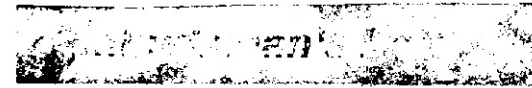


LIFE

O Over Eighty Years

OVER EIGHTY



With best compliments

INDURU MALLAIAH GRAIN & KIRANA MERCHANT

BASMATI RICE & NIZAMABAD RICE, KURNOOL RICE, KABLI CHANA, ALL PULSES, DAL, SAFFRON AND KIRANA

Ph : 65309793, Mobile : 92463 30051, 92463 90064 (R) : 65139401

15-9-493, Mahaboobgunj, HYDERABAD - 500 012. (A.P.)

Q I read your recent advice that "after your death, your heirs will need to hire local counsel in the county where you resided." Is it always necessary to hire a lawyer after someone passes away? Is there a way to avoid that?

A Whether you have a will, trust or no estate planning documents at all, some legal advice will be needed to properly administer your estate. Such legal involvement may be minimal or extensive, depending on the nature of your assets and the complexities of administering your estate.

It may not be necessary to involve a lawyer if you hold all of your assets in joint title with others. However, legal advice may be prudent to ensure that any necessary transfer documents are prepared properly.

You might check with your county probate court. Some offer low-cost clinics to assist those administering an estate without having to hire a lawyer.

growing old is MANDATORY
growing up is OPTIONAL
growing wise comes with AGE
Sometimes AGE comes ALONE

2010
diary

02/01/2010

OVER SEVENTY/EIGHTY

BIRTHDAY CELEBRATIONS !!

We are pleased to announce the celebration of the 80th Birthday of **Sri P.V.R. Murthy** and the 75th Birthday of **Smt. P.V. Lakshmi** on Dec 24th 2010 along with their 61st marriage anniversary at Chutney Mary Restaurant, New Jersey, (USA).



Sri P.V.R. Murthy (80th Birthday)
Smt. P.V. Lakshmi (75th Birthday)

The event is orchestrated by their children and grand-children who will introduce the couple to the gathering of family members and Friends.

Ph : 65309793, Mobile : 92463 36051, 92465 90564, (R) : 65139401

15-9-493, Mahaboobgunj, HYDERABAD - 500 012. (A.P.)

PARENTS are given that name because it is through them we got this wonderful life & came to live on Earth. For the sacrifice they made on this earth, we must pay **RENTS** to them though not in CASH but in **KIND & SERVICE**.

KALIDASA'S INVOCATION OF THE DAWN

Look To This DAY

For it is the life; the very life of LIFE

For YESTERDAY is but a DREAM

And TOMORROW is a VISION

But TODAY well lived makes

YESTERDAY, a DREAM of HAPPINESS

& TOMORROW, a VISION of HOPE

Look Well Therefore to This DAY.

Such is the salutation to the DAWN.

Kalidasa

"

Don't be disappointed

If the world refuses to help you

Be thankful to those who said "no"

Because, it is because of them

That YOU DID IT YOURSELF

(EINSTEIN)

PERSONAL MEMORANDA

PERSONAL RECORD

Home Address

Business Address

Home Phone

Identity Card No.

Income Tax No.

Passport No.

Others

Business

Life Insurance Policy No.

Vehicle Insurance Policy No.

Blood Group

E-mail

BANK ACCOUNT

Bank

Account No.

Bank

Account No.

Bank

Account No.

CREDIT CARDS / CASH CARDS

Issued by

Serial No.

Issued by

Serial No.

Issued by

Serial No.

REMINDERS / RENEWALS

Passport

Income Tax

Road Tax

Driving Licence

TV / Radio Licence

Property Tax

Birthdays

Anniversaries

Medical Check up

Health Club

IMPORTANT CONTACTS

Solicitor

Ambulance

Bank Manager

Police Station

Travel Agent

Insurance Agent

Taxi Service

Physician

Airport Information

Dentist

Motor Service

Fire Station

Stock Broker

Railway Enquiry

Although the Publisher have tried to make the information as accurate as possible, we accept no responsibility for any loss or inconvenience sustained by anyone using this product.

HEALTH GUIDE

HOPE

long as we have HOPE

CALORIE CHART

Food Categories	Measure	Calories
MILK & MILK PRODUCTS		
Milk (Cow)	90 ml	50
Milk (Buffalo)	45 ml	50
Cheese	15 gms	50
Butter	1 tbsp	50
Ghee	1 tbsp	50
FRUITS		
Apple	1 Small	50-60
Banana	1/2 Medium	50-60
Grapes	20 Small	50-60
Mango	1 Small	50-60
Musambi	1 Medium	50-60
Orange	1 Small	50-60
CEREAL		
Cooked Cereal	1/2 Cup	80
Rice Cooked	25 gms	80
Chapati	1 Medium	80
STARCHY VEGETABLES		
Potato	1 Medium	80
Dals	1 Large Katori	80
Mixed Vegetables	150 gms	80
PROTEIN MEAT		
Fish	50 gms	55
Mutton	1 oz	75
Egg (Hen)	2 pieces	100
COOKED FOOD		
Biscuit (Sweet)	15 gms	70
Cake (Plain)	50 gms	135
Cake (Rich Chocolate)	50 gms	225
Dosa (Plain)	1 Medium	120
Dosa (Masala)	1 Medium	250
Pakoraa	50 gms	175
Puri	1 Large	85
Samosa	1 Piece	140
Vada (Medu)	1 Small	70
MAIN DISH		
Biryani (Mutton)	1 Cup	225
Biryani (Veg.)	1 Cup	200
Curry (Chicken)	100 gms	225
Curry (Veg.)	100 gms	130
Fried Rice	85 gms	140
Pullav (Veg.)	100 gms	130
SWEET DISH		
Carrot Halwa	50 gms	300
Jalebi	20 gms	100
Kheer	100 gms	180
Rasgulla	150 gms	140
BEVERAGES		
Beer	12 Fl. oz	150
Cola	200 ml	90
Wine	3.5 Fl. oz	85

FAMILY HEALTH CHART

We have direction

We have energy to move

and the map to move by

We have 100 alternatives

and 100 pathways to go by

and INFINITY of dreams

Hopeful we are halfway

to reach where we want to go

Hopeless we are lost forever

PRATS WORLD.COM

Blood Group

Diseases

Innoculations

Allergies

Memo

Physician

Clinic

Resi.

HEIGHT & WEIGHT CHART

Height Cms	Weight Kgs	Height Cms	Weight Kgs
Men		Women	
157.5	53.5-57.1	147.5	43.5-48.5
160.0	54.8-60.3	150.0	44.4-49.9
162.5	56.2-61.6	152.5	45.8-51.2
165.0	57.8-63.0	155.5	47.1-52.6
167.5	59.0-64.8	157.5	48.5-53.9
170.0	60.7-66.6	160.0	49.9-55.3
172.5	62.6-68.9	162.5	51.2-57.1
175.0	64.4-70.7	165.0	52.6-58.9
178.0	66.2-72.5	167.5	54.4-61.2
180.0	68.0-74.8	170.0	56.2-63.0
183.0	69.8-77.1	172.5	58.0-64.8
185.5	71.6-79.3	175.0	59.8-66.6
188.0	73.4-81.6	178.0	61.6-68.4
190.5	75.7-83.9	180.0	63.5-70.3
193.0	78.0-86.1	183.0	65.3-72.1

*For Medium Frame Persons

Table of contents

BASIC FIRST AID

Every year many accidents occur. With some care, they can be prevented. In case an accident does happen, you can be of help if you know Basic First Aid. Read each of the following carefully. You will be able to give vital first aid if needed. Remember always to seek help from an adult IMMEDIATELY.

Do not move the casualty unnecessarily. Keep him warm. Make a diagnosis, decide the treatment and treat. Remember the ABC of First Aid: See if his airways are clear, that he is breathing, and his blood circulation is patent.

1. RESPIRATION

If it is failing, give artificial respiration - MOUTH to MOUTH or MOUTH to NOSE.

2. BLEEDING

Arrest the bleeding and protect the wound. Apply direct or indirect pressure. Cover with a dressing, apply a pad and firm bandage. Elevate, keep at rest.

3. FRACTURES

IMMOBILISE it with a well padded stiff support reaching the joints on either side. Apply bandages on either side of the site and at the joints on either side, support.

4. BURNS AND SCALDS

A burn is caused by dry heat and a scald by moist heat like steam, very hot water or oil. IMMEDIATELY cool the area with cold water for 15 mins. till pain subsides. DO NOT break blisters, or apply anything on the burns. Cover with a sterile or clean cloth, pad and bandage. Give fluids.

5. NOSE BLEEDING

Sit him up facing the breeze with the head slightly forward. Ask him to breathe through the mouth and NOT to blow his nose. Apply a cold compress over the nose. The soft part of the nose may be pinched close with the fingers for 10 mins. Cold application on the back of the neck and forehead may help.

6. BEE STING

Do not press the bag (of the sting). Use forceps and remove the sting. Apply cold or weak ammonia.

7. ANIMAL BITES

Wash with soap and plenty of water. Loose bandage may be applied. Get quick medical aid.

8. SNAKE BITES

Keep patient calm. Wash with plenty of water and soap. DO NOT RUB hard. First apply a constrictive bandage on the heart side of the bite. (Not to be applied continuously for more than 20 mins.). Do not incise or attempt to suck the wound. Get aid quickly. Try to identify the snake.

9. FAINTING

Lay him down and loosen the clothing around chest and waist. Turn head to one side. The legs may be raised a little. DO NOT attempt to give any solids or liquids. On recovery a small quantity of a drink may be given and he may be allowed to sit up and move after rest.

10. GENERAL

If you are in doubt the treatment DO NOT DO anything. You may do more harm.

These are only hints. To be a good FIRST AIDER you can do the first aid course conducted regularly by the St. John Ambulance Association in all the states. Contact your State Centre for details. Also join the Ambulance Brigade in your State.

(1) Feeling about old age

(2) San Sadam San Deva

(3) Marks of being > 70

(4) A yash Karmas

(5) Dealing with under 20

(6) Conject- onces couple

(7) Old Man of Nebraska

(8) How old are you

(9) On Aging, see (5) abo.

(10) Time frame of family official born

(11) Marks for Receiving to going on 80

(12) Like father like son

(13) Longevity

(14) Growing up

(15) Growing older

16 10 single steps & types for Seniors

IMPORTANT DAYS TO REMEMBER

17	ARIES	Fiery First Sign Symbol: The Ram Ruling Planet: Mars Birthstone: Diamond Flower: Sweet Pea Colours: Very Red, Orange Numbers: Seven, Six Day: Tuesday	What I have learnt in my 80 yrs life
18	ARIES	Fiery First Sign Symbol: The Ram Ruling Planet: Mars Birthstone: Diamond Flower: Sweet Pea Colours: Very Red, Orange Numbers: Seven, Six Day: Tuesday	Man's measure of his character & actions
19	TAURUS	Earthy Second Sign Symbol: The Bull Ruling Planet: Venus Birthstone: Emerald Flower: Lily of the Valley Colours: Natural Colours Numbers: One, Nine Day: Friday	How old is grandpa? grand parents
20	TAURUS	Earthy Second Sign Symbol: The Bull Ruling Planet: Venus Birthstone: Emerald Flower: Lily of the Valley Colours: Natural Colours Numbers: One, Nine Day: Friday	10 tips for peace giving
21	GEMINI	Airy Third Sign Symbol: The Twins Ruling Planet: Mercury Birthstone: Agate Flower: Rose Colours: Sky Blue, Black Numbers: Three, Four Day: Wednesday	decisions shape U & destiny
22	GEMINI	Airy Third Sign Symbol: The Twins Ruling Planet: Mercury Birthstone: Agate Flower: Rose Colours: Sky Blue, Black Numbers: Three, Four Day: Wednesday	Message for the life of secrets
23	CANCER	Watery Fourth Sign Symbol: Crab, Moon Ruling Planet: The Moon Birthstone: Moonstone, Pearl Flower: Larkspur Colours: Silver, Sea Green Numbers: Eight, Three Day: Friday	How to break patterns in the life
24	CANCER	Watery Fourth Sign Symbol: Crab, Moon Ruling Planet: The Moon Birthstone: Moonstone, Pearl Flower: Larkspur Colours: Silver, Sea Green Numbers: Eight, Three Day: Friday	How to wrap the Apollo
25	LEO	Fiery & Fixed Fifth Sign Symbol: The Sun, The Lion Ruling Planet: The Sun Birthstone: Sardonyx Flower: Gladioli Colours: Gold, Red, Shades Numbers: Five, Nine Day: Sunday	Value of Human Capital
26	LEO	Fiery & Fixed Fifth Sign Symbol: The Sun, The Lion Ruling Planet: The Sun Birthstone: Sardonyx Flower: Gladioli Colours: Gold, Red, Shades Numbers: Five, Nine Day: Sunday	10 ways of wisdom learnt after 60
27	VIRGO	Earthy & Adaptable Sixth Sign Symbol: Mercurial Maiden Ruling Planet: Mercury Birthstone: Sapphire Flower: Aster Colours: Natural, Warm Numbers: Eight, Four Day: Wednesday	Attributes of good leadership
28	VIRGO	Earthy & Adaptable Sixth Sign Symbol: Mercurial Maiden Ruling Planet: Mercury Birthstone: Sapphire Flower: Aster Colours: Natural, Warm Numbers: Eight, Four Day: Wednesday	Angu Mangus (10 ways to reduce Tension)
29	LIBRA	Airy Sociable Seventh Sign Symbol: The Scales Ruling Planet: Venus Birthstone: Opal Flower: Calendula Colours: Peacock Blue Numbers: Six, Nine Day: Friday	Some pearls for aged 70/80
30	LIBRA	Airy Sociable Seventh Sign Symbol: The Scales Ruling Planet: Venus Birthstone: Opal Flower: Calendula Colours: Peacock Blue Numbers: Six, Nine Day: Friday	Some true definitions, I came @ 80

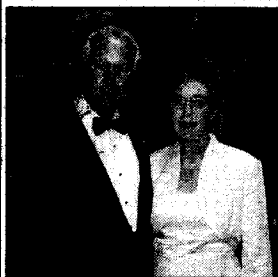
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- (31) Concept of Happiness (JATC Theory)
- (32) 10 Beliefs that could hold U back in LIFE
- (33) BRAMBLE BUSHES & HOLY RUSHES (Beliefs)
- (34) 10 Principles for Peace of Mind
- (35) LESS Day by Day
- (36) 5 secrets of life & discover late in life
- (37) WISDOM of old people (38) ಸೂಕ್ತ ಸೂಕ್ತ
- (38) My Retirement Planning (1709) (RAVI)
- (39) 8 yr old parent (Ramani) (39) ದಾರ್ಶನಿಕ
- (40) Beautiful ends from BARBA
- (41)
- (42) Chronic Acidity - Senior citizen's cause
- (43) Aged parents
- (44) My perceptions of a Senior citizen
- (45) Postal Memories
- (46) Veterans' day (November 10th)
- (47) Problems for Senior citizens
- (48) Three things to be taken care of in old Age
- (49) Regular Health check-ups at Senior level
- (50) Avoid clutter
- (51) How to build up Ur self-esteem
- (52) Enlightenment Mentality (53) on Aging

INTERNATIONAL SUBSCRIBERS DIALLING (ISD)

Country / City	Country / Area Code	Country / City	Country / Area Code	Country / City	Country / Area Code	Country / City	Country / Area Code	Country / City	Country / Area Code
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Anniversaries



John & Julie Bagneschi

Oct. 15, 1960-Oct. 15, 2010
Congratulations on
50 Years of Marriage!

John and Julie celebrated their 50th Wedding Anniversary on Sunday, October 17, 2010 at Vivace Restaurant in Belmont hosted by their daughter Lisa, son-in-law Patrick and grandchildren Megan and Sean. Their late son, Robert Bagneschi celebrated with them in spirit.

The celebration included 50 close relatives including brothers, sisters and numerous nieces and nephews. John was born in Lucca, Italy and Julie was born in Casablanca, Morocco and raised in Lucca, Italy. They both immigrated to America in the late 1950's. They met in San Francisco fifty-one years ago and have resided in San Mateo all their married life.



Dolores and Anthony Ponce

of Sunnyvale are celebrating their 60th wedding anniversary. Tony married Dee at St. Martin's church in Sunnyvale on November 5, 1950. Born in Cupertino, Tony grew up working on his family's apricot & prune orchard. He served in the Navy during WWII, and is retired from AT&T. Dee was born and raised in Sunnyvale, and is retired from Catalytica. They are both graduates of Fremont High School in Sunnyvale. The Ponces were active members of Cervantes, a Spanish social club. Their life together has been filled with many dear friends, as well as their children: Kathleen Reilly (Tom), David Ponce, and Robert Ponce (Lisa Scott). Dee and Tony also love and enjoy their six grandchildren and two great-grandchildren.



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La Paz
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00 420 CZECH REPUBLIC
2 Bratislava
52 Kosice

00 420 LATVIA
7 Piraeus
95 Thessaloniki

94 ALBANIA
1 Arni
31 Aroor

0900 DOMINICAN
4173 Bulsar
478 Bundi

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వృద్ధాప్య వైభవం

- ఇసుకపల్లి దక్షిణామూర్తి.

