

The Rishic Phenomenon

July

2009



శ్రీవిరోధినామ/ఆషాఢ బ.6

సోమవారము / MONDAY

జూలై / JULY

13

The Rishic phenomenon is an

instance of a human being, who, through an allied process of Yoga Tapas; (Yog of Austerity)

Sadhana (Systematic Spiritual Discipline) Meditation (intense Dhyanam) & other means of self purification has achieved absolute transcendence over the non-atman (non-spiritual) aspects of herself

Having gained complete control over the physical body, mind, senses & speech the Rishi becomes transformed into a being who is thoroughly absorbed in the spiritual reality & being thus absorbed, she has a direct & unmediated experiential connection with the truth. In the

terminology of Yoga philosophy, such a state is known as SAMADHI,

The host of gods enter into you. Fear stricken, some praise you with folded palms, while groups of perfected rishi's praise you with meaningful hymns saying, "May all auspiciousness prevail throughout the universe"

Bhagavad Gita 11.21

or perfect meditative absorption

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July

Concept of LOVE

2009



KURAL

Like a boneless creature
in the scorching sun

శ్రీవిరోధినామ/ఆపాద బ.8
బుధవారము / WEDNESDAY
జూలై / JULY

15

ARAH burns ^{up} the LOVELESS one.

Love is that gives meaning & joy to life.
One without love is dried up like a
scorched piece of dead wood.
Bones & other creatures without bones
cannot stand the heat of the sun
they will be quickly dried up.

Like this, the Law of Ripenessness,
the framework of ARAM
will scorch up all people
who lead a life without LOVE.

The reeling of scorpions to the heat of sun
is usually pronounced in the Tropics.

"A Life with a heart of LOVE is like a
sprout, in a desert, of a dried up tree.

So there must be love in the heart of a
every person for life to blossom to fullness.
People without love, are EMPTY &
will be enriched only with some LOVE.

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अचतुर्वेदोऽहम् विवाहपरो हरिः

July

आफनलोचनः



शंभु भगवान्

2009

वाङ्मयचक्रः

श्रीविरोधनाम्/अपाध ब.10

शुक्रवारम्/FRIDAY

जुलै/JULY

17

Verily, Bhagawan Brahadacharya alone
is Brahme (Lokaant & faces),
+ the Supreme Hari (Lokaant & face)
+ the first Sub Shiva (Who has eye on face)

The vedangas the four Vedas were got
mixed up and ~~composed~~ composed &
composed upa vedas
like billion misunderstanding aspects of people know.

Subsequently he composed the MAHA BHARATA
which is the Quintessence of the Vedas
paramic thought. This is corroborated by this
stoka.

विमज्ज वेदं च तदुत्थि जगत्

येन परमेश्वर्य पुनः पुराणं ।

तद्वीर्यमर्थं च विकृष्य चैकं

यो भारतं तत्र मनो ममास्ति ॥

Let us my Heroblen is hailed as the Vedam

2009

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July

2009



16

శ్రీవిరోధినామ/ఆపాద బ.9
గురువారము /THURSDAY
జూలై /JULY

దక్షిణాయనారంభం /Dakshinayanam Begins



May Mind dwell on Him
Who, having created the 4 Vedas
who subsequently composed the
famous Mahabharata by
considering the
Omniscience of
Vedas & Puranas

July

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Krishnam Vande Jagat Gurum

July

SADGURU THOUGHTS on DEVOTION

2009



GURUVE SARVALOKANE
DARSHINAM MOORTHYE NAMAH

శ్రీవిద్యనామ/అపాధ బ.13

సోమవారము / MONDAY

జూలై / JULY

20

Devotion is like a flower

It is not something You try to do physically.
If U dig into earth, U will not find a Flower
But it all comes from the ground only.
The entire length of the plant is only a passage
from the breed earth to the end of a flower.
The fragrant flower does not display
any trace of the soil or the mud or water.
It is free from all that impurities.

Similarly, when U become just a conduit
for life, U become an outpouring of devotion.

No one has ever achieved anything
of significance in any sphere of life.
In fact, being devoted to God he is doing

August 2009

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Devotion is not only the shortest way to be
but also the most intelligent way to
concentrate on your life's ambition,
but also the intelligent behaviour as a

As rivers' currents rush toward the sea, so do these worldly heroes enter your flaming mouths.

Bhagavad Gita 11.28

devotee perceives what one of intellect- who
struggle with for his life time

MANO MOOLAM

IDAM

JAGAT

(The WORLD is a Projection of our MIND) 2009



This is an answer

to the question below?

శ్రీవిరోధినామ/అష్టాధ బ.30 స్వా-

శావణ శు.1

బుధవారము / WEDNESDAY

జూలై / JULY

22

What should we do to elevate ourselves to God?

We need not go anywhere in search of God.

God is in us - with us - above us always,
under us - below us - around us always.

In fact - we are part of God.
God is part of our body,
hiding in us - it is for us to find HIM.

Our mind is responsible for our Joy & Sorrows.

We think the source is thrust on us by somebody
from outside. No - All the experiences flow
from our own body. If I expose myself
like this person or somebody else, or hold
an "I am so & so". You get bifurcated
& we remain separate from God.

On the other hand, if I think that
all your experiences emanate from One
at the instance of God hiding in you,

You can feel that God is in you.
If you are God personified.
You have become God Himself.

2009

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AA NO Bhadravaha · KARTAVO YANTHU VI'SWATAHA 2009

Lawrence means



Let Noble Thoughts

శ్రీవిరోధినామ/శ్రావణ శు.3
 శుక్రవారము / FRIDAY
 జూలై / JULY

24

Come to us from all directions

Another Story : It was the time of guidance.
 Two people: one a priest of temple
 & another a Taxi driver.
 Who after death awaited for entry.
 God first gave entry clearance to the Taxi driver
 but no religious inclination because he
 gave a lift to all proceeding to the temple
 & denied to the priest - offering prayers to God.
 When the priest questioned God for the delay.
 You saved me religious on behalf of so many
 devotees who came to the temple in a mechanical way.
 But - this driver even made even those who
 who would not make my name, reach the temple.
 Any one who rode on his Taxi,
 prayed to me for their safe trip,
 because of 'worse record' of all taxis.

In the contrary, I saved ^{away} many with your
 knowledge of scriptures, by making them
 think that God was too much for them to seek.
 Only those who stayed on course were
 those who would have, even if I were not here
 with you.

Before rise up and become glorious. Defeat your enemies and enjoy a prosperous kingdom. These opposing warriors
 already been killed by me and you will be put an instrument taking the credit, O Savyasaci. - Bhagavad Gita 11.33

సావ్యసాచి. మిథ్యానామో పరాజయం సాధయితి విద్యుత్
 సావ్యసాచి సర్వ పరాజయం మా కర్షిత్వం విజయం

July

AA NO Bhadravaha · KARTAVO

YANTHU

VI'SWATAHA 2009

LWCC means



"Let Noble Thoughts

Come to us from all directions

శ్రీవిరోధినామ/శ్రావణ శు.3
శుక్రవారము / FRIDAY
జూలై / JULY

24

Read this story: It was the time of guidance.
Two people: one a priest of temple
+ another a Taxi Driver.
Who after death awaited for entry.

God first gave entry clearance to the Taxi driver
but no religious instructions because he
gave a lift to all proceeding to the temple
& denied to the priest. After prayers to God
then the priest questioned God for the delay.

"You saved me ^{valued} on behalf of so many
debtors who came to the temple in a mechanical way.
But - this driver even made even those who
who would not ~~make~~ my name, reach the temple.
Any one who rode on his Taxi,
prayed to me for their safe trip,
because of 'worse' record of all taxis.

On the contrary, I ^{away} saved many with an
knowledge of shortness, by making them
think that God was too much for them to seek.
Only those who stayed on course here
those who would have, even if I have not been
in this place.

Therefore rise up and become glorious. Defeat your enemies and enjoy a prosperous kingdom. These opposing warriors
have already been killed by me and you will be put an instrument taking the credit, O Savyasaci. - Bhagavad Gita 11.33

"నాశ్విభూతం మిథ్యవశానానానికావయం
నాశ్విభూతం చిరవశానానానికావయం"

Joyful. Fortune Dwells in his home
Who welcomes guests with a smile
 2009



శ్రీవిరోధినామ / శ్రావణ శు.6
 సోమవారము / MONDAY

27

This is a wonderful quotation of
 Kural who says: Lakshmi is Goddess of Prosperity
 who also refers. Becomes one

It is important to welcome guests with a
 pleasant face with joy & pleasure

This reminds us of Shalokan who says;

"Bear welcome in your eye, your hand
 & your tongue welcome guests"

Kural says that good fortune will dwell
 in the house which receives guests with warm

Old Testament also says:-

"Be not forgetful to entertain strangers
 for hereby some angels enter and leave"

One who entertains guests in this way
 will be blessed with a happy life.

His life will never be a waste
 This insistence on receiving guests as a matter
 of habit is an important feature of a civilized society

Sanjaya said: Upon hearing Keshava's speech, Kirti (Arjuna), trembling with folded palms, offered homage in fear,
 prostrated himself, and spoke to Krishna in a faltering voice. - Bhagavad Gita 11.35

Indian culture in particular

August		2009				
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July 2009

काक द्विष्टि जेक ध्यानं स्वाव निद्रा तथैवच
अल्पाहारो जीर्णवस्त्रम् एतद् विद्यार्थी लक्षणम्



निति सारम् चान्क्य नीतिः

28

శ్రీవిరోధినామ/శ్రావణ శు.7
మంగళవారము / TUESDAY
జూలై / JULY

Kaka Drishti Baka Dhyanam

Swana Vidra The Thairavacha
Alpaहारो Jeerna Vastram
Ethad Vidyaertha Lakshanam

Chankya
Neethi
Saram

The best signs of a pupil who is concentrated on his education alone possess

- ① the keen sight of a crow
- ② the unswerving concentration of a crane
- ③ the limited food habits of a beggar
- ④ the tattered clothes of a beggar

A student who is into studies should be looking around him with alertness (like a crow who is always on the look out for its prey when it is hidden on top of trees or flying in the sky)

- II) a student should be on the look out for knowledge as an embodiment of deep concentration like the crane (which stands motionless as a water spot from morn to evening looking up a fish as it comes up accidentally)
- III) he should not wear attractive clothes or eat belly full

The present day education is an ANTITHESIS to the above rules of our ancestors

July 2009						
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The present day education & campus life is just a passport to gain some occupation & not for applying the acquired knowledge to proper purpose

Arjuna said: O Hrishikesha, it is appropriate that the entire universe should be joyful on hearing you praised and thus become attracted to you. At the same time the demoniac, terrified, flee in all directions and the host of perfected beings reverently bows down before you. Bhagavad Gita 10.36



इन्द्रियेभ्यः पराह्यर्थैः

अथोभ्यस्तु परम् मनः

मनसस्तु पराह्यर्थैः

बुद्धिर्बुद्धिः पराह्यर्थैः

The sense objects are higher than the Senses
The mind is higher than the sense objects
But the intellect is higher than the MIND
The real soul is higher than the INTELLIGENCE

Though it is said the Senses are superior
Superior to the sense is the mind
Superior to the mind is intellect
And one who is superior to the intellect is HE
Whoever looks at Him is blessed

Impenetrable Unchanging Love
is His the (God)

What is the right method to develop human values within us?

July

2009



30

శ్రీ విరోధినామ / శ్రావణ శు. 9
గురువారము / THURSDAY
జూలై / JULY

Modern Education is the source
to breeding selfishness in us

It is for acquiring goods & services for our comfort
and enjoy worldly pleasures like:-

(A) Desire - Anger - Greed - delusion - pride & ENVY

Since drive our efforts in pursuit of worldly pleasures
No doubt worldly education helps us by providing
comfort & gain in the objective world, but
it does not contribute to worldly bliss.

Bliss is provided only by true human values.

(B) PEACE - LOVE - Nonviolence & Righteousness

A person who cultivates these 5 values,
will always be happy

While the first five senses of a person
provide external pleasure,

the five human values (B) confer inner bliss

Love is one common value common to all
human beings, animals, birds & beasts

Whoever cultivates Love,

god manifests in them

It is only by doing all the senses for
sorrow - difficulties - calamities

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Varalakshmi Vratam
Sri T.T. Pavitrotsavam

శ్రీవిరోధినామ/శ్రావణ శు.10
పుకవారము /FRIDAY
జూలై /JULY

31

Ramzan Dayaa, Rama
Santethan's Repetition.

Kurutte Jagat Saranam
Vinayachandana Sanyasaya

One can attract the whole universe
to himself by expanding the
following traits :-

- (1) AFFECTION (2) COMMISSION
- (3) Genuine Love (4) Enthusiasm
- (5) Nice & Trustful words
- (6) Humility (7) Devoted Service

2009

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(Loka Santetha Sukhino Bhavanthu)

August



1 Human Year = 360 days

1 Divine Year = 360 human years

1 Chaturyuga = 12000 divine years

= 12000 × 360 human yrs

Kaliyuga = 432,000 yrs

Dwapara Yuga = 2 times Kaliyuga

= 864,000 yrs

Treta Yuga = 3 times Kaliyuga

= 1,296,000 yrs

Krutayuga = 4 times Kaliyuga

= 1,728,000 yrs

K + D + T + K = 1 Chaturyuga

= 12000 × 360 human yrs

Makar Sankranti = Shortest day of the year

Karksha Sankranti = Longest day of the year

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August

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Mantra
Push

Shodasopachara Pooja

August

Sixteen

Poozas

2009

SIXTEEN
STEPS



in Hindu Way
of WORSHIP

Meaning & Significance of 16 poozas

శనివారము / SATURDAY
ఆగష్టు / AUGUST

01

1) Dhyana, Arahana:

He extends a formal & respectful welcome: Arahana.
He remembers his good qualities: Dhyana.

2) Aasana: Offer a chair to sit (Samapana)

3) Paadya: Offer water to wash his feet

4) Arghya: Offer water to wash his hands

5) Aachamana: 3 sponges of water (Gandha, Gargi, Gargi) to smoothen the speech faculty

6) Madhuparka: Some drink sweetened with honey

7) Snaana: Water to bathe & get cleaned up

8) Vastri (Upavestram) clothes to wear after bath

9) Gandha - apply sandal paste to forehead

10) Pushpa: Offer flowers to wear

11) Dhoopa - fragrant smoke like sambaram

12) Deepa: Light to read gargi

13) Naiवेद्यam: Offer diff kinds of dishes to eat

14) Thaamboole: Betel leaf after eating

15) Aavathi: Offer camphor light to rest

Sanjaya said: having spoken in this way, O king, the master of mysticism, Hari, revealed his supremely opulent form to the son of Partha. - Bhagavad Gita 11.9

Mantra
Pushpa } to experience the original nature of the Almighty
go round in (a) & (b) chanting his divine names

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August

2009



03

సోమవారము / MONDAY

~~28th AUGUST~~

Shame = good conduct.

- ① Purity
- ② Forgiveness
- ③ Senses control
- ④ No to other's wealth
- ⑤ Cleanliness
- ⑥ Good Education
- ⑦ Truthfulness
- ⑧ Hatred to none
- ⑨ Courage +
- ⑩ Dev of personality

When we invoke God into the idol we wash it

- 1) Welcome
- 2) Offer a seat
- 3) Wash hands & feet
- 4) Bathe him
- 5) Apply perfume
- 6) Garland with flowers
- 7) Light incense stick
- 8) Offer something to eat

- ↳ provide soljection to an mind & tranquility to hear-

- ① light the lamp
- ② ring the bell
- ③ pour water flowers
- ④ Abhishekam with 2025 types of food (milk, curd, ghee, honey, etc.)
- ⑤ 2-3 days of food before an eating

Sixteen forms of worship (of various kinds)

to feel ones with God universe

September 2005

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Hindu aim is 4fold → 4 విధమైనది

August

2009



10 Attributes of

03

శ్రీ విరాధినామ / శ్రీ వణ శు.13

సోమవారము / MONDAY

ఆగష్టు / AUGUST

Dharma = good conduct.

- ① Purity
- ② Forgiveness
- ③ Senses control
- ④ No to other's wealth
- ⑤ Cleanliness
- ⑥ Good Education
- ⑦ Truthfulness
- ⑧ Hatred to none
- ⑨ Courage
- ⑩ Dev of personality

When we involve God into the idol we wash

- 1) welcome ② offering a seat ③ water to wash hands
- ④ Bathe him ⑤ Apply perfume ⑥ Garland him
- ⑦ light incense stick ⑧ Offer something to eat

to provide satisfaction to our mind & tranquility to

- ① light the lamp ② ring the bell ③ pray
- ④ Abhishekam with milk, curd, ghee, etc.
- ⑤ Do some food before our eating

Sixteen folds of worship (శ్రీ శతనామ)

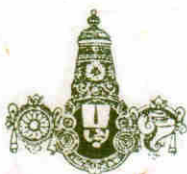
to feel oneness with God & universe

September					
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August

GRIHE VASANTUNO ATIDHIH

(Aahavane) 2009



శ్రీవిరోధినామ/శ్రావణ శు.14
మంగళవారము / TUESDAY
ఆగష్టు / AUGUST

04

(Let there be guests
in your house Residing)
(Grihe Vasanthu no) is a great ^{Vedic} saying
with great social significance.

Inviting guests to home is a welcome
social communication which promotes
social integration.

