representing a female deity.

JAYANTHI is the most prominent example.

"

NA GAYATRA Parvati Mantra

NA MAATHO Para Devathe

NA HARE PARATA STAATHA

NA Annantale peethakam Parvati

May							2009
S	M	T	W	T	F	S	
31	*	*	*	*	1	2	
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Holding his body, head and neck erect, he should remain motionless and steady, concentrating his vision on the tip of his nose without letting it stray here and there. - Bhagavad Gita 6.13

May

2009



శ్రీవిరోధినామ/వైశాఖ బ.2
సోమవారము / MONDAY
మే / MAY

11

Adi Shankara who is Lova Shiva
himself knew this well & so he proclaims
in SOUNDARYA LAHARI like this

4/

SIVAH SAKTHYA YUKTHO

YADI BHAVATI SAKTHAH

PRABHAAVITHAM

NA CHED ENNY DEVO NA KHALU

KUSHALAH SPANDHITHU MAPI "

In the company of Sakthe,
Shiva is capable of performing
all the functions of creation
maintenance & destruction
But the same Shiva,
if Sakthe is not with him,
will not have the capacity even to move
a little, this side or that side.

2009

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(p10)

With his mind quieted, fearless, observing a vow of chastity, controlling his mind by fixing his thoughts on me, he should sit concentrated in devotion, holding me as the highest object. - Bhagavad Gita 6.14

May

2009



12

శ్రీవిరోధినామ/వైశాఖ బ.3
మంగళవారము / TUESDAY
మే / MAY

To express our gratitude
to the mother, who is the
source of knowledge,
wealth,
energy &
all that is great

We celebrate MAA RATHA

The greatness of celebrating మాతా
is in its uniqueness that it is
the only festival celebrated
both in the north & south
or EAST & West

of observed all over the country
in all the temples or
the households of all
religions & sects
of Hindus

May							2009
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31	★	★	★	★	1	2	
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IDLE MIND is a Devil's Workshop

May

2009



శ్రీవిరోధినామ/వైశాఖ బ.4
బుధవారము / WEDNESDAY
మే / MAY

13

I remember it from my childhood,
I am made to believe in the truth of the
proverb "Idle mind is a Devil's Workshop".

But of late, I came across a Buddhist's
view which is quite contrary to this slogan.

① Sit in a comfortable position (పద్మసవం) as
Lotus or just cross legged in a quiet place,
with the spine erect
hands folded across your lap
with the right palm resting on the left.
Eyes angled at the point of the nose
shoulders thrown back
Chin slightly tucked in &
tongue tip touching the palate of slightly open mouth

② Steady the mind with slow & regular breathing
Focus on the breath till u feel reasonable steady mind
Observe the mind carefully. *Let's happen inside*

June		2009				
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28	29	30	*	*	*	*

Quite likely all thoughts & perceptions arise in mind
Some come & some go & some linger
This is our normal experience

Thus always disciplining the self, the yogi whose mind is controlled attains the supreme peace situated in me,
beyond the cessation of material existence. - Bhagavad Gita 6.15

Here begins the interesting part → pto



14

శ్రీవిరోధినామ/వైశాఖ బ.5
గురువారము / THURSDAY
మే / MAY

While it is common for U to be aware of
reactions going on around, U will be

1) Not unless there is an engagement of
any sense receptor or feeling by the
intervention of any of the SIX SENSES
(5 senses + conceptualised mind as the sixth)

No response can be forthcoming at the form
of body or speech actions. If mean
if U don't get engaged in the thought/feeling
the die a natural death or fade into coldness

2) Slowly come out of this isolation & return to
the ordinary state. As soon as some external
stimulus is given to the mind in the form of anger or
your mood changes. But implyment small
if U can effortlessly change this negative thought
immediately recede the heart
into a delayed response, the result can be pleasant

3) Train Urself in mindfulness things dedication
Actions themselves have no capacity to bring on benefit
unless dedicated. such dedication
free from pride or ambition one brings
happiness through liberation from suffering

Arjuna said : O Krishna, what destination befalls one who, although possessed of faith, is nevertheless uncontrolled
what happens to one whose mind has fallen away from yoga practice without having achieved perfection?

Vedas vs Ayurveda

2009



15

Vedas are the earliest form of documented knowledge.

The six systems of Indian philosophy are:

- Nyaya
- Vaisheshika
- Sankhya
- Yoga
- MEETAMASA
- VEDANTHA

These are the authentic of Vedas

Of the four Vedas, Rigveda; Samaveda; Atharvaveda. Atharvaveda contains more intimate reference to medical knowledge & practices - so Ayurveda is an auxiliary limb of Atharvaveda.

The philosophical meanings make Ayurveda more than a medical manual. Temp. radically it is more medical oriented.

It is a system of medicine built upon philosophical system of medicine. It does not go on changing with a point of time.