వృద్ధాప్యం వచ్చిందని బెంగపడకండి. దీనివలన ఎన్నో లాభాలు ఉన్నాయి. మొదటిది ఆఫీసులో పని చెయ్యనక్కర లేదు. (ఆఫీసులో ఉన్నప్పుడు కూడా సరిగ్గా పనిచేసి ఎరగడు అది వేరే విషయం) నెలసరి జీతం కంటే పెన్షన్ ఎక్కువ వస్తుంది. అన్ని అప్పులూ పోనూ జీతం అంతంతమాత్రంగా వచ్చేది. రిటైరయిన రోజున మూడు లక్షల చిల్లర రొక్కం, ఓ ట్రీఫ్ కేస్, పూలదండ ఇచ్చివుంటారు. ఎప్పుడూ పూలదండ వేయించుకొని ఎరగడు. అల్లాంటివాడికి సాదరంగా మెడలువంచి దండ వేస్తారు. దండవేస్తారేమోనని ఆశపడి కవినమ్మేశనాల్లో ఓ కవిత పట్టుకుని పాల్గొన్నప్పుడు, అందరికీ దండలు వేసి తనకు ఓ పూలగుత్తి ఇచ్చేవారు. (స్టాఫ్ కదా అని). తాను కవినని చెప్పి చెప్పి అలసిపోతాడు. రిటైరయిన రోజున దండ చేతిమీదవేసికొని, ఆటోలో వెళ్ళి ఇంటి దగ్గర దిగవచ్చు. తనపై ఆఫీసర్లను లోపల తిట్టుకుంటూ దొంగ నమస్కారాలు పెట్టేవని లేదు. సహన ప్రతిపత్తి కనిపిస్తుంది. చైనావాళ్ళ సామెత ఒకటుంది. చదరంగం ఆట అయిన తర్వాత రాజుని బంటుని ఒకే డబ్బాలో పెడతారని అంతా సమానము గజిటెడ్ పెన్షనరని, నాన్ గజిటెడ్ పెన్షనరని ఉండవు. ఈ ప్రపంచం అంతా ఒక మూతలేని డబ్బా అనుకుంటే అందరూ సమానమే.

మీరు ఈ రిటైర్డ్ జీవితంలో ఏం చేద్దామనుకుంటున్నారు అని అడుగుతారు. చదవని పుస్తకాలు చదువుతానని, చూడని పర్యాటక ప్రదేశాలు చూస్తానని చెప్పవచ్చు. ఆఫీసులో నిద్రపోయేది ఇంటి దగ్గర పోవచ్చు. రామాయణం, భారతం, భాగవతం అటకమీదనుంచి దింపి, చుమ్ము దులిపి, వ్యాస పీఠం మీద పెట్టి చదువులో నిమగ్నమయినట్లు పెద్దరికం చూపవచ్చు. చారుతులసీదశదామ అంటే చేతిలో తులసీదశం వేశారుట (కరివేపాకు లేక పోవటం వలన) అనుకున్న రోజులనుంచి “అనేక దంతం భక్తానాం ఏకదంతము పాస్మహే” అంటే భక్తులకు అనేక పళ్ళుంటాయని నాకయితే ఒకటే దంతం అటువంటివాడిని కొలుస్తాను అని అంతా చెప్పుకుంటారు. సరైన అర్థం ఏమిటని ఇంట్లో అడిగిచూడండి. మీ శ్రీమతి తెలియదు అని వప్పుకుంటుంది. అప్పుడు మీరు అనేక దంతం అంటే అనేకం ఇస్తాలే అని “దంతం అంటే పళ్ళు కాదు నీకు చాలా ఇస్తాలే” అని అర్థం చెప్పు. ఈ సంగతి నాకు రిటైరయిన రోజున తెలిసిందని ఇంట్లో తెలియనీకు.

ముసలాడు అంటే బాధపడతారని వృద్ధులనీ, సీనియర్ సిటిజన్స్ అని వ్యవహరిస్తారు. మీరు బాధపడకండి. ఆ ముద్రవుండటం మనకు లాభం. బస్సులో ప్రయాణం చేస్తున్నాం అనుకోండి. మనకు బస్సులో ప్రత్యేకంగా సీట్లు రిజర్వు అయిఉంటాయి. అప్పటిదాకా ఆడవాళ్ళ సీట్లో కూర్చున్నారేంటి, లెండి లెండి అని లేవకొట్టినవాళ్ళు మీ వంక చూచి ఊరుకుంటారు. మనకి మనం ఇంకా కుర్రాళ్లే అనుకున్నా పష్టిపూర్తి ముఖం తెలుస్తూనే ఉంటుంది కదా! ఎవరేనా ఆసీటులో కూర్చుంటే వాళ్ళను లేపి మీరు ఆ సీట్లో కూర్చోవచ్చు. అప్పుడు మీరు కాలరు సవరించుకోవచ్చు. ఇంకో లాభం కూడా వుంది. స్త్రీలకు ప్రత్యేకం అని వుంటుంది. అక్కడ కూడా పోయికూర్చోవచ్చు. ఎవరన్నా వచ్చి లేవమంటే కష్టపడి లేస్తున్నట్లు నటించండి. పెద్దాయన! కూర్చోనీయండి అంటారు. మీరు సెటిల్ అయిపోండి ఒకప్పుడు ఆడవాళ్ళ పక్కన చేయి చేయి తగులుతూ ఉంటుంది. ఒక్కోసారి మీ అదృష్టం బాగుంటే అప్పరసలు అందాలరాసులు తగలవచ్చు. చిన్నవాడని చేరదీస్తే ముంచుతాడే కొంప ముంచుతాడే అని సినిమాపాట ఒకటి వున్నది. ఆ పాట అన్వయం చేసుకుని పెద్దవాడని చేరదీస్తే అని లోపల లోపల పాడుకోవచ్చు.

GAYATRI MANTRA

Om Bh oov Bh uva Su VAHA
 TATSA VITHUR VARENYAM
 BHARGo DEVASYA DHEEMAHEE
 DHEEYO YONAH A PRACHODAYAT

- 1) OM = The infinite beyond conception (^{BRAHMAN} SUPREME LORD)
- 2) BHUR = The life breath of the universe (from feet to Naval centre)
- 3) BHUVAH = The LORD who pervades & eliminates all miseries
- 4) SUVAHA = The Almighty who blesses his devotees with happiness
- 5) TAT = That (That Thou Art)
- 6) SAVITUR = The SUN, the creator, preserver & self-luminous
- 7) VARENYAM = Most fit to be worshipped - adored & exalted
- 8) BHARGo = The burning splendour of SUN ^{that dispels} ~~asorrow~~ - ignorance - ~~the~~
- 9) DEVASYA = The God who is all bliss - shining - Joyful & glorious
- 10) DHEEMAH = We meditate upon HIM to promote our
- 11) DHEEYO = Buddhi - Intelligence & WISDOM
- 12) YO = Which
- 13) NAH = Our
- 14) PRACHODAYAT = Inspires; enlightens & illumines

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మీరు రైటర్ అయ్యి వ్యాసపీఠం ముందు కూర్చుంటే ఈ రోజు తిథి ఏమిటండి అని అన్నప్రాశన, గృహప్రవేశం లకు మంచి రోజులు చెప్పమని వస్తారు. తెలియదనకండి మీన, మేషాలు లెక్కపెట్టడం వేళ్లు కదపటం ఆకాశంవైపు భూమివైపు నాలుగు దిక్కుల వైపు చూడండి. అన్నింటికి దేవుడే దిక్కుని మరువకండి. మీరేదో లెక్కలు వేస్తున్నారని భ్రమ పడతారు. భ్రమలను మనం పోషించాలి. జీవనం భ్రమల బండి మీదనే సాగుతుంది. ఈ గొడవల్లో మీరు తలమునకలై ఉన్నప్పుడు పట్టువదలని విక్రమార్కుడిలా తిథి, నక్షత్రం ఏమిటని మళ్ళీ అడుగుతాడు. తెలియనట్లు ముఖం పెట్టకండి. ఒకసారి ఇంట్లోకి పోయి కాలెండరు చూసిరండి. విశేషం ఏమిటని నవ్వుతూ అడిగి, తిథి, నక్షత్రం, రాహుకాలం వర్ణం అన్నీ చెప్పండి. ఎంత పాండిత్యం! అని ఆశ్చర్యపడతారు. జ్ఞానసముపార్జనం ఆజ్ఞానాన్ని దాచటం కష్టం అన్నమాట మరువకండి.

కొద్దిపాటి పరిచయం వున్న వాళ్లు ఆఫీసులోని సహా ఉద్యోగులు ఏప్పుడైనా కలుస్తూ వుంటారు. వాళ్లు హలో! అని చెప్పి ఊరుకోకుండా మీకు బి.పి.నా, షుగరా, గుండెజబ్బా అని అడుగుతారు. కొంచెం కాఫీపొడి వుందా, చక్కెర వుందా అన్నంత తేలికగా అవి మీకు లేవని బాధపడకండి. అన్నీ వున్నాయి అని చెప్పండి. అడిగినవాళ్లకు ఆనందం. అవి లేకపోతే శరీరంలో చలనం ఉండదు. అతి సర్వతా వర్ణయేత్ ఉన్న దానితో తృప్తి పడండి. బిహాఫీ !

ఇవన్నీ ఒక ఎత్తు జనన మరణాల గురించి తప్పనిసరిగా మీమాంస వస్తుంది. దేవుడున్నాడా! లేదా! అని చర్చవస్తుంది. జాతస్య మరణం ధృవం అని రెండు ముక్కలు చెప్పి సంస్కృతం అంతా కాచి వడబోసినట్లు చెబుతాడు. వాళ్ల భయం నిరాశా వాదం మన నరనరాల్లోకి ఎక్కించటానికి శాయ శక్తులా కృషిచేస్తారు. మీరేం భయపడకండి. మరణశ్శ జననం ధృవం అన్న లోకోక్తి వినలేదా అని అడగండి. ఇది గుండె ధైర్యాన్నిచ్చే తారకమంత్రం. మళ్ళీ వస్తామనే ఆలోచన గొప్పది నిజానిజాలు పెరుమాళ్ళకెరుక.

అసలు స్వర్గం, నరకం దేవుడు అనేవి వున్నాయో, లేవో ఎవరికి తెలియదు. కలదు కలందనువాడు కలదోలేదో అన్న సంశయంలో పడ్డాడు పోతనామాత్యుడు. తినబోతున్నాడని అడగడమెందుకు ఎట్లాగూ అక్కడ అన్ని సంగతులు తెలుస్తాయి గదా! అరవయి ఏండ్లు గడిచాకా మరో అరవయి ఏండ్లు ఎట్లాగూ ఉండేది లేదు. శరదశ్రీతంలో అరవయి పోతే నలభయి వసంతాలే. ఇందులో ఒక ధర్మసూత్రం వుంది. నాస్తికభావాలు కలవాడని లోకులు చెప్పుకునే ఒక మహాకవి జగదీశ్వరుడతడెవడో కనపడితే బాగుండును అన్నాడు. లేడని ఒకవైపు, కనిపించాలని తపన ఒకవైపు, ఏదెలాగున్నా దేవుడున్నాడని చెప్పుకోవటంలో అన్ని విధాలా క్షేమంవుంది. లేదు లేడని గొంతుచించుకున్న వాడు పైలోకానికిపోయినప్పుడు తీరా దేవుడున్నాడనుకోండి. ఏరా నేను లేనని డబ్బా కొట్టావట. ఒళ్లు ఎలావుంది. అంటే తెల్లముఖం వేసి తలదించు కోవలసివస్తుంది. ఉన్నాడని చెప్పుకుంటే లేకపోయినా ఫరవాలేదు. నో డేంజర్.

ఇంతకీ చెప్పొచ్చేది ఏమిటంటే మనిషి అన్నవాడు వయసుతోబాటు పెరగాలి చిన్నప్పుడు పెద్దవాళ్లమైతే బాగుండునని చక్కగా తయారయి వయసులో వున్నవాళ్లతో తెలుగు సిన్మాలలోలాగా హాయిగా ఆడుకోవచ్చు (పనిపాటలేనివాళ్లలా) అనుకుంటాం కాని, పెద్దయిన తర్వాత బాల్యమే బాగుంటుంది. వంటిమీద బట్టలు లేకపోయినా ఫరవాలేదు. ఆస్వేచ్ఛ ఇప్పుడు రాదుకదా! అని అసూయపడటం మంచిదికాదు. కాలచక్రంతో బాటు నడచిపోతే వంటికి, మనసుకు గాయాలు తగలవు. అందుకని ముదిమి రెండోబాల్యం అన్నారు అంతేకదా దేని వైభవం దానిది.

ANNIVERSARIES

INLAND SOCIAL CELEBRATIONS



60TH ANNIVERSARY

DOLORES AND GARY SMITH

Dolores M. and Gary L. Smith, of Banning, celebrated their anniversary with a dinner at Sycamore Inn in Rancho Cucamonga and four days in San Diego.

They were married Aug. 27, 1950, at First English Lutheran Church in San Bernardino.

Mr. Smith was an engineer with the San Bernardino City Fire Department before retiring in 1984 after 29 years. He served in the U.S. Navy.

He builds and flies radio controlled airplanes and is a member of the Gilman Springs R.C. Flyers.

Mrs. Smith has been a secretary for Grace Lutheran Church in Rialto, where they are members, for 20 years. She is a member of Tops CA 717 and Curves.

Their children are Michael and Katherine Smith, of Highland; Connie and Greg Swalles, of Hesperia; Kenneth and Kim Smith, of Grand Terrace; and Sherrie Smith, of San Bernardino.

They have 15 grandchildren and 14 great-grandchildren.



60TH ANNIVERSARY

BONNIE AND BILL DARWIN

Bonnie May and Bill Gene Darwin, of Grand Terrace, celebrated their anniversary with a dinner at the Mission Inn in Riverside with family.

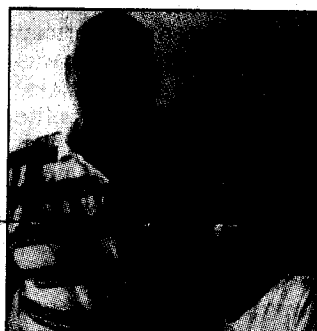
Mr. Darwin was born in Bonham, Texas, and moved to Riverside in 1937.

Mrs. Darwin was born in Clear Lake, Iowa, and moved to Riverside in 1939.

They met in social studies class in 1946 at Riverside Poly High School, from which they both graduated. They were married Sept. 1, 1950, at Eden Lutheran Church at 12th and Orange streets in Riverside.

Mr. and Mrs. Darwin worked in real estate with Darcrest Inc. in Grand Terrace for more than 50 years and owned and operated Darwin Floors in Grand Terrace for 20 years, beginning in 1961.

They enjoy traveling, history and the beach.



65TH ANNIVERSARY

EVERETT AND LEONA MILLICAN

Their children are Dr. William Darwin, DDS, of Grand Terrace, David Darwin, of Colton, and Stephanie Darwin, of Grand Terrace.

They have eight grandchildren and three great-grandchildren.

65TH ANNIVERSARY

EVERETT AND LEONA MILLICAN

Everett B. and Leona L. Millican, of Murrieta, celebrated their anniversary with a family reunion at Paradise Point Resort in San Diego.

They were married Aug. 8, 1945, in Norwalk.

Mr. Millican was a fire captain with the Los Angeles County Fire Department in Whittier before retiring in 1986 after 38 years. He is a member of the Elks Club and the architectural committee at The Colony in Murrieta.

Mrs. Millican is a homemaker. She was a volunteer at La Habra Community Hos-



pital for 22 years.

Their children are Steve Millican, of Jensen Beach, Fla.; Rod Millican, of La Habra; Tim Millican, of Colorado Springs, Colo.; Cindy Glenn, of Encinitas; and Tammy Esparza, of Moreno Valley.

They have eight grandchildren.

50TH ANNIVERSARY

NANCY AND JAMES JOHNSON

Nancy J. and James R. Johnson, of Corona, celebrated their anniversary with a cruise on the Columbia and Snake rivers, and a renewal of vows at First United Methodist Church of Riverside with 186 family and friends.

They met as students at San Diego State College while taking courses in elementary and special education, and were married Aug. 27, 1960, in the little stone chapel at Desert Christ Park in Yucca Valley.

Mr. Johnson was a student adviser with the Riverside Unified School District until retiring after 42 years in public education in 2001. He served as adjunct professor of special education at four area universities and served on the board of directors of Peppermint Ridge for 10 years.

SEE ANNIVERSARY/C11

Services for Seniors

Social Services

Case Manager provides case management services for at risk and homebound seniors. Call 408-777-3155 – English/Mandarin/Cantonese. Membership required.

Drop-in Consultation

Every Wednesday, 10am-12pm, the Case Manager will be available to provide you with information on Social Security, long-term care options, public benefits, and other resources that help you to maintain your independence and safety at home. Case Manager also speaks Mandarin and Cantonese. Membership required.

Blood Pressure Screening

1st and 3rd Tuesday, 12:15-1:15pm

2nd and 4th Monday, 1:30-2:30pm

Volunteer nurses provide free blood pressure screenings. Sign up at front desk on blood pressure day.

BART and VTA

BART tickets and VTA senior/disabled bus tickets on sale at front desk. VTA bus line 51 stops outside the center's door.

Caregiver Support Group

2nd Tuesday of the month, 3-4:30pm

For family caregivers who are providing care for a loved one. It allows caregivers to share their challenges and seek support from others on their journey.

The following services require an appointment. Call 408-777-3150 to schedule.

Senior Adult Legal Aid (SALA)

Must be 60 and older, Santa Clara County resident. SALA provides assistance for legal matters including public benefit, long-term care, elder abuse, consumer, incapacity planning, probate and simple wills.

Health Insurance Counseling (HIC)

Offers free individual, unbiased counseling on Medicare, supplemental insurance, and other health care issues. Chinese translator available.

Volunteering

Volunteer Today, Thrive Tomorrow

Join the Cupertino Senior Center community today as a Front Desk Volunteer, Bingo Program Coordinator, Kitchen Crew Member, Advisory Council Member, and more! If you are 50+ years and enjoy interacting with people, we need you!

Please contact the Senior Center at 408-777-3150 or SeniorCntr@cupertino.org and say I want to help today!