Receiving guests & serving them
cordially broaden the horizon of the host &
leaves a beautiful & healthy remark about the host.
Living alone in a cloistered way without
any social rapport is not a healthy indication
both to the individual & to society at large.

"May a guest be always in your house"
thus forms to be a yogic & Vedic counsel for
a sound social interaction between the
individual & his community. Hence another
Vedic ~~saying~~ ^{supplementing} states that

ATIDHI DEVO BHAVA

August 2009
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(You guest is your God for the time being)
Such is the significance attached to the guest
that we laid ourselves of our personal priorities
in preference to a guest. It is a pleasure for the host

Excuse me for things I may have rashly said in ignorance of your majesty. Out of negligence or even affection, I may have thought of you as an ordinary friend and
addressed you, "O Krishna, O Yadava, O comrade!" O Achuta, O immeasurable one, I ask forgiveness of you for having treated you disrespectfully by joking with you
while playing, resting, sitting or eating together, either privately or in front of other companions. - Bhagavad Gita 11.41-11.42

"Always treat a guest in your home" is a great social norm

Hindu aim is 4 fold $\rightarrow$ 4 విధక్షేత్రము

August

2009



10 Attributes of

03

శ్రీ విరాధినామ / శావణ శు. 13

సోమవారము / MONDAY

ఆగష్టు / AUGUST

Shauche = good conduct.

- 1) Purity
- 2) Forgiveness
- 3) Senses control
- 4) No to other's wealth
- 5) Cleanliness
- 6) Good Education
- 7) Truthfulness
- 8) Hatred to none
- 9) Courage
- 10) Dev of personality

When we involve God into the idol we worship

- 1) welcome (2) offering a seat (3) water to wash hands & feet
- 4) Bathe him (5) Apply perfume (6) Garland with flowers
- 7) light incense stick (8) Offer something to eat

to provide satisfaction to our mind & tranquility to heart

- 1) light the lamp (2) ring the bell (3) pour water flowers
- 4) Abhishekam with పంచామృతం (milk, curd, ghee, honey, etc)
- 5) ఆహారం అన్నం food before our eating

Sixteen folds of worship (శ్రావణము)

to feel oneness with God + universe

September 2009

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August

Soundaryam

SARVA

VYAKHARANAM

2009



05

శ్రీ విరోధినామ / శావణ శు.15
బుధవారము / WEDNESDAY
ఆగష్టు / AUGUST

The age goes : Beauty is All pervading & All-expansive
It is also said that Beauty is the passport to all people

Beauty is two kinds :
Physical Mental + both gain acceptance from
Mirth is born
Mirth is acquired by cultivation

In Vedic parlance it is 3 fold SATYAM; SHIVAM & SUNDARAM

Because Man is born from heaven & all heavenly things are beautiful.

Some social & spiritual leaders are called Charismatic Personalities, because they carry the people (voters) with them.

Apart from inherited beauty, (which depends on the propensity of father/mother) man/woman try to look true beautiful through their dress/hair style/body language etc. which contributes largely to their success.

All the dieties, worshipped by the people are very beautiful & soft looking. So also man/woman acquire the beauty through soft looks & smooth shapely features cultivated through various traditional methods.

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POORNA MADAH — POORNA MIDAM

POORNAATH — POORNA HUDACHUTHE

August

2009

POORNA SIA



POORNA MAADAAVA

POORNAMEVAAVA

SISHATE

శ్రీవిరోధినామ / శ్రావణ బ.1
గురువారము / THURSDAY
ఆగష్టు / AUGUST

06

(SEASCAVASTHA Upnishad)

This holy saying from శిశువాస్తవం
portrays the cosmic creation & relation between
the origin of the universe, the man & the created

First there is the Whole (Pourni)
from the whole another whole emerged
Even from the whole a whole is drawn
The remaining stays a whole.

This holistic concept is a significant
contribution of the Vedas.

This describes how the Lord created the
universe from His own self,
leaving the created man also an
equivalent of GIFTS should be given

as Shraddha (earnestness; fullness; devotion
faith; belief; compassion; benevolence;
enthusiasm; without egoism &
all these noble qualities rolled into one
it should not be given talent faith
it should be given love & sympathy
these should be equivalent upon affinity feelings

2009

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Therefore prostrate myself on the ground before you in surrender, O Lord. O God, please be merciful to me and
forgive my offenses, just as a father tolerates his son, a friend his friend, and a lover his beloved. -Bhagavad Gita 11.44

— Tankeera Upnished

Annadhela Bhaya Threctee

August

VIDYA DAATHA

SADAI VACHA 2009

JAA NITHACHA



UPA NETHACHA

శ్రీవిరోధినామ/శ్రావణ బ.2-3

శనివారము / SATURDAY

ఆగష్టు / AUGUST

08

PACHAITHEY, PITHAASHRAITAI

Apart from natural father,
who sired us (who gave us birth)

We have to honour & respect- The
person who has constantly fed us,
who has always protected us - from
the great fears in childhood;

Our teacher who taught us morals &
the person who initiated us
into the divine path, have also
to respect as our own father.

Master Channeka stresses the importance
these father-like figures in our lives.

2009

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— The Ruler —

— The Teacher —

— The Initiator —

Shri said: out of my mercy I have manifested this supreme form by the influence of my own spiritual power.
This form of mine is effulgent, universal and unlimited. It has never been seen before by anyone other than you.

Bhagavad Gita 11.47

Imp. of: VISHNU SATASRA NAAMA

August

Na Vasudeva

Ashubham



Bhaktanamam 2009

Vidyalē Krachil:

Discourse between

Bheegmes udhishora

శ్రీవరధనామ/శ్రావణ బి.5
మంగళవారము / TUESDAY

ఆగష్టు / AUGUST

11

Phalastuthi of Vishnu Sahasranama

Changes all direct & indirect benefits of renunciation V.S.
The first & foremost is that nothing inauspicious
would occur to those who receive it.

For one, who is affected by Confusion's
Contradiction
Severe problems & maledictions
Confrontation
Would attain benefits like depression
everlasting happiness disease
peace, plenty & prosperity.

Valango Brahamme 'Neshayal
Keshayo Vizeye Bhaneth
Vausyo Theame Samudheshyeth
Soodrahan Suktasmaranayut

undoubtedly that there is
no reduction of Varna-
All the four Varnas
including women
cannot be anything lower

There are many cases of women whose cardiac
heart & other ailments have been cured.

The only Qualification is BHAKTI & not—
Sex; Caste; Creed or Religion

May Lord Vishnu, remove all confusion &
make the Brahmin group mentally strong
Vibrant, Vigorous & powerful.

August 2009

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May their minds; bodies & thoughts
get purified & sanctified by Lord Baba
May there be Tranquility; Stability; Serenity & Stamina

Be free from fear and the bewilderment that came upon you as a result of seeing this awesome form of mine. With joyful
heart once again behold my human form. - Bhagavad Gita 11.49

May we be free
May Anger, Jealousy, Avarice & impure thoughts

In conclusion, Vedas impose that
 the contents of GITA
 should be shared by all and
 a degraded king who destroys the
 Vedic knowledge of any
 learned person may live for today but not tomorrow



శ్రీవిరోధినామ / శ్రావణ బ. 7-8
 గురువారము / THURSDAY
 ఆగష్టు / AUGUST

2009

13

- ① Vedic knowledge must be ^{made} available and open to all in the society who wish to participate
- ② Since Vedas are shared, temples also should open to all who are respectful & sincere irrespective of caste social background, race or ethnicity.
- ③ No one who respects Vedic knowledge & seeks its blessing should be ^{not} denied access to it.
- ④ It does not belong to any one caste / ^{class of} society & such concocted barriers must be broken down.
- ⑤ Those who know Vedic wisdom must teach it to others & pass it along promptly when they do so.
- ⑥ Any national leader or politician must pave the way to protect & preserve the Vedic tradition. Otherwise it brings a curse on him or herself or on his family for generations.
- ⑦ Lord Krishna says that no servant is more dear to me than the one who spreads the message of Gita to every one.
- ⑧ "To him I give my very own SELF"
- ⑨ Any one who recites this with faith & devotion can never be bound by reactions of material work.
- ⑩ However don't share it with any one who is hypocritical; Atheistic; dishonest or unfaithful.

Arjuna said: Now that I see this gentle human form of yours, O janardana, I am composed and restored to my natural state - Bhagavad Gita 11.51

Every humanist & open hearted GITA devotee all in your service

TURMERIC - A wonderful Herb

August



2009

Dr MERCOLA

శ్రీవిరోధినామ/శ్రావణ బ.10

శనివారము / SATURDAY

ఆగష్టు / AUGUST

15

13 days within this
తంత్రిదినోత్సవము / Independence Day 100th Celebrate again
Can spice up U r whole Personality. Against TURMERIC

- ① Boosts Your anti-oxidant protection free radicals
- ② Helps promote your skin health
- ③ Supports your overall eye health
- ④ Provides support to U r Immune system
- ⑤ Aids your skeletal system & health (of joints)
- ⑥ Promote U r Liver functioning
- ⑦ Helps in maintaining healthy cells
but support against free radicals
- ⑧ Balances health of U r joint system
- ⑨ Aids U in support of healthy blood
- ⑩ Helps U maintain normal cholesterol levels
- ⑪ Assists U r neurological system's healthy response to STRESS

శ్రీవిరోధినామ/శ్రావణ బ.11

ఆదివారము / SUNDAY

ఆగష్టు / AUGUST

16

August 2009

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Provides healthy female Reproductive system

Not by study of the Vedas, not by austerity, not by giving in charity, not even by sacrifice can I be seen in this form as you have seen me. - Bhagavad Gita 11.53

Helps to maintain U r Blood sugar level range

SUN IS GOD

August

2009



17

శ్రీవిరోధినామ/శ్రావణ బ.12
సోమవారము / MONDAY
ఆగష్టు / AUGUST

On August-17, 2010

The Royal SUN enters into LEO and
stays there for 30 days up to (16/9/2010)
It is the time to channelize our energies
to achieving our most-important goals.
The Sun is at home in LEO, since it is
the sign ruled by the SUN. Whenever,
a planet transits into its own sign,
the energies ^{of} the planet ~~emits~~ are extravagant.
So it is the time to channelise the
increased vitality in your life,
for achieving our important goals
or for making a serious effort & plan
for the achievement of our goals.

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A person who acts for me, considers me the highest object of attainment, devotes himself to me, abandons all attachment, and frees himself from enmity toward any living being comes to me, O son of Pandu. - Bhagavad Gita 11.55

Best of Luck in your efforts

August

2009



శ్రీవిరోధినామ/శ్రావణ బ.13
మంగళవారము / TUESDAY
ఆగష్టు / AUGUST

18

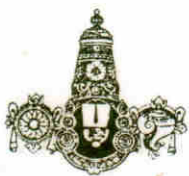
The SUN is an GOD Whom everyone can see & watch his movement physically from sunrise to evening for atleast 12 hours and help ourselves in discharging our duties or carrying on our activities in the glimmering light he provides us free of cost as against electric power which the Government provides at an exorbitant cost (I pay more than one thousand rupees ^{per month} for electric current which runs to about Rs. fifteen thousands per annum and may lead to more than a lakh in ten years and runs to more than ten lakhs in a life span). Hence the need to pray to Sun God as long as you can as the provider of light free.

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Arjuna said: Who has the best understanding of yoga, those devotees who worship you and are thus always united with you in love or those who worship the imperishable unmanifest. - Bhagavad Gita 12.1

August

2009



శ్రీవిరోధినామ/శ్రావణ బ.30స్వా
గురువారము / THURSDAY
ఆగష్టు / AUGUST

20

In Astrology, Sun is called RAVI (SURYA)

He is the life giver as well as time giver
as also light-giver and also knowledge giver

He is the LORD of LEO in the ZODIAC

He stays for one month in each RASI

takes 365 days or one year of 12 months

to complete a round of all the 12 RASIS

Worship of Sun GOD prolatantarily

on Sunday (leave aside other benefits

for latimphun into confidence & praying all

things the day in & day out) is supposed

to bring in manifold benefits to

his worshippers both physically

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Partha, I swiftly deliver those whose consciousness is absorbed in me. Who renounce all actions in service to me, regard me as the Supreme and worship and meditate on me in undistracted yoga, lifting them from the ocean of birth and death - Bhagavad Gita 12.6-12.7

mentally & psychologically, as well.

August

2009



శ్రీవిరోధినామ/భాద్రపద శు.2
శనివారము / SATURDAY
ఆగష్టు / AUGUST

22

He has two lives, Sangama & Charya.
The first one is the daughter of Vishamitra.
After her marriage she found that she could
not bear the power & heat of God's rays.
She had therefore made an image of her
own, imparted life into it, let it stay
WITH SURYA, her husband & SUN GOD.

శ్రీవిరోధినామ/భాద్రపద శు.3-4
ఆదివారము / SUNDAY
ఆగష్టు / AUGUST

23

వినాయక చవితి / Vinayaka Chavithi

Lord Surya created two sons named
YAMA & SANEESWARA through Sangama & Charya Devi.
Later she relinquished her married life &
entered forest for penance. Later she turned

2009

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into a mare & lived the life of
but later was adopted by Surya again ^{celebrity}

Knowledge is better than practice and meditation is superior to knowledge. From meditation comes renunciation of the fruit which peace quickly follows. - Bhagavad Gita 12.12



శ్రీవిరోధినామ/భాద్రపద శు.5-6
మంగళవారము / TUESDAY
ఆగష్టు / AUGUST

25

- Lord Surya acquired several sons in the process like: ~~the~~ ① MANU, the ^{daughters} (1st given) born of ^{Singana}
- ② YAMA, the lord of death
- ③ & YAMUNA, the river
- ④ Karna, the great warrior was sun's legitimate son through Kunti the mother of Pandavas
- ⑤ SUGREEVA, the monkey chief was also the son of SURYA & later became the ally of Lord RAMA & helped him to win the war against Ravana & secure the custody of SEETHA (of course with the kind assistance of Lord Hanuman in the process)

August 2009

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August

2009



శ్రీవిరోధినామ/భాద్రపద శు.7-8
గురువారము / THURSDAY
ఆగష్టు / AUGUST

27

We should wake up every day early
at least one hour before sunrise and
praise Surya names (at least twelve)

Sun salutation exercises change 12 names of Surya

followed by chanting "Om Suryanama"
at least 108 times during sunrise, if

You want success in every sphere of life,
shows of material comfort in family life
and builds up your personal reputation
in your external career & activities.

You can also chant or listen to the hymn

Aditya Hridayam and reach the

Heart of Sun God for material comforts

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2009



శ్రీవిరోధినామ/భాద్రపద శు.9-10
శనివారము / SATURDAY
ఆగష్టు / AUGUST

29

After eight years of hard earned life in
India, I realized as a True Bala Shyam Sevak

of Roshanga & Wagon. Sevak Sangh,
for more than 15 years I realized is
the Hinduism is the oldest living culture

in the world. Even if we look around,
we don't see any other culture the
after no less than 5000 years, yet much longer,

is still thriving & dynamic, practicing many
of its old traditions as it did for 1000 years ago.
Its history is well documented in the Puranas

much more even historians have not been
able to research, while many other
world have cultures are of modern creation
The Lord of Shri said: This body, O Arjuna, is considered to be the field of activity. One who knows this field is called the
knower of the field by the self - realized. - Bhagavad Gita 13.2

In the sense the came to this planet within 10000 years only
- 15000

notes | On the same line of thinking, the well-known German philosopher Augustus Schlegel in his book "Wisdom of the Ancient Indians" noted in regard to the divine origin of civilisation, "It cannot be denied that the early Indians possessed great knowledge of God. All their writings are replete with sentiments and expressions, noble, clear, severely grand, as deeply conceived in any human language in which men have spoken of their God".

Max Muller further remarks Page 21 in his book "INDIA - What it can teach us" Historical records of the Hindus, extend, in some respects, so far beyond all records and have been preserved to us in such perfect & legible documents that we can learn from them lessons which we can learn nowhere else & supply missing links.



Mr. Thantam

, in his book

శ్రీవిరోధినామ/భాద్రపద శు.12
మంగళవారము / TUESDAY
సెప్టెంబరు / SEPTEMBER

01

"History of British India" observed that
"India was the Seat of wealth & grandeur"

Hindus are indisputably entitled to rank
among the most ancient of existing nations
as well as among those ^{most early &} most rapidly civilized nations"

On the antiquity of the Vedic Society, there is no
doubt to the ~~no~~ of philosophy & development that have
been wished & dealt ^{with} during the course of existence
through all these, it has formed a commentary
code on all aspects of human life & its value
- likes of which can be hardly found in

2009

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any other culture today - Thus

the Age Comes WISDOM & the depth
of the Vedic wisdom can be hardly compared

from me in brief about the field, its nature, its transformations, its origins, as well as knower and its influence.

Bhagavad Gita 13.4

anything else that is presently available in the WORLD
of today.



Mr. Thornton,

in his book

శ్రీవిరోధినామ/భాద్రపద శు.12
మంగళవారము / TUESDAY
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September		2009				
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this Age comes WISDOM & the depth
of the Vedic wisdom can ^{be} hardly compared

Now hear from me in brief about the field, its nature, its transformations, its origins, as well as knower and its influence.