In fact - Ayurveda has a unique self-designed axiomatic framework as its foundation which remarkably holds out a true global view. It assumes a fundamental continuity between

mighty - armed, is he not lost in his pursuit of transcendence like a river cloud with no solid footing in either world?
Bhagavad Gita 6.38

All elements of a universe & peculiar MAN
an integral part of nature →

May

2009



శ్రీ విరోధినామ / వైశాఖ బ.9
సోమవారము / MONDAY
మే / MAY

18

Health is defined
as a state wherein the Dynamic balance of
Vaccus, Doshas, Dhatus & Malaas is
maintained, metabolism is @ optimum level
— Soul—mind—sense organs are @ sublime position

The Structural & functional. units of
human body are composed of 5 basic
elements known as PANCHA BHUTAS
Which are: the EARTH
The Water
The FIRE
The Wind
The SPACE

These five
have influence
on certain
parts of
human constn

DISEASES

are the malfunctioning of
the substances with the equilibrium
of the body constituents
including Doshas & Doshas

According to
Ayurveda) Medicine if well administered,
becomes an equalizer of various elements
by diminishing excess & making up deficiencies

Ayurveda embraces all spheres of medicine
emphasizes on a holistic vision

2009

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Arguna said: O Supreme Person, what is meant by Brahman, what is adhyatma, what is karma, what is adhibhuta, and what is adhidaiva? Who is the adhiyajna and how is he situated within the body, O Madhusudana, and how are you to be known at the time of death by those who are self-controlled? - Bhagavad Gita 8.1 - 8.2

May

2009



16

శ్రీవిరోధినామ/వైశాఖ బ.7
శనివారము / SATURDAY
మే / MAY

(X4) Every opening ⁱⁿ of the body
of the ears & voids
of internal sounds of the body
belong to the element of space

17

శ్రీవిరోధినామ/వైశాఖ బ.8
ఆదివారము / SUNDAY
మే / MAY

The element of fire also
influence the human body
like the body heat, eyes
digestive activity &
also feelings of anger & passion

Recognition of the elemental
basis of
human body &
outside world
has profound
implications
in the practice
of Medicine

May

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He who has fallen from the path of yoga attains heaven and dwells there for what seems an eternity. Then he is born into a family of wise transcendentalists. Rate is



శ్రీవిరోధినామ/వైశాఖ బ.11
బుధవారము / WEDNESDAY
మే / MAY

20

(101) Shows himself in the form of Society

The Sage says before the MAN the importance of Community life & community welfare. Man should be obliged to the community for several benefits he enjoyed bestowed by his society.

Man is essentially a social being. Animals & other living beings like birds also live in groups & clusters.

It is ∴. fundamental of every human being to work for the welfare of the community so that ultimately he gets the needed satisfaction. "I have served my society well & in the same way as I have been served."

Rama also lived for his people & their welfare. Even in ancient Vedic ages, man is advised about the importance of community.

Man cannot live in isolation. He is but a product of the society - however lonely he may be.

2009

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28 29 30 * * * *

VAIDYO NARAYANO HARI ||

May

जरी जरी भूत
औषध जाहवी तिस



व्याधि ग्रस्त कलेजे 2009
वीर्य नारायण हरि ॥

श्रीविरोधनाम/वैशाख ब.13

शुक्रवारम् / FRIDAY

मे / MAY

22

SAREEREY JARJAREY BHITE

VYADH GRASTHA KALEBAREY

AUSHADH JAHNAVE THOYAM

VAIDYO NARAYANO HARI ||

When the body is subjected to decay
due to old age, all sorts of Ailments
attack you, the ~~the~~ ^{only} medication is the
cold waters of Ganga & the Dr is Lord Krishna,
HARI or NARAYANA.

Oh, my beloved friends,
I see the embodiment of the Narayana
in everyone of you. I don't care if
if U call it Hallucinations but
the ultimate truth for me is the one

People who do not have faith in this (prema) dharma, O destroyer of enemies, do not attain me.
They are reborn on the path of death and transmigration. - Bhagavad Gita 9.3

DURITANI

(BAD)

PARASUVA

(Aloof)

May

2009

Keep the BAD



ALOOF (AWAY from U)

శ్రీవిరోధినామ/జ్యేష్ఠ శు.1

సోమవారము / MONDAY

మే / MAY

25

"Keep the BAD Aloof from you"

This is an advice that stresses the significance of being with the co., you keep.

This is more so amongst youth & students
Peer influence or influence of friends
goes a long way in molding or character

Keep away from the bad & undesirable
One may not be drug addict or alcoholic
but his negative influence can be
imprinted to some degree on others.