Newsletter Online

View online what is happening at the Cupertino Senior Center. On the City of Cupertino Web site, www.cupertino.org/senior, access the "Active Senior News" bi-monthly newsletter.

Gift Checks

Cupertino Senior Center offers gift checks that are redeemable toward trips, special events, membership, or any in-house classes (not contracted through De Anza or Fremont). Gift checks make great gifts for those 50 years and older. Please call 408-777-3150 for details.

Membership Application

Become a member of the Cupertino Senior Center. On the City of Cupertino Web site, www.cupertino.org/senior, access "application process" for details and a link to a membership application.

2011 Senior Center Membership

Renew your membership between November 1-December 15 in order to receive the January/February Active Senior News in the mail. The annual membership fee: \$22 for Cupertino residents, \$27 for non-residents. Current members—it is easier to renew in 2011. Please ask at the front desk for your pre-printed renewal form—just verify and sign!

Housing Consultation

Provides resources for housing options for seniors.

Improve your vision by way of 'eye yoga'

EYE EXERCISES can help maintain or improve vision and eye-brain coordination. According to Jane Rigney Battenberg and Martha Rigney in their book, *Eye Yoga*, you can reawaken deep brain capacities that

have been lost over time. "Eye yoga stretches the eye muscles to increase their flexibility, relaxation, ability and stamina," they say. Here are a few exercises you can try:

Clock circles. Look up to the 12:00 of an imaginary clock in front of you. Keeping your head still, slowly sweep your gaze around the clock face. Reverse and repeat, adjusting circle size and speed as you go.

Finger push-ups. Hold your index finger at arm's length from the tip of your

nose. Slowly move your finger closer and farther away, keeping it in focus. Repeat five to eight times.

V-in and V-out. With your index and middle finger, make a V-shape at a com-

fortable distance in front of you. Slightly close your eyes and focus on a point in front of the V for V-in.

behind the V for V-out, as you see the fingers. Move on the clock one half circle and repeat the tip of the two fingers together.

Cup your hands over your closed eyes to rest them once you finish.

—Gretchen



Delhi	14	15	20	29	30	30	31	31
Dhahran	17	18	21	25	30	32	33	34
Dhaka	19	23	27	28	28	29	29	30
Dubai	18	19	22	25	30	32	35	35
Frankfurt	1	3						

What makes you feel young?

Keaton: That everything is just as moving as it always was. I still love to look at people and watch them behave and listen to music and take a walk and see somebody who has done something that I didn't expect. To

me, that's a joy. The wonder aspect of life increases as you get older.

Ford: Most of my kids are beyond young. But whether they're in their 40s or the single digits, just watching them accomplish something and learn to deal with life and prosper is exciting for me.

Seoul	4	0	3	13	15	20
Shanghai	10	11	11	19	23	25
Singapore	27	27	27	27	27	27
Sydney	22	22	21	19	15	13
Taipei	17	19	25	30	30	30
Tokyo	3	4	7	13	17	21
Vancouver	3	5	9	12	15	17
Vienna	1	1	6	12	15	19

*In Celsius

One last question: You guys look great. So when you go to the movies and ask for senior-citizen tickets, do they make you show ID to prove you qualify?

Ford: Actually, I went to buy some beer the other day and got carded! I said I'm 68 years old. And he said, "Young people complain about being singled out, so we ask everyone to show proof." I said, "Take a look at me, are you kidding?" But he still wanted to see it.

USA WEEKEND • Nov. 5-7, 2010 7

19	16	13	11	10	11
26	28	30	29	27	27
7	13	17	21	25	26
7	11	13	17	19	18
28	28	28	28	28	27
21	19	16	14	13	
27	26	24	24		
11	14	18	22		
13	13	15	15		
13	13	15	20		
11	19	23	25	27	26
27	27	27	27	27	26
15	13	12	13	15	
30	30	30	30	30	
17	21	25	26	23	
12	15	17	17	14	
15	19	21	21	20	

there is an eye somewhere to see it
there is an ear somewhere to hear it
there is a heart somewhere to love it

Ford: I haven't been for a long time. When you have young kids, you can't allow yourself to think about it — it's not a good thought.

Keaton: [laughs] It's so not.

Blessings by RISHI

WORLD AIR DISTANCES

Distance shown in thousand kilometers 1 Kilometers = 0.621 mile

	Amsterdam	Athens	Auckland	Bahrain	Bangkok	Bombay	Colombo	Dubai	Frankfurt	Hong Kong (SAR)	Jakarta	Kuala Lumpur	London	Manila	Melbourne	New York	Osaka	Paris	Perth	Rome	Seoul	Singapore	Sydney	Taipei	Tokyo	Zurich
Amsterdam	--	2.2	18.1	8.8	9.2	6.9	8.4	5.2	0.4	9.3	11.4	10.2	0.4	10.1	16.5	5.6	9.0	0.4	14.1	1.3	8.6	10.5	16.6	13.7	9.3	0.6
Athens	2.2	--	17.5	2.8	7.9	5.2	6.6	3.3	1.8	8.5	9.8	8.1	2.4	9.6	14.0	7.9	9.3	2.1	12.3	1.1	8.3	9.0	15.3	9.0	9.5	1.6
Auckland	18.1	17.5	--	12.7	9.6	12.3	10.0	6.7	18.1	10.1	10.6	8.7	18.4	8.0	23.5	10.8	18.3	18.4	9.0	8.4	9.0	8.4	22.1	13.8	8.8	18.4
Bahrain	4.8	2.8	14.7	--	5.4	2.4	3.8	0.5	4.4	6.4	7.0	6.0	5.1	7.3	12.1	10.5	8.5	4.8	9.5	3.9	7.1	6.3	12.5	6.5	8.3	4.3
Bangkok	9.2	7.9	9.6	5.4	--	2.4	3.8	0.5	4.4	6.4	7.0	6.0	5.1	7.3	12.1	10.5	8.5	4.8	9.5	3.9	7.1	6.3	12.5	6.5	8.3	4.3
Bombay	6.9	5.2	12.3	2.4	3.0	--	1.5	1.9	6.6	4.3	4.7	3.6	7.2	5.1	9.8	12.6	6.3	7.0	7.3	6.2	5.6	3.9	10.0	5.0	6.7	6.5
Colombo	8.4	6.6	10.9	3.8	2.4	1.5	--	3.3	8.1	4.1	3.3	2.4	8.7	4.6	8.4	13.6	6.6	6.3	5.8	7.6	5.2	2.1	8.9	3.8	8.9	8.0
Dubai	5.2	3.3	14.2	0.5	4.9	1.9	3.3	--	4.8	6.0	6.6	5.5	5.5	6.9	11.6	11.0	7.6	5.2	9.0	4.3	6.8	5.8	12.0	6.6	7.9	4.8
Frankfurt	0.4	1.8	18.2	8.4	9.0	6.6	8.1	9.2	--	11.2	9.9	0.7	10.3	10.3	16.9	5.6	10.3	10.3	1.0	10.3	10.3	10.3	10.3	10.3	10.3	10.3
Hong Kong (SAR)	9.3	8.5	9.1	6.4	1.7	4.3	4.1	6.0	9.2	--	3.3	2.5	9.6	1.1	7.4	13.6	2.5	9.6	6.0	9.3	2.2	2.6	7.4	0.8	2.9	9.3
Jakarta	11.4	9.8	7.6	7.0	6.6	11.2	3.3	--	1.2	11.7	11.2	1.2	11.7	11.7	17.0	5.8	11.5	10.9	10.9	10.9	10.9	10.9	10.9	10.9	10.9	10.9
Kuala Lumpur	10.2	8.7	8.7	6.0	1.2	3.6	2.4	5.5	9.9	2.5	1.2	--	10.6	2.5	6.4	16.0	4.6	10.4	4.2	9.7	4.6	0.3	6.6	3.2	5.3	10.0
London	0.4	2.4	18.4	9.5	7.2	8.7	5.5	8.7	9.6	11.7	--	10.8	16.9	6.3	13.9	2.7	10.8	4.9	10.4	2.5	2.4	6.3	1.0	3.0	10.4	0.8
Manila	10.4	9.6	8.0	7.4	2.2	5.1	4.6	6.9	10.3	1.1	2.8	2.5	10.8	--	6.3	13.9	2.7	10.8	4.9	10.4	2.5	2.4	6.3	1.0	3.0	10.4
Melbourne	16.5	14.9	2.6	12.1	7.4	9.8	8.4	11.6	16.2	2.4	1.2	6.4	16.9	6.3	--	16.9	7.9	16.8	2.7	16.8	6.3	6.3	6.3	6.3	6.3	6.3
New York	5.6	7.9	14.4	10.5	15.5	12.6	13.6	11.0	6.2	13.6	17.0	16.1	5.6	13.9	16.7	--	11.2	5.8	19.2	6.9	1.5	16.2	16.0	12.9	10.9	6.3
Osaka	9.0	8.3	9.0	8.5	4.2	6.3	6.6	8.8	9.2	2.5	5.8	4.6	9.5	2.7	7.8	11.2	--	8.0	9.7	0.8	4.1	7.8	1.7	0.4	9.4	
Paris	0.4	2.1	18.6	4.8	9.4	7.0	8.5	5.2	0.5	9.6	11.6	10.4	0.4	10.8	16.8	5.8	9.6	--	4.3	1.1	9.0	10.7	17.0	9.8	9.7	0.5
Perth	14.1	12.3	5.3	9.5	5.4	7.3	6.8	9.0	13.8	6.0	3.0	4.2	11.5	4.9	2.7	12.2	8.0	14.3	--	13.3	5.8	3.9	3.3	6.4	5.5	13.8
Rome	1.3	1.1	18.4	3.9	8.8	6.2	7.6	4.3	1.0	9.3	10.9	9.7	1.4	10.4	16.0	6.9	9.7	1.1	13.3	--	9.0	10.0	16.3	9.6	9.9	0.7
Seoul	8.6	8.4	9.6	7.1	3.7	5.6	5.7	6.8	8.6	2.2	5.8	4.6	8.9	2.5	8.3	11.5	9.8	9.0	5.0	9.0	--	4.7	8.7	1.5	1.2	8.8
Singapore	10.5	9.0	8.4	6.3	1.4	3.9	2.7	5.8	10.3	2.6	0.9	0.3	10.9	2.4	8.0	16.2	4.9	10.7	4.9	10.0	4.7	--	6.3	3.5	3.5	10.3
Sydney	16.6	15.3	2.2	12.5	7.5	10.1	8.8	12.0	16.5	7.4	5.5	6.6	17.0	6.3	0.7	16.0	7.8	17.0	3.3	16.3	8.7	6.3	--	7.3	7.8	16.6
Taipei	13.7	9.0	8.9	6.5	2.5	5.0	4.8	6.6	9.4	0.8	3.7	3.2	1.0	7.5	12.9	1.7	9.8	6.4	9.6	1.5	3.2	7.3	--	2.1	9.5	
Tokyo	9.3	9.5	8.8	8.3	4.6	6.7	6.9	7.9	9.4	2.9	5.8	5.3	9.6	8.0	8.2	10.9	4.4	9.7	8.5	9.9	1.2	5.3	7.8	2.1	--	9.6
Zurich	0.6	1.6	18.4	4.3	9.0	6.5	8.0	4.8	0.3	9.3	11.1	10.0	0.8	10.4	16.3	6.3	9.4	0.5	13.8	0.7	8.8	10.3	16.6	9.5	9.6	--

Our Rishis have no partiality
they just blended every human being
to be peaceful, prosperous & happy.

Om Sarvesham Swantham Bhavathu

Same shree Swantham Bhavathu

Same shree Swantham Bhavathu

Same shree Swantham Bhavathu

Om Swantham Bhavathu

Same Swantham Bhavathu

Same Bhavathu

Om Swantham Bhavathu

Om Swantham Bhavathu

Om Swantham Bhavathu

Om Swantham Bhavathu

Forgiveness is the key that unlocks the handcuffs of HATE—

Return of the Class of '80

THE TIME machine is hidden, surprisingly enough, in the Hilton Parsippany on Route 10 in New Jersey. Here, I was home, worse than these years, I still miss. I still cared what you thought of me. I still changed shirts. I decided my dressy was going too hard, so I went more casual. I was an old friend—anyway, I wouldn't have to beige hotel conference.

Through the portal, the transitions. The stale air is gone, the smell of crisp leaves and that chemical-weapon sound solely in high school. I hear the echo from the speakers, the sounds of Steely Dan, the grudging school clock as it nears the vice principal in the polyester suit, those Big Strawberry Lip Smacker, in the monogrammed in the front row and all she's going to fail the test in record time and of the class putting reinforcements in notebook. Students were preparing for school, here I was going three decades back—to school reunion. Thirtieth. What? Long time. Things



Coben (far right) and classmates 30 years later. Do you have a memorable tale to tell about your high school reunion? Share it at Parade.com/reunion.

change, don't they?

No, they don't.

I'm 48 years old, not a kid anymore by any definition, but here is a universal truth that every adult at some point will realize:

We are all always 17 years old, waiting for our lives to begin.

I hear stories of triumph and tragedy. None of our lives has gone according to plan. No life ever does. That's a good thing. There is an old expression that the young people cannot understand yet but that we, Livingston High School's Class of 1980, are living: Man plans, God laughs.

I look around the room. Some of us are heavier, some of us have more lines on our faces, some of us have even—gasp!—lost hair. The jocks are still there. The pretty girls. The nerds. But something odd is going on. The head cheerleader is chatting up the pocket-protecting geek. The big jock is sharing a joke with the

'I am overjoyed to discover how many classmates reached a good place.'



The author in 1980

Glam Rock dude. The now, smoothed away like by years of heavy rain. For everyone, and we realize it was not to have conversation we had the chance.

SO AS I TALK to old classmates, I laugh and share deeply moved. The machine may still be in the war is over. Make no mistake, this is a war. No one gets out here we are, former rivals, members, former insect kids who thought we had of one another to get ahead.

I look at their gray, weathered faces, their thought knocks me down. I wave at the beach: I wish, but the best. I hope they're pinning or at least content surprised and overjoyed many have indeed reached. I sense something akin to and I have a strange hunch mates are feeling the ex-

I wish we had felt this school.

I don't mean this to Anna. Competition is a I wish that we hadn't time and energy worrying and keeping score. It years to learn so simple has to fail so that I can maybe it is just the opportunity are all on the same board rise and sink as one.

2010 January
week 1st

Feeling about old age Friday

001-364

01

One day, as I stepped into my AG office to collect my monthly pension, one of the last shift members who was appointed by me (as the then Dy Asst General (Admin) in charge) asked me "how I felt about being old"

or so to say "that is the secret of my success in not giving an old age look"

I was taken aback, for I do not really think of myself as old and I do not hesitate to take the stairs even to the third floor if the lift is not working due to power cut

I hesitated for a minute & replied to her "I don't think I am ^{anyway much} older than you"

but conceded with her "let it be an interesting Qn & I would ponder it & let her know leisurely"

Just as boyhood, youth and old age are attributed to the soul through this body, even so it attains another body. The wise man does not get deluded about this.

Bhagavad Gita - 2.13

On hearing my reaction, she felt rather embarrassed & said sorry for putting an embarrassing Qn

2010 january
week 2nd

004-361
monday

04

Old age is a gift.

Probably for the first time in my life
I felt embarrassed about my age.
In certain situations, when my own
colleagues (attending our monthly meeting)
or a colleague friend (in casual chat)
ask me "What is my age" or "Has old age"
I evade such Qs by promptly telling the
(scratching my head) "I don't remember exact
but I will try to contact my wife
& tell her when we meet next time
that next time we never come, sir."
I avoid such meeting situation happen
because I refuse to be drawn into any
discussion on that issue, since I leave
the matter to the hands of Almighty.

Arjuna, the wise man to whom pain and pleasure are alike, and who is not tormented by these contacts,
becomes eligible for immortality.

Bhagavad Gita - 2.12

2010 January
week 2nd

Frankly Speaking Wednesday

006-359

06

Old age is the gift of Almighty
Probably for the first time in my life
I am trying to apply my available
time to achieve the ambitions of
my life & also for the first time,
I wanted to be what always wanted
to become/be & which I could not
achieve in the prime of my life
Oh, it is not my body & neither
it has become old but skin is cracked
or neither my hair has become grey or n
because I don't agonize over its
condition ^{any longer} as long as my legs & knees
take care of my morning walks
as long as my daily schedule

Know that alone to be imperishable; which pervades this universe; for no one has power to destroy this
indestructible substance. Bhagavad Gita - 2.17
provides me with adequate sleep.

2010 january
week 2nd

008-357
friday

08

I would never trade with my
amazing friends, my wonderful life" or
my wonderful family, for a less grey hair
& a flatter belly. ^{But} Consistent with con-
sistent, I started loving my grey hair
started conceding into my mature things
become more kind to myself & also
less critical of my own ways of thinking
I have become my own friend,
rather than a foe or critic or judge
repeated. I don't chide myself for
eating that extra cookie or for not
making my bed or for buying
some silly things that I don't actually need.
I am entitled to ~~be~~ ^{be} extravagant
but ~~can not~~ ^{can} indulge in such

They are both ignorant, he who knows the soul to be capable of killing and he who takes it as killed; for
verily the soul neither kills, nor is killed.

Bhagavad Gita - 2.19

brainless things since I have time
to think before acting

2010 january
week 3rd

011-354

monday

11

I have seen ~~too many~~ dear friends leave this world too soon before they understood the importance of great freedom that comes with aging. It may be money the business of the day I chose to read until 4 pm or get up by 10 am or dance with some favorite till late in the night. Play up to the wonderful times of the fifties or sixties. I was I became forgetful sometime I may recall soon that I forget of regaining ^{today} that I lost yesterday. Though I pray to all my favorite gods, sometime I miss one favorite god George a) Whom I love most. But I seek his apology when he comes out of the rainy clouds. I reconcile with his setting rays.