Bhagavad Gita 13.4

With anything else that is presently available in the WORLD
of today:

September All the glitter is not Gold

2009



02

శ్రీవిరోధినామ/భాద్రపద శు.13
బుధవారము / WEDNESDAY
సెప్టెంబరు / SEPTEMBER

శ్రీపద్మావతి అమ్మవారి పవిత్రోత్సవారంభం
Sri P.A.T. Pavitrotsavam Begins

Marina Thellam Ponnalla

Not only Gold & silver

Many other costly materials can be shining

By just seeing, yellow shining
We cannot say it is Gold.

Brass may shine better than Gold

We have to see relative or quality

Recently I could see an advertisement
by Vsheema Jewellers.

"Better Dregune Gold or something like that"

This saying is used very often in A.D.
We have to be careful & be sure to see
before taking a decision while
purchasing costly things like Gold or Land

October 2009						
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September All the-glitter-is-not-gold

2009



02

శ్రీవిరోధినామ/భాద్రపద శు.13
బుధవారము / WEDNESDAY
సెప్టెంబరు / SEPTEMBER

శ్రీపద్మావతి అమ్మవారి పవిత్రోత్సవారంభం
Sri P.A.T. Pavitrotsavam Begins

Minina Thellam Ponnalla

Not only Gold & silver

Many other costly materials can be shining

By just seeing, yellow shining

We cannot say it is Gold.

Brass may shine better than Gold

We have to see relative or quality

Recently I could see an advertisement
by Vsheema Jewellers.

"Better Dregune Gold or something like that"

This saying is used very often in Andhra
We have to be careful & seriously see
before taking a decision. While
purchasing costly things like Gold or LAND

October							2009
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Dhohi cent-complete his work & go for KAGI

September

2009



శ్రీ విరోధినామ/భాద్రపద శు.14
గురువారము / THURSDAY
7 అక్టోబరు / SEPTEMBER

03

Once there was a person Dhohi and asked a guru to give him an idea of expenses. Every day he was saving the money he could not do, for long.

When the guru asked him, he said that "my laundry work is not yet over. my wife will be bringing up clothes & I am continuing to work. I don't know when I will complete"

Guru said: 'U cannot complete laundry work & then proceed because there is a continuous work. U have to hand over to somebody & then proceed. Take over on return. Dhohi realised & completed his yatra.

By completing 100% work, U cannot start new work. An example is updating your computer. He can keep some files organised & matters arranged & sorted out by 50%.

By the time done, new matters keep coming. A lecturer wants to go to next lesson and after all the students understood old lesson.

The Great elements, egotism, intellect, the unmanifest, the ten senses and the mind, the five sense objects, desire, repulsion, pleasure, pain, the organic whole, consciousness and conviction - in brief these are considered to be the field and its modifications. - Bhagavad Gita 13.6 - 13.7

he cannot proceed because a few dull students - will always be hanging back.

September

2009

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Man Witnessing the marriage went late to bed

September

2009



శ్రీ విరోధినామ/భాద్రపద బ.1

శనివారము / SATURDAY

సెప్టెంబరు / SEPTEMBER

05

చీఫ్ డే / Teachers Day

This is a story from EPICS was going on one by one auspicious things were happening to come out of the Madhuran & Brahme took up the task of dividing the proceeds of Madhuran & Deves & Asuras Churnup it. At one stage, Athalya appeared on the scene. Actually Indra wanted to own her & marry. But he hesitated for a moment & ask Brahme to give her to him.

Meanwhile Sage Gowtama, who was enjoying the scene, suddenly appeared on the scene & Brahme ^{శ్రీ విరోధినామ/భాద్రపద బ.2} _{ఆదివారము / SUNDAY} ^{సెప్టెంబరు / SEPTEMBER} called him & gave her to him.

06

Athalya being very young, Gowtama brought her up and later married her.

The moral is that unless our actions are timely, result may favor others without their effort.

if any public auction is going on & worthy things are being auctioned, unless we are active to offer our timely bid, we may miss it & somebody more alert & bidding for less might acquire it even for less & we miss our chance. Be alert.

September 2009

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shall clearly explain that which is to be known, knowing which one attains the nectar of immortality. It is beginningless

Brahman, it is ruled by me, and it lies beyond cause and effect. Bhagavad Gita 12.14

of mother-in-laws. breaks the pot, it is ordinary
 but if daughter-in-laws breaks it it is precious pot. 2009



శ్రీవిరోధినామ/భాద్రపద బ.4
 మంగళవారము / TUESDAY
 సెప్టెంబరు / SEPTEMBER

08

In olden days water used to be carried from the well in earthen pots ^{from a distance} and preserved on a Coconut fibre disc.

The quality of mud is such that it may give way after reasonable use. One day mother-in-law was carrying water when it broke away losing water. In fact it was a pretty new pot - acquired recently, but mother-in-law took it easy saying: "It is an old pot - let it go"

After a few days, daughter-in-law was carrying water in ^{old} earthen pot from the same well when it slipped & broke off. But Mother-in-law took her to task telling "What a precious pot you have broken" It is impossible to get a new one of that type".

This is a very common accusation in Indian families, bring out the disparity in treatment of same mistakes committed by "Boss" & "servant"

If a mistake is committed by Boss, it is gilded lily; but the same by a subordinate, it takes undue importance

September 2009

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Fearing a MOUSE - (House should not be burnt)

September

2009



శ్రీ విరోధినామ/భాద్రపద బ.6
గురువారము / THURSDAY
సెప్టెంబరు / SEPTEMBER

10

It is common for a mouse to enter the house & eat things in common. We have to find suitable means to close it - keep pumping a CAT / keeping a Mouse-TRAP or cleaning the area with disinfectant.

While this is the normal course of action, if a person thinks of burning the ~~house~~ ^{entire area} only to drive away the mouse, it looks ridiculous because it affects the entire house.

This saying is used to mean that suitable ^{mild} appropriate action should be taken to set right mild problems - all but no unwarranted actions which destroy things.

If a child is poor in studies, he should be offered tuition in the required subjects, & provide more facilities to learn. Instead of stopping him from going to school is ridiculous.

||| If while writing an essay in a book, a spelling mistake has occurred, it should be scored or erased & re-written. It should not burn in book or cause damage to the book.

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Different kinds of LIFE ON EARTH

September

Kingdom of God

2009



శ్రీవిరోధినామ/భాద్రపద బ.8
శనివారము / SATURDAY
సెప్టెంబరు / SEPTEMBER

12

ANIMATE (Living)

Man; BIRDS
Beasts; FISH

IN-ANIMATE
(non-living)

Trees & Plants

All living beings are } EARTH; Water; AIR
made up of 5 elements } FIRE; SKY

All these 5 are present in man, predominantly
Animals contain only 4 → EARTH; Water; Air; FIRE

Birds contain only 3 → Air; Water; FIRE

INSECTS contain only 2 → EARTH & FIRE

FRUITS, } contain only one
leaves } elements (WATER) while the rest 4
vegetables }
are in sleeping state in Fruits/leaves/Veg.

శ్రీవిరోధినామ/భాద్రపద బ.9
ఆదివారము / SUNDAY
సెప్టెంబరు / SEPTEMBER

13

We eat up vegetable food consumes minimum factors

Hence vegetarian food is the best.

Eating vegetable food consists minimum factors

Saints & sages do not pluck fruits from the trees, but they eat only fallen fruits

Basic criterion to minimum damage to life
then is no harm in obtaining fruits from trees
but harm lies in their cutting for eating

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One who thus understands the purusa and prakrti, as well as the guans, is not born again, regardless of his present position. - Bhagavad Gita 13.24

September



(*Ann* Ayurveda Bhava Prakash)

2009

శ్రీవిరోధినామ/భాద్రపద బ.11
మంగళవారము / TUESDAY
సెప్టెంబరు / SEPTEMBER

15

"CLEAN Ur stomach of all impurities"
is the medical advice given in
this famous quotation from Bhava Prakash.

"Stomach is the seat for all diseases"
is a widely known & accepted medical proposition

Indigestion & Indiscretions in eating
partaking Carcinogenic substances
are the disease producing agents
All make their nest in the stomach & then
spread to other parts of the body &
make unseen ravages in man.

To counteract this dangerous disorder of stomach
the great herbal medicine suggests an easily
practicable strip of advice - it is to regular
intake of Jaggery mixed Jeera to rid you
from all stomach disorders like LIVER disorder
in Anorexia

It is relevant to mention that at WEDDING TIME
both man & women keep their hands on
their heads with a thin mixture of
(Cumin Seed mixture of Jaggery)
on the heads of the spouses. This mixture
has great value in the Cumin Seed Jaggery Mixture

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One who sees that all actions are carried out by material nature alone,
and thus that the soul is not the doer, actually sees. Bhagavad Gita 13.30

for the continuity of the human race

September

2009



11

శ్రీవిరోధినామ/భాద్రపద బ.7
శుక్రవారము /FRIDAY
సెప్టెంబరు /SEPTEMBER

According to Bhagavad-Gita,
food is classified into 3 parts:-

- (1) SATWIC must be cultivated - Vegetarian
 - (2) Rajas must be suppressed
 - (3) Tamasic must be eliminated
- } Meat

October 2009

S M T W T F S

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The FIVE SCORCHERS

September

2009



శ్రీవిరోధినామ/భాద్రపద బ.14
గురువారము / THURSDAY
సెప్టెంబరు / SEPTEMBER

17

The following 5 situations in life scorch one's body even without fire.

- ① Loss of one's life
- ② Insult from one's own kinsmen
- ③ Constant nagging of wickedness
- ④ Service under a wicked King/Govt
- ⑤ Loss of attachment exhibited by a dear friend even in poverty

One usually feels so safe & secure when his wife is alive & is in constant company either silently or otherwise. But when that company for lifetime is lost then alone the real pain is felt.

When insulted by kinsmen, wickedness & unfriendly attitude of the so-called friends when he is in penury or poverty are usual happenings in one's life but situations are nevertheless painful.

Having a wicked domination to control one is bad & the compulsion to serve under such a ruler or boss is worse.

It hangs like a Damocles' sword over one's head & is unbearable for a lifetime.

September 2009

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ASIDHAARA VRATHAM

September

(A Tight Rope Walk)

2009



శ్రీవిరోధినామ/ఆశ్వయుజ శు.1
శనివారము / SATURDAY
సెప్టెంబరు / SEPTEMBER

19

The life of a nobleman is a
self taught penance like
sitting on edge of a sword (Tight Rope Walk)
(Ashidhaara vratham)

They give help to others in secret.
They are very fussy & careful while
giving respect to guests who come to his house.

They are keep absolute silence about
some nice things they have done for others.
But they are very lavish in
providing in public

the good deeds for others

They are indifferent to wealth
they don't hesitate to criticize deeds of others
in a manner that would cause no hurt.

The poet laureates who taught the people
such a strict code of conduct.

Have a nice day.

With profound respect
from,

Ananta nagara

September 2009

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बालोप पन्नोपि हि बुद्धिमान नरः

September परै नयेत न स्वयमेत वैरिताम् 2009

विषममस्ति विविक्त्य अक्षये

Don't pick up
Quarrels!

अकारणानं को हि



श्रीविरोधनाम/अश्वयुज शु.4

मंगलवारम् / TUESDAY

सेप्टेम्बर / SEPTEMBER

22

विचक्षणो विषमः।

BALOPANNO PIHI BUDDHIMAN NARAH
PARE NAYET NA SWAYAMEVA VAIRITAM
BHISHANHA MAMASTITHI VICINTYA BAKSHYED
AKARANATH KOHI VICHAKSHANO VISAM.

— Pancha TANTRAM.

A wise man should not deliberately
pick up enmity with others, just because
he feels that he is endowed with sufficient power
to defeat others.

"Similarly no sensible fellow will sensibly
consume poison without any reason,
just because he engaged an effort to."

The human life is full of conflicts because
the expectations of everyone is too high when
compared with his resources. In the pursuit
it may happen that some may attain a point
of advantage of power, perhaps by mere chance.
But this fact should not be taken as **Carle Blanche**
to quarrel with others & create chaos.

September 2009

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The tables can be turned against anyone
because TIME is a tricky fellow. Thus
no one should try to stab to death,
a person standing nearby, just because

The Lord of Shri said: I shall explain further the highest knowledge, the best knowledge, knowing which all the sages have
gone from here to the highest perfection. - Bhagavad Gita 14.1

the former has acquired a sharp knife

September

2009

(Rigveda)



శ్రీవిదినామ/అశ్వయుజ శు.6
గురువారము / THURSDAY
సెప్టెంబరు / SEPTEMBER

24

"Let us follow the ideal of 'GOOD PATH'"

This Vedic text teaches us how important is our life style for the ^{our} community.

Let us follow the ideal path (Swasthi Pandha)

The ways of people that follow have a deep impact on our society. If any person, even if individual, goes away from an ideal well-chosen path of social life of living, leads in a philistine way, it will have a deleterious effect on the society & not merely on the individual.

Hence every person has a social obligation in the discharge of his duties. If people in a society follow ideal ways, the society also becomes strong and the generations that follow will also become strong.

The word "SWASTHI" in Sanskrit signifies more than the word "Good". Let all the people adopt the good way, is a wish signifying the ideal state of individual & society. On these days of drug addiction, sex, alcoholism, murder, rape, arson & other crimes, this Vedic text warns people to stay away from social tenets which are of prime importance.

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27	28	29	30	★	★	★

Saiva, rajas and tamas, the qualities born of material nature, bind the imperishable yet embodied being to the body itself, I mighty - armed one. - Bhagavad Gita 14.5

SUPRAJAA PRAJAYAA BHUYAASAM

SUVEERO VEE RAHI

SURVARCHA VARCHASA SU 2009



(YAGURVEDAM)

శ్రీవిరోధినామ/ఆశ్వయుజ శు.8

శనివారము / SATURDAY

సెప్టెంబరు / SEPTEMBER

26

దుర్గాష్టమి / Durgastami

తిరుమల శ్రీవారి స్వర్ణరథం / Sri T.T. Golden Chariot

Before sending him to GURU KULA, before completion of 8 yrs, the parents have to celebrate the ritual of wreath ceremony with held thread "YAGNOLAVETAM" called "UPANAYANAM" to the boy. (This is a Vedic rite.)

The mantras spoken here is known as "BRAHMO PADESAM" spoken into the ears of the son by the father, with a cloth curved over the heads of father & son to symbolize the words spoken as a great secret denoting virtue.

The meaning of the mantras discloses, has noble & lofty the Vedic thoughts are.

శ్రీవిరోధినామ/ఆశ్వయుజ శు.9

ఆదివారము / SUNDAY

సెప్టెంబరు / SEPTEMBER

27

LET there be good people (suprajā prajāya)
let there be brave people (suveero)
let there be resplendent people (survarcha)
let there be well fed strong people (suposhāhī)

At this hallowed moment of initiation into spiritual life, Brahma makes the boy enter a new second life, known as "DHARMA", the attributes of the people to be nurtured in the society, as "good, brave, shining & strong" are given. It is these factors, drawn from highest Vedas, that constitute the ideal society.

September 2009

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Three ways to adore God

September

2009



28

శ్రీవిరోధినామ/ఆశ్వయుజ శు.10

సోమవారము / MONDAY

సెప్టెంబరు / SEPTEMBER

విజయదశమి / Vijayadasami

తిరుమల శ్రీవారి రథోత్సవం / Sri T.T. Rathotsavam

Lord Krishna was adored in 3 diff ways

Vatsalya Bhava

Madhura Bhava

Sakhya Bhava

① Yasodhe + Nanda, Krishna's foster parents adored him in Vatsalya Bhava. They are the first to find the cosmic reflected in HIS mouth. Krishna's biological parents were separated from HIM after He was born & deprived of Vatsalya Bhava

② RADHA attained Krishna through Madhura Bhava. She found everything charming & sweet in His life "I can make my entire existence better physical, mental or social or spiritual one-pointed to derive bliss from Krishna" Usually 99% devotees enjoy the Rado Bhava

③ The cowherds who had neither schooling nor learning but had sincerity & a loving heart adored Him in Sakhya Bhava, as a friend. God also recast them in the same Sakhya Bhava

Just Krishna is beyond all Bhavas for those who love Him as God. We are God of liberation

October 2009

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ಶಾಸನ
30
ಶ್ರೀವಿಠ್ಠಲನಾಥ / ಅಶ್ವಯುಜ ಸು.12
ಬುಧವಾರ / WEDNESDAY
ಸೆಪ್ಟೆಂಬರ್ / SEPTEMBER

ವಿತ್ತಂ ಬಂಧು ವಯಂಕರಾ
ವಿದ್ಯಾ ಶಕ್ತಿ ಪಂಚಕು
ಪತನಿ ಮಾನ್ಯ ಸ್ಥಾನಾನಿ
ಮರಿಯೊ ಅತ್ತರೇತರೆ ||

वित्तं बंधु वयं कर्म
विद्या शक्ति पञ्चमी
पतानि मान्य स्थानानि
मरियोह अत्तरैतरे ||

The following advantages (in the order of ascending priority) occupy high stations in your life:

- ① The first is Money
- ② The 2nd is having influential relatives
- ③ The 3rd is the Age factor
- ④ The 4th is the capacity to perform
- Greatest advantage is ⑤ Proper higher Education

The master underlines the supremacy of VIDYA

Let- my people insult me
Let- my relatives abandon me
Let- my place of birth end- me
But- my own education gives me
the highest position I deserve.

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by Sankaracharya

Adi Sankaracharya was one of 3 Acharyas (Tri Matacharyas) who established Three Schools of Thought interpreting man's relations with God.