Man often tries to improve himself
by selecting ideal men/women as counterparts
This advice or guideline that
is ingrained in man from birth

Hence it should always be constant
endeavour of man to allow
himself to be among good people
all desirable qualities

2009
S M T W T F S
1 2 3 4 5 6
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28 29 30 * * * *

Narayana Jayanthi

May

2009

26th May/10



26

శ్రీవిరోధినామ/జ్యేష్ఠ శు.2
మంగళవారము / THURSDAY
మే / MAY

In his various Avatars
Bhagawan Vishnu
manifested himself
in various forms to destroy evil
& protect the interest of his devotees

When Prahalad claimed support from
Lord Vishnu, Hiranyakashepu
demanded Prahalad to show his God.
"He who is your Vishnu" says me
Prahalad replied

"గొర్రె నెఱుంగు లేదు"

"పక్షి పక్షి లేదు గొర్రె పక్షి కాదు"

To honor the Lordy Prahalad,
the Lord manifested himself
in the stone pillar ystine
& gave protection to Prahalad
& killed Hiranyakashepu.

To Lord
Jai Narayana

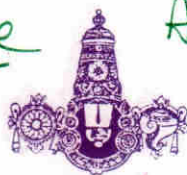
Please keep
my stomach
in perfect order
always in
working condition

May		2009				
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SATYAMEVA

JAYATHE

May (Truth alone Always Triumphs) 2009



శ్రీవిరోధినామ/శ్లోకం పు.3
బుధవారము / WEDNESDAY
మే / MAY

27

In everything you do & perform
use the strength & Talent WHICH WHICH
you are endowed
to speak & act Truthfully

At first, you might fail in ur first attempt
as you might encounter some difficulties
and suffering. But ultimately, you are
bound to succeed & achieve victory.

Each one of you must pay a
constant attention to your habits &
to the personal traits of your character.

Always remember the maxim,

SATYAMEVA JAYATHE
(Truth alone Triumphs)

Through your behavior & way of life,
You can realize the Truth & Paramatma
(the ETERNAL SELF)

2009

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★ ★ ★ ★ ★



శ్రీవిరోధినామ/శ్లోకం పు.5-6

పునవారము / FRIDAY

మే / MAY

29

The sloka

Speaks of the age of Vedas

Gramophone was invented by ^{Thomas Edison} in 19th Century.

Other gadgets like Electrophon -
- Motion Picture Camera

When he invented Gramophone, he wanted to record the voice of an elephant scholar for posterity for the first time.

For this purpose Max Muller was invited to come to the stage & speak on Gramophone. Edison got it recorded on a disc & played.

Max Muller asked the crowd what he spoke in the morning in their presence & what they heard on G. phone. It was all Greek & LATIN for them. This was the first recorded version on G. phone.

Addressing the audience, he said

Vedas are the oldest text of the human race.

^{above} The sloka was the first verse of Rig VEDA & spoken in Sanskrit. When his record was played again everybody stood up & paid respect for the ancient Hindu sages & for their Sanskrit version.

2009

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Shraddhavaan Labhate Jnanam

tes

(The persevering seeker secures wisdom)

It is mentioned in the Vedas
that "SUCCESS begets SUCCESS"

But what is "success" & what is "success
to be achieved" & what is the path to
"success" you should aim at?

In this context Bhagavad-Gita
declares that "ॐ श्रद्धावान् लभते ज्ञानम्"

This means with perseverance
or ॐ श्रद्धा (earnestness), no success can
be achieved in the strict sense.

Man is not able to achieve significant
progress towards the Divine due to absence
of true intent & ॐ श्रद्धा on spiritual side.
Without intent & ॐ श्रद्धा on spiritual side, no need of
Lm help you.

Study of scriptures and
chanting God's names may be good

But if there is no love or intent, Lm is
the basis of all SAAHDHANA (spiritual discipline)
they are of no use.

June

నేల నీకానె భుజియితి
(Man is not satisfied with WEALTH.)



2009

శ్రీవిరోధినామ/జ్యేష్ఠ శు.9
సోమవారము / MONDAY
జూన్ / JUNE

01

This is a festive Corollary to the idea that unceasing pursuit of wealth & sensual satisfaction does not express true glory of human spirit. The glory we come to enjoy only through the control of sensual nature.

This is the renunciation of the TRIVIAL & PRIVATE manifestation of the LARGE & INFINITE. True FREEDOM & Delight comes to man only through Renunciation". - says ISA UPA NISHA.

Nachiketa was not ascetic pursuing sterile ascetic ways. He loved life & its pleasures of joys & sorrows. But he loved Truth more than both.

He pursued life singlemindedly, not that the life he lived might be true life, the joys he experiences might be true joy & happiness.

He realized the pursuit of knowledge & Excellence is a strenuous exercise needing health & vigour of the psycho-physical system. He was so dead-set on his pursuit of excellence that he politely asks

2009

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Those well versed in the three Vedas seek heavenly attainment after worshipping (me) through sacrifices, drinking soma and thus becoming purified of sin. Having acquired the results of their piety, they attain the abode of Indra, where they enjoy godly delights in heaven. - Bhagavad Gita 9.20

YAMA is keep all the attractive things for himself

DHARMO RAKSHATHA | RAKSHITHAHA

June

2009



శ్రీవిరోధినామ/శ్లోకం పు.11
బుధవారము / WEDNESDAY
జూన్ / JUNE

03

Law of Economics is diff from Law of Dharma.
It is different tier hand. money is being misused
by the pundits. or maybe to one unduly

I would rather suggest a retained fee to
the pundits from the Trust. - which can
take a job of hiring priests as well.
Some rich people pay pundits well while
the poor man makes free donation.