Arjuna, the man who knows this soul to be imperishable; eternal and free from birth and decay - how and whom will he cause to be killed, how and whom will he kill?

Bhagavad Gita - 2.21

12

012-353

tuesday

january 2010

week 3rd

Once again coming back to the Q?
 What is my age & when I like being old?
 I should say "YES" because it has set me
 free and I like the person I have become
 while I may not be going to live for ever,
 but while I am still here, I will not be
 wasting time lamenting on what I could
 have been or worrying about what I will be.
 Things I need not have to show a reason
 to do things I am doing, I have the right
 to do what I want to do without any body's
 sanction — when I play computer games all day
 or lay on the couch watching TV all day or
 stand on the Pacific beach all day — I value TIME most.
 But at the same time I don't want to face anybody
 questioning me "When is your grandfather's money
 to spend like this". For the first time in my life,
 I faced such a situation with my own brother
 questioning me in the fashion
 When I asked him to pay a palmy ~~Sum~~
 of 116/ = from the family funds to the village headman

As a man shedding worn-out garments, takes other new ones, likewise the embodied soul, casting off
 worn-out bodies, enters into others which are new.

Bhagavad Gita - 2.22

2010 January
week 5rd

013-352
Wednesday

13

I feel I am so blessed for
the kindness shown by God Almighty
for living long enough to turn my
hair turn grey, & to project my
joyful laughs echoes into nature &
get etched deep into the frames on my
face & read into the face of my darling

As we grow older, we become
more positive, more reconciled to
the nature, more reconciled with
our dearest life partner seeing you
or like you sticky brother finding
fault with whatever you speak or write
or express at a large gathering or
elderly meet in your own village

As you grow older it is easier to be positive
I don't put myself any more
anybody

Weapons cannot cut it nor can fire burn it; water cannot wet it nor can wind dry it.

Bhagavad Gita - 2.23

2010 January
week 3rd

015-350

Friday

15

Sometimes I feel sorry
for the young & immature
slightly old but inconsistent,
but I feel I have entered a
different world or different stage of life
than what I passed through growing up.
Facing different environment &
understood different behaviors or dialogue.
All along, I am proud to say
that I respected law. I feared the penalty
I respected the old. I prayed to God, to be
respected young national flag of India
changed over to a different nationality
by becoming an American citizen
but retained the dual citizenship.
I never felt the need to use filthy language
in order to express myself or my thoughts.

This soul is unmanifest; it is unthinkable; and it is spoken of as immutable. Therefore, knowing this as such,
you should not grieve.

I am grateful to have seen how when I
step into a gentler & more sober world.

Bhagavad Gita - 2

16

016-349
saturdayjanuary 2010
week 3rd

8 we worry about our family;
9 we worry about Money
or the lack of it;
10 we worry about work
11 about where I live
I about all sorts of things

12 These are all burdens -

1 all things we pick up
along life's long path
2 I lug them around obstacles
that life brings around;

3 only to find out & realise that
they are all useless at destinations &
that we can't take them with us.

17 ^{17th} ^{sunday} let us therefore pray to God
to take care of our family
and allow us to spend the
rest of our life in the
pursuit of truth & divine bliss
I wish & pray to Shri Sai Baba
to consider my request & permit me

And, Arjuna, if you should suppose this soul to be subject to constant birth and death, even then you should
not grieve like this.

to visit his shrine every year
till my responsibilities cease.

Bhagavad Gita - 2.26

god Bless me
Ammh.

2010 january
week 4th

018-347

monday

18

More important than all,
I am glad to profess that I have
become a Sri devotee, visit his abode
every year to pay my respects to HIM
Start a children's journal in
the name of "BAL VARDHINI".
I will continue to respect my aged mother
PATULA VARDHANAMMA on the
lines of BAL VIHAR of Chinmaya
foundation in order to express my
love & interact with the present generation
on my thinking & convince them of my
points of view and make them also
contribute their stories or articles
when they come across and make them
feel reconciled with my thinking.

For in that case death is certain for the born, and rebirth is inevitable for the dead. You should not, therefore, grieve over the inevitable.

Bhagavad Gita - 2.27

Yashwanth

2010 January
week 4th

On this Sai Sadguru day ^{Sai Deva} 20

I thank U for the opportunity,
U have given me to be alive &
to exchange my thoughts with my
friends & relatives & like minded peop
and circulate your divine thoughts
through my Bal Vardhini journal
I thank U for the light U bringing
to our BAL VARDHINI family of Kic

Oh Sai, please grant me the vision to
the highest in one-another's company
ignore the faults & mistakes of other
grant us the opportunity to be together
in another's company ^{not only} in good times
as well as not-so-good times as well

Hardly anyone perceives this soul as marvellous, scarce another likewise speaks thereof as marvellous, and
scarce another hears of it as marvellous, while there are some who know it not even on hearing of it.

Bhagavad Gita - 2.29

p.to.

2010 january
week 4th

022-343

Friday

22

Oh Sai, on this important day
give us the strength & fortitude
to ride the tides of change / conflict
. empower us always to be nurturing
& loving each other, open our eyes
keep them wide open & convert
them into spiritual eyes so that
we see & understand each other in
the same wavelength & in the same spirit

When I came into this world,
I never knew who I am and what
is the purpose of my coming into this world
But slowly I developed contacts
with so many & enjoyed the company
of so many, both in sort of service
but still the purpose of life is at large.

Besides, considering your own duty too you should not waver, for there is nothing more welcome for a man
of the warrior class than a righteous war.

Bhagavad Gita - 2.31

(Contd)

2010 January
week 5th

025-340

Monday

25

It was long time back in 1930s,
I was born one fine morning, I came
into this strange world hungry & crying.
My mother, ^{sacred} who gave me birth & brought
into this world, looked at me with deep
love & intent, gave me feeding to stop
me crying. Since I had nothing inside
good or bad, I faced an attractive look
my mummy & daddy were happy & smiling.
I had nothing outside of my body & started
shivering with cold. My Dad looked at my
pitiable condition & gave me clothes & shelter.
I was so comfortable that I started cooking
cooing & kicking & even since then
I had everything that I needed for this world.
I had love, compassion, consideration and
in all a life full of joy & happiness.

Now, If you refuse to fight this righteous war, then, shirking your duty and losing your reputation, you will incur sin.

Bhagavad Gita - 2.33

2010 January

week 5th

027-338

wednesday

27

At three score, I was innocent & enjoyed
the love & company of parents

At four plus I enjoyed the feeling of my school.

At ten, I enjoyed the coeducation at a
municipal Middle School like my sister

At sixteen I felt sick due to Escherichia
& discontinued my studies in SSL
to undergo treatment at MADG

At seventeen I completed my Matriculation

At nineteen I succumbed to the parent pressure
to concede for marriage a car
in exchange of a Quid Pro Quo De

At Twenty I became a Graduate in MA
& left my age for further study
and entered my first job as untrained TEA

At Twentytwo, I had to leave home to foreign land
to enter my first central govt job

And the warrior-chiefs who thought highly of you, will now despise you, thinking that it was fear which
drove you from battle.

to sustain the family.

Bhagavad Gita - 2.35

2010 January

week 5th

029-336

Friday

29

All said same, TIME is short. Since events followed one after another till I faced my retirement. One has to pretend to make best use of the situation sustain the family pride. Self is not that important compared to family growth & more possessive thoughts not very important. Society has no time & regard to take care of as its own life is fast run full of uncertainties. An engine that knows not how to stop looks at the rest septuagenarian as an idling engine with a brake but can't start finally, it is the good luck of the seniors at their advanced stage to divert their attention towards the God Almighty & invoke His blessings to become a peaceful exit without transgression. Die, and you will win heaven; conquer, and you enjoy sovereignty of the earth; therefore, stand up, Arjuna. In the evening of life, it is peaceful setting of sun over land and determined to fight (Best of luck)

2010 february
week 6th

PERKS of being >70 . monday

032-333

01

As I sit on my balcony Chair, watching the passing traffic on Road no 10 down below I began to think of some perks / perches of being a senior citizen must be 70/75.

1) Kidnappers are not interested in calling you with some encouraging bait-like a telephone or handset or threatening you with some dangerous consequences

2) Even in a mass hostage situation you are likely to be released first.

3) When U face a SOS situation or for no one expects U to run into a burning

4) When people call U at half past Nine or early into morning, they apologize first before telling you "Did I wake U up" or "disturbed your sleep"

Arjuna, this attitude of mind has been presented to you from the point of view of Jñānayoga; now hear the same as presented from the standpoint of Karmayoga (the Yoga of selfless action). Equipped with this attitude of mind, you will be able to throw off completely the shackles of Karma

Bhagavad Gita - 2.59

2010 february
week 6th

034-331
wednesday

03

(5) People no longer view you or look to
as a "HYPOCHONDRIAC".

6) You might have learned so many things
by hook or crook or by self experience
of so there is nothing left. Learn the HARD.

7) Your sandals/shoes might have worn out
now things you buy won't wear out.

8) You can skip your dinner also
since you don't feel very hungry
after having a late lunch but don't digest.

9) You enjoy more by hearing about
other people's operations than you do.

10) You are tempted to get into some heated
discussion or arguments on current politics
or on your personal plans etc.

Arjuna, in this Yoga (of disinterested action) the intellect is determinate and directed singly towards one ideal;
whereas the intellect of the undecided (ignorant men moved by desires) wanders in all directions,
after innumerable aims.

Bhagavad Gita - 2.41

2010 february
week 6th

036-329
friday

05

- or staying put -
- 11) Your presence at home may be a nuisance for some airmen, let you are tempted to be sent out on some errand
 - 12) Even when U have a party with Ur college neighbors won't realize it leave alone complaining with some nuisance complain
 - 13) Your driving license and have expired or withdrawn a surrendered voluntarily so U no longer think of speed limit as a challenge
 - 14) Your eyes may get wise with you watching TV on and off as a past time
 - 15) You can spend time on the elevator bringing with the elevator music.
 - 16) When some uninvited guest turns up, you can just try to hard your stomach no matter who walks into your room.

Your right is to work only, but never to the fruit thereof. Be not instrumental in making your actions bear fruit, nor let your attachment be to inaction.

Bhagavad Gita - 2.47

2010 february
week 7th

039-326
monday

08

17) You may feel richer as you get
bigger your investment in health insurance
the benefits & profits begin to pay off

18) As you keep walking, back & forth
your joints (knees & hands) become
more accurate metronomes. Then
national weather service or news bulletin

19) Your supply of brain cells is down
finally down to manageable size

20) Your secrets are safe with you fine
because they can't remember all
those old incidents either.

Action (with a selfish motive) is far inferior to this Yoga in the form of equanimity. Do you seek refuge in
this equipoise of mind, Arjuna; for poor and wretched are those who are instrumental in making
their actions bear fruit.

Bhagavad Gita - 2.49

2010 February
week 7th

AYUSH KARMA Wednesday

041-324

10

The Karma, which a Householder performs fall under two categories:- viz;
Karmya Karma (optional ceremonies).
Vihit Karma (obligatory ceremony)
Crave by this argument:-

Ayush Homam (conducted @ Prashnam
Asidepoorthy)
Hratganyesh Homam (conducted @ 60
are conducted for the sake of long life
In some families, Ayush Homam
is conducted/performed at the end of every
year for all the family members on
respective anniversary day or star day
Obviously all are performed for long life

For wise men possessing an equipoised mind, renouncing the fruit of actions and freed from the shackles of birth,
attain the blissful supreme state.

Bhagavad Gita - 2.51

2010 february
week 7th

043-322
friday

12

While Shashipurne is celebrated @ 60 y
Satteshishekam is performed @ 80 years
of Keneke bhishekam is performed
When one is blessed with a great grand son
As far as I know, Satteshishekam &
Keneke bhishekam are performed
only for male members > 80 years
of age for lady family members.

Further it is not a ritual done by ^{one's} ~~one's~~ ^{one's} ~~one's~~
but a celebration done by the PARIVAR
(family members), mostly members
of the succeeding generations, etc
to honour their elders/parents/grandparents
mostly from paternal side than
their maternal side.

(contd)

When your intellect, confused by hearing conflicting statements, will rest, steady and undistracted (in meditation)
on God, you will then attain Yoga (for lasting union with God).

Bhagavad Gita - 2.53

2010 february
week 8th

046-319

monday

15

In the present day cost of living
I find the bulk of the expenditure
goes to Air fare (all members pooling together)
hotel accomodation, hire of 5 or 6 or 8 or 10
infruchias gifts like photo Album
Very little goes to Vaidice Karmes
much less Vaidhyani (Aandhi) who
knows the complete rituals is hard
to come by -

All said done been programmed
we have to come by these days &
only ^{very} little or very few families
with the background know how come
forward to celebrate the function
only for the well being of the eldest member
or seniors of the family.

Sri Bhagavan said : Arjuna, when one thoroughly dismisses all cravings of the mind, and is satisfied in the
self through (the joy of) the self, then he is called stable of mind.

Bhagavad Gita - 2.55

2010 February
week 8th

Declaring late Under-20 Wednesday

048-317

17

Adolescence is the period between childhood & adulthood & is often a difficult time to pass for parents & grandparents as well. Adolescence is an essential right of passage which everyone grows must have passed through. Think back to you are teen age. You can see the difference of generation behavior. Parents major task is to let teenagers grow up & become independent & learn to make decisions. If teenagers for their own best, you may set limits for their behavior, but don't discourage them or reject them. Unfortunately, many of the values parents instilled from childhood to adolescence are being shaping for their behavior & helping in many ways.

He who is unattached to everything, and meeting with good and evil, neither rejoices nor recoils, his mind is stable.

Bhagavad Gita - 2.57

2010 February
week 8th

050-315

Friday

19

Some basic rules for parents are

- 1) Always listen to their point of view, even though their views are diametrically opposite
 - 2) Avoid constant criticism, no matter how much the teenage behaviour annoys you
 - 3) Avoid constant criticism & give advice
 - 4) Ignore insignificant incidents
 - 5) Look for opportunities to pay honest compliments
 - 6) Don't preach sermons & don't nag
 - 7) Don't take criticism to heart - Enjoy it
 - 8) Ephemeral mood changes are common at this age due to hormonal / psychological changes
 - 9) Give them time from stress & improve
 - 10) Cultivate warm memories & tell them
I am appreciating you to the end.
- Sense-objects turn away from him, who does not enjoy them with his sense; but the taste for them persists, this relish also disappears in the case of the man of stable mind when he sees the Supreme.
- (Don't forget to take snapshots of the meeting to serve as a memory recorder)

Bhagavad Gita 2.59

14/2010

2010 february
week 9th

LONGEST MARRIED COUPLE OF USA

(85 years old)

053-312

monday

RELATIONSHIP

ADVICE

22

Meet HERBERT & FISHER of North Carolina.
Here married 85 yrs ago (86 yrs by May 2010)
hold the Guinness Book of Records WORLD
Herbert is 104 yrs & FISHER is 101 years
The happily married couple answers the
following Qs on the Valentine DAY!
Answer

- 1) What made U realize who each day person
the U could spend the rest of U's life with?
of the two together? Are U scared? Sated & Secure? Divor
was never a thought
- 2) How did U know that U & We grew up together & so
spouse is the right friends before an marry
choice for you? Our marriage lasted a life ti
- 3) If there anything U could do we would not change a th
difficultly after 80 yrs of life. There are no secrets
in an married life
- 4) What is your advice
to some one who is trying to
keep the fault that you
if your right is really out there?
Therefore, having controlled them all and collecting his mind one should sit for meditation, devoting oneself
heart and soul to Me. For he, who senses a master, is known to have a stable mind.
Bhagavad Gita 2.01
When U meet him

2010 February

week 9

a) Love each other in all your heart

055-310

wednesday

24

5) What is the best piece of marriage advice you've received?

b) Respect Support of family Honesty to the core

6) What are most important attributes of good spouse?

A hard worker and A food provider

7) What is your best Valentine Day's Memory?

A nice dinner cooked by Huber with his eye serve

8) How did U manage to grow as a good couple?

Everyone has plant a seed harvest the tree

9) What is your fondest memory of your 83 years marriage?

Children followed by 10 grand children 9 great-grand children & 1 great-great-grand child

10) Is companionship getting easier as you grow older?

Yes - on the rockier side

11) Have U physically separated any time? How did U feel?

Yes when his son died. He made us

12) Any bad relationship days? How did U manage?

It is not a contest. God helps in keeping the balance

13) Any fighting anytime? Learn to bend but break

Never physically. Agree & disagree

14) Any thing common between U 2 - we are both Christians

Both believe in God

Marriage is a commitment in front of the LORD

We pray for it for each other every day in & day on

25

056-309

thursday

CRABBY OLD MAN

february 2010

week 9th

What are U thinking of old man
When U are looking at ME?

A Crabby old Man - not very wise & smart -
Uncertain of his future, like faraway eyes
Who dribbles out his food & makes no reply
Who seems not to notice the things U do.
Who resists U or not lets U do Urdut as U will
Like I always feed him the long day
Is that what U are thinking of ME?
Then open Ur eyes, nurse & sister
I have told U who I am and sit here so still
Ardor at Ur bidding as I eat at Ur will
I am a small child of 10 cm old Mother
Brothers & Sisters, who all love one another

A Young boy of sixteen into trip on his feet
dressed up like a boy a later he will meet
A groom soon at 20, my heart gives a leap

Remember the words I promised to keep
(cmr)

But the self-controlled Sadhaka, while enjoying the various sense-objects through his sense, which are disciplined and free from likes and dislikes, attains placidity of mind.

Bhagavad Gita - 2.64

1/4/10

2010 February
week 9th

CRABBY OLD MAN OF NEBRASKA (USA)

057-308

Friday

26

An old man died in the

generative land of a nursing home in NEBRASKA
It was believed that he had never left any
thing worth in value. But when the nurses
tried to bundle up his meagre possessions, they
found a poem, with its value in gold.