- 1) Adi Sankara enunciated Advaita philosophy (Man & God are one)
- 2) Sri Ramenayacharya established Visisht Advaita philosophy (man & God are one, but union stands unique)
- 3) Sri Radvra Charya founded Bhaita School, indicating man & God are two distinct schools of thought & 100 different ones & can never be one.

Sankara in his characteristic style of ADVAITA philosophy "man & God" Aham Brahmasmi he uttered the above slogan "I am GOD" "Thou art TATVAMASI" in moments of greatest holiest- ecstatic state, meaning, "All the three worlds are MINE OWN".
Singing 3 lokas viz, Bhoo / Bhuv / Suvah

Sankaracharya as a boy approached a MASTER to learn him, then he asked him "Who are you". Sankaracharya with his nuclear thought of ONENESS with God (even at that tender age) replied to him.

"Na Bhoomi; Na Toyam; Na Tago; Na VAA YUHU" meaning "I am neither Earth / nor Water / nor Light / nor AIR".
Meaning that he was above all & united him to God.
Master SUDHAMA SARASWATI praised for his DASA (ten stanzas) which are superb.
STOKI

SHUN These Six habits

Monthly Planner

October

by Chenukya:

2009

Shad DOShaah

Haataavyaah

Nidra Tandra

AalaSyam



Purushaneta

Bhoothimichchaalaa

Bhagam KRADHA

Deergha Soothrakka

These six habits should be
nipped in the bud at young age

① Tendency to sleep long

② LETHARGY

③ Unreasonable fear

④ Blind anger (Size of ego)

⑤ LAZINESS

⑥ Tendency to Procrastinate

Don't copy STOLSON or RIV Van Winkle in sleep

Unfounded fear & anxiety mars our life

Letting go is the tendency to keep idle to be shunned
In anger a man loses his sensory balance
& can lead to his doom.

Laziness is a dangerous poison Shun it

Procrastination is the enemy of progress

Avoid these six & brighten your life

SATYAM BROOYAAAT
PRIYAM BROOYAAAT
SATYAM APRIYAM

October

2009



శ్రీవిరోధినామ/ఆశ్వయుజ శు.12-13
 గురువారము / THURSDAY
 ఆక్టోబరు / OCTOBER

01

A Sadhu was performing Japam at the junction of four Roads in a hermitage. He happened to see a cow running in haste as if to free out of somebody's clutches.

Following the cow was a butcher, who came running after the cow, asked the Sadhu whether he had seen any cow coming that way & enquired which way the cow left.

If he had told the truth, cow would be in trouble. Being a Sadhu he should not tell a lie. He was in a DILEMMA. He is told him

"The one who sees cannot speak"

The one who speaks has never seen the cow"

The one who is controlling both of them was sitting at the feet of the LORD."

What he meant was:

- 1) The eyes which see cannot speak
- 2) The tongue which speaks cannot see & is not capable of seeing & so

there is no authenticity in his statement

The person who controls both the eyes & tongue has meditating the LORD in Bhagavad

of himself escaped his involvement

From sattva knowledge is born, and from rajas avarice is born. From tamas error, delusion, as well as ignorance are born. - Bhagavad Gita 14.17

(b h)



02

శ్రీవిరోధినామ/ఆశ్వయుజ శు.13-14

శుక్రవారము /FRIDAY

ఆక్టోబరు /OCTOBER

గంధీ జయంతి /Gandhi Jayanthi

The butler was perplexed
 I could not understand the Sadhu's words.
 He took the Sadhu as a mad man &
 went away on his own way. So
 even if one apprehends,
 let telling truth one can somehow
 one can always escape without telling a LI

11

SATYAM BROOYAT
 PRIYAM BROOYAT
 NA BROOYAT SATYAM APRIYAM
 PRIYAM CHA NA ANRUTHAM
 BROOYAT

ESHA DHARMA SANATANAMA "

Meaning

One should speak the truth.
 Since it is pleasing &
 not the truth, since it is unpleasing

One can speak without since it is pleasing
 not the ~~never~~ without since it is not pleasing
 nor is unpleasing

This is the eternal way of life

Significance of NAVARATHRI

October

2009



శ్రీవిరోధినామ/అశ్వయుజ శు.14

శనివారము / SATURDAY

అక్టోబరు / OCTOBER

03

Navarathri starts on the New Moon of September/October (మొదటి నవరాత్రి)

On the Friday it is customary to plant seeds in a clay pot which will sprout over the next 9 days.

In Andhra, women perform a special decorated Kalasham symbolising the fertile womb. rep. the 9000000 Children against a small number of handmade dolls.

Each night Perambulation is performed to the KOLUVU. Women dress up & write colleagues in the locality to promote friendship & unity with the community. Some families perform fast during the day & some gentle observe silence.

శ్రీవిరోధినామ/అశ్వయుజ శు.15

ఆదివారము / SUNDAY

అక్టోబరు / OCTOBER

04

In W/B Calcutta, Durga Puja is celebrated for ten days with merriment round the locality. Huge statues of Goddess Durga & her children are decorated & worshipped at public places amidst much revelry.

Of late similar pandals are erected in London UK & USA (California) to pay homage to Goddess Durga & perform puja for nine days & with cow feeding on the Tenth day.

October 2009

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SIGNIFICANCE of DIWALI

October

2009



05

శ్రీవిరోధినామ/ఆశ్వయుజ బ.1
సోమవారము / MONDAY
ఆక్టోబరు / OCTOBER

Deepavali falls on the last day of last half of Kārtik falling in Oct-Nov. One popular belief is on this propitious day Goddess Lakshmi who is a symbol of prosperity & wealth visits on all the households & blesses with prosperity & riches.

The festival is celebrated on two consecutive days.
1st day: Navaka Chaturdashi on which day the demon king Narakasura was killed by Lord Krishna.
2nd day Deepavali celebrated as festival of lights.

On diwali night, the premises is cleaned up & well lit. ∴ most cultures have recognised the importance of light as a gift of God.

To Hindus darkness represents ignorance and light a metaphor for knowledge.

Lighting a lamp symbolises destruction of darkness & ignorance; thus lighting & knowledge (wisdom) leads to the destruction of violence.

lust, anger, envy, fear, greed & bigotry, oppression, suffering, injustice

The day preceding Diwali is celebrated as Dhanteras or Dhan Tera. On this day, people light lamps & candles in the house & place them in the courtyard. Next day is celebrated as Dussehra or Dussehra, devoted to the victory of Lord Rama over Ravana.

November 2009						
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When the embodied being transcends these three gunas from which the body originates, released from birth, death, old age, and their distress, he attains the nectar of immortality. - Bhagavad Gita 14.20

After bath, Lord Rama is offered Abhishekam (bathing) in success in order to gratify & placate Him, so that He may spare us from torments of death.

October

2009



(Purnima Sookshma)

శ్రీ విరోధినామ / ఆశ్వయుజ బ.2
మంగళవారము / TUESDAY
అక్టోబరు / OCTOBER

06

One far reaching cry from unpanents is

"Please observe best known Brahmin Ethics"
Let the past be past - but look forward
with mutual respect & harmonious regard
culture & art. A business world full of personal attacks
but also poor state of things
gutter language & impatient world

English is a wonderful language, with
ample scope to express ourselves clearly & logically

Let us do so with reluctance, with respect
to our colleagues & with sensitivity to feelings of others
their vulnerability, dignity & self respect
their loyalty to their guru & religious institutions

Let us avoid pouring oil on burning members &
shouting to live with the destiny of the community
without speaking an untruth and

Past, present & future greatness of Brahmins

Let us hold the banner of Brahmin Ethics
high up & highlight the foundation
with high standards of social behavior
Let us remain spiritual roots while
navigating on earthy expanse

2009					
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October

Behold the Man
who uses
harsh words
when sweet-ones
serve the purpose

2009

07

శ్రీవిరోధినామ / ఆశ్వయుజ బ.3
బుధవారము / WEDNESDAY
అక్టోబరు / OCTOBER

Soft Words & Speech Control



Be polite & nice in expressing our thoughts
We can win the world through sweet words &
create a bond of everlasting love & affection
when gentle words are available,
Why do men use words to hurt another?
Don't not foolish to pick unripe when ripe ones are available
Even gifts to the distressed soul
should be accompanied by kind words,
otherwise even gifts & alms will become counterproductive
if we hurt the other, rather than mitigate the suffering

Even if one speaks harshly, from face to face,
he should not slander behind one's back.
"If a man can see his own faults
as he does of his enemies faults
Can any evil come to him any time?"

The poet points out the effect & futility of
vain speaking, thus goes to say that:

"Speak only such words as are worth saying;
Refrain from profane or worthless words".

He who indulges in purposeless talks causing disgust
to his company, earns universal contempt.
"Indulgence in indecent talk in mixed company
does greater mischief than even wrongs done to him."
He that multiplies empty words declares his want of wisdom.
Even the truly wise lose honor & respect,

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One who serves me exclusively with the yoga of constant devotion, having transcended the gunas, is fit for liberation.
If they indulge in vain speaking, those are unclouded ones
Clean vision will not speak fruitless words, even by mistake

Truthfulness



శ్రీవిరోధినామ/అశ్వయుజ బ.4-5
గురువారము / THURSDAY
అక్టోబరు / OCTOBER

08

is that "it is attained, if one's speech is such that it has no blemish in the world"
Truth is not Truth if it is spoken to further ^{some} wrong
The standard test for Right conduct - Truthfulness is HARMLESSNESS

Even truth, which brings least-blemish of evil, can be classified as Truth. Such a falsehood has to bring forth an unmixed good to the person to whom the falsehood is revealed

Here a great distinction is made between
{ Falsehood which ^{generally} brings harm to the people } & { such falsehood can be claimed as TRUTH if it produces good }

This is possible in cases like that of a Doctor who says something hopeful to a patient - which he ~~thinks~~ ^{thinks} is not correct & accurate, but which he believes may possibly do good to him but will not harm anyone

The poet :- bases the law of Truth as :-

It is perhaps easier to speak the truth than avoid causing of harm to others

The latter is a severe test than literal accuracy

The real intention of the poet is :-

October 2009
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To emphasize that even untruthful utterances directed to achieve a specific objective of bringing unblemished ^{unquestioned} benefit, not resulting in harming one can be termed = TRUTHFULNESS

For I am the basis of Brahman, the immortal, the imperishable, everlasting dharma and absolute bliss.

Bhagavad Gita 10/27

If water makes extended clearance,
TRUTHFULNESS is the detergent of the HEART

What are the key guidelines in life Tel- October Ummid-folus for purposeful living 2009



09

శ్రీవిరోధినామ/ఆశ్వయుజ బ.5-6

శుక్రవారము / FRIDAY

అక్టోబరు / OCTOBER

Don't waste ^{time} Or time on things
For it makes you mind untidy & wandering

Take the example of a handkerchief
It is a cloth - not even whole - a fragment -
It is only a bundle of fine threads
Not even threads - It is just cotton rolled into three

Without cotton there is no thread

Without thread there is no cloth

Like wise the mind is a bundle of thoughts.
Having understood this deeply,
put a check on your thinking & longings.

Even the breath you acquire ^{into} are the
& the food you eat & blessing
the water you drink. ^{glass}

Food is God, Don't waste it

Help Others, Don't hurt them

These are some key guide lines
Let U mind - understand & practice
for a purposeful living.

November 2009

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What is the need of the hour?

October

no-Money. 2009

Money is only a
it comes & goes



fun & agent

It is not desirable

శ్రీవిరోధినామ/ఆశ్వయుజ బ.7
శనివారము / SATURDAY
అక్టోబరు / OCTOBER

10

to crave for money or riches
You should develop morality for progress of society
Whenever acting, You perform today
You must be able to reap benefits tomorrow
You should develop MORALITY & imbibe
humane qualities & fear of God.
You may hide sins from the society
but - cannot hide from God

If U cannot do good to others
Keep quiet but do not do any harm
Do not hurt any harm by thought, word or deed

శ్రీవిరోధినామ/ఆశ్వయుజ బ.8
ఆదివారము / SUNDAY
అక్టోబరు / OCTOBER

11

Develop faith in God
& build up human qualities of Morality
When U develop morality in you,
then you see morality in society
God is like your inner mirror
God is the main force that makes
every thing function & replace everything
Strive for progress of man & society

October							2009
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What are the important Speed Browsers

October

You must

guard against

2009

Realise



Love of God

Fear of Sin

Respect for Morality

12

శ్రీవిరోధినామ / ఆశ్వయుజ బ.9

సోమవారము / MONDAY

అక్టోబరు / OCTOBER

Observe Restraint. Don't imitate others. Look @ yourself

If U imitate others, U r own strength can diminish

Even a lion stalks another animal when it's hungry

It does not go about killing every animal it comes across

So even animal knows how to restrain it-self

Hence it is necessary for every human being to restrain itself & observe certain limits

Don't waste your energy upon indiscriminate trying to amass wealth & being over-smart. Wealth can lead you to danger.

Limitless ego & anger & desire to amass wealth can only lead you astray.

You have to divert your mind from such a situation follow a noble path, so that U don't cause harm to others, nor do you suffer in the process.

We have to conduct ourselves with mutual love and respect with the idea of unity in diversity. It is the high of people with morality

So you must practice

Love of God

Fear of Sin

Respect for Morality

November 2008						
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SWEET SPEECH

October

by
KURAL

2009

Sweet speech is KIND
Free from LIES



శ్రీ విరోధినామ / ఆశ్వయుజ బ.10
మంగళవారము / TUESDAY
అక్టోబరు / OCTOBER

13

Who has seen Truth with eyes

People sometimes say nice things without meaning. But they really say what we express. Such false utters is not sweet speech. Love should be essence of all relationship.

(Maedrus) Habent Insiduos Hominis Blanditiae
Said } Smooth words of the wicked are insidious

(Kural says: Sweet words may be smooth but they are snare when they emerge from evil intentions)

BETTER Than giving a heartfelt present is saying pleasant words with smiling.

Sometimes we tend to think that we can make people smile by giving them nice gifts.

Even when it is done in a hearty way, it is not as effective as saying something pleasing to one's ears. Saying this with a joyful face is bound to bring far greater joy to the heart of any human being.

October 2009

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TITUS } DICTA DOCTA PRO DATIS
Plautus } Smooth words in place of GIFTS
Said } DICTA DULCES PRO DATIS
Sweet words instead of GIFTS

The undeluded who are free from pride, illusion, and the fault of attachment, who are ever devoted to spirituality, have turned away from material desire, and are free from the dualities of pleasure and pain attain that imperishable abode. Bhagavad Gita 15.5



14

శ్రీ విరోధినామ / అశ్వయుజ బ.11
బుధవారము / WEDNESDAY
అక్టోబరు / OCTOBER

Whatever one speaks must always be tied to that is good & righteous. Speech of this kind, and not only result in joy & sense of gratitude in the heart of the listener, but also produce good results for the one who utters the words.

Thus like most things that are part of AHAM, good thoughts & words and deeds benefit the target as much as the source.

Of speaking gently & pleasantly becomes a habit, it will take us a long way. The self-fulfillment that we derive from such a pattern of behavior will be with us not only in this life but also in other births to follow.

In other words, cultivating sweet speech has long range effects. The serene statements that the fruits of good behavior are not confined to a single birth or life is an expression in the framework of reincarnations.

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STHIRA SUKHA MAASANAM

October

2009



by
(Patanjali Yoga)

Patanjali in his SUTRA PRINCIPLE states that a Yogi should continue to sit in a way that makes him sit longer & with ease & comfort.

శ్రీవిరోధినామ/అశ్వయుజ బ.12
గురువారము / THURSDAY
అక్టోబరు / OCTOBER

15

Here the sitting posture defines two aspects: to be able to sit long & with comfort. Some suggest PAHMASANA & others VEERASANA But Patanjali suggests easier poses like... which allow to sit for long & with comfort.

"STHIRA" & "SUKHA" are two characteristics. It is indeed amazing how YOGA suggests about underlying nervous system, like finding of spinal chord & secrets of Central nervous system leading to Pranayama in Yoga.

For all these practices, with all potentialities & the hidden treasures of the human body, a regular posture of sitting (ASANA) is essential & is recommended as "STHIRA" & "SUKHA"
Stable Comfortable

The Uddishana speaks of stability & comfortability of poses which should not be violent.

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VCHCH RAYAS VA MAHATE SOUBHAGYA

October

Try to a

glorious

Achievement

2009



16

శ్రీవిరోధినామ/ఆశ్వయుజ బ. 19
శుక్రవారము / FRIDAY
అక్టోబరు / OCTOBER

(Rigveda)

When we make a big effort
let us try for a glorious achievement.
This great exhortation to aim higher
springs a surprise to the people
who consider the Vedas like their ancient
origins are generally archaic, obscure &
unrelated to the modern life of MAN.

Contrary to the misunderstood belief
of the meanings of Vedas, the present text
ordains people to try harder & harder
scaling the ladders of success,

This vedic advice
reminds us of
the modern adage "Aim at the stars
You will shoot high"

Setting high goals in life & setting hard
for their achievement makes U work minded
or result-oriented like constant hard labor
Individuals who desire betterment of life,
should set high goals of ambition &
be relentless in their achievement

These are the prime aspects of man stressed
in this vedic text exhorting people towards

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Yogis striving to see the soul situated within themselves can do so, but those lacking discrimination,
whose minds are not pure, cannot, even though they try. - Bhagavad Gita 15.11

greater achievement. This reveals how Vedas are helpful
for man's living & his timeless & universal are their appeals



Greeting/Blessing

శ్రీవిరోధినామ / అశ్వయుజ బ.14-30స్వా

శనివారము / SATURDAY
అక్టోబరు / OCTOBER

17

దీపావళి / Deepavali

These two simple words of
Constitute the Very core of Vedic Blessing.
The word carries a world of meaning & significance.
Which makes it difficult to find a suitable word
or synonym in English, like then
Good fortune or great-fortune.
But Subham indicates, not only, the
fortune of the world but blessings of Heaven also.