A poor man may pay more for purchasing ^{valuable} articles
while poor man may go without it. so the
same rule cannot be applied to DHARMA.
The poor & middle class should not leave
the Karma or Dharma. since the pundits
are demanding more than their capacity.
yoke is too heavy for future generation
have not attend temple at all.

We need a retained fee to pundits
should sort out all problems
including the selection of pundits,
so that pundits are accept or even a
little offering are made by the public
Indus and Dharma protect Dharma

DHARMO RAKSHATHA | RAKSHITHAHA

For those persons who worship me, directing their thoughts to me without deviation, who are always united with me in
(bhakti) yoga, I carry what they lack and preserve what they have. - Bhagavad Gita 9.22

With U Good Luck.

June

2009



02

శ్రీవిరోధినామ/జ్యేష్ఠ శు.10
మంగళవారము /TUESDAY
జూన్ /JUNE

Happiness is a state-gained
arrived at by itself during
its happiness and the
external set up functioning
in TIME
PLACE &
CONDITION

Newsceller's statement that
"no man can be made happy
by WEALTH is a statement of TRUTH"

This is obvious but—
rarely recognised
in our daily life—

Man can enjoy WEALTH
only as long as he lives but—
not later on—

Receive the Truth
& behave well
towards Riches—

Best of Luck

June

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28	29	30	★	★	★	★

Be free from  of RAJASIC & THAMASIC

శ్రీవిరోధినామ/శ్రేష్ఠ శు.13
శుక్రవారము / FRIDAY
జూన్ / JUNE

05

Man should try, by all means & his disposal to follow "SATWIC ways" and be away from "RAJASIC" & "THAMASIC" attributes."

Bhagavad Gita in "Guna-traya vibhaga" chapter fully details into the classification of Man's attributes into Three ways (Tri-Guna). All men are divided 3:

I (Best type) of MEN are SATWIC, soft & disciplined and always in pursuit of knowledge
— They are Thinkers; Scientists; Drs; Engineers

II (Med type) are RAJASIC: down to Earth practical people
Some are Marxists, some technicians etc.

III (Low type) TAMASIC who follow the world in a conservative, slavish manner & lazy & occupy the low strata of life/society

For a Comprehensive view of these 3 categories "Guna-traya Vibhaga" of Geetika tells us that
We should be free from RAJAS & THAMAS
which means that we should follow SATWIC ways
in life & eschew the last two Rajas & Thamas

July 2009

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Om Bhaur Bhura Suvaha

Tat Savitur Varunyas

2009

Bhango Devasya
Dheemahi



Dheeyo yanaha
Prachodayat

శ్రీవిద్యానామ/శ్రేష్ఠ బ.1
సోమవారము / MONDAY
జూన్ / JUNE

08

The literal meaning of this
Savitur Varunyas is :

"Oh God, U are omnipresent
omnipotent &
Almighty,

You are all LIGHT

You are all Knowledge & Bliss.

You are all Destroyer of fear

You are the creator of this wide Universe.

You are the greatest of all forces & energies

be how dare to meditate upon. U r LIGHT

You please
You guide our intellect in the right-direction

2) You are worthy of homage with respect.

That (That God) Savitur (The Sun)

Varunyas (Worthy of homage)

3) Bhango (the hymn) Devasya (of the deity)

Dheemahi (We bow & meditate on U)

4) Dheeyo (intellect) Yo (Who) nah (we all)

Prachodayat (guide us to the right-direction)

2009

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Even if a person of very bad behaviour worships me with undivided devotion, he is to be thought of as saintly, for he has the proper resolution. He quickly becomes righteous and attains lasting peace. O son of Kunti, declare it boldly that no

(P.10)

June

200



09

శ్రీవిరోధినామ/శ్లోక బ.2
మంగళవారము / TUESDAY
జూన్ / JUNE

The scientific interpretation of Mantra

The Earth (Bhuv) and
the planets (Bhuvaha) &
the galaxies (SWaha) are moving
at a great velocity (on the horizon)
the sound produced is "OM" the name
of the formless God
(TAT)

He manifest himself in the form of light
of the SUN (SAVITUR)

is worthy of bowing & bowing / ^{with} respect
(Varenyam)

We all therefore meditate
upon ~~the~~ light (Bhango)
(Sheemashee)

of the DIETY (DEVASYA) and
also chant the famous syllable "OM"

May HE (yo) guide us in right direction
(prachodayat)
& promote our intellect (DHIXO) . The total
energy generated by the movement of galaxies
(NAH)

June						
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★	1	2	3	4	5	
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28	29	30	★	★	★	