The quality & content so impressed the staff
that copies were made out & distributed to
all patients in the hospital & staff as well.
The old man's sole bequest to posterity
has also appeared in the NEWS magazine of St Louis
Association for Mental Health.

A slide presentation was also made
on his simple, but eloquent poem of
this little old man, with nothing left to give
to the world is now the author of this

With the attainment of such placidity of mind, all his sorrows come to an end; and the intellect of such a person
of tranquil mind soon withdrawing itself from all sides, becomes firmly established in God.

anonymous poem being across the INTERNET

Bhagavad Gita - 2.63

At 25, ⁰⁵⁸⁻³⁰⁷ ^{February 2010} ^{week 9th}
²⁷ ^{saturday} I am young of my own
Who needs me to guide

At 30, my Yanti grown fast
bound to see other duties later

⁸ At 40, my Yang Song have grown up & gone
⁹ But my women begota HE
¹⁰ to see that I don't know

At 50, once more, babies play around me
I amuse me with their pranks

¹² Later dark days upon me and my life dead
I look at the future in fear & dread
In my Yang are still growing & rising
I am now an old man looking like a fool
The body crumbling, and great vigor departing
There is now a stone where I held a HEART

⁰⁵⁹⁻³⁰⁶ ²⁸ ^{sunday} Inside the old carcass, a young guy still dwells
I think of the years well lived & gone too fast
I accept the stark fact that NOTHING can LAST
So open your eyes people, open & see
Not a crabby old MAN
Love closer & see the suppressed my foot

He who has not controlled his mind and senses can have no reason; nor can such an undisciplined man think of God.
The unthinking man can have no peace; and how can there be happiness for one lacking peace of mind?

Open HEART a good future ¹⁾

2010 march
week 10th

060-305

SATHA BHISHE KATHA
(@ the Age of 82 Yrs)

01

Satbhishesham is celebrated after
completion of 1000 full moons after birth.
Full moon comes only once in 30 days.
A year consists of 365 days and
in a year only 12 full moons occur,
and once in 6 years only you will get
an extra full moon.

Consequently, in 1 year 12 full moons occur
in 6 years you will get $12 \times 6 = 72 + 1$
i.e. 73 full moons will appear.

At this rate 1000 full moons will occur

in $\frac{1000}{73} \times 6 = 82$ approximately.

So 1000th full moon will occur at 82nd year.

As the wind carries away a boat upon the waters, even so of the senses moving among sense-objects, the one in which the mind is joined takes away his discrimination.

Bhagavad Gita - 2.67

02 Satashishekera is only a 2 day 8/5507
061-304 to remove & eliminate all 60, 5507 in day to day life
It is like Bhumi Shanti (25) Ugra Shanti (50) week 10th
and Shanti A.B.D. a poor thing (61). It is only optional
Not only his sins are eradicated but his entire family is benefited

8

9

10

11

12

1

2

3

4

•

1

Therefore, Arjuna, he, whose senses are completely restrained from their objects, is said to have a stable mind.

Bhagavad Gita - 2.68

2010 march
week 10th

How old are you?
wednesday

03

I was talking to my grand son
about current events & past incidents.
Suddenly he asked me a delicate Qn?
Qn How old are you?

I told him I forgot about my age & DOB
It is better U ask your grandmother. She may
tell you some near about date atleast.

If she does not help you better ask your DAD
He might remember the year when I used
to drop him at school (All Saints)
or college (JNTU etc)
If he does not answer U or point,

U better ask your babai. Better he
remembers the first entry into his Kly.

If he does not help you, better ask your
Madam basci. When I broke his leg while dropping
at his Montessori admissions.

That which is night to all beings, in that state (of Divine Knowledge and Supreme Bliss) the God-realized Yogi
keeps awake, and that (the ever changing, transient worldly happiness) in which all beings
keep awake is night to the seer.

The chat proceeded for a long time:
Bhagavad Gita - 2.69

2010 march
week 10th

064-301

Friday

05

Then my grandson asked me
about the shooting at ^{my} school, & also
about computer games & other things in gen
I replied: Well, let me recall a mini
I was born well before

- 1) Invention of Television
 - 2) Discovery of Penicillin
 - 3) Administration of Polio shot / BCG vaccine
 - 4) Contact lenses were not available
 - 5) Frozen foods & sleeping pills were not available
 - 6) NO FRIGIDERS; NO XEROX machines
- I was not aware of anything like
- 1) Credit Cards / Travel Cards
 - 2) Washing machines ^{& Dryers} / Air conditioners
 - 3) Laser beams 4)
 - 5) Ballpoint pens 6) Tape Recorders
 - 7) Dish washers 8) CDs / Decks
 - 9) Air conditioners 10) FM Radios or Electronic Typewriters

He who has given up all desires, and moves free from attachment, egoism and thirst for enjoyment attains peace.

Practical Gita - 277

2010 march

week 11th

067-298

monday

08

Man has not invented pants house

now attempted to get married on the air.

Your grandmother & myself got married

when I was 18 & when she was 12
and lived together for over sixty years

Every family has a father & mother, who
lived together until their children left
their exit from this world.

I called every man (now then ^{me} by me day)
as "SIR" & continued to respect policeman on duty

We were born before gay rights
and got married before computer dating &
without

admitted my children at school without the
facilities of any day-care centers;

lived without any dual careers/group therapy

Our lives were governed by TEN COMMON SENSES

Arjuna, said : Krsna if You consider Knowledge as superior to Action, why then do You urge me to this dreadful
action, Kesava!

good judgement & common sense

Shrimad Gita 3.2

2010 march

week 11th

069-296

wednesday

10

We learnt an alphabet

to 200% of 2000 by living with our finger

on the sand again again (number to

We learnt ^{number} tables & multiplication table

Counting the horns of goats & buffaloes

We learnt to work on our clothes

We were taught to know the difference

between right & wrong and to stand up

to take responsibility for our own actions

Living in India, an mother can't is a force

of serving our country for 730 yrs was a ^{bigger} ^{prize}

Having a meaningful relationship with K.L.D.

has common & Time sharing meant

the family time spent together at lunch/dinner

and spending the weekends/sundays with ^{Communi} ^{care}

We were ~~lead~~ of ~~proceeding~~ ~~condemnation~~

Sri Bhagavan said : Arjuna, in this world two courses of Sadhana (spiritual discipline) have been enunciated by Me in the past. In the case of the Sankhyayogi, the Sadhana proceeds along the path of Knowledge; whereas in the case of the Karmayogi, it proceeds along the path of Action

Bhagavad Gita - 3.3

2010 march

week 11th

071-294

During my youthful days, Friday

12

"Lass" was moved by hand & sickle

"Coke" was a cold drink enjoyed on access

"Pot" was something your grandma cooked

"Rock Music" was a hello-by to my sl.

"AIDS" were helpers in our principals of

"CHIP" meant a piece of wood

"Hardware" was found in a hardware sh

"Soft Ware" was never found in tedic

"Pan-Cakes" were not found on tantebu

"gummy bags" were used as umbrella for protection from re

We were the last generation to believe actually that a lady needed a husband to produce a baby. No wonder, some people called us "old and confused"

With a new word/phrase called "GENERATION GA"

How old do you think I am now?

I have crossed my EIGHTY by lat DINA

13

072-293

saturday

march 2010

week 11th

1) Tulsi, when taken along with pepper (evening)
heals cold, cough & fever

2) Irritation in the urinary tract - is healed up
when Tulsi juice mixed with cow's milk is taken
(daily thrice)

3) Epilepsy is cured with (Tulsi juice + salt) for 45 days

4) Chest pain is alleviated with (Tulsi juice + honey) Thrice
a day

5) Tulsi juice + water (50:50) consumed for 100 days
early in the morning cures all sorts of diseases

6) Thirst, flatulence & absence of appetite are
eased when Tulsi mixed with hot water is taken regularly

7) Tulsi + two pieces of Onam (Carum Carui)
well ground & mixed with water consumed
once in the morning cures Chicken pox & Measles

14

075-292

sunday

8) Poisonous bite of scorpions is cured
when the affected part is rubbed with ^{Krishna} Tulsi leaf

9) Tulsi juice taken in morning & evening for 40 days
acts as a treatment for leprosy

10) Daily munching a couple of Tulsi leaves protect from ^{all} ailments

He who outwardly restraining the organs of sense and action, sits mentally dwelling on the objects of sense,
that man of deluded intellect is called a hypocrite.

Bhagavad Gita - 3.6

lyoat

2010 march

week 12th

On aging

074-291

monday

15

Aging can be difficult at times
we all have to go through it in
the process of life leading to old age.

It is important to note that even though
our physical appearance may change due to
skin changes & some disabilities,
our spirit does not have to.

Some people in their 70s/80s are much
younger than some people in their 20s/30s.

It all depends on our outlook of life.
Everybody looks at the fountain of youth
but unaware that the fountain can be looked for
by simply looking within self in introspection.
Remember that we are never too old to realize
a new dream/goal to accomplish our mind's desire.

On the other hand, he who controlling the organs of sense and action by the power of his will, and remaining unattached, undertakes the Yoga of Action through those organs, Arjuna, he excels.

to accomplish great things like writing the Autobiography
in our remaining years.

16

075-290

tuesday

Ravi: in 5th house

He has influence on higher ups

Be fickle minded & unsteady mind

Travelling excessively

march 2010

week 12th

You & Your HOROSCOPE

• Your birth star enhances positive energy around! There is a star (Ravi) associated with each planet in our Astrological Chart. The star in which Moon is located when we are born is called our 2nd Ravi (Birth star) & every person on earth has under influence of his birth star. The Moon is the seasonal transmitter & collector of the planetary influence. The phases of the Moon effects on Mind & Emotion. So whenever Ravi in the Moon is currently running through colors the energies of the day for everyone of us (Web site: <http://IndianKnowledgeSystemAcademy.com>) - blogspot - com

Therefore, do you perform your allotted duty; for action is superior to inaction. Desisting from action, you cannot even maintain your body.

Bhagavad Gita - 3.8

2010 march
week 12th

A Time frame of
PANULA'S official work 17

Birth: Date 16 October 1930 (official)
TIME 13 October 1930 (Actual)
(21-30 hours)

(200500 enclosed) { 16 October 1930 (official)
20 October 1930, 20 October 1930, 20 October 1930 (4000)

11th day: Named Panula Venkata Radhakrishna
1930 MURTHY

Petname: Krishna (by parents)
Radhakrishna (by friends)
MURTHY (All sundry)

Age: 6 months: All names of parents arrived
1931 for welcome of their nephew
My parents fed me with a ring
of confound my long name for 16 days
(to avoid confusion of names)
but simply called by all as 2000

Age 5 years: Admitted into the nearby
1935 to a primary school
and to a school by family
private (to avoid confusion of names)
Born at: 30 October 1930
200000: a Nellore.

Man is bound by his own action except when it is performed for the sake of sacrifice. Therefore, Arjuna, do you
efficiently perform your duty, free from attachment, for the sake of sacrifice alone.

Bhagavad Gita - 3.9

18

077-288

thursday

march 2010

week 12th

⁸ 1939-40 I term } Municipal
⁹ 1940-41 II term } Middle School S.H.
¹⁰ 1941-42 III term } PET
¹¹ 1942-43 IV term } V.R.
¹² 1943-44 V term } High school
¹ 1944-1945 Discontinued due to bad health
² 1945-1946- SSLC V.R. High school
³ 1946-1947 Inter I year
⁴ 1947-48 Inter II year
⁵
⁶ 1948-49 BA I year
⁷ 1949-50 BA final year
⁸ 1950-51 St. Peter's High school
⁹ 1951-52 Sec 51 do
¹⁰ H.E. Feb 1952 (A.G. office)

Having created mankind along with the spirit of sacrifice at the beginning of creation the Creator, Brahma, said to them. "You shall prosper by this; may this yield the enjoyment you seek."

Bhagavad Gita - 3.10

2010 march
week 12th

RSR

078-287

Age: 10 years : Municipal Middle School ^{Friday} 19

1940 To ppine my class is an unborn talent
Teachers & parents - I never failed to impress
Daily dose of idli, sambar, rice & curries
Who, in early, with not turn into a NERD

Apr. 15 years. Venkateswara Raja's High School
1945 Reached SSLC
To ppine my class with unborn talent
Had to discontinue studying in SSLC
due to Chronic Bronchitis (Dec 1944)
Taken to Madras for treatment.

Apr 16 years. Re-admitted into SSLC
1946 at V.R. High School.

Apr 18 years Studied Intermediate
1948 passed out in I. class
with MPC (Maths, Phy. Chemistry)

Apr 19 years Admitted into V.R. College, N.R.
1949 Graduation with Maths group. Main
Sri M. Satchidanandam Pillai, principal
allotted me MPC group with
Mathematics as Main and

Foster the gods through this (sacrifice), and let the gods be gracious to you." Each fostering other disinterestedly,
you will attain the highest good.

Physics & Chemistry } as the two as p/o
Subsidiary group

Bhagavad Gita - 3.11

2010 march
week 13th 1950

Age 20 yrs

081-284
T class
Graduate in Pure Mathematics
with distinction in Mathematics

Monday 22

Aspired to join Engineering
but landed in Montreal field
under a Quid PRO QUO situation

Joined Service early in life for
the sake of family maintenance

1952
22 yrs

Joined a permanent assignment
in AG office Hyderabad as UDC

Joined Evening College in LAH
with specialisation in International L

1954
24 yrs

Became a Double graduate B.A.L
to satisfy my urge for higher study

Set up my family at Hyderabad

1955

Passed Departmental Exam

Age 25 yrs
July 1955

Blessed with a daughter and
became a father of a KI
fondly named as NAGAM

Age 27 yrs

1957 Nov

Blessed with a son
fondly named RAJEE

Age 30 yrs

1960 Dec

Blessed with another son (Satya M)

Age 32 yrs

1962 Sep

Blessed with another son (MADAN)

The virtuous who partake of what is left over after sacrifice are absolved of all sins. Those sinful ones who cook for the sake of nourishing their body alone eat only sin.

2010 march

083-282

1960

wednesday

24

Re: 30 yrs

Acquired a dwelling house
a 3-room tenement from
Andhra Pradesh Housing Board

1987

May

Promoted as a Dy Sectt General
on an adhoc promotions

Worked as Dy Sectt General (Funds)
of Dy Sectt General (Pensions)
of Andhra Pradesh (Admn)
helped others also

He, however, who takes delight in the Self alone and is gratified with the Self, and is contented in the Self, has no duty.

Bhagavad Gita - 3.17

1987

Availed first class - All India LTC covering New Delhi
Delhaden; Calcutta, Bangalore, Bhubaneswar, Vijay & Vijay
Wads

Age 57 yrs 1987 Promoted as Dy Accountant General (Class 1) & appointed as Welfare Officer in A.G. (1) 085-280
2010 March Relieved from A.G. office 26
Age 58 years 31 1988 as its first Welfare Officer (Dt) on 31st October 1988.
8
9
10
11
12
1
2
3
4
5
6

Therefore, go on efficiently doing your duty without attachment. Doing work without attachment man attains the Supreme.

01

091-274

thursday

New Alphabet to guard against

april 2010

week 14th

for SENIOR Citizens

I remember having learnt my alphabets -
 at one stage starting for A for Apple & B for Boat
 that used to be right at one stage. Now it went flat
 9 ||| AGE before BEAUTY was later we learnt once
 10 But if we went to be more realistic now,
 we must learn Alphabets differently &
 11 guard against the diseases reflected by these;

- (A) for ARTHRITIS
- (B) for BAD LUCK
- (C) for CHEST PAIN
- (D) for DENTAL DECAY
- (E) for EYE SIGHT
- (F) for Fluid Retention
- (G) for GAS (from which I suffer)
- (H) for High Blood Pressure
- (I) for INDIGESTION
- (J) for JOINTS - PAINS

If I cease to act, these worlds will perish; nay, I should prove to be the cause of confusion, and of the destruction of these people.

Bhagavad Gita - 3.24

2010 april
week 14th

PERKS for reaching 70 Friday
of heading towards 80.

092-273

02

NOTE Someone reminded me + I am reminding U

01. Kid neppers are not interested in you

02. In a hostage situation, U are likely
to be released first

03. NO one expects U to run anywhere

04. People call U at 9 PM to ask "Did I wake U up?"

05. People no longer view U as hypochondriac

06. There is nothing left to learn the hard way

07. Things U buy now ^{won't} not wear out

08. U can eat supper anytime U want

09. U can live without sex but ^{not} without glasses

10. U may get heated into arguments
about your passion/per

11. U no longer think of speed limits
as a challenge

12. U bring along with elevator music

Arjuna, as the unwise act with attachment, so should the wise man, seeking maintenance of the world order,
act without attachment.

13. Ur eyes won't get worse with sight

Bhagavad Gita - 3.25

(NOTE)

I have survived all the 26 symptoms and
I have deployed 26 doctors at my command

03

093-272
saturday

take care of me at short notice and
keep praying God all the 24 hours

(K)

for KNEES-JOINT pains for all 365 days in the year

(L)

for LIBIDO

to take care of me
May God Bless Me
(GOK)

(M)

for MEMORY LOSS

(N)

for NEUROLOGY

(O)

for OSTEO (BONES)

(P)

for PRESCRIPTIONS

(Q)

for QUEASY (some flu)

(R)

for REFLEX

(S)

for Sleepless nights

(T)

for TITANUS/TINNITUS.

04

094-271
sunday

(U)

for URINARY Troubles

(V)

for VERTIGO (Dizzy)

(W)

for WORRY

(X)

for X-RAY

(Y)

for YAKINAGI
A wise man established in the Self should not unsettle the mind of the ignorant attached to action, but should get them to perform all their duties, duly performing his own duties.