Hence Blessing a ASSLERVAAD is
expressed by seniors to juniors,
When junior offers respects.
Blessing is like karu

శ్రీవిరోధినామ / అశ్వయుజ బ.30స్వా

ఆదివారము / SUNDAY
అక్టోబరు / OCTOBER

18

May I receive blessings from Heaven.

It is also necessary to know the
different types of blessings to be given to
junior and sons to elders touching
their feet.

"Dheerga yashmeen Bhava" to men

"Dheerga Sumangalee Bhava" to women

"Seegharameva Suputraprepti vastu"

"Sakaleishanya Prapterastu"

"Subham Bhavatu" is short & brief

I also enter the world through my power and sustain all beings. Becoming the moon, the source of flavor, I cause all
plants to flourish. - Bhagavad Gita 15.13

to love "May I have all the good fortune".

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October

HIRANYA PRAATHAM
MADHO POORNAM

2009



DHATATU

19

శ్రీవిరోధినామ/కార్తీక శు.1
సోమవారము / MONDAY
అక్టోబరు / OCTOBER

(కాశ్యపాశ్రమం పుష్కల్యోదాహరణ)

"Let the Golden Vessel be filled with Honey"
This is the auspicious food. Hacerather
let the Yajameeni or Master's House
be endowed with long life & prosperity.

Let "Samaragyan" to entire Kingdom
"Bhagavan" come to him for feeding
"Please Give your temporal ruler with all blessing"

The hymn has a benefit influence
to the audience of the household (అంతఃపూజ)
Let her arrange the Vedic function

This is chanted at the end of every Vedic Ritual
(ఉత్తరార్చనం or సకలార్చనార్చనం)

With a full throated voice by all present
holding the Anvathi plate
While the holy Bell rings.

Great Blessings to one & All

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Becoming the fire of digestion, I reside in the bodies of all living entities; then, in conjunction with the life airs, both incoming and outgoing, I digest the four kinds of food. - Bhagavad Gita 15.14

Three Salient Questions

Identity - Value - Belief

October

2009



ಶ್ರೀವಿಠಲನಾಥ/ಕಾರ್ತಿಕ ಸು.2-3
ಮಂಗಳವಾರ/ TUESDAY
ಅಕ್ಟೋಬರ್ / OCTOBER

20

Before we start a Dream Work Project -
we are confronted by three genuine Qns:-

1) Who am I? This Qn usually encourages us
to begin to define our identity &
who we are. Our intention is about the project.
Our identity is our unique presence and
our intention is what we do with it. This is
what many people ask "Who are U" & "What do you do"?

2) Where am I going? Options & produce
where we are going? riposter desire values & Need.

Our value is where we are usually attracted to &
our need is what we draw towards it?
Values & needs are often the forces
that push us or pull us in a particular direction.

3) How have I got here? tends to elicit responses
How do we go there? this expresses belief & perspective.
Our belief is really the story we create about
our situation while
our perspective is how we position ourselves.

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In the Dreamwork space, the answers
to these Qns also describe the
INITIATING
STABILISING &
ADAPTING
modes

However, there is another higher purusa called the Supreme Soul, who is the imperishable
God that enters the world and support it. - Bhagavad Gita 15.17

Money is only a TOOL for Wealth creation

October

2009

(Chenukya Neethu)

Kantilal



21

శ్రీ విరోధినామ / కార్తీక శు. 3 & 4
బుధవారము / WEDNESDAY
అక్టోబరు / OCTOBER

Arthasastra (5363 verses)
Chenukya Neethu (330 1-line verses)

deal with creation & Mgt of wealth.

He says:- Money is not wealth - It is just a TOOL
The secret of wealth creation to understand the actual
movement of wealth from one person to another
from one nation to another & from one generation to another

Wealth is not only What is in you

Qualities of a What is in you

person's character & knowledge are 2 requirements of wealth creation
(E) What is around U (Real wealth) What is in you (True wealth)
(Ext. wealth) Car + Home + Inner wealth + Knowledge +
+ Materials Experience + Wisdom

Without True wealth (T) U cannot create (E) wealth

Targets / deadlines / & focussed approach are the only
way forward to keep U on your TOES.

A good profitable Organ requires continuous activity
Without which wealth cannot be created.

Even individuals who are lazy cannot create wealth

So be active

Keep to your GOALS

Keep up your TARGETS.

Because I am transcendental to the fallible and am most excellent even when compared with the infallible,
I am therefore celebrated in the world and the Vedas as the Supreme Person. - Bhagavad Gita 15.18

November 2008

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What is the Simple Step we can do
to ensure we are blessed with HAPPINESS

October

2009



శ్రీవిరోధినామ/కార్తీక పు.4
గురువారము / THURSDAY
అక్టోబరు / OCTOBER

22

Our scriptures enjoin upon us
to respect MOTHER-FATHER-Teacher-God
in that order.

The first & foremost is your mother
who gave u birth & brought u into the world

Next it is your father who brings u up &
puts u on the road to progress & development
While Mother is the foundation for the
transition of U's life, father represents superstructure.

Next Guru provides the Roof over your head
Finally God provides the gene, life itself

So those who yearn for company of God
must respect their mother first -
if only u keep her happy, all other things
will follow & happiness will be added to ur life

One may or may not worship God, but
you must respect ur mother & father
who are responsible for your birth
No one can define mother's love. It is
her love that is always without pollution.

October	2009
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AWARENESS

October Nourish Healthy Thought by developing AWARENESS 2009



శ్రీవిరోధినామ/కార్తీక శు.6
శనివారము / SATURDAY
అక్టోబరు / OCTOBER

24

There are two imp days in our life

(1) The day we were born

(2) The day we realize we were born

for some people - the second day doesn't come
We live mechanically from the day of birth
until the day of death
We are unable to appreciate the beauty &
magnitude of life when we realize its purpose

Worrying has become our second nature

Once a thought enters our mind, we
become a slave to it until we realize

When Virus enters a computer,

We are unable access any
information from computer file

శ్రీవిరోధినామ/కార్తీక శు.7
ఆదివారము / SUNDAY
అక్టోబరు / OCTOBER

25

Such is the condition of our mind when
it is infected by wrong thoughts

To enjoy freedom, We must liberate our mind
from needless thoughts. Just like a cell
identity facility to your cell phone,
we must gain ability to accept/reject
our thoughts depending upon their nature

That is AWARENESS thing we can develop
the ability to control all the functions of our mind

October 2009

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31						

Hypocrisy, arrogance, conceit, anger, harsh speech and ignorance are the qualities of those born of ungodly natures.
Bhagavad Gita 16.4

ultimately realize our true SELF

What is the Role of Character in shaping an Destiny

October

2009



Human birth is no doubt the highest in God's evolutions. To give it a meaning spiritual endeavor is required. The life should be pure, may there be some to justify Man's existence no doubt. In his way of life Character is the most important.

శ్రీవిరోధినామ/కార్తీక శు.9
మంగళవారము / TUESDAY
అక్టోబరు / OCTOBER

27

Without Character, health, wealth, education & social status, all are of no avail.

Character is a person like fragrance is a flower.
Character gives to person } Fragrance gives to flower
his nobility & status in life } its value & worth

No doubt, with conscious effort, habits can be refined & character refined & rebuilt. Man has the capacity to change his entire habit. "Where there is a will, there is a way" by selfless service, renunciation & devotion the old habits that bind you can be discarded new habits built. Which takes us along the Divine path with morality & character. A famous quote says

Lost health can be repaired by industry
Lost knowledge can be repaired by Education
Lost health can be repaired by medicine
Lost Character can be rebuilt over a time

But lost time is gone forever (Ruskin)

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Bewildered by many thoughts as a result of being caught in a network of delusion and engrossed in enjoying objects they desire, they fall into an impure hell. - Bhagavad Gita 16.16

Just as a potter makes his pot strong through fire
 May I also undergo refinement through the
 fire of wisdom to become immortal

October

2009



28

శ్రీవిరోధినామ/కార్తీక శు.10
 బుధవారము / WEDNESDAY
 అక్టోబరు / OCTOBER

The first spiritual practice is
 to search for your own faults & weaknesses
 and strive to become perfect by winning them.
 Time is the only constraint in the human life
 & within the short span, by wisely using
 the Time, with care & caution,
 you can attain Divine Bliss,
 through Character building.

Remember that -

Life is not mere eating, drinking, toileting & sleeping
 but -

Life is an YAGNA, a SACRIFICE

Each action is an offering to the God & Lord
 Forget about your position, pride & power

Strive day & night - Use pure mind, body & spirit -
 realise the higher self &

serving all co-human beings as you can wear
 Utilize the authority over your body for foster
 welfare of the world community

Remember that the body is just an instrument

an implement - given by God to serve the purpose

It is up to you to make use of it in
 your own way & reach the top

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Self-conceited, stubborn, full of pride and the intoxication of wealth, they hypocritically perform sacrifices in name only
 that are not in accordance with Vedic injunctions. - Bhagavad Gita 16.17

Best of luck

SRIYAM VAASAYA ME KULEY

October



from 2009
(SRIE Sooktam)

శ్రీవిరోధినామ/కార్తీక శు.11
గురువారము / THURSDAY
అక్టోబరు / OCTOBER

29

May God fortune (SRIYAM)
Exist (VAASAYA)
in my House - (ME KULEY)

This is the prayer we come across in
all prayers chanted as "Sree Sooktham".

This is an invocation to the Goddess of Prosperity.
The implicative stroke | Mohalekshmi
imposed on the Goddess | Ho Lord Vishnu
for building the prosperity, peace & glory of humanity.
Vedas advocate a +ve outlook to a glorious life.
The present stroke implies on the Goddess to dwell
in the house of the devotee, so that
he lives healthy & happy and
lives free from want & sickness.
It is the condition of ownership of plenty
that renders man into a scenario,
free from insecurity, ill health & anxiety
& avoid humility in going to mother for help.

October 2009						
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The godly gift of SRIYAM for Lakshmi
makes a man { Contented
full into his needs
& self confident

Restoring to egotism, power, arrogance, lust and anger, such envious people hate me
who am situated in their own bodies and the bodies of others. - Bhagavad Gita 16.18

Such a person will be of use to himself, neighbor
Community & Society at large.

What is relationship between Human Values

October

VS
HAPPINESS ? 2009



30

శ్రీవిరోధినామ/కార్తీక శు.12
శుక్రవారము / FRIDAY
అక్టోబరు / OCTOBER

Truth is the first, foremost Human Value

Truth does not change either in PAST, Present & FUTURE
U have to develop faith in the value of TRUTH
Next is Love: LOVE is GOD } entire life
LIVE in LOVE } should be
Love is the only path } nurtured by LOVE

TRUTH + LOVE = Non-Violence

When there is love, there is non-violence - People don't quarrel
When U develop love, U can treat everybody
as Your brothers & sisters.

When U meet anybody, U can say "Hello brother"
"Hello sister"

So just purify your ~~thoughts~~ thoughts in LOVE
When U develop purity, ~~there~~ there will be DIVINITY.

UNITY + PURITY + DIVINITY = Happiness

When Unity, purity & divinity go together,

HAPPINESS is the result

Christ's message is beam of love
He declared 3 things: 1) GOD is love

2) GOD is OMNIPOTENT

3) Don't hurt any one

Love everybody

Having entered the wombs of the ungodly, the deluded, not attaining the birth after birth,
O son of Kunti, go from there to the lowest destination. Bhagavad Gita 16.20

There is one God.
Recognize God in every human being

November 2009						
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K SHUDRAM

HRIDAYA DOORBLAM

October

శుక్ర

కృష్ణ ద్వైతం

2009



(భగవద్గీత) (2-3)

శ్రీవిరోధినామ/కార్తీక శు.13

శనివారము / SATURDAY

అక్టోబరు / OCTOBER

31

4 Kshudram is a feeling of weakness (Worst)

This is the greatest exhortation given by Lord Krishna to Arjuna on the battle field.

Arjuna was fraught with feelings of despair and wanted to give up his duty as a warrior in future and end to evil forces.

The code prescribes on Krishna's rules to put an end of evil forces dealing in Arjun murders & other anti social activities

Arjuna desires to remove the bloodshed from life. He is comparing the kind of state of mind

Yes - It is wrong 100% of a judge shows pity on a serial killer & let him off without punishment. What starts happen to the society at large

If a rapist gets go unpunished, there is the position of young ladies who can't retaliate. Vedas have clearly identified duties to four varnas

Lord Krishna warns men not to allow the heart to get weakened with sympathy but do their duty enjoined on their Varna. He said "Don't get over heart weakened. This is a greatest lesson given by Him" Do your Duty

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The three gates to hell that destroy the self are lust, anger and greed. Therefore one should abandon these three.

Bhagavad Gita 16.21

This is a mantra against suicidal tendencies of Man

Chanukya Neethi

Monthly Planner spark Dried wood

2009

November



एकेन शुष्क वृक्षेण
कुक्ष्यते हि नैनं सर्वं

एकमनिनं वाहिनं
कुपुत्रेन कुलम् यथा

Sun	1	
Mon	2	EKENA SUSHKA VRIKSENA
Tue	3	
Wed	4	DAHYAMAANENA VAHNINAH
Thu	5	DAHAYATE HI VANAM SARVAM
Fri	6	
Sat	7	KUPUTRENA KULAM YATHA
Sun	8	(Chanukya Neethi)
Mon	9	

When a single dried up tree catches fire in the big forest, the whole fire spreads entire forest and the whole forest is gutted.

Similarly even if one single idol is born in the family as a son, the entire family goes to ruin.

The same effect has been many to ruin, be it in politics, be it in business or any other field of activity.

K SHEERAM

JEEVANEEYA NAAM

November



(అమృతం)

2009

Ayurvedam

శ్రీవిరోధినామ/కార్తీక శు.14

ఆదివారము /SUNDAY

నవంబరు /NOVEMBER

01

ఆంధ్రప్రదేశ్ ప్రభుత్వం /A.P. Formation Day

deals with Health & Longevity of MAN.

Charaka Samhita & provide several Tenets for
Sushruta Samhita & bleed an active & healthy life

Several physical procedures are prescribed to suit
people of different constitutions & diff climate & geography

Several restrictions of food & exercises are
provided with dietary regulations to suit diff climate

MATERIA MEDICA identifies different herbs
with their properties to cure different illnesses

In Ayurveda list of items of food termed
as "NITYA SEVANE" are given which can
be taken safely without getting sick and
without any side effects

Ex: Wheat, Barley, Honey, Milk,
Amla-kee, USIRIKA. (amrap fruits)
BANANA; Snake gourd (Vegetables)

Lord Krishna is always shown eating curd & milk products

"KSheera Bhojya Saiva. Bhavet"

Always eat food with milk to good Health

December 2009

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Take care of your health with
Milk & Milk products

Released from these three doors to darkness, a person acts in his real self - interest, O son of Kunti,
and thereby attains the highest goal. - Bhagavad Gita 16.22

Have all good health

Three Aspects of SUCCESS

November



by
(Chandru)

2009

Who does not want to be successful?

శ్రీ విద్యానామ / కార్తీక బ.1
మంగళవారము / TUESDAY
నవంబరు / NOVEMBER

03

Engel to highly competitive Corporate world.
Even Children studying in primary schools
colleges, want success. So do houses, in their homes
Workshops & Seminars are conducted to discuss
the subject "How to be successful?" Huge
amount of time & money & energy are spent
in becoming successful in their own field.

What exactly is success? Success is relative.

The parameters for success change person to person.
Hence the lives of successful people throw
some light on this subject.

Chandru says that Success is Three fold.

- ① Not attainable by power of counsel: Success by Counsel
- ② Not attainable by Power of Flight: Success by Flight
- ③ Not attainable by Power of Energy: Success by Energy.

Nepolean said: "Of regrets to
shaking a genius
to awaken the masses.
to their consciousness &
inspire them to achieve
their goal of life."