The Lord of Shri said: O mighty - armed one, listen again to my supreme advice, which I shall speak to you,
beloved one, desiring your welfare. - Bhagavad Gita 10:1

$$E = mc^2 = (\text{mass of galaxies} \times \text{velocity})^2$$

June

2009



09

శ్రీవిరోధినామ/జ్యేష్ఠ బ.2
మంగళవారము / TUESDAY
జూన్ / JUNE

Free scientific interpretation of Mantrae

The Earth (Bhuv) and
the planets (Bhuvaha) &
the galaxies (SWaha) are moving
at a great velocity (on the horizon)
the Sound produced is "OM" the name
of the formless God
(Ishwara) (TAT)
who manifest himself in the form of light
of the SUN (SAVITUR)
is worthy of bowing & bowing / with
(Vandana)

We all together meditate
upon the light (Bhanga)

of the DIETY (DEVASYA) and
the sound the famous syllable "OM"

May HE (yo) guide us in right direction
(prachodayat)
& provide (our) intellect (DHIO) . The total
energy generated by the movement of galaxy is

The Lord of Shri said: O mighty - armed one, listen again to my supreme advice, which I shall speak to you,
beloved one, desiring your welfare. - Bhagavad Gita 10:1

$$\frac{1}{2}mv^2 = (\text{mass of galaxy} \times \text{velocity})^2$$

June	2009						
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SATYAM BROOYTAH, PRIYAM BROOYATH

June 11

BUT Speak Truth  Speak or PALATABLE 2009

శ్రీవిరోధినామ/జ్యేష్ఠ బ.3
బుధవారము / WEDNESDAY
జూన్ / JUNE

10

Our Speech should have

Two Characteristics $\left\{ \begin{array}{l} \text{One is TRUTH} \\ \text{Second is AGREEABILITY} \end{array} \right.$

People think that truth is always a harsh reality & go on speaking it out without any consideration about its agreeability.

Speaking Truth is a lofty objective to make a situation genuine & sincere & if need be to correct a scenario from getting degraded or discoloured. Truth, in addition to present delivery, will have an added effect when we have doubtless benefit.

Here the adage refers to not one but two aspects viz, Truth & delivery in a soft-natured palatability. The 2nd aspect of pleasant way, without the cost of truth, is a more difficult, requiring ^{deep} study, meditation & discipline.

The two sided coin (Truth + pleasantness) will doubtless bring about - a positive effect, because a blunt ^{spoken} TRUTH ^{bring} Things you don't expect result, may ^{bring} adverse effect. This Truth + soft delivery are the two sides of the coin.

Neither the gods nor the great sages know my origin. Indeed, I am in all respects the source of the gods and great sages.
Bhagavad Gita 10:2

Which fetches more value & benefit to mankind

SA TARATI

SA TARATI

LOKAN STARAYATHI

June

2009



(NARADA Bhakti
SOOTRAM)

శ్రీవిరోధినామ/జ్యేష్ఠ బ.4-5

పుకవారము / FRIDAY

జూన్ / JUNE

12

This is a short, pithy saying from
Narada is a great proponent of Bhakti
school of thought. He gave us
"NARADA Bhakti Sootras" enunciating a
Bhakti principle to be followed by us
when adopted & followed by us, leading
us quick way to LORD aka Moksha

Though generally Narada earned a bad name
of "KALAH PRIYA" or "Kalah Bhoja"
he is regarded as the preceptor of all devotees
who always reveals himself in praise of LORD
& earned the name of MAHA BHAKTA

Narada states that such a devotee, a Bhakta
attains Salvation (Sa Tarati).

He crosses (TARATI) the human limitations
and attains Divinity.

But Narada adds something more to it.

Such a pious devotee not only attains DIVINITY
crossing mundane barriers himself,

but also by his life makes others attain the
attain the goal (Lokan Starayathi)

SA TARATI — SA TARATI = He attains — He ascends

The seven great sages of old, as well as the four (Kumaras) and the Manus from whom the world's creatures have
come, originated in me, born of my mind. - Bhagavad Gita 10.6

But helps others also to attain SALVATION



శ్రీవిరోధినామ/జ్యేష్ఠ బ.7
సోమవారము / MONDAY
జూన్ / JUNE

15

Truth is ONE, but—

Wise People refer to it by various names.

God is only ONE, but he is not two or three
Though different people refer to Him
by different forms & names @ diff places.
God is OMNI-Present (present everywhere)
though he incarnates in different forms
in diff places to satisfy diff. needs.

It is only our illusion that we call
different names to different Gods like
Rama, Krishna, ESHI or Allaha.

The Sun God is only one & he ~~appears~~ appears differently
in different places in different sizes & shapes
at different timings. Since our perceptions are
different, we ascribe different names &
different forms. Realize that God is always present
everywhere, in every individual & in every country.