(Z)

for ZEST.

ms
pan
me
Me

2010 april
week 15th

095-270

monday

05

14. You just trying to hold your storm
no matter who walks into the r
15. Your investment in health insurance
is finally beginning to pay off
16. Your goals are more accurate
meteorologists than the
national weather service
17. Your secrets are safe with Ur friend
because they can't remember them either
18. Your supply of brain cells is
finally down to manageable size
19. You can't remember neither your
creditor or debtors - safe
20. You can't remember Yesterdays' me
- 21
- 22
- 23
- 24
25. You can't remember who sent U this

All actions are being performed by the modes of Prakrti (Primordial Matter).
The fool, whose mind is deluded by egoism, thinks: "I am the doer."

Bhagavad Gita - 3.27

2010 april
week 15th

Like father, like son ⁰⁹⁷⁻²⁶⁸
wednesday

07

This is the story of my neighbor & walking friends at Moreno Valley, Los Angeles. Elenor had a strange problem on his hand. It was something to do with his family. His son & his wife (Mike & Lisa) were having a war between themselves. The reason for their son, Andrew. It may come off as silly but they are actually having a long-standing argument over who is taking after he. Lisa is convinced that Andrew resembles her in appearance, while Mike feels that he is more like himself. Mike tried to win the battle by saying that Andrew loves his baseball, as he used to as a child. Elenor clarified to Lisa that Mike hated baseball as a child & so it was clear that he made the

Those who are completely deluded by the Gunas (modes) of Prakrti remain attached to those Gunas and actions; the man of perfect Knowledge should not unsettle the mind of those insufficiently knowing fools.

Bhagavad Gita - 3

to win the case.

2010 april
week 15th

Like father, like son 097-268
wednesday

07

This is the story of my neighbor & walking friend at Moreno Valley, Los Angeles.

Elexer had a strange problem on his hands

It was something to do with his family

His son & his wife (Mike & Lisa) were waging

a war between themselves. The reason being

their son, Andrew. It may come off as silly

but they are actually have a long-standing

argument over who is taking after her.

Lisa is convinced that Andrew resembles

her in appearance, while Mike feels

that he is more like himself. Mike tried

to win the battle by saying that Andrew loves his baseball, as he used to as a child.

Elexer clarified to Lisa that Mike hated baseball

as a child & so it was clear that he made that up

to win the case.

Those who are completely deluded by the Gunas (modes) of Prakriti remain attached to those Gunas and actions;
the man of perfect knowledge should not unsettle the mind of those insufficiently knowing fools.

Bhagavad Gita - 5.29

2010 april
week 15th

099-266
friday

09

But you can't really win over a ~~Man~~ in
a fight over her son. I don't think he can.
Lisa told Mike: "At least he does ^{not} believe like
This really put off Mike & Eleanor told me
that he was staying with ^{his} friend's place
and came back only after Lisa apologized.
Finally, Eleanor had to step into the conflict.
Eleanor told them that it was erroneous
to make any conclusions so early in life.
"Children change like the colors of rainbows
or the colors of the evening sky seen
These words of Eleanor might have pulled
a truce between the couple, but they are still
looking for behavioral patterns to seal a win.
Indulgent parents can be so indulgent!
This is a } Often we can help each other,
and yet } mostly by leaving each other alone.
Quote } Even those men who, with an uncavilling and devout mind, always follow this teaching of Mine are released from the bondage of all actions. While at other times, we need the
handgrasp & word of cheer! " Bhagavad Gita - 3.3.

2010 april
week 16th

Growing Up.
(VS)
Growing older

102-263
monday

12

The first day of my Management School
Our professor introduced himself to the class
and challenged us to get to know someone
who did not already know. I stood up
to look around, then a gentle hand picked
my shirt and touched my shoulder.

I turned round to find a wrinkled
old lady beaming up at me with a smile
that lit up her entire being. She said
"Hi handsome, my name is Miss Rose.
I am eighty seven year old. Can I give you a hug
I laughed at her, nevertheless responded to her call
"Of course you may". She gave me a giant squeeze
"Why are you at college at such a young age I ask
"I am here to look for a good husband, get married
I have a couple of kids"

All living creatures follow their tendencies; even the wise man acts according to the tendencies of his own nature.
What use is any external restraint?

"I have a couple of kids" She responded
promptly

Bhagavad Gita 3.33

13

103-262
tuesday

april 2010

week 16th

- 1) Your children are becoming U
2 U don't like them; but
U r grand children are perfect
- 2) Going out is good, but
Coming Home is better
- 3) When people say "U look great"
They add for your age
- 4) When U needed discount
U paid full price for all; but
Now U get all discounts on everything
movies - hotels - flights - Internet
- 5) U are too tired to use them.
- 5) U forgot names of some; but OK
because others forgot they even know U
- 6) 5 lbs U wanted to lose is now 15 lbs but
U have a better chance of losing U r keys
- 7) U used to say
"I hope my kids get married" but
now "I hope they stay married"
- 8) U miss the days when everything looked
like just "ON" and "OFF" switch.
Attraction and repulsion are rooted in all sense-objects. Man should never allow himself to be swayed by them, because they are the two principal obstacles in the way of his redemption.
- 9) U used to be selfish like "YES" or "NO" but
but now "four letter words"
"What", "When", "Whom" etc

Bhagavad Gita - 33

2010 april
week 16th

104-261

14
wednesday
"NOT seriously" I asked her
But she was vehemently positive in, ^{her} ~~turning~~
I was curious what may have motivated
her to be taking on this challenge at her age
"I always dreamt about my college education
but could not by dint of hard luck & trials
Now I got an opportunity, I don't want to lose"
After the class we walked down to the college
students' union building, met few friends
& had a chocolate drink into a milkshake
We became instant friends & everyday we
talk non stop after the class it was mesmerised
by their sweet talk of this "TIME Machine"
as she shared ^{her} wisdom & experience
of so many years; attended classes & seminars
at the same time competed for awards
as well

→ 15 ¹⁰⁵⁻²⁶⁰
thursday

april 2010
week 16th

- (10) The things U care to do
You no longer care to do
⁸ but U really do care that
⁹ U don't care to do them anymore.
- (11) Remember when your mother said
"Wear clean underwear when U get an accident"
Now¹¹, U bring clean underwear with you as a precaution
in case you have an accident
- (12) When Google/ iPod/ Email/ Modem
¹ were all unheard of,
a "mouse" was something
that made U climb on a table.
- (13) U may have three sizes of clothes
(But) too of which U can never be able to wear
- (14) U can be able to read 100 pages in a book
⁵ before U realize U have read it.
- (15) When U were on duty, Ur wife gave U everything
but now that U have retired
she won't give U anything
only if U find a new job.
- (16) But old is good in some things:
old songs
old movies & at the top of all
old FRIENDS to walk with U.

Arjuna said : Now impelled by what, Krsna does this man commit sin even involuntarily, as though driven by force?

Philosophy Class 136

2010 april
week 16th

106-259

friday

Over the course of the year, 16
Rose became a campus icon, loved to dress up
in various styles & revelled in the attention
bestowed on her by all her classmates.
At the close of the year, we invited
her to speak at the football banquet.
I can never forget that she taught us
she was introduced & stepped up to the podium.
As she began to deliver her prepared speech,
she dropped her wallet on the floor.
Frustrated & embarrassed, she leaned
up to the microphone & simply said:
"I am sorry, I am jittery. I gave up
beer for Lent & the whiskey is killing me."
I have never yet heard my speech the
way I used to in the past, but just-

Sri Bhagavan said: It is desire begotten of the element of Rajas, which appears as wrath; nay, it is insatiable
and grossly wicked. Know this to be the enemy in this case.

allows me to tell you what I know."

As all of us laughed at her

She cleared her throat up & began to speak

"We do not stop playing because we are old
but we grow old because we stopped playing"

There are only four secrets of staying young

1) being happy, and achieving success

2) You have to laugh & find humor every day

3) You have got to have a dream every day

4) When you stop dreaming you die

We have too many people walking around

walking around who are dead, but

do not know anything about it.

There is a huge difference between growing old & growing up

~~She~~ She started coughing up &

someone helped her wipe a glass eye.

She started again after a couple of min

20

110-255
tuesday

april 2010
week 17th

① What I learnt from ROSE: Remember

1) Growing older is Mandatory
Growing up is optional

2) We make a living by what we get
We make a life by what we give

3) God promises a safe landing
not a calm passage

4) If God brings U close to success
He will bring U things U

5) Good friends are like stars
U don't always see them
but U know they are always there
& come handy when U need them

The senses, the mind and the intellect are declared to be its seat; screening the light of Truth through these,
it (desire) deludes the embodied soul.

Bhagavad Gita - 3.4

Jai-Him)

20 110-255
tuesday

LIFE

april 2010

week 17th

LIFE ends when U stop Dreaming (breathing)
HOPE ends when U stop Believing
LOVE ends when U stop Caring
FRIENDSHIP ends when U stop Sharing

④ What I learnt from ROSE: Remember

1) Growing older is Mandatory
Growing up is optional

2) We make a living by what we get
We make a life by what we give

3) God promises a safe landing
not a calm passage

4) If God brings U close to success
He will bring U things U

5) Good friends are like stars
U don't always see them
but U know they are always there
of come handy when U need them

The senses, the mind and the intellect are declared to be its seat; screening the light of Truth through these;
it (desire) deludes the embodied soul.

Bhagavad Gita - 3.40

Jai Him

2010 april
week 17th

111-254

wednesday

21

There is a huge difference between
growing older and growing up.

"If you are nineteen year old and sit in bed
for one full year, I don't do any productive
thing, you will turn Twenty years old
If I am eighty seven years old and
stay in bed for one year without doing anything
I will turn Eighty Eight."

Anybody can grow older. It does not take
or require any talent or ability. Growing older is to
grow up by finding opportunities to change better"
The elderly have ^{do} not have any regrets ^{for} we've done
but for things we did not do. The only people
who fear death are those with regrets" She
conquered concluded by bringing "The ROSE"
She challenged every one of us & finished the degree with
distinction
but died within a week thereafter.

Over 100 thousand students attended her funeral
in tribute to the wonderful woman who taught

Therefore, Arjuna, you must first control your senses, and then kill this evil thing which obstructs Jnana
(Knowledge of the Absolute or Nirguna Brahma) and Vijnana (Knowledge of Sakara Brahma or
manifest Divinity).

by example "Let it is never too late
to be all you can possibly be" X

Bhagavad Gita - 3.41

22

112-253

thursday

SIGNIFICANCE PAGE

april 2010

week 17th

As you grow in age, it is not greying U have
 The years ~~have~~ ^{have} ~~passed~~ ^{passed} ~~polish~~ ^{polish} your heart. Year after year
 and your soul should start reflecting
 from within.

When we polish our heart & soul,
 we can see God's reflection from within.

It is said that the world gets reflected through U.
 Whatever U are, the world will seem to be
 that too.

If U are sad, jealous, angry, dejected...
 the world also seems to be the same.
 If U are happy & joyful,
 the world seems to be a paradise.

So it is for you here to see your world &
 accordingly develop your soul bright & happy
 or build it up into a risky game
 or risky play like gamblers' den
 or speculating on crossword puzzle.

MAN is a bundle of wants & risky playful.
 Keep an eye on the All mighty God &
 Keep praying Him with all your MIGHT &
 Keep Healthy building up U heart close to Him.

May God Bless You with long life & prosper.

The senses are said to be greater than the body; but greater than the senses is the mind. Greater than the mind is the intellect; and what is greater than the intellect is He (the Self).

Bhagavad Gita - 3.42

2010 april
week 7th

LONGEVITY & AGING

113-252

friday

23

When we talk about Longevity & Aging,
it all starts & ends with our BRAIN.

AGING depends a lot on being active.

Being physically active is one thing & but

there are other forms of activity as well.

A little work out to our brain can bring
amazing improvements in AGING.

Q: How can I make my brain active?

The simplest answer is: EXPOSE to diff. challenges

Simply give it some work, something new & often

Give practice regularly & watch improvement

Often a few days of practice, U must be able
to identify some change in U'r performance

Do not start & stop after a few days
If U take a break, start again from beginning

Thus, Arjuna, knowing that which is higher than the intellect and subduing the mind by reason, kill this enemy
in the form of desire that is hard to overcome.

Bhagavad Gita - 3.43

When U feel tired, take a break but don't stop

24

114-251

saturday

10 TIPS for Heart-

april 2010

week 17th

Today's fast life pressures escalate stress levels
work life taking a toll on one's heart.
Healing power of body decreases under stress, leading
to complications like hypertension & poor immunity.
So stay healthy by understanding risk factors and
managing your stress levels.

- ①¹⁰ Avoid smoking (not even go near smokers)
- ②¹¹ Cut down on salt - increases risk of B/P
- ③¹² Watch your diet - eat balanced diet -
- ④¹ Regulate your alcohol consumption
- ⑤² Get active with 30 min exercise schedule daily
- ⑥³ Monitor your BP - Blood sugar & Cholesterol levels
- ⑦ Manage your waist - with healthy diet change
- ⑧²⁵ Manage your stress level through yoga
sunday
- ⑨ Check your family history & don't follow relatives
- ⑩ Laughter is the best therapy - Laughter any time
of the day makes wonders for you. It is an instant
way to unleash the pressure to make you feel light.

Sri Bhagavan said : I taught this immortal Yoga to Vivasvan (sun-god); Vivasvan conveyed it to Manu (his son);
and Manu imparted it to (his son) Ikshvaku.

Bhagavad Gita - 4.1

LIFE is a game play it - Life is a challenge meet it

2010 april
week 18th

116-249

10 simple steps & tips to ~~improve~~ ^{Monday} ~~your~~ ²⁶

1. Proper diet: Ur brain benefits from healthy fats
use olive oil in cooking helps
Avoid use of any kind of fats
use nut, seeds, salmon etc
2. Relaxation: Free your brain from complex
chemical reactions. stop thinking
Be relaxed for a few minutes
Meditation & yoga help achieve this
3. Play games: An excellent way to ease Ur brain
Select a game that provokes interest
It can be a chess / crossword puzzle
Carrom / SUDOKU / Snake & Ladder etc
4. Read books: Among all the tips Reading is best
& most beneficial too. When we read
we read the feelings of author & players too
Let it be a biography / fiction or fun
all feelings reach Ur brain & relax
5. Share Ur feelings with Ur wife or children
or with someone U love. Recall the events
they present them interestingly.

As transmitted in succession from father to son, Arjuna, this Yoga remained known to the Raiarsis (royal sages)

(It is, however, long since disappeared from this earth.)

Shrimad Bhagavad Gita - 4.2

2010 april
week 18th

118-247

wednesday

28

DIARY Writing : is the most interesting activity to record ur events & activities for someone interested in later year but presently gives U comfort & helps in building up U r memory

7) Avoid TV: Don't hang around TV & use it sparingly to hear news or sports & along with your children (not alone)

8) Physical Exercise } like walking 30 mts a day
improve physical fitness & at the same time emotional improvement & definitely improve brain function

9) Avoid Alcoholism } Needles to prevent alcoholism which may lead to depression

10) Brain Exercises } Try to recall a scene / past activity maybe from your last vacation / LTC

At any rate ~~try~~ do some activity without being idle. Try to learn something new or teach ur grand children about ur escapades & runnips. No matter U can venture into some new activity like organising some sports activity for children. Sky is the limit for U r imagination.

Arjuna said : You are of recent origin, while the birth Vivasvan dates back to remote antiquity. How, then, am I to believe that you taught this Yoga at the beginning of creation?

Bhagavad Gita - 4.1

29

119-246

thursday

GRAMMAR OF LIFE.

april 2010

week 18th

- 1) Live in Active voice — not the passive voice
- 2) Think more about what you can make happen than what happens to you.
- 3) Live in the INDICATIVE Mood Than Subjective Mood
- 4) Be concerned with things as they are rather than as they might be?
- 5) Live in the present tense facing the duty at hand without regret for the past —
Worry for the future
- 6) Live in the FIRST PERSON, criticizing yourself rather than finding fault with others
- 7) Live in singular number not plural number
Caring more for the approval of ^{our} conscience than for the approval of the crowd at large
- 8) If U want a verb to conjugate,
U can't do better than to take a verb "TO LOVE"
- 9) If U want two reversible words with full meaning
Sri Bhagavan said: Arjuna, you and I have passed through many births, I remember them all; you do not remember, O chastiser of foes.
U have God the invisible force operating in U
I have the visible physical animal this is more physical
- 10) If U want a visible God, look at the monster who kills people with his 12 hour smile

2010 april
week 18th

What I have learnt ¹²⁰⁻²⁴⁵ in my 80 years of LIFE ^{Friday} 30

- ① I have learnt- that U can't make someone love U. All U can do is be someone that can be loved. Rest is ^{up to them}
- 2) I have learnt- that no matter how much I care, others do not- just care backwards
- 3) I have learnt- that it takes years to build up trust; but only seconds to destroy it
- 4) I have learnt- that it is not what you have in your life but it is "who U have in U'r life" that counts
- 5) I have learnt- that U should not compare U'r self to the best others can do
- 6) I have learnt- that U can do something in an instant that can give U headache for U'r life

Though birthless and deathless, and the Lord of all beings, I manifest Myself through My own Yogamaya (divine potency), keeping My Nature (Prakriti) under control.

Bhagavad Gita - 4c

- 7) I have learnt- that it's taking long time to become the person I wanted to become

2010 may

week 19th

123-242

monday

03

- 8) I have learnt that U should always leave loved ones with loving words - may be the last time U see them
- 9) I have learnt that U can keep going long after U end -
- 10) I have learnt that we are responsible for what we do, no matter how we feel that either U control U'r attitude or U'r attitude controls you.
- 11) I have learnt that heroes are people who do what has to be done regardless of the consequences
- 12) I have learnt that MONEY is a lousy way of keeping scores
- 13) I have learnt that my best friend can do anything or nothing but have the best time enjoying life

For the protection of the virtuous, for the extirpation of evil-doers, and for establishing Dharma (righteousness) on a firm footing, I am born from age to age.