December 2009

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Therefore the scripture is your authority in the matter of determining what is to be done and what is not to be done.
Understanding the scriptural injunctions, you should act accordingly in this world. - Bhagavad Gita 16.24



02

శ్రీ విరోధినామ/కార్తీక పు.15
సోమవారము / MONDAY
నవంబరు / NOVEMBER

① If U have a choice between a mediocre leader who changes less & an expert who changes more he go to the expert bcoz sure of one I do

② A mighty person may take quick decisions, does better operations, capable but minimum possible risks & to reach goals faster

③ Muscle power is the best of all
Proverb says: MIGHT is RIGHT
A mighty person takes quick decisions

③ A highly inspired person gets changed soon
He could mesmerize the masses
but his low power & ordinary skills

November 2009						
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AVIDYASYA KUTO DHAMAT

November

Who can earn money
Latent knowledge

2009

04

శ్రీవిరోధినామ/కార్తీక బ.2
బుధవారము / WEDNESDAY
నవంబరు / NOVEMBER



Man should achieve higher education
in order to earn more money
How can the uneducated earn more money (Shloka)

This saying gains more importance in these days
when people force to America to earn greater degree
& earn more money & lead higher status in life

Aaleasyasya Kuto Vidya

(How can a lazy man acquire knowledge)

Avidyasya Kuto Dhamam

(How can an uneducated earn more money)

Anutrasya Kuto Sukham

(How can a man have happiness without friend)

Avidyasya Kuto Mithrasam

(How can a money-less man gain friendship)

Thus a cycle is established for one to gain happiness
in this world from vidya - long life - friendship - Money
The cross of the true relates to acquiring knowledge
which should form a pious goal in man's life

To sum up:-

one should not be lazy in acquiring knowledge
He should be studious, eschewing sloth &
then only he is sure to acquire riches & friends
who can make one's life happy by the Ashram

Hence an constant endeavor
should be to acquire more & more knowledge
which in turn, brings us HAPPINESS

AAHARA SUDHOU SATVA SUDDHIHI

November

2009



↓
(LITA)

05

శ్రీవిరోధినామ/కార్తీక బ.3
గురువారము / THURSDAY
నవంబరు / NOVEMBER

"The power of food is
The brighter the thoughts are"

Lord Krishna in Bhagavad Gita

"Our food affects the mind & thinking style"
is a good Vedic concept, which is very often
questioned by the western scientists.

"What has food to do with our thinking"?

Food has been considered in an objective style.
However the Vedic thought has contributed
a subjective concept.

Some food restrictions are linked with our
religion like:- Pork is forbidden by KORAN.
Animal flesh is prohibited by BIBLE.
Sattvic diet is recommended by Gita.

It is said that this type of Sattvic diet, when
taken for longer years, makes the aspirant
become pure in his thoughts, words & deeds.

Hence all Sages recommended
pure, holy, Sattvic food for
spiritual upliftment.

December 2009								
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27	28	29	30	31	★	★		

HITAM BHUNJAN MITHAM BHUNJAYAT

November on Health, longevity & success 2009

→ Intelligently → depend on the food we take & manner & time of eating



This ancient saying ordains

శనివారము / SATURDAY

నవంబరు / NOVEMBER

07

Let us should eat pleasant things and let us eat moderately. This defines two aspects of an dietary system.

The food we eat should be palatable (HITAM) & the quantity should be neither high nor small (MITAM)

The type of food that is most suitable to a mental worker or thinking class of people is the SATVIC or first type of food - pure

Juicy food & nutritious substances like honey, milk, cereals etc are advocated

ఆదివారము / SUNDAY

నవంబరు / NOVEMBER

08

i) Pungent, too sour, too hot, too salty are the items are 1/2 second type of RAJASIC food

ii) Smelly, sleep producing, left over foods are the worst type of TAMASIC items of food

The food we eat should be pleasant to taste

This is what HITAM conveys

pleasing to the eye

Mitham is the moderation in eating suggested

3/4 of stomach to be filled with food & then

Those who completely identify with both hypocrisy and egotism, as well as lust and attachment, undergo terrible austerities that are not enjoined in the scriptures. Know that the non-discriminating and those who torture the body, and thereby who reside within the body, are of ungodly conviction. - Bhagavad Gita 17.5 - 17.6

4th Air back as Pressure is indicated by Yoga

December 2009

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What are common rules

① November In the first place 2009
You must conquer ANGER through love & affection
& Reasoning



09

శ్రీవిరోధినామ/కార్తీక బ.7
సోమవారము / MONDAY
నవంబరు / NOVEMBER

② Attachment through Reasoning

③ Falsehood through TRUTH

④ BAD through Good

⑤ GREED through Charity

6) No reply should be given to the wicked person even if he scold you & call U names. Be at a great distance from such people.

7) Seek the company of good people, even at the sacrifice of your honor and life.

8) Pray to God to bless U with discrimination needed to distinguish good people from the BAD.

9) Use your intellect - given by God to do your part.

10) If U are experiencing a dull or low moment - fear it not! Fortitude - Try & search for plans to achieve gain & joy.

When U are invaded by anger, practise silence.

Remember the name of the Lord. Pray to God.

To bless U with strength & courage.

needed to see the right path.

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Let us must always observe
in our daily life.

November

2009



శ్రీ విరోధినామ/కార్తీక బ.8
మంగళవారము / TUESDAY
నవంబరు / NOVEMBER

10

(11)

Change ur life & habits
right from today & this moment

Don't postpone or put off. Do not
allow anything that can destroy ur eagerness &
enthusiasm to see God become near you

(12)

Do not get swelled up when people praise U
I don't feel dejected when they blame U.

(13)

Don't get caught in trying to find
faults in others.

Instead of searching & criticizing others,
search for your own faults & uproot them.

As far as fault in U, should be cleaned off.
Don't harbor anger at others for fault you,
Instead U thank them for showing U faults.

(14)

Don't rebut by raising their fault.

(15)

It is good for U to know your faults.

(16)

Trying to point out other's faults, is a
great mistake on your part,
not it does anything good for you.
Best of luck

December 2009

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On FRIENDSHIP

November

(MITRA)
(మిత్ర)

2009

11

శ్రీవిరోధినామ/కార్తీక బ.9-10
బుధవారము / WEDNESDAY
నవంబరు / NOVEMBER



God has created a good TALISMAN
of a sweet & wonderful gem of 2 letters

Here to fool-company a friend is a rare GET
This gem is a wonderful talisman against
FEAR & ENEMY.

It is the repository of all our affection & absolute Confidence
Why compare to a gem because
Some GETS are believed to
fulfill all the desires of the one who wear them
Hence the friend is the

- 1) Remover of Grief and
- 2) Protector of one against enemies

Showing all our affection & Confidence in such a friend
can be a real tribute which is inadequate
One who possesses such a friend is fortunate
beyond words & thought. There are limitations
in any sort of friendship. One may be disrespectful
in revealing his secrets even to his own wife, but
when it comes to a dear friend, there are no limitations.

A true friend can be one's ardent fan &
at the same time a severe critic as well.
Even the elevated vision of poetry becomes inept
to describe the phenomenon of friendship.

Friendship is the property of everyone, but
Argonne holds preference shares in his
institution because he is Krishna's close friend

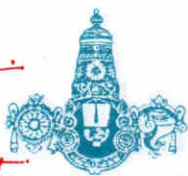
November 2009						
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29	30	*	*	*	*	*

Think Twice before talking to MURGE

November

2009

गुणवत् गुणवत्
कुर्वता कार्यसाधु



श्रीविरोधनाम/कार्तिक ब.11
गुरुवारम् / THURSDAY
नवंबर / NOVEMBER

12

परिणतिरवधीति यत्नतः परिश्रमेण

अतिशयं कृतानां कर्मणामाविपत्तेर

अस्ति हृदयदाही शम्यन्त्यो विपाकः

Thurman
शुद्धि
श्री
कलकत्ता

A discerning person should always consider the pros & cons and long term consequences of any endeavor he is starting.

Any action performed in great haste, may lead to consequences which may lead to break your heart like a poisonous arrow.

Men of wisdom of all ages were always wary of any hasty action. "न क तद्विचिंत्य न प्रयुज्यते"

"Nothing should be done in an impulse" Bhagavi

"Avicharya Na Vakhetvayam"

(Don't utter a word without deliberation)

Every guided system condemns action in haste without proper application of MIND

Every human being can have such situations, causing permanent headache, heartache & guilt.

Some arrogant persons never review their actions & have gone w/o any remorse (शुद्धि कलकत्ता)

Such persons cannot be included in Human beings

So please take care of Your Tongue

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27	28	29	30	31	★	★		

What are the jewels that we lead ourselves to
November now are the jewels we should wear 2009



ವಿಜ್ಞಾನ ದಿನ / Childrens Day

ಶ್ರೀವಿಠ್ಠಲನಾಮ / ಕಾರ್ತಿಕ ಬ.13
ಶನಿವಾರಮು / SATURDAY
ನವಂಬರ್ / NOVEMBER

14

Man is the highest creature endowed
with the gift of thinking & speech unlike
other animals.

We are busy in our day long all things, busy
schedule all the 24 hrs including sleep & hardly
find time to think of God or good relations etc. In skin
Within the limited time available, if we don't
spend time usefully & waste it on useless & ignorant
practical or other, we are to share the blame game.
The path of devotion should dwell towards God & chant
his devotees people. The path of fault finding is like
the sand of bronze compared to the mud & sand of gold.

Under the heavy the Chakras of bronze, ಶ್ರೀವಿಠ್ಠಲನಾಮ / ಕಾರ್ತಿಕ ಬ.14
ಆದಿವಾರಮು / SUNDAY
ನವಂಬರ್ / NOVEMBER

15

Speaking falsehood
Speaking ill of others
Talking too much
Backbiting

Centist such tendencies
and spend time usefully in the
company of religious minds &
controlling the ill minded people.

One must always be vigilant against eight sins
to the mind peripherals like Anger; Greed
Attachment & Impatience
Pride & Egoism
Craving & Hatred.

December 2009

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20	21	22	23	24	25	26
27	28	29	30	31	*	*

Our primary duty
is to keep off from these eight king of sins
I divert our attention to God whenever time is
available by an

Wednesday
November

Some common rules
be should always

2009



observe &
maintain good life

16

శ్రీవిరోధినామ/కార్తీక బ.30స్వా
సోమవారము /MONDAY
నవంబరు /NOVEMBER

Common minimum
You should maintain one

- ① Conquer anger through Love & Affection, attempt & reasoning
- ② Don't give any reply to the critics and of disbelievers through Truth
- ③ Do through good deeds &
- ④ spread through charity & feed the poor
- ⑤ seek the company of good people even at the sacrifice of your honour
- ⑥ Pray to God to bless you with discrimination needed to distinguish good from the bad & bless U with courage needed to stick to the Right. Every U are experiencing a dull moment, bear the difficulties with fortitude. When U are invaded by anger, practice silence & remember the Lord & pray to Him.
- ⑦ For faults & sins, committed in ignorance repent sincerely & pray for pardon
- ⑧ Try not to repeat the faults again of avoid all bad habits
- ⑨ Pray to God daily as some U set frames before going to bed

November 2009

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They call that sacrifice tamasic which is contrary to scriptural injunction, in which no food is offered or distributed, which is performed without the appropriate mantras, in which there is no remuneration for the priests, and which is devoid of faith - Bhagavad Gita 17:13

November

2009



శ్రీపద్మావతి అమ్మవారి గజావాహనం /
Sri P.A.T. Gaja Vahanam

శ్రీ విరోధినామ/మార్గశిర శు.1
మంగళవారము /TUESDAY
నవంబరు /NOVEMBER

17

Greediness Vs Goodness

are the pole stars guiding man's footsteps
in the journey of life. They represent two
different ideas and different

Greediness capitulates to Heart - & cast its
spell like a beautiful woman
Goodness offers nurture like a bright mother

People who strive for Greediness obtain the
Ornaments of fame, influence & wealth.
But those who pray for goodness acquire all
happiness & receive many benefits for others.

Good people are helped often
in several ways &
things: power & fame

Good people live in the glow
of goodness liberate you from the
bondage of desires.

Serenity of Mind (Tames)
is the source of Goodness &
motive of its good deeds

Helpful nature without name & fame
is the false make of Good people

Forceless of Goodness
is the motive force
behind abounding glory

Goodness increases
for power & fame
while Goodness silences it.

Good people express ^{once in a while}
Goodness may give
a glimpse of glory

RAJAS (Assessive nature)
is the motive force
behind Greediness

Name & fame ^{is} ^{binding behavior} ⁱⁿ achievement
with or w/o fringe benefits

Most people hanker
for Greediness & achieve
it by hook or crook

Purity, straightforwardness, celibacy, non-violence and worship of God, the brahmanas, the guru and the wise ones
are the ingredients for Goodness. **Goodness** is the path to be followed by all. **Goodness** is the path to be followed by all. **Goodness** is the path to be followed by all.

TRUE WORSHIP: ATMA PRINCIPLE

November

2009



18

శ్రీవిరోధినామ/మార్గశిర శు.2
బుధవారము / WEDNESDAY
నవంబరు / NOVEMBER

శ్రీపద్మావతి అమ్మవారి గరుడసేవ /
Sri P.A.T. Garuda Seva

Developing faith in the "ATMA Principle"
and loving it earnestly is True Worship

There is only one Divine Self.
Know that it is more lovable than any object
here or hereafter. It is the true affection
you can offer to God.

It is like the Vedas teach.
The Vedas do not teach the acceptance of a
bundle of frightful hard rules &
regulations & instructions.
They do not hold before you a prison house
where a man is shut by the bars of
cause & effect.

They teach us that there is ~~one~~ sovereign
"I" one behind all these rules & regulations
one who is the core of every object
every unit of energy
every particle of a flower
of one under whose orders alone
the five elements: ~~ETHER~~
operate upon. ~~FIRE~~
WATER
EARTH
AIR

LOVE HIM
ADORE HIM
WORSHIP HIM
This is the
grand
philosophy
of LOVE

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Speech that does not cause distress, which is truthful, agreeable and beneficial and which includes the practice of
reciting the scripture - these are called austerities of speech - Bhagavad Gita 11/5

(Sri Sarada Devi) An elaboration in the Vedas

International MEN'S DAY

November

NCFM.

2009



National Coordination
Coalition for MEN
decided ~~Tel.~~ (X)

శ్రీ విరోధినామ/మార్గశిర శు.3
గురువారము / THURSDAY
నవంబరు / NOVEMBER

19

(X)

Nov 19 is being celebrated as I M D (Men's Day)

through a 'SAVE MALE' campaign

Kumar Jagudan, a Men's activist of Bangalore
advocated why Men have been driven to
the stage of INSANITY because

- 1) 13 lakh men have lost their jobs
in preference to women
- 2) > one lakh men committed suicide
due to domestic violence last 10 yrs
- 3) > 50000 married men commit suicide
every year compared to 25000 women
- 4) Men pay (82%) of Taxes but
not a rupee is spent for their welfare
- 5) 98% of men faced domestic violence
in the last 3 years of marriage

Jagudan said that he is not against women
but wanted equal protection for MEN. Though

there is a ^{MINISTRY} welfare of animals & women also
there is no Ministry for welfare of MEN.

"SAVE THE MALE" program is arranged in Bangalore
with a game of "Bow & Arrow" played by women
Women are as much a part of the celebrations as

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Men & the event is only to highlight
the fact that we are forced to be Men &
not dependent on the women. Not many men
know this p/o would that Nov 19 is celebrated like this

Peace of mind, gentleness, silence, self-restraint, purity of heart - these are austerities of the mind
Bhagavad Gita 17.16

I have it as a serious fun only to celebrate 1st Nov
Wish U all good luck

VIBHEESHANA GEETHA

November

2009

RAMA Ravana
+ Dhanveera
+ Dhanveera
+ Tyageveera
+ Nityaveera



Rama Vs Ravana

శ్రీ విరోధినామ / మార్గశిర శు.5

శనివారము / SATURDAY

నవంబరు / NOVEMBER

21

శ్రీ పద్మావతి అమ్మవారి పంచమి తీర్థం /
Sri P.A.T. Panchami Teertham

RAMA Comes for RAM, the one who delights in
jump happens to every body of whom everyone revels
even though he himself suffers & sacrifices to others
RAVANA one who makes you cry &
who causes sorrow to everybody
if only a RAMA VEERA

Vibheeshana Geetha (Rama's discourse to Vibheeshana)

CHARIOT of RIGHTEOUSNESS

The ~~Wheel~~ by which one gains victory is different.
It is called DHARMA - RATHA.

Its wheels are; Valour & Fortitude

Its flags are Steadfastness in Truth & good Counsel

Its horses are: ① strength ② discrimination ③ self control ④ care of others

శ్రీ పద్మావతి అమ్మవారి పుష్పయాగం
Sri P.A.T. Pushpa Yagam

శ్రీ విరోధినామ / మార్గశిర శు.5

ఆదివారము / SUNDAY

నవంబరు / NOVEMBER

22

Its reins are made up of ropes of Forgiveness
Compassion & Enemities

A religion has to run firmly on two wheels -

VALOUR & FORTITUDE

Many people may have Valour but cannot withstand
the onslaught of inner weakness, lust & passion

A person may be hero outside but zero inside
A Dheera must be a patient person
but brave & heroic
Like RAMA

December 2009

S M T W T F S

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27 28 29 30 31 * *

November

VISHNU

2009



Vishnornama Sahasra

Chandonustup Tatha Devo

23

శ్రీవిరోధినామ/మార్గశిర శు.6-7

సోమవారము / MONDAY

నవంబరు / NOVEMBER

It is interesting to dwell on the circumstances under which V.S came into existence. (see below)

Yudhishthira, the eldest of the five Pandavas was mentally depleted after seeing many deaths because of the war with Kauravas & the misery of suffering created by the war, in which he was the major player (with Bhishma in deathbed) of Bhishma passing away, his irreplaceable wisdom will be lost to the world.

So Sage Vyasa & Lord Krishna advise Yudhishthira to seek the advice of the freed do man on all aspects of human life on which he has doubts. A series of dialogues ensued between the two.

In one of these sessions, Yudhishthira asked Bhishma on the "Easiest & best means by which mankind can attain lasting happiness, peace of mind & relief from all bondage and sorrows of life."

This was the setting in which the Lord Vishnu Sahasranama 81st name was imparted to Yudhishthira, for the benefit of his future generations.