To those who are constantly devoted, who worship me with love, I give the power of discrimination
by which they come to me. - Bhagavad Gita 10.10

God is OMNI Present-OMNI POTENT & OMNI TIENT

June

VAD BHAVATH, TADH BHAVATHI
 (As you think so you become) 2009



శ్రీవిరోధినామ/శ్లోకం బ.9
 బుధవారము / WEDNESDAY
 జూన్ / JUNE

17

You must understand the prompt of Divinity,
 because nobody helps U in the way God helps You
 Control your emotions & develop LOVE
 Do not entertain evil or cruel thoughts.
 Nothing can explain / convey the experience
 of Bliss the proximity of God gives U.
 LOVE All, so too All will love U
 Share Ur love even with your pet animals
 & see how they respond to Ur commands.
 As you think & do, so you will become
 You are bound to face the reflections,
 reaction or response of your feelings,
 be they good or bad.
 If U see bad in others, it is a reflection of your
 feelings. It is a mistake to blame others,
 if you ignore your own faults.
 Purify your own feelings as the first step,
 so that U love first good in others

2009

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Know yourself through your own power, O best of persons, cause of the welfare of beings, Lord of beings, God
 of Gods, Lord of the universe. - Bhagavad Gita 10.15



శ్రీవిరోధినామ/జ్యేష్ఠ బ.11

పుకవారము / FRIDAY

జూన్ / JUNE

19

This adage gives out the importance of maintaining adequate war force for the peaceful existence of the subjects of a kingdom.

Force or DANDA is an essential feature of any state or kingdom. Indian history is full of lessons that kingdoms suffered for wanting force to defend their land. Moghuls & British used their ~~armies~~ ^{armies} to conquer India & China with their nuclear power force.

Lord Vishnu carries his Sudarshana Chakra
Lord Shiva his TRIDENT (త్రిశులం)
Durga Devi her long SWORD
Hanuman his BOW & ARROW

The state should be armed sufficiently.

"Have FAITH in God." But keep the gun ^{DRY} ^{ROUNDER} ^{DRY}
So goes the saying.

Even if and when, the preceding narrative did not result in taking military action on Kashmir, if Pakistan does not respond favourably. So be alert with your arms.

2009

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SAATVAMASI AMOOHAM

une



2009
AMOOHAM ASMI

(Vivaha Mantham)

శ్రీవిరోధినామ/జ్యేష్ఠ బ.30 సాం

సోమవారము / MONDAY

జూన్ / JUNE

22

In the Vedic style of Marriage,
the bride groom is asked to chant this:
1. means:

"You do not commit Mistake".

"If I do not cheat ME, I too do not cheat U"

Fidelity is seen as a great moral. dictum

In Vedic rituals, both husband & wife sitting together
sounded off a Vibration to God & pray for long life
this type prayer imposed life has made families
a well-knit units continuing the Vedic heritage.

Mutual Fidelity to the dear partner is given ^{TOP} PRIORITY

Marriage is not for convenience or PLEASURE
vedas saw marriage as a holy bond of two souls
to bring forth children & help continuity
of the family progeny & the race long time.
& continuance of rich heritage.

The Western world pays respect & regard to our
Vedic ancestry & well-knit families &
the sanctity of marriage holding us together
right from the least literate to highly learned.

2009

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14-16
Bhagavat GITA

శ్రీనివాసామ/ఆషాఢ శు.2
బుధవారము / WEDNESDAY
జూన్ / JUNE

24

A already explained, GITA divides all the
Trails of a man into 3 categories:
SATWA; RAJAS; TAMAS.

Of these 3, SATWA as a top quality
assumes top priority. While
the other two follow in relative order

Taking satvic food & following satvic &
soft ways of devotion to God, according to the
present quote brings purity & soft sweetness
(Nirmala phalam)

If U want to follow lead a
peaceful & undisturbed life,
one must follow satvic ways; because

all the present acts of murder, rape, arson &
all other aggressive ways, are products of Rajas/Tamasic

The Satvic ways are well defined well in the
"సత్యం యోగం శాంతిం దేహత" of GITA. A reading
of chapter on Yoga will make us realize

2009

the trails prescribed hereon & violent way be eschewed
by the aspirant or sadhaka.

SATVIC ways when adopted will give U peaceful results.

death, destroyer of all; I am the source of all things yet to be. Of women I am fame, prosperity, speech, memory,
intelligence, fortitude and forbearance. - Bhagavad Gita 10.34

Says GITA

June

2009

What is the SECRET to live joyfully?



25

శ్రీవిరోధినామ/అపాధ శు.3
గురువారము / THURSDAY
జూన్ / JUNE

Cultivate one pointed
steadfastness in whatever you do.
Same Drushti (Esnekmindness) is the right & auspicious
onlook (Subha Drushti) for your well being & happiness.
All Creation must appear equally auspicious to you.
U must look at all beings with equally (సాక్షి) &
auspicious look like love & faith as in our kith & kin.
For there is no evil in any creation.
Evil appears only through faulty vision.
Creation gets colored not by nature of glasses we wear.
By itself it is eternally pure & holy.

Know the

of Ur foot steps, U earn a fraction Ur limb
of Ur Tongue steps, U fraction someone's faith & joy.
That fraction can never be set right
That wound can never be over.
The softer U talk, the less U Talk
The steeper U talk, the better for U & the world.