Bhagavad Gita - 4.8

2010 may

125-240

wednesday

05

I have learnt that just because someone does not love you the way U wanted them to do, does not mean that they don't love U. ~~with~~ all they have.

15) I have learnt that MATURITY has more to do with the type of experiences U have already had. & what U achieved from them & less to do with how many birthdays you have celebrated.

16) I have learnt that U should never tell a child their dreams are unlikely or outlandish. Few things are humbling & what a tragedy it must be if they believed U.

17) I have learnt that no matter how good a friend is, they are going to hurt U, every once in a while & U must forgive them for that & stay a c-

18) I have learnt that no matter how bad your heart is broken the hand does not stop for your grief

completely rid of passion, fear and anger, wholly absorbed in Me, depending on Me, and purified by the penance of wisdom. many have become one with Me even in the past.

Bhagavad Gita - 4.10

04

124-241
tuesdaymay 2010
week 19th

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19) I have learnt that our background & circumstances may have influenced who we are, but we are responsible for who we become

20) I have learnt that even when U think U have no more to give, when a friend cries out to you, U find the strength & motivation to help him in some way or other -

Arjuna, My birth and activities are divine. He who knows this in reality is not reborn on leaving his body, but comes to Me.

Bhagavad Gita - 4.9

Jai Hind

06

126-239
thursdaymay 2010
week 19th

(x)

At the top of all,

I believe in Indian Value system
Which upholds itself 3 principles:

1) We do not live

for ourselves alone;

2) We are part of a community
of a world at large;

3) Though we have our own things
~~our own~~ our people,

in our own household,

everything we do has some

positive effect on others like

guests, neighbors, relatives & friends etc

for ex: we treat our guests with lot of

kindness & consideration & be generous to them.

Guests symbolize the entire world beyond our family

Arjuna, how so ever men seek Me; even so do I approach them; for all men follow my path in everyway.

Bhagavad Gita - 4.11

Pranav

2010 may

week 19th

(21)

MAN'S Measure !

127-238

friday

07

I learnt the sum & substance of our life
that: A man is no bigger than the way
he treats his fellowmen (including his wife)
His standard has his measure been
since life itself began from the womb
He is measured not by Title or Creed
High sounding / High ranking they may be.
Nor by his gold / silver tier he wears
He is not measured by social rank
Where Character is the test of TIME
Nor by his earthly pomp or show
or by display of wealth possessed.
He is measured only by his justice RIGHT
His fairness of his play at ~~dealing~~ ^{home & outside}
His squareness in all his dealings made.

In this world of human beings, men seeking the fruition of their activities worship the gods; for success born

His honest & upright ^{of actions follows quickly.} judgements

much are his
measures

For a MAN is no bigger than the way he treats his fellowmen (4)

2010 may
week 20th

How old is Grandpa?

130-235

monday

10

This is the Qn put by my grand daughter
from US. The answer is at the end
after you run round the following ever
My grand daughter asked me what I thought
about shootings at school / college / computer age &
I scratched my head: "Let me think a min
I was born long before:!"

- 1) Invention of Televisions
- 2) just pincellin 821 was given to in
- 3) who who were admitted to my grand
- 4) before Xerox copies were made out
- 5) before contact lenses came into use
- 6) I never heard about ^{FM Radios, CDs or DVDs} computer dating or
day care centres or Macdonald Restaurant

This means that "I ~~was~~ > 60? guess my grand daughter
is older" I better check from my e-mail

Since I have no craving for the fruit of actions, actions do not contaminate Me. Even he who thus knows Me
in reality is not bound by actions.

"Best of luck" I told my grand daughter
14/05/10

Rhagada Gita 14

2010 may
week 20th

Grand Parents? 132-233
Wednesday

12

- 1) What a bargain grandchildren are?
I gave them my love & they
gave me million dollars worth of pleasure. ^{GEN} ^{PER}
- 2) A grand mother is a baby sitter who watches ^{the} kids
instead of boring television. (Unknown)
- 3) Never go for children but have grand children.
- 4) Becoming grandmother/grandfather is wonderful.
- 5) Grandchildren don't stay young forever.
Which is good because grand-father has
only so many hussy rides for them (G.P.)
- 6) When grand parents enter the door? ^{OLDEN}
discipline flies out of the window. ^{NASH}
- 7) Grandmas never go out of hugs/cookies.
- 8) Grandfather holds on ^{just} tiny hands ^{just} for a while
grand mother but on heads forever.
- 9) If I had known how wonderful it is to have
grand children, I would have had them for
ever.
- 10) It is such a grand thing to be mother of a Mother
that's why the world calls her "GRAND MOTHER".

What is action? and what is inaction? Even men of intelligence are puzzled over this question. Therefore, I shall
expound to you the truth about action, knowing which you will be freed from its evil effect (binding nature).

Bhagavad Gita - 4.16

- 11) Grand children are God's way of compensation
for growing old (Mary H. Waltrip)

2010 may
week 20th

(12) The best-baby siblings are his ^(baby's) ^{13th 231} ^{Friday} ^{Grandparent} 14
 U feel completely comfortable by entrust
 you baby to them for long periods of
 time which is my most grandparents free to do

13) Grandmother - grand children relationship
 is very simple & grandmas are most on child
 & long on love & kindness

14) No body can do for grandchildren what
 grandparents do. Grandparents do a sta
 rimonial stand out as the love of little ch

15) A grandparent is old on the outside
 but young on the inside

16) One of the most powerful handclasp
 is that of a new grandbaby, around the
 finger of grandfather (JOY HURGR)

17) Grandparents are similar to a piece of
 candy to have around & easily wrapped a
 the fingers of their grand children

18) What is grand about grandparents
 I would like to say that grandparents are
 God's gift to children & if they can see,
 hear & feel that these people have to give
 they can mature at a fast rate. (Ari C)

19) Grandchildren do not make a man feel old
 it is the knowledge that he is married to a grandmo
 (NORMAN COLE)

13

133-232
thursday

may 2010
week 20th

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20) if your baby is beautiful & perfect
never cries or fusses
sleeps on schedule & happy & content
an angel all the time
U are the parent.
(Auctioneer)

The truth about action must be known and the truth of inaction also must be known; even so the truth about prohibited action must be known. For mysterious are the ways of action.

Bhagavad Gita - 4.17

15

135-230

saturday

Pradise Yoga (X) 11 Padmaasana

may 2010

week 2010 TUS
POSE

1) Soorya Namaskar. (Sun salutations)

2) Pranayama (Breathing exercises)

3) .HALA Asana (The plough exercise)

4) Sarvangasana (The shoulder stand)

5) Matsyaa sana (The fish pose)

6) Dhanur Asana (The Bow shape)

7) Padma Asana (The Lotus pose)

8) Sethu Bandh Asana (The bridge pose)

9) Seersha Asana (Inverted head pose)

10) Paschimottana Asana (Forward bend)

11) Bhujangar Asana (Cobra pose)

12) 16 136-229
sunday TRIKona Asana (Triangle pose)

13) Ardha Chakrasana (Half Wheel pose)

14) Mayoor Asana (Peacock pose)

15) Vrksasana (The tree pose)

16) Ardha Salabhasana (Half Lounging pose)

Even the wise call him a sage, whose undertakings are all free from desire and thoughts of the world, and whose actions are burnt up by the fire of wisdom.

Bhagavad Gita - 4.19

17) Skandha Chakrasana (Shoulder socket pose)

18) Kneel - Nose Pose (Supta padmasana Makutasana)

2010 may
week 21st

You Decisions Shape Your DESTINY

137-228

monday

17

All the decisions I made through out my life from childhood to day have brought me where I am today. That is very powerful. In other words, we manage our life by the decisions we make from time to time. If you let others to make decisions for you then you are giving them the key to your destiny & future. Know that the key is yours. You are born with it. It is your way to take charge & control in your own way. You are responsible for the good & bad of your life. You need to be in driver's seat especially when it comes to the decision making that affects your future. So look at yourself first then look at others for guidance. Ultimately there is no one better than you to decide what is best for you.

He who, having totally given up attachment to actions and their fruit, no longer depends on the world, and is ever satisfied, does nothing at all, though fully engaged in action.

Bhagavad Gita - 4.20

in your life's journey - Practice Yoga through Asanas

← You feel the Difference.

18

138-227

tuesday

may 2010

week 21st

Jump Right in

If you don't make the attempt

you are not going to achieve it.

Though you may have a number of
perfectly reasonable and

understandable excuses

Those excuses will not provide you

with any thing with the value

Life has so much richness to offer

when you jump in with all you have

and get yourself involved.

Be bold & set your sights high &

Move confidently in the direction

In which you desire to go.

Having subdued his mind and body, and given up all objects of enjoyment, and free from craving, he who performs sheer bodily action does not incur sin.

Bhagavad Gita - 4.21

2010 may
week 21st

139-226

Jump-Right-in. ^{wednesday} ~~(Conto)~~ 19

Of course, things are not always
Turn out the way you planned for
In fact, they may very well turn out
Even better than you had planned for
Remind us of all the ups & downs
You have already been through successful
And realize that whatever you encounter
You will find a way to make the best of it
Then decide precisely how you wish
to live your life & begin immediately
Start down it the way you wanted;
Whatever your dream may be,
Take the first right now with confidence
Do it with enthusiasm & with joy
With the best of expectations & without hesitation
Jump right in into the down step of your life

The Karmayogi, who is contented with whatever is got unsought, is free from jealousy and transcended all pairs of opposites (like joy and grief), and is balanced in success and failure, is not bound by his action.

Bhagavad Gita - 4.22

Live the Richness that is your ^{Beautiful} unique life

2010 may
week 21st

141-224

friday

21

This is also to remind you, ~~let~~
When one beautiful moment ends, another begins
Do not hold your reigns so tightly that you miss
the beauty altogether. With a thankful heart,
enjoy the goodness that comes your way in all
things, great & small. The way to make sure
you never lose it, is to simply let it go.

In good times, the joy of life comes one after another.
Keep yourself open & go on accepting what comes,
for the connect with abundance that is around you.
Each moment is a blessing in disguise.
Treasure its unique gifts & don't rush to the next.
Or worry that the last one was insufficient & wanting.
Relish whatever beauty it has & wait for more & more.
Fully live, appreciate & enjoy what you have now.
In this beautiful moment, enjoy & look for greater

Other Yogis duly offer sacrifice only in the shape of worship to gods. Other pour into the fire of Brahma the very
sacrifice in the shape of the self through the sacrifice known as the perception of identity.

Bhagavad Gita - 4.25

more profound treasure. It will always be yours
Sai Baba

Message From the Life of Socrates

2010 May
week 22nd

144-221

monday

24

One must have courage to give up
one's life for TRUTH!"

Socrates himself lived up to the highest ideal
of Truth. His defence in the Court of Athens

is a remarkable statement - of courage
in outspeaking truth, not withstanding the
sceptre of death that stared him in his face

And when the jury asked Socrates himself
to propose a punishment for himself (a custom
then prevailed in Athens) what did Socrates propose

In the light of the true nature of Socrates of
him he pointed out to the jury that he, without seeking
anything in return, was questioning the citizens of Athens
that they might turn their attention from catering
the body to giving their attention to the education of
the soul. The true punishment for this act of his was

Others sacrifice all the functions of their senses and the functions of the vital airs into the fire of Yoga in the shape
of self-control, kindled by wisdom.

not a punishment but a reward in the form of
free maintenance by the state.

2010 may

week 22nd

146-219

wednesday

26

Needless to say that the jury
sentenced him to death not only for the fault
of making the lesser truth seem greater,
as they called it, but also for what they saw
to be his audaciousness.

When Socrates was in jail, a friend named Cratylus
proposed that he escape from prison & make all kinds
of arrangements for Socrates to flee to a distant island.
But Socrates refused to do saying: "He made Athens his home
& having availed all the conveniences of the state
during his life, he was bound by the Rules of the state.
Having made Athens the choice of his stay, it was
right for him to live up to the laws by the governance
of the state & hence it was not right for him
to refuse to abide by the ruling of the state &
to flee from the prison."

Arjuna, Yogis who enjoy the nectar that has been left over after the performance a sacrifice attain the eternal
Brahma. To the man who does not offer sacrifice, even this world is not happy; how, then, can the
other world be happy?

Bhagavad Gita - 4.31

(x) brought out beautifully in the dialogue PHAEDO

2010 may
week 22nd

called 148-217
fridgy 28

The most poignant episode

of Socrates life is perhaps the last chapter of his life
Just hours before Socrates drinks the poison, he was
sitting in the prison cell ^{with his friends} discussing about the nature of soul

Socrates derives the eternality of the soul through
pure dialectics & goes on to show that the soul
reincarnates in different bodies due to its clinging
to the things of the earth. And just a few minutes
before he has to drink the poison, the prison guard
comes to tell him that he should not talk too much
as the body has heat up & poison will take time to take effect
But Socrates looks at the guard & tells him that -
"It is the guard's duty to see how the poison takes effect"

it is his own duty, as a philosopher to do philosophy till his very end
He continues with his ^{Tantram} ~~Tantram~~ ^{Tantram} until he is given the poison to drink
After drinking poison, he remarked "All his philosophy is to prepare for death
one should not grieve to leave his body"

Arjuna, sacrifice through Knowledge is superior to sacrifice performed with material things. For all actions
without exception culminate in Knowledge, O son of Kunti.

Bhagavad Gita - 4.33

Socrates was trying to speak of two things:

(xx)

27

147-218

thursday

may 2010

week 22nd

In one of the most remarkable
dialogues in the history of
human kind

xx

Two important messages of Socrates:

① One should not grieve to leave his body
because he is going to be born again

② All human beings choose what
they perceive to be in their highest
interest. Therefore the only sin
is one of ignorance.

Socrates Dictionary

Many such forms of sacrifice have been set forth in detail through the mouth of the Vedas; know them all as involving the action of mind, senses and body. Thus knowing the truth about them you shall be freed from the bondage of action (through their performance).

"An unexamined life is not worth living"

Bhagavad Gita - 4.32

2010 may
week 23rd

Breaking the Patterns in your life.

151-214
monday

31

If you want to know what is the biggest area of your life to fix, you may not realize immediately but you are reminded of it frequently. Your biggest challenge in your life is the one that continuously gets repeated in your life from childhood onwards, until you make correction in your life. It is a continuous process.

Challenges often start very young in childhood with issues you may have with your parents, teachers & friends circle or other relationships in your life. If you are easily taken advantage of, then you will be constantly given opportunities to stand up for yourself numerous times in your life. Whether it is family, work or community.

In my own case, I started taking care of my ancestral temple at Porur, Bangalore more than ten years back.

Arjuna, when you have reached enlightenment, ignorance will delude you no more. In the light of that Knowledge you will see the entire creation first within your own self, and then in Me (the Oversoul).

Bhagavad Gita - 4.35

I am yet to fulfill it successfully in all the domestic and the effort is gaining momentum year after year.

2010 June

week 23rd

153-212

wednesday

02

Write my trips up & down USA
have caused serious setbacks in my efforts
in a way I should say I have gained more insight
into these problems facing me, since
I find similar problems

So rather than looking at the situation
to be a victim of circumstances; let us
make best use of the circumstances, look back at
problems & be honest with ourselves & tackle the
in right earnest. We all have them & nobody is perfect
We all have many things to perfect in our lives
it is p/o the divine plan that we constantly grow &
perfect ourselves with by which. I am fast eight
if still there is no end for perfection. It is enough if
U have identified Ur problems & have the experience
to counter them & improve step by step that is really G re
If U want to improve as a human being & be happier as

For, as the blazing fire turns the fuel to ashes, Arjuna, even so the fire of Knowledge turns all actions to ashes.

Bhagavad Gita - 4.37

fulfilled personality, now is the time to get going.
This is Rex Banka reminding U that - { To day is the first day
in the rest of your LIFE

2010 June
week 25rd

US Brahmin Group (Yahoo) 04

155-210

Friday

I have been a member of this group for some years
US Brahmin Group" was originally formed to bring
together Brahmins of various states of India living in US
This group was originally formed to present
the position of Brahmins, in the American Society,
to remove any ^{mis}information spread by vested
interests in India/USA; promotes healthy discussion
pertaining to Brahmin community including
education, family life etc. But the primary goal
is only to increase the self-esteem & pride of Brahmin
Views & opinions expressed herein are solely those of
the persons posting the mail & not those of owners/moderator
of this group. In line with the objectives of the group, they have the right to edit
But unfortunately over the years, it is becoming a Bulletin Board
for anything & everything & it has very little or nothing to do with its charter
He who has mastered his senses, is exclusively devoted to his practice and is full of faith, attains Knowledge;
having had the revelation of Truth, he immediately attains supreme peace (in the form of God-realization).
Bhagavad Gita - 4.39
I wish the group to exercise better control & bring it back
to its stated goals which are very good. Jai Hind

05

156-209

saturday

U grow wealthy as U grow old

june 2010

week 23rd

Sarcashtically we grow wealthy as we grow old
It is not a joke but a fact of life

- 1) You have become SILVER
- 2) Your teeth get Golden Refills
- 3) U develop stones (wajras) in Ur kidney
- 4) Ur blood can be full of SUGAR
- 5) Ur feet can become heavy like LEAD
- 6) full of iron in the Arteries
- 7) costly Bifocal Spect to Ur Eyes

06) ¹⁵⁷⁻²⁰⁸ _{sunday} Costly gold rings to your fingers

- 8) Computerised hearing system to your EARS
- 9) Inexhaustible supply of Natural GAS
Through Ur exit

He who lacks discrimination, is devoid of faith, and is at the same time possessed by doubt is lost to the spiritual path. For the doubting soul there is neither this world nor the world beyond, nor even happiness.