November 2009

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SATSA RANAMA → Essence of GITA

November

Vedavyasa Mahamunihi

Bhagawan Devaki
Sulaha.



2009

శ్రీవిరోధినామ/మార్గశిర శు.7
మంగళవారము / TUESDAY
నవంబరు / NOVEMBER

24

Tat Viddhi Pranipathe (తల్లికి వినవలెద
Pari prasanne. sevaya పరిపూరిత సేవలను
Upadeshyetha The Incarnam. ఉపదేశించుట జ్ఞానం
Jnane. Tathva Dargudha జ్ఞానవాతల దీక్ష/సం

This decries the behavior of a student to
his teacher before anything is learnt from the Master

The student should first surrender PROSTRATE
by his own obedient attitudes } ^{ప్రణామం} leave his ego

Krishna took Pandavas to Bheshma
for his message of restores his MEMORY also

Like the honey bee that collects Honey Drops
from all flowers, Bheshma collected the Cream
of knowledge from all sages who had vision of God

~~Om~~ Bheshma Skedeshi day, Bheshma revealed
his divine benedictions to Pandavas
on ^{మంగళవారం} ^{మంగళవారం} ^{మంగళవారం} in presence of Krishna
showing HIM a revealing to them that HE IS

the Lord of LORDS (SURANAM EESHATH
= SURESHA)

of praying Him for 1008 names
అట్లు చెప్పి పదవి నామము

December 2009

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27	28	29	30	31	★	★

That gift which is given at the proper time and place to a worthy person simply because it ought to be given and without
expecting something in return is satvic. - Bhagavad Gita 17:20

Which leads the character to salvation

November

2009



25

శ్రీవిరోధినామ/మార్గశిర శు.8
బుధవారము / WEDNESDAY
నవంబరు / NOVEMBER

శివశాస్త్రిమందిర సర్వస్వ
తాత్రాత్మిక భూంజితా

This is the first mantra

The entire universe is indwelt, enveloped & covered by the Supreme Being. LIVE A HAPPY LIFE in this world

Enjoy as long as U exist
Don't suffer from any illness

We succeed in building up an actual perception of this world viz:}

"God is indwelling in everything & God envelopes all the things in this world"

only through an inner perception

Jnana (Knowledge)
Abhyasa (Practice)
& Vairagya (Detachment)

It follows that we must be ventrally in the presence of Supreme God always & in ever blissful & joyous

This is an affirmation by the Rishis, the realized saints who travelled the path & experienced the superlative spirit

The first part says the entire universe is indwelt, enveloped & covered by the Supreme being, moving/non moving, living/non living
The 2nd part is a conclusion drawn from this vision

LIVE a happy life in this world.

Enjoy your existence, don't suffer

November

2009

య ఆంధ్ర జగత్త్రయ జగత్
పాశుక కృత్సప్రవిధము.



శ్రీ తులసీయా పావనం

శ్రీ విరోధినామ / మార్గశిర శు.9
గురువారము / THURSDAY
నవంబరు / NOVEMBER

26

Life is not intended to be a MISERY
We cant blame God bheve created a hell fulus
It is only exactly unness smelling, not His
He is very compassionate in his dealing with us
He expect us to LIVE. LIFE is to be LIVED
and not merely got as as a drudgery.

TENA TYAKTENA BHUNIJATHA

Enjoying this world, by renunciation effected
in the light of the consciousness of
the indwelling presence of God.

LIVE a life of HAPPINESS in this world
by renunciation effected in the light
of the all pervading nature of God

Shanai Chanai chanai meaning slowly like this:
Just the state of harmony which can be worked
He is present everywhere (only by an intelligent one) is called God
as the RAGA in Music or canvas in the painting
He is the WARP & WOOF of the entire tapestry of LIFE
We must have the ears to listen to the RAGA

the understanding to see the canvas &
the knowledge to recognise the thread in a cloth

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20	21	22	23	24	25	26
27	28	29	30	31	★	★

This our hurried existence dumbs us foolish to see, hear, ^{or know} ~~THM~~
Then out so great & yet nobody finds you
Then all set so lonely but nobody hears you
Then ant so near but nobody feels thee
Then great to everybody, yet nobody knows thy name

That gift given at the wrong place and time to an unworthy person, without respect,
or with contempt is considered thamasik - Bhagavad Gita 17.22

Men flees from U & say they cant find Thee & turn back?
Men can find Thee & say they cant hear Thee?

9/11 — Debacle

November

We believe that
tenets of religion TV say



but

2009
GITA W KURAN

27

శ్రీవేంకటేశ్వర / మార్గశిర శు.10
శుక్రవారము / FRIDAY
నవంబరు / NOVEMBER

A prominent American Gaylord
was interviewed & asked about
How could it let something like this happen?

Ans: I believe God is also equally
and deeply saddened by this debacle
But for years, we have been telling
God to get out of our schools
(by removing the photos of God)
to get out of Government offices
(by removing anti-secular photos)
and to get out of our lives.

Being the Gentleman he is, I believe
He has calmly backed out of ^{all} these places
How can we expect God to give us
His blessing & His protection,

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29	30	*	*	*	*	*

The syllables om tat sat are the symbolic three fold representation of the absolute that in ancient times gave rise to the
brahmanas the Vedas and sacrifices. - Bhagavad Gita 17.23

If we demand "He leave us alone"

9/11 — Debaacle

November

2009

We believe that
tenets of religion TV say

but ~~where~~ ^{where} God is?
Q/H/A W KURAN



27

శ్రీవిద్యనామ/మార్గశిర శు.10
శుక్రవారము / FRIDAY
నవంబరు / NOVEMBER

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If we demand "He leave us alone"

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29	30	*	*	*	*	*	

Keep what you sow

November

How simple it is to live in 2009
then wonder why we are going to HELL



శ్రీవిరోధినామ/మార్గశిర శు.11
 శనివారము / SATURDAY
 నవంబరు / NOVEMBER

28

Modeline Muray complains: tel. needed not
want prayer to be letted in our schools
we said OK
Some one said not to read Bible in school
we said OK.

The Bible says

Thou shall not Kill
 Thou shall not Steal
 Love Ur neighbor as Urself
we said "OK"

Then Dr Benjamin Spock said

శ్రీవిరోధినామ/కార్తీక శు.12
 ఆదివారము / SUNDAY
 నవంబరు / NOVEMBER

29

"We should not spank our children
then they will believe in the class/school
because it keeps their self Esteem
(Dr Spock's son committed suicide in the class)

we said "An expert should know
let us talk about"
But we said "YES" & "OK"

December 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

November

2009



30

శ్రీ విరోధినామ / మార్గశిర శు.13
సోమవారము / MONDAY
నవంబరు / NOVEMBER

Then some one also said:
"Teachers & Principals better not discipline
their children when they misbehave"
The school administrators said:

"No school faculty member better touch
a student even when they misbehave
in the class :: we don't want any bad
publicity & we don't want to be sued"

There is a big difference between
When we said "OK":

Disciplining
Touching
Beating
Smacking
Humiliating
Kicking

Someone said
Then you angels have abortions,
they need not have to tell their parents
we said OK

Then a wise school board member said
"Since boys are so boys & they are going to do any way
let us give our sons all the things
they want, so that they can have all the things
they desire, & we don't have to tell their
parents about what they get in school"

Those who desire liberation utter the syllable tat while performing acts of sacrifice, austerity and charity of various sorts
without desiring to enjoy the results for themselves. - Bhagavad Gita 17:26

parents about what they get in school"

we said
OK

November 2009

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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30

శ్రీవిరోధినామ/మార్గశిర శు.13
సోమవారము / MONDAY
నవంబరు / NOVEMBER

Then some one also said:

"Teachers & Principals better not discipline their children when they misbehave".
The school administrators said:

"No School faculty member better touch a student even when they misbehave in the class :: we don't want any bad publicity & we don't want to be sued."

Then is a big difference between
Then we said "OK".

Disciplining
Touching
Beating
Smacking
Humiliating
Kicking etc

Someone said
Then you angels have abortions,
they need not have to tell their parents
we said OK

Then a wise school board member said
"Since boys are so boys & they are going to do any way
let us give our sons all the condoms
they want, so that they can have all the fun
they desire, & we don't have to tell their
parents about what they get in school."

November 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 * * * *

Those who desire liberation utter the syllable tat while performing acts of sacrifice, austerity and charity of various sorts without desiring to enjoy the results for themselves. - Bhagavad Gita 17.26

parents about what they get in school" we said
OK

Notes

Then some ^{TOP} selected officials said: "It does not matter what we do in private, as long as we do our job. A free press like I am be said:-

It does not matter what any one ^{what} including the President does in private as long as ~~they~~ ^{we} have a job & the economy is good. We said "OK"

Then some said: Let us print magazines with pictures of NUDE WOMEN & call it wholesome down-to-earth appreciation for the beauty of female body.

We said "OK" for that also & then someone took that appreciation further by making them available on Internet.

We said "OK". Then Entertainment Indus-

said "Let us make TV shows & movies that promote propaganda, violence, filth & SEX. Let us record music that encourages RAPE DRUGS

We said OK. Since it is just ENTERTAINMENT SUICIDE MURDER

It has no adverse effect on any body & nobody takes it seriously any way. So go right ahead.

September

It is only



Now we ask ourselves or often senior

Why our children have no conscience
 Why they can't distinguish Right from Wrong
 Why it bothers them to kill shrimps
 or their classmates or themselves

Probably we think about it. Seriously
 I go back, we realise that we only
 ourselves are responsible & hard enough
 I think there is a lot of Truth
 in the old saying

"We reap what we sow"

or
 "As you sow, so you reap"

It is high time you have to
 have a rethinking on the subject
 of Indiscipline. Things
 preventing
 enforcing DISCIPLINE

ISAVASYAM IDAM SARVAM

December

YAT

KINCHHA

2009

TENA NAKTENA



JAGATIYAM JAGAT

BHUNJITHATH

శ్రీవిరోధినామ/మార్గశిర శు.14
మంగళవారము / TUESDAY
డిసెంబరు / DECEMBER

01

MAA GRIDHATH KASYASVID DHANAM

(ఈశశాన్తేశ్వరే)
The entire universe is well- &
enveloped & covered by the supreme being

Live a happy life in this world

Enjoy your existence — Do not suffer

When things Jnana (Knowledge)

Abhyasa (Practice)

Vairagya (Detachment)

We succeed in developing the perception
of the world namely that

"God envelops all things in the world
He is dwelling in everything

It follows that we have to be ventally always
in the presence of God &
therefore ever blissful & joyful.

January 2010

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This is the affirmation of all wishes
of realised saints, who have
left the impure & perishing spirit

The first part says
 బుధవారము / WEDNESDAY
 డిసెంబరు / DECEMBER



The entire universe is itself
 enveloped & covered by the Supreme being

The second part is a conclusion from this

"Live a happy life in this world"

Enjoy your existence & do not suffer
 Life is not intended to be a misery
 We can't expect God to create a hell for us
 But He is very compassionate with us.
 So life should be lived not merely
 as a dream but as a joyful one

TEWA TYAKTEWA Bh Ujiteri: Enjoy the world

by renunciation effected in the light of the
 self-sacrificing nature of God & live
 a life of happiness in this world.

What Churning and meaning is

the following version:

December 2009

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★	★	1	2	3	4	5
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27	28	29	30	31	★	★



శ్రీవిరోధినామ/మార్గశిర బ.1

గురువారము / THURSDAY

డిసెంబరు / DECEMBER

03

This picture state of harmony & peace
 how can be invoke by an intelligent person
 of will & courage is God
 Has present everything as the RAGA in music
 a canvas in a painting
 He is the help & proof of the entire spectrum of life
 as the lines ~~are~~ in a piece of cotton
 We must have the ears to listen to the RAGA
 understanding to see the canvas
 of the knowledge to response to the thread
 The hurried evidence of busy expressions
 draws our attention too we constantly
 fail to see, hear or know HIM
 Men flee from Thee & say they can't find THEE
 Men turn their backs & say they can't see Thee
 Men can hear ears & say they can't hear Thee
 Men US like Ur sight

January 2010

S M T W T F S

31 ★ ★ ★ ★ 1 2

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17 18 19 20 21 22 23

24 25 26 27 28 29 30

December

TEEVEMA SHARADAH

SHATAM

2009

ಶ್ರೀ ವೈಕುಂಠ ಕರಸ್ತೋತ್ರಂ



This shantana huly

ಶ್ರೀವಿಠಲನಾಮ/ಮಾರ್ಗಶಿರ ಬ.3-4
ಶನಿವಾರಮು / SATURDAY
ಡಿಸೆಂಬರು / DECEMBER

05

invokes the true spirit of wellness in everyone
of us to endure for a 100 Holy Years

What ensures this achievement is
reflected in AYURVEDA & YOGA

(గోపీభక్త) భావనలకు కురువే
 December 2009
 సావేరియన్ యుగములో
 గాంధీజీ పురుషోత్తము



శ్రీవిద్యానామ / మార్గశిర బ.7
 సుంకవారము / TUESDAY
 సెంటర్ / DECEMBER

08

కురు కురువే సుంకవారము

The Quintessence of the first stroke
 of Bhagavad Gita is a call to change
 our life style from ^{being} spiritually inactive
 to robustly active

We have to train our mind to ask 'Who
 am I' - an ever self.. Our mind
 is blind like Shrutte vasthata and
 an important witness is SANJAY.
 Every night before going to bed,
 we have to ask our important witness
 to report all the happenings of the day.
 What have we seen (Kaurava faces)
 What were our discriminating faces (Pandava faces)
 to oppose the heinous onslaught?

January 2010

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Let a great practical suggestion
 in the very first stroke of Gita

December

2010

GEETHA JAYANTHI



2009

శ్రీవిరోధినామ/పుష్య శు.1
గురువారము / THURSDAY
డిసెంబరు / DECEMBER

17

Geetha Jayanthi is a celebration of the gift of Bhagavad Geetha by Lord Krishna to Arjuna & through him to the people of the entire world as narrated by Sangay Samp Drakshashtan.

It is celebrated on the 17th day (Ekadashi) of bright half of lunar month in December/January every year. Geetha is the central treatise of the expansive epic Mahabharata, referred to as the Jewel in the crown of Hindu Philosophy, consisting of 18 chapters & 700 verses that form the discourse given to Arjuna by Lord Krishna on the battle field of Kurukshetra.

Legend goes that before the commencement of the War of Kurukshetra, Arjuna was troubled by the relationship with Pitamah Bhishma & Archarya Drona. He refused to fight with guru & relatives in Krishna's army.

Then Lord Krishna presents him the knowledge of life as also the life beyond. This inside story of Mahabharat is considered to be the Bible of Hinduism. The precepts of Geetha are broad, sublime & universal in their scope, and they belong to the entire universe & to any particular cult, creed, sect, age & place or country. They are meant for all.

January		2010				
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When those who have not adopted renunciation die, they experience three kinds of fruits from their action: evil, good and mixed. For renunciates, however, there is no fruit whatsoever. - Bhagavad Gita 18.12

Carry the message of peace, love, friendship & perfection to all human beings.

Things to know (8). अवस्य (2) 8 व
 Learn & Teach

Page No: 12

YEAR PLANNER 2010

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
SUN	1					
MON		1	1			
TUE		2	2			1
WED		3	3			2
THU		4	4			3
FRI	1	5	5	2		4
SAT	2	6	6	3	1	5
SUN	3	7	7	4		
MON	4	8	8	5	3	7
TUE	5	9	9	6	4	8
WED	6	10	10	7	5	9
THU	7	11	11	8	6	10
FRI	8	12	12	9	7	11
SAT	9	13	13	10	8	12
SUN	10	14	14	11	9	13
MON	11	15	15	12	10	14
TUE	12	16	16	13	11	15
WED	13	17	17	14	12	16
THU	14	18	18	15	13	17
FRI	15	19	19	16	14	18
SAT	16	20	20	17	15	19
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MON	18	22	22	19	17	21
TUE	19	23	23	20	18	22
WED	20	24	24	21	19	23
THU	21	25	25	22	20	24
FRI	22	26	26	23	21	25
SAT	23	27	27	24	22	26
SUN	24	28	28	25	23	27
MON	25	29	29	26	24	28
TUE	26	30	30	27	25	29
WED	27		31	28	26	30
THU	28			29	27	
FRI	29			30	28	
SAT	30				29	
SUN	31				30	
MON						

1) Who makes the Sun rise?
 The Brahman (The formless all pervading God) makes the Sun rise

2) Who travel on both sides of the Sun?
 Devas travel on both sides of Sun

3) Who makes the sun set?
 Ahimsa makes the sun set

4) Where does the Sun establish himself?
 Sun establishes himself in RV

5) How does a man become expert in reciting Vedas?
 He become expert in reciting by learning Vedas

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

6) How does a man become great?

Man becomes a great person by following austerities

7) How does man become secure?

Man becomes secure by his courage & confidence

8) How does a man become wise?

He becomes wise by living in the company of wise men

9) What is Godliness & Brahmanism?

Learning of Vedas is Godliness

Brahmanism (People who know as Vocation)

10) What is the duty of Brahmanism?

AUSTERITY is the duty of Brahmanism.