June 2009						
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28	29	30	★	★	★	★

ATYASANNA VINASAYA DURASTHANNA PHALAPRADA 2009

June

SEVYATAM

MADHYA BHAYENA

RAJA VAHNI

GURUH STRIYAH → ముఖ్య



శ్రీవిరోధినామ/అపాధ సు.4
మృగవారము / FRIDAY
జూన్ / JUNE

26

if one gets too close to a king, to fire to a preceptor or WOMAN, it is doom for him.

if we be equally disastrous to keep too much distance away from them.

A sensible person will do well to keep a balanced proximity with these people because:-

- ① 16 favor of king & men in power are essential for an existence. They have undue power to finish us. so a lot of discretion is required to deal with them & save our skin.
- ② Without fire, an animal is impossible, because we cook our food on fire - keep off fire.
- ③ With preceptor, if we keep close, he will drive crazy with his dharma all the time. But without preceptor (adva) we will be no where. So discretion is better part of an advice.
- ④ The same discretion is required ^{here} to deal with women ^{specially Mother-in-law}. They are beautiful flowers from a distance but very close & this makes up our short off.

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heard in detail from you, whose eyes resemble the petals of the lotus, about the origin and dissolution of beings, as well as of your imperishable glory. - Bhagavad Gita 11.2

Familiarity breeds contempt

ANANDO BRAHMA ETI VYAJANAAT

June

HAPPINESS



is not Everything

2009

శ్రీవిరోధినామ/ఆషాఢ శు.7
సోమవారము / MONDAY
జూన్ / JUNE

29

Strictly speaking,

Pursuit of happiness is the essence of life.

You are neglecting the Ananda Pada Kosha.

Sure it is not everything, because

it has no recognition about the other 4 Koshas: (Anna + PRANA + MANA + Vignana)

Every one knows how to be happy,

at least for a very short time

but it is very expensive &

also not durable. but -ve effects.

Like Scratching an Itching Wound makes Us happy

but it will aggravate the wound

Drinking also makes us happy but
no talent making Ur head heavy
but a long hangover.

How to be happy at all moments is the
essence of our religion: Need to

Bhagavade Sloke: YOGA RATOVA

BHUGA RATOVA

SANSHA RATOVA

SANSHA VITHEENATHA

YASYA BRAHMANI

RATATHE CHITHAM

2009

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○ Lord, if you think it is possible for me to behold this, O master of mystics, then show me your imperishable
Self. Bhagavad Gita 11.4.

NANDATI - NANDATI /

/ H0



30

శ్రీవిరోధినామ/ఆషాఢ శు.8-9
మంగళవారము / TUESDAY
జూన్ / JUNE

The idea of Happiness is a ^{kind of} IGNORANCE
If Ur understanding is healthy, U are never going
to much importance to happiness.
If we do so, it is due to an ignorance
Happiness is not the aim of a life
but it is the fruit (consequence) of an action
If U think of happiness too much, then
U are a slave of Ur senses
Understand the game of our senses &
then go beyond them. Discover the
pathway of life which gives permanent happiness

No body enters the path with clarity
So even if U are ignorant or
You have the aspirations

Somehow U are get connected.

But U understand by happiness lies on surface
Even U have at a deeper level
U give importance to clarity of consciousness

The Lord of Shri said: O Partha, behold my variegated, exceedingly wonderful, multicolored and multishaped forms in
their hundreds and thousands. - Bhagavad Gita 11.5

Which gives U purpose of Your existence

June							2009
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For instance,

if U have an understanding of life,
and what U want in life:

On the basis of what you know already,
your god is to find happiness?

A 0 under exposure in life,

Our understanding goes higher & deeper

↳ Ur understanding develops deeper,

U begins to see that "Happiness is not everything."

There's something beyond that happiness
that comes & goes - U will realize

1. Text - being content & subject

is something more important than
no matter what the circumstances are.

U can be content, if U work to think so.

Earlier U seem } How can I be content,
to think } even I don't have this / that

Ans Our level of understanding has changed

Ur outlook & perception. Perhaps

U may feel important but the TARGET

From V reach the top there is nothing higher to climb

9. You are only looking for happiness,

- ↳ can't climb high w reach or target
- ↳ low fuel consumption & balance

of U Low fuel content and balance

SANEA CH CHADVAM

SAMVADA DHVAM

July

(Rigveda) 2009

The following saying
carries world significance



శ్రీ విరోధినామ / ఆషాఢ శు. 9-10
బుధవారము / WEDNESDAY

జూలై / JULY

01

"Let us walk (gachchal-) Together (SANEA)

Let us Talk (Vada) Together (SAM)"

This saying is of great importance
for the harmonious living of people
in a community.

This is laudable,
as it shows on the cardinal ways,
man should observe in a society.
This is as important now as in Vedic period
Hence it is sanctified

Vedic sayings (Rishu Vani) are timeless
& eternal in its values & acceptability

Man is a social being & should learn & adopt
all the ways to live in peace & harmony
with his fellow human beings.
This adage indirectly warns a man to avoid
petty mutual bickerings & live amicably

He should neither be a recluse nor antisocial
He should release his obligations & contribute
his mite to its peace & progress.

2009

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...ever Krishna, the master of yoga and the archer Partha are there will always be good fortune, victory, wealth, well-being and righteousness. This is my conviction. - Bhagavad Gita 18.78

Be civil. Let us walk together & Talk together

SUKHA SPARSASCHA MARUTAH

2009



శ్రీవిరోధినామ/ఆపాద శు.11

శుక్రవారము / FRIDAY

జూలై / JULY

03

"And they lived happily ever thereafter" is generally the ending of any fairy tale be heard!

At the end of great epic RAMAYANA, the text -
"SUKHA SPARSASCHA MARUTAH" comes
meaning thereby "that people of Ayodhya of Rama
lived happily with a fine wind
& breezes blowing over their place"
indicating the meteorological
aspect of the Rama Rajya.

A happy cool breeze (Sukha sparsha Marutah)
touching (sparsha) bodies, needs no elaboration
as an exhilarating experience to men.
Everyone wants to enjoy cool breeze touching
him or her. People go out to hill resorts &
seaside to experience healthy cool breeze.
It is stated that environmental heat is to be
two degrees less than our body heat, so that
it is conducive to the longevity of MAN.

Both summer heat & waves of cool breeze
are unhelpful to the health & longevity of MAN.

2009

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Yoga system also enunciates that a
yogi should continue his practice in a room
which is, free from extremes of climate.
(SUKHA SPARSASCHA MARUTAH)

...in this form were many faces and eyes, many wonderful visions, divine ornaments and uplifted divine weapons. It wore
...garlands and garments, was anointed with divine scents, abounded in many wonders; it was resplendent, limitless
and its faces were turned in every direction. - Bhagavad Gita 11.10 - 11.11

(They lived with happy breezes touching them)



శ్రీవిరోధినామ/అష్టాద శు.14
సోమవారము / MONDAY
జూలై / JULY

06

परैरुक्त मुणौ YAASTHU
निरुमाणेपि मुणी भवेत्
इन्द्रोपि बहुताम् याति
स्वयं प्रव्यपितैर मुणैः ॥

Even the small merits of the people
who do not deserve any particular praise
gain great importance when the accolades
come from others. However, even if Indra
the powerful king of gods (though a powerful person
will look silly & childish, if he attempts to brag
of his own meritorious deeds.

PRAISE should come from others. This alone
is becoming respectable. In dramas be first
person talking too much of his knowledge & his
robust personality would be so much influence
but that may be alright in a drama.

But in day to day real life, if any tries to
project his single disproporportionate mistaking
it does not look nice. But most of the
charitable & generous acts, which are
published by the doors is only for publicity &
said: O God, I see in your body the gods and all varieties of beings assembled - Brahma on a lotus seat and all the
sages and divine serpents. - Bhagavad Gita 11.15

the so called "Blowing ONE'S TRUMPET"

SUDESE SUTANA PARIVRITTE 2009



శ్రీవిరోధినామ/అపాధ బ.1
బుధవారము / WEDNESDAY
జూలై / JULY

08

Shiva YOGA PRADEEPIKA is a famous YOGA TEXT & the above quotation from it

tells the Yogi at which place, he has to practise YOGA. The place chosen must be conducive for the ideal pursuit of YOGA. It should be naturally good with adequate suitable climate & have all the required facilities for some undisturbed continuance of YOGA.

In a single comprehensive word, it is described as SUDESE is a good place & moreover anything else SUTANA PARIVRITTE is surrounded by SUTANA ^{good} people enjoying her society which is free from local disturbances or violent upheavals & peaceful only is suitable. The environment should be good & congenial to the people living there are peace-loving.

In the days of Yore, the practice of YOGA, to discern the hidden powers of man's nature were considered the best practice viewed from individual as well as social aspects.

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2009
(Charukya)

శ్రీవిరోధినామ/అష్టాధ బ.3

శుక్రవారము / FRIDAY

જુલાઈ / JULY

10

Just because one is in advanced age.
his inherent nature ^{or idiosyncrasy} of being cruel
does not change or get-erased.

The bitter gourd (苦瓠 vegetable) even if it has become ripe and red has not leave its bitter taste & become sweet.

Here master Chenukya underline the force of habit. If one has grown to become cruel & adamant in his younger days, he can not be able to give up his evil natural propensities & become a saint, just because he has grown old.

The appearance of a man
from ripe age can be very deceptive

In physical stature & behaviour, he may appear to be pious, but the poisons in his blood vessel can be still potent. We are seeing many wicked and

and you without beginning, middle or end, with infinite power, with innumerable arms, with the sun and moon as your eyes, with a mouth like blazing fire, scorching the universe with its brilliance. - Bhagavad Gita 11.19

and dads of this genre in our daily lives