- 11) What is human side of Brahman? **December 2009**
- 12) What is the sinful act of Brahman? **Finding fault with others**
- 13) **18** **విశాఖ / పుష్య శుక్ర** **FRIDAY** **డిసెంబరు / DECEMBER** **Godlines of శ్రీమద్విశ్వాక్షా = FIGHTING WITH WEATHERS**
- 14) What is Krishna's Ahimsa = **Looking after God & his people**
- 15) What is Heaven than Earth? **MOTHER**
- 16) What is Father than Sky? **FATHER**
- 17) What is Father than Wind? **HUMAN MIND**
- 18) What is more in numbers than grass = **WORRIES**
- 19) What does not close its eyes ^{even} in sleep = **FISH**
- 20) What is the human side of శ్రీమద్విశ్వాక్షా = **FEAR**
- 21) What is Sinful act of శ్రీమద్విశ్వాక్షా = **Not knowing his people**
- 22) What is SAMA VEDA & sacrifice? **SOUL**
- 23) What is Imp Rig Vedic Chant (to FIRE sacrifice) **MIND**
- 24) How to make a fire sacrifice = **Chant Rigveda**
- 25) What does fire sacrifice obey? **Tendency Right**
- 26) What is the best for furrows = **RAIN**
- 27) What is the best for seeds grown = **As seeds**
- 28) What is the best for stillage = **As stillage**
- 29) What is the best for ladies to give birth = **SON**
- 30) What is the best for ladies to give birth = **SON**

యశోవంశం could be from Corn page



December 2009											
S	M	T	W	T	F	S					
★	★	1	2	3	4	5					
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13	14	15	16	17	18	19					
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27	28	29	30	31	★	★					

The seal of action (the body), the performer of action, the senses, the various types of endeavors and last but not least, God, or fate are the five causes of whatever action, appropriate or inappropriate, a person performs in body, speech or mind. Bhagavad Gita 18.14-18.15

31) White spring, rich & clever man ^{rhododendron}
 is ^{as} ^{not} breathing ^{look after}
 December 2009

32) What does not move after birth
 33) What does not have a heart?
 శ్రీవిరాధినామ/పుష్ప శు.3
 శనివారము / SATURDAY
 డిసెంబరు / DECEMBER

33) Let's do a heart-1 19
 సింధునది పుష్కరారంభం / శ్రీవరధినామ/పుష్కర శు.3
 Sindhu Nadi Pushkaram Begins / శనివారము / SATURDAY
 దిసంబర / DECEMBER

34) Let Grass Lnt Speed! RIVER

3.5) How is UV Bread when U go out = Education

36) Who keeps U Company at Home = Your Wife

8) Who is the friend of the sick = Doctor

38) Was ist die Ursache für die ¹⁵gamm = Charit

39 Who is welcome guest ball = FIRE

40) Never stable good deed = What leads You
SALVATION

41) ALTERNATOR = GENERATOR

41) What is speed over land world = AR

42) Who travels ALONE = SUN GOD

43) Who takes birth again & again = Moon

44) A note due for M181 = FIRE

January 2010
S M T W T F S
31 * * * * 1 2

45 Vessel Lick contain everything = Mother EARTH

31 ★ ★ ★ ★ ★ 1 2
3 4 5 6 7 8 9
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24 25 26 27 28 29 30

Just action resides in ? CLEVERNESS

47) Here does farmer reside? In CHARITY
This being so a person who sees himself as the only doer does not see things as they are. His imperfectly developed understanding renders him foolish. - Bhagavad Gita 18.16

48) Where do heaven reside? In TRUTH

January 2010						
S	M	T	W	T	F	S
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This being so a person who sees himself as the only doer does not see things as they are. His imperfectly developed understanding renders him foolish. - Bhagavad Gita 18.16

49) Where does pleasure reside = In ~~POOR~~ ~~MAN~~ ~~SON~~ ~~CONDUCT~~
 50) What is the soul of MAN = SON
 December 2009

51) Companion given by God = WIFE
 52) Who aids man in making a living = Rain
 21 శ్రీవిరోధి నామ / పుష్కర పు. 5
 సోమవారము / MONDAY
 డిసెంబరు / DECEMBER

53) Best-behaving MAN = CHARITY
 54) Best-given of WEALTH → Tiresome Effort

55) Best-we can seek = Knowledge to be learned

56) Best among Blessings = Life without Sickness

57) Best-pleasure = Contentment in life

58) Best among just actions = Non-Violence

59) When only U ^{give} good results = True Sacrifice by 3 Veda

60) When should U control to be happy = MIND

61) Friendship with whom lasts forever = Godly person

62) Leave that which can make U happy = ~~MISERLINES~~ ~~ANGER~~

63) Why give only to Brahmins = To do just actions

64) What should U leave to become rich = Desire

65) How can U lead happy life = ^{Avoid} MISERLINES

66) Why give to dancers/Actors = Earn fame

67) Why give to servants = to obey you

68) Why give to King? to avoid fear

December 2009						
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27	28	29	30	31	★	★

A person whose mind is free from egotism and whose intellect is pure is not bound even though he slays many people, for he does not truly slay. - Bhagavad Gita 18-17

69) Why this world covered by **IGNORANCE**

December

70) What is the world? **Your soul** **2009**

71) World **does not shine**  Due to bad behavior

72) Why do friends leave you? **They they get nothing from you**

శ్రీవిద్యాపీఠం/పుష్కరము శు.6
మంగళవారము / TUESDAY
డిసెంబరు / DECEMBER

22

73) Why men people don't reach heaven? **Due to earthly attachment**

74) When can you live like the dead? **When you are poor**

75) When the country does not have a life? **When the ruler is not good**

76) What ritual does not produce any result? **Without devotion, wealth, pundits**

77) Five sacrifices are not produce desired results **Without adequate karma**

78) When to rip away? **Way of good men**

79) When to water? **Stick is water dried**

January 2010

S M T W T F S

31 * * * * 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

80) What is food? **Food is being**

81) What is poison? **Begging from others**



23

శ్రీవిరోధినామ/పుష్య శు.7
బుధవారము /WEDNESDAY
డిసెంబరు /DECEMBER

- 82) Who is popular & prey to beetle coming? Memoria U a learned prince
- 83) Who is the greatest for austerity? standing by one's own Dharma (Just Action)
- 84) Who is Dharma? = Controlling the mind
- 85) Who is the best patience? Sorrow but equal patience
- 86) Who is Gnaane = knowing real Truth
- 87) Who is SAMA = Being peaceful in your own mind
- 88) Who is BEST MERCY = Wishing pleasure for All
- 89) Who is Diffidence = Having the same attitude toward everybody
- 90) Who is the enemy who can be defeated by MAN? ANGER

December		2009						
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27	28	29	30	31	★	★		

December

2009

91) name disease
has no end?



AVARICE

శ్రీవేదనామ/పుష్య శు.8
గురువారము / THURSDAY
డిసెంబరు / DECEMBER

24

92) Who is considered a holy man? Who loves all & does good for all?

93) Who is not holy? Who does not show mercy?

94) Who is insensible? not under DHARMA

95) Who is HONOR = PRIDE in Yourself

96) Who is LAZINESS = NOT doing Dharma

97) Who is SORROW = IGNORANCE

98) Who is STABILITY = steadfastly following one's own Dharma

99) Who is COURAGE = Control of 5 senses

100) Who is good heart = Cleansing Ur Mind

101) Who is BEST Charity = Saving life of others

102) Who is a scholar = He who knows DHARMA

103) Who is an ATHEIST = Who does not believe in the other worlds

104) Who is an arrogant fool = An ATHEIST

January	2019					
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105) Lust is passion = which leads to BIRTH DEATH

106) Lust is called } Unnecessary
Unhealthy competition } Turmoil of the mind

107) Lust is pride? IGNORANCE

108) Lust is Snobbishness? Telling others
that "I am the only following Dharma"

109) Who is special God? } Result of
called LUCK? } special Charms
done by oneself

110) Lust is FAULT FINDING? Telling News
(also called Bad Character) about others

111) When Lust the contradictory notions of
Wealth + Passion + Dharma combine?

When U & Ur wife agree with each other
on all these concepts -

112) When men are Indestructible Hell
Whoever tempt a Brahmin into Lust & not giving
Whoever tells lies in performing Vedic rituals
Not enjoying own wealth, nor helping others

113) How Brahminism is born? By one's own
Character
He who is interested in Brahmin Rituals &
who has full control over his Senses
is a true Brahmin

114) What does one who tells sweet words
He becomes friend for everybody

December

2009

91) name disease
has no end?



AVARICE

శ్రీవేదనామ/పుష్య శు.8
గురువారము / THURSDAY
డిసెంబరు / DECEMBER

24

92) Who is considered a holy man? Who loves all & does good for all?

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January	2019					
S	M	T	W	T	F	S
31	★	★	★	★	1	2
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115) What does one who does planned actions get? 9
He attains success

116) Who does who ~~is attached to~~ ~~is attached to~~ ~~is attached to~~ get? 4
He attains salvation?

117) What does one who has many friends get? 7
He lives HAPPILY for ever

118) Who ^{else} attains HAPPINESS? 2
He who does not take loans

Who doesn't go to a foreign country for a living & can cook & eat green leaves is one who can attain true HAPPINESS

119) What is a surprise? It is people thinking themselves as stable in spite of several deaths ^{permanent} _{surprising}

120) What is it that happens Daily? 5
Earth is a very big cooking Vessel

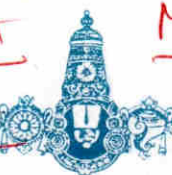
The cook called TIME puts marvellous trimmings into one vessel. He takes fiery red night & day & lights up with SUN. He stirs with ladles called seasons & months & weeks. This happens daily

121) Who is called PERISHA? ^{Whoever buying food with no interest in fruits till his fame lasts}
MAN

122) Who pervades everything? He who considers pleasure & pain, desire & hatred, who comes & goes with EQUANIMITY is called BRAHMA Jnani. Who knows everything & who pervades everywhere.

Sound of silence

The Science of Soundless Sound (SSS)

December 2010, MATHA  MRUTYUN JAYA 2009
AKHANDA JAPAM

25

శ్రీవిరోధినామ/పుష్య శు.8-9
 పుష్యవారము /FRIDAY
 డిసెంబరు /DECEMBER

PLUS: 24-Hour Rudrabhishekam

Om Trambakem YAJAA MAITE
SUGANDHIM PUSHTI WARDHAMAM
Corvairakemeva Randhenacth
HRUTHIYOR HRUKSITEE
HRUKSIYA MAM AMRUTHAT

To make the beginning of a NEW ERA / NEW YEAR
 and to make the world experience the power
 of spirituality & meditation, we are
 asked to learn the Science of SOUND.
 We can achieve this by performing the
Akhand Mrutyunjaya Jap. for 24 hrs
(25 Dec 2010 10AM to 26 Dec 2010 10AM)

The ERA can be cleansed by the Soundless sound &
 the vibration of the sound goes into every cell
 of the body by channeling the energy of the Mantra.
 When U chant the mantra with undivided attention
 Concentration & devotion, coupled with love of God,
 the mantra becomes ALIVE & envelops you
 in its protective shell.

December 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	★	★

But you should understand that knowledge to be rajasic in which one sees that in every body
 there is a different type of living entity. - Bhagavad Gita 18.21

December

Jan 14
USB

2009



Depost no 2114

Dec 14 / 2010

శ్రీవిరోధినామ/పుష్య శు.9-10
శనివారము / SATURDAY
డిసెంబరు / DECEMBER

26

Just like the SUN & its rays,
Concentrates sun rays generate fire, and
Your mind becomes the LENS (focal point)
the manthe becomes the rays, generation of
the energy or the fire in you.

Speech is the essence of humanity

All of what humanity thinks & ultimately happens
is determined by the expression of ideas/actions
through speech & its derivative, since is, WRITING
Every thing ~~comes~~ into being through speech.
Ideas remain unactualized until they are
created through power of speech
శ్రీవిరోధినామ/పుష్య శు.10-11
ఆదివారము / SUNDAY
డిసెంబరు / DECEMBER

27

Very easy way to perform the manthe japam is

- 1) Get up @ 4am/6am & do శ్రీవిరోధినామ 200-11 times
Early morning/dusk is most favorable time every day
- 2) Take a bath / wash Ur hands feet before sitting
- 3) It can be at the 3 junction of the day Mantra noon evening
or before going to bed
- 4) Face East or North while doing Japam
- 5) Light a Diya & place of picture of Shiva before U

January 2010

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

However, that unreasonable knowledge which is not concerned with truth, which is trivial and by which one is attached to one kind of physical work as thought it were all - in - all is said to be tamasic - Bhagavad Gita 18.22

What are the pitfalls we should guard against?

December within the limited TIME 2009

available to us



28

శ్రీవిరోధినామ/పుష్య శు.11-12

సోమవారము / MONDAY

డిసెంబరు / DECEMBER

వైకుంఠ ఏకాదశి / Vaikunta Ekadasi

Wakeup to limited time available to us
if we don't think of some good subject
but merely repeat the ignorant bottle of others
it will be as if we be too young to BLAME PLANE
This is harmful to a SAI devotee
One word following and the produces anger
friction & pain & mis understandings.

The path of Devotion is designed for
suppressing but not spreading these qualities

The talk of fault finding is like sound of BRONZE
Cheap metal make sound while CATH GOLD does not make.
So too true devotees will remain mute & dumb
then tongue will be fully engaged in repeating the
essential name of the LORD even during sleep

2) Preaching is worse but practice is better.

An ounce of learning is better than a Ton of learning
Develop your faith & devotion to the LORD of your choice
Struggle You discipline to meditate on the LORD
Engage your self doing some benevolent deed
Speak only good & speak only of GOD & saving the LORD
If U always keep HIM in memory, U will be very calm & Right

3) Forest of all desires so that
no impurity will touch you. If U do anything
without attachment, Ur mind will be clear
the results of Ur acts will be superb.

December 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	*	*

A good deed is said to be rajasic when it requires abundant effort, is performed with an eye to enjoy its results and is
done with the conviction that one is the doer. - Bhagavad Gita 18.24

When dropped into a glistening muddy water, we clean the muddy water
& settle at the bottom. So perform Ur duty without any attachment

Amrappa's sayings

December

2009



30

శ్రీవిరోధినామ/పుష్య శు.14
బుధవారము / WEDNESDAY
డిసెంబరు / DECEMBER

- ① We make a living by what we get -
We make a life by what we give
- ② No one is rich enough to buy back his PAST
- ③ Life is not about how to survive the storm
but how to dance with the RAIN
- ④ Going together is a sign of weakness
growing together is a sign of success.
- ⑤

December 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

11) Nepoleon said: The world suffers a lot
A/B/C/D/E/F Not because of violence of bad people
But silence of the good people

12) Einstein said: I am thankful to those
who said "no" to me
Because of them I did it myself

Abraham

13) Lincoln said: If friendship is your
weakest point, then you are strongest person
in the world

14) Shakespeare said: In times of crisis,
I was not hurt by the harsh ^{words of} my enemies
but the silence of my friends

15) " Never play with the feelings of others
because you may win the game
but you will surely lose the person
for your life time

16) " Coins always make noise
but currency notes do not
So when Ur value increases
keep Urself calm & silent

17) Arthur: Opportunities are like sunbeams
if U wait too long, U will miss them

Great Quotes

P/Q/R/S/T/U/V/W/X/Y/Z

- 1) If some one feels that they had never made any mistake in their life, it means that they never tried on any new thing in their life. (Albert Einstein)
- 2) Never break four things in your life
TRUST - Relation - Promise - Heart
Things that don't make any noise, but pains a lot (Charles Dickens)
- 3) Three sentences for getting success
Know more than others - Work more than others - Expect less than others (William Shakespeare)
- 4) If U win, U need not have to explain
If U lose, U should not have to explain (Adolf Hitler)
- 5) If we cannot love the person whom we can see
How can we love God whom we cannot see (Mother Theresa)

⑥ I have not said I failed 1000 times
G/H/I/J/K/L/M/N/O but - I have said

let I discover 1000 ways let can
cause a failure (Thomas Alva Edison)

7) Everyone thinks of changing the world
but no one thinks of changing himself
(Leo Tolstoy)

8) Believing everybody is dangerous &
Believing nobody is more dangerous.

(Abraham Lincoln)

Hitler said

9) When you are in the sunlight
everything follows you. But
when under darkness, even
your shadow does not follow you.

10) It is very easy to defeat someone
but it is very hard to win someone.
John Keats

90MS of WISDOM

(Ten inspirational commentaries)

- ① Prayer is not a "spare wheel" that U pull-out when in trouble but a "steering wheel" that directs U on a right path throughout.
- ② A car's windshield is large while the "Reckless Mirror" is comparatively smaller. Because our PAST is not so important as "FUTURE" so look ahead carefully & move on slowly.
- ③ Friendship is like a book, it takes a few seconds to turn & years to write one.
- ④ All things in life are temporary, & are not last forever; whether going well or going wrong.
- ⑤ Old friends are gold } Don't forget
New friends are diamonds. } the field if U
∴ even to hold a diamond U need a base of gold } get a diamond
- ⑥ When U reach an end, don't lose hope because God smiles from top to say "It is only a BEND & not END."
- ⑦ When God solves U'r problem, U get faith in HIM. "Even when God does not solve". He has faith in your abilities.
- ⑧ A blind person may lose his sight but has VISION. A person with eyes but can't think has no vision.
- ⑨ When U pray for others, God listens to U. When U are safe & happy, remember somebody prayed for you.
- ⑩ Worrying does not take away tomorrow's trouble but will certainly disturb today's PEACE.

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