What a wonderful decoration to Ur human body

Bhagavad Gita - 4.40

2010 June
24th

On Carving the Aged

monday

07

You may be having parents
grandparents or other loved ones, aged

You may be young today & is
but U are going to see 50/60/70/80 even more

Realise that aging is a process that automatically

bring with it problems / deformities, ^{assisted} with old age

It is a common process that everybody gets
there is some ways to come to their rescue
so that U too will get same treatment when U get old

① Empathise with their helplessness / needs

② Take interest in their activities

③ Show love & appreciation for their past service
to the family

④ Learn more from their activities

⑤ Help them stay active with Ur support

⑥ Pray for ^{the} good health & pray along with them

⑦ Help with cassette / video of their choice

⑧ Help them to take some nutritious diet / fruits

⑨ Help or help people whom U come across on the road

Arjuna's actions do not bind him who has dedicated all his actions to God according to the spirit of Karmayoga,
whose doubts have been torn to shreds by wisdom, and who is self-possessed.

⑩ PRAY that U should not get into such ^{situation} when U get old

God Bless You.

Bhagavad Gita - 4.41

2010 June
week 24th

Value 7 Human Capital

160-205
Wednesday

09

According to latest thinking, even public sector
look to its staff as wealth creators like its shareholders
because these co., create wealth out of its skil-
lful human beings. The assets of a co
is not only its cash & buildings but also its employees.
The view of human beings as an ASSET
not merely as a wage-earner is relevant to
a knowledge-driven economy. Participants
in countries like India are large population
The service sector contributes to national income
The value of human capital is very critical
Going backwards in the formation of human cap-
ital the whole of the country's future wealth creation
begins growing initially at their parents care room
later in their schools & colleges when they get educa-

Arjuna said : Krsna, you extol Sankhyoga (the Yoga of Knowledge) and then the Yoga of Action. Pray tell me
which of the two is decidedly conducive to my good.

Bhagavad Gita - 5.1

(p10)

2010 June
week 24th

162-203

Friday

11

We can value a machine by the amount of profit it generates in its life time. We provide for its wear & tear ^{to prepare} for its replacement. Similarly the value of a tree (like a mango tree) is the amount/cost of mangoes it bears in its lifetime. In the same way, the ^{value of} human being is the amount of wealth or income he/she generates during his working life. The productive ~~economy~~ ^{capacity} of any economy is thus given by the sum total of all the values of its productive capital: physical assets, natural assets, financial assets as well as its human assets.

While the value of financial capital is given by the interest it generates, the value of human capital is or the earning potential of the staff depends on the education & skill development acquired over the years.

The Karmayogi who neither hates nor desires should be ever considered a renouncer.
For, Arjuna, he who is free from the pairs of opposites is easily freed from bondage.

Bhagavad Gita - 5.3

2010 June
week 25th

165-200

Monday

14

It is in this background that large scale started receiving the human capital & provide for their ~~terminal~~ benefits even after retirement. So the best investment they made was in the education of the staff. Even the parents have started realizing that the best investment on their children is on their education. The value of employees increase not only because of institutions but mainly by the dedicated work of parents & teachers who moulded & polished their future human capital. They form the real makers of human capital who act as a crucial link in the value creation ^{for our} ECONOMY. Unfortunately, these makers of human capital (teachers) are less valued & least appreciated & respected, except through a fee saving device of honoring a few selected personalities on Teachers DAY / Gururajma DAY. Let us honor & acknowledge the yeomen's contribution of these builders of human capital, by honoring these reputed parents & teachers in a big way.

The (supreme) state which is reached by the Sankhyayogi is attained also by the Karmayogi. Therefore, he alone who sees Sankhyayoga and Karmayoga as one (so far as their result goes) really sees.

Blagavad Gita - 3.5

15

166-199

tuesday

TEN

Seven

Greatest Truths I learned @ 80

june 2010

week 25th

- 1) Growing old is mandatory
but growing up is optional
- 2) Forget the health food —
I need all the preservatives I can get
- 3) When U fall down, U wonder
whether you can do anything while U are down
- 4) U are getting old, when U get the same thrill
from a rocking chair that U once got
from a Roker Coaster.
- 5) It is frustrating when U know
all the answers, but nobody
bother to ask U the questions
- 6) Time may be great healer, but
Time is also a lousy Beautician
- 7) Wisdom comes with age but
sometimes age comes alone.
- 8) Hair goes grey with age but hair paint can make it black
- 9) As you grow older, your appetite grows slimmer
- 10) Divinity comes with age but Divine God is ageless

Without Karmayoga, however, Sankhyayoga (or renunciation of doership in relation to all activities of the mind, sense and body) is difficult to accomplish; whereas the Karmayogi, who keeps his mind fixed on God, reaches Brahma in no time, Arjuna.

Bhagavad Gita - 5.6

2010 June

Ten Gems of WISDOM I learnt after 160

167-198

wednesday

16

1) 25th

Prayer is not a spare wheel U can pull out when U are in trouble
so pray regularly

2) Car's windshield is wider + Rear view is small because. Your past is not as important as your FUTURE

3) Friendship is like a book - It takes a few seconds to turn, but takes years to write

4)

All things in life are temporary.
If going well, enjoy it - It's not last for ever
If going wrong, don't worry, It's not last longer

5)

Old friends are gold - New friends are diamonds
If U get a diamond don't lose your gold
∴ to hold a diamond, U always need a base of gold

6)

When U lose hope don't relax. It is only a bend and not an end

7)

When God solves U problems, have FAITH in his abilities
When He does not, He has faith in your abilities.

8)

Losing U vision (with eyes on) is worse than losing sight

9)

When U pray for others, God listens to you & save them
When U are safe & happy, remember someone has prayed for U

The Karmayogi, who has fully conquered his mind and mastered his senses, whose heart is pure, and who has identified himself with the Self of all beings (viz., God), remains untainted, even though performing action.

Bhagavad Gita - 5.7

10)

Worrying does not take away tomorrow's trouble
but it takes away today's peace of mind.

2010 June
week 25th

Attributes of a good leader

169-196

Friday

18

What gives a man the right to lead?

The key to become an effective leader is not gained by election or appointment. It is ^{only} earned by making oneself the kind of person they want to follow.
Take the following tips:

① Let go of your ego :- Good leader let off their ego to serve others -
"Show me a man who cannot bother to do little things, I will show a man who can be hustled to do big things."

② Become a good follower first.

③ Build positive relationship from dictatorship

④ Work with Excellence - because nobody takes care of mediocres

⑤ Rely on discipline & not - emotions

⑥ Make adding values to your goal to be the highest calling of leadership

⑦ Give up your power → U can be a good leader if you share power with your other followers

In the right to lead, U can lead more from people who earned the right to lead than by following them by dictatorship

The Karmayogis perform action only with their senses, mind, intellect and body as well, withdrawing the feeling of mine in respect of them and shaking off attachment, simply for the sake of self-purification.

Bhagavad Gita - 5.11

2010 June
week 26th

10 Ways to Tame Your Temper Anger Management

21

Controlling your temper is not always easy. Particularly after 60 when you lose or perceive. Anger is normal & even runs as a healthy emotion, but learning how to deal with it in a ^{re} way is the crux of the problem. Unrehearsed anger can make you & other people feel jealousy. But if your interests waver or frustrations are negatively affecting relationships with family & friends, it is time to learn some anger management skills. These anger management techniques are a proven way to help change your behavior & the way you express your reaction on others:-

TEN TIPS ① Take a TIME-OUT: It is something like counting TEN (10) before reacting can defuse ^{your} temper.

② Get some space:- Take a break from the person you are angry with, until your frustrations subside a bit.

The self-controlled Sankhyayogi, doing nothing himself and getting nothing done by others, rests happily in God -the embodiment to Truth, Knowledge and Bliss, mentally relegating all actions to the mansion of nine gates (the body with nine openings).

Bhagavad Gita - 5.13

(Contd)

2010 June

174-191

wednesday

23

- ③ Once you are calm, you can express your anger. It is healthy to express your reactions in an uncomfortable manner instead of stewing about it ^{make the} situation worse.
- ④ Get some exercise or physical activity to diffuse your tensions. Go for a brisk walk or run or swim or deep breathing exercises or listening to music.
- ⑤ Think carefully before you say anything. It is better to hold your tongue so that you can stick to the issues.
- ⑥ Identify someone to resolve the issue with the person who engaged you to resolve the issue amicably.
- ⑦ Use "I" statements to keep the blame on you instead of blaming the person using "you" as target of attack.
- ⑧ Don't hold a grudge. If you can forgive the other person, there is no greater solution to reduce your tension.
- ⑨ If you can use humor to reduce the tensions, it is still advisable, but not using sarcasm.
- ⑩ Finally practice relaxation skills to relax & reduce tensions in stead of flaring up & take it easy.

The omnipresent God does not receive the virtue or sin of anyone. Knowledge is enveloped in ignorance; hence it is that beings are constantly falling a prey to delusion.

Bhagavad Gita - 5.15

(Sauri Jenebhe Sukhuro Bhavanthi)

2010 June
week 26th

Some perks for being 770/80

176-189

Friday

25

- Some of my colleagues have reminded me of some perks for being over 70 leading to 801.
01. Kidnappers are not interested in you
 02. In a hostage situation, U are likely to be released ahead of others
 03. No one expects you to run anymore
 04. People no longer view U as a hypochondriac
 05. There is nothing left to learn the hard way
 06. Things U buy now are not seen on
 07. You can live without sex but not without glasses
 08. U get into heated arguments about personal ph
 09. U no longer think of speed limits as a challenge
 10. U just begin to hold U's stomach, in no matter U ever talks into your room
 11. You can sleep along like elevator music
 12. Your eyes cannot get much worse
 13. Ur interest in health insurance finally begins to pay off
 14. Ur joints are more accurate meteorologists than national weather service

Those whose mind and intellect are wholly merged in Him, who remain constantly established in identity with Him, and have finally become one with Him, their sins being wiped out by wisdom, reach the state whence there is no return.

Bhagavad Gita - 5.17

26

177-188
saturday

june 2010
week 26th

- 15) ⁸ You secrets are safe with your friends
they also sailing in the same boat as you
- 16) ⁹ Your supply of brain cells finally
gets down to ~~one~~ ^{one} ~~reflex~~ ^{reflex} divisions
- 17) ¹⁰ ₁₁ You can eat supper any time U want
- 18) ¹² Things U buy now run out wear out
- 19) ¹³ You are the master of your fate
- 20) ³ Can U remember who sent U this list
(Bhakti pages)

27

178-187
sunday

The wise look with the same eye on a Brahmana endowed with learning and culture, a cow, an elephant,
dog, and a pariah too.

Bhagavad Gita - 5.15

2010 June 30
week 27th

Some True Definitions

179-186

Which I coined at 80 Monday
from my experience.

28

- 1) CIGARETTE: A bunch of Tobacco, rolled in paper, with fire at one end & a fool at the other.
- 2) MARRIAGE: An agreement ^{under} which a man loses his bachelor's degree & woman gains her Master's degree.
- 3) LECTURE: The Art of transmitting information from the notes of the lecturer to the notes of the students without passing through the minds of either.
- 4) CONFERENCE: The confusion of one man multiplied by the no. of men present. (Alpha, ^{use} everybody speaks, nobody listens & everybody disagrees later on).
- 5) COMPROMISE: The Art of dividing a cake in such a way that everybody believes he got the ^{bigger} ~~big~~ piece.
- 6) TEARS: The hydraulic force by which masculine masculine *in persona* is defeated by feminine *in persona*.
- 7) ECSTASY: A feeling when you feel you are going to feel a feeling you have never felt before.
- 8) CLASSIC: A book which people praised but never read.
Even here is the mortal plane conquered by those whose mind is established in unity; since the Absolute is untouched by evil and knows no distinction, hence they are established in the Eternal.
- 9) SMILE: A curve that can set lot of things straight.

Bhagavad Gita - 5.19

10) OFFICE: A place where U can relax after a strenuous home life

11) YAWN: The only time a married man ever gets to open his mouth

12) EXPERIENCE: The name men give to their mistakes

13) DIPLOMAT: A person who tells U to go to HELL in such a way that you actually look forward to your trip to H...

14) OPTIMIST: A person while falling from the toilet to see, responds on phone, mid fall "See I am not injured yet"

15) MISER: A person who lives poor but he can't

16) FATHER: A banker provided by nature

17) BOSS: Someone who is early when you are late & late when you are early

18) Politician: A person who shakes your confidence in hand before elections and after getting elected

He who, with reason firm and free from doubt, rejoices not on obtaining what is pleasant and does not feel perturbed on meeting with the unpleasant, that knower of Brahma lives eternally in identity with Brahma.

19) DOCTOR: A person who kills your ills by pills and kills you by his bills. Bhagavad Gita

2010 June
week 27th

Concept of HAPPINESS

JATC theory
181-184
Wednesday

30

Happiness is a state of human mind.

As the title suggests, happiness is Just Around The Corner

Sri Sri Ramenanda Thakur said in ^{this} one lecture

"If you are not happy as you are now,

you will never be happy whenever you are"

Yet everyone ^{always} is waiting to change one or two things

in life to be happy which means that happiness is JATC

In case you achieve that one thing another comes ^{in its} place

This goes on all your life which means that

you are never happy & suffer from JATC Syndrome

It is your state of mind which makes you

happy in worst of circumstances or miserable in the best.

In other words, happiness is a state of mind.

If your mind is tranquil & suffers no deficiency

you can be happy. But if you are in a constant

state of unrest, it arises from a feeling of inadequacy

He whose mind remains unattached to sense-objects, derives through meditation the Sattvika joy which dwells in the mind;
then that Yogi, having completely identified himself through meditation with Brahma, enjoys eternal bliss.

Bhagavad Gita - 5.21

2010 July
week 27th

183-182

Friday

02

If one practices Vedantte, ~~which~~ usually happens later in one's life (of my age)
Vedantte helps you to change focus to ABUNDANCE
so that U don't feel the constant cause of unrest
from deficiency or feeling of unrest in one's life.
Then even if you don't have a few things,
their absence will not bother you (for eg.
if you have TV, U don't feel absence of Radio or
transistor)

Usually our mind gets turbulent when
it is full of unfulfilled desires. We carelessly
entertain desires without realizing the havoc
they are likely to cause & the sorrow it breeds.
All the religions caution us against this havoc concept
because ~~as~~, when our desires cross the level of
achievement, in spite of ethical & legal efforts,
people tend to drift to destructive behaviour.

Vedantte gives U a unique formula for Happiness } $\frac{\text{No of desires fulfilled}}{\text{No of desires harboured}}$

He alone who is able to stand, in this very life before casting off this body, the urges of lust and anger, is a Yogi;
and he alone is a happy man.

Bhagavad Gita - 5.23

03

184-181

saturday

LED kindly LIGHT

july 2010

week 27th

The road may be dark & U might not know the way
 Yet with the goal in sight;
 Be certain U won't go astray;
 It will give U all the strength
 And will take U through;
 Keep your eyes on your goal
 Keep it always in your sight
 It will help U down the crooked road
 And LEAD U TO the Light of God -
 "God bless you"

(X) A spiritually evolved person
 needs little from the world
 to be happy. But has the
 capacity to command all his
 resources in the world.

04

182-181
sunday

He may need only one-bedroomed
 modest home but has a couple
 of pent houses at his disposal.
 Similarly he may be commuting
 by a public transport in spite of
 having a couple of cars at his disposal.
 He who is happy within himself, enjoys within himself the delight of the soul, and even so is illumined by the
 inner light (light of the soul), such a Yogi (Sankhyayogi) identified with Brahma attains
 Brahma, who is all Peace.
 He is satisfied he has met all his needs
 and has all his colleagues

Bhagavad Gita - 5.28

2010 July
week 28th

186-179

Monday

05

If you are the mindless pursuit of fulfilling desires, focussing on the numerator

it will never make you happy.

Once U fulfill a desire, another appears

The denominator increases and hence

your percentage of happiness decreases.

Instead if U shift ur attention to denominator

your happiness increases as ur desires come down.

If U eradicate all desires U achieve ^{Happiness} infinity.

The next step is to reduce desires by upgrading them

At times, U may be happy but it depends upon everything else being just right. But Vedanta

promises happiness completely independent of the world.

⊗ The world is constantly changing but a person who is spiritually less evolved increases his wants.

The huge gap between needs & ~~needs~~ ^{INCOME} makes life hellish

Vedanta helps in two ways. It helps to leverage your talents & energies to enhance success and prosperity

The seers whose sins have been wiped out, whose doubts have been dispelled by Knowledge, whose disciplined mind is firmly established in God and who are actively engaged in the service of all beings, attain

Brahma, who is all Peace.

On the other side, it develops ur spirituality by which your dependency on the world reduces. Best of Luck

Bhagavad Gita - 5.25

06

187-178
tuesdaycycle of six principles
of VedantaJuly 2010
week 28th

- ① Our intentions provides, ^{us} the direction & focus for our actions
- ② Our Awareness gives us the capacity & intelligence to go after our goal
- ③ Our Empathy helps us to build partnership with others & proceed to our goal
- ④ Our Appreciation is the key to Motivation and productivity.
- ⑤ Our initiative } helps us to grow & meet the challenges
^{to process stretch} } presented during the process
^{beyond perceived limits} }
 and
 ⑥ letting go of our attachment & links } assures us not only success but accomplishment

Together, these six principles convey the essence of entire VEDANTA.

Practising them with self-awareness leads not only to success but also self-discovery

To those wise men who are free from lust and anger, who have subdued their mind and have realized God, Brahma, the abode of eternal peace, is present all round.

Bhagavad Gita - 5.26

2010 ^{July} ¹⁸⁸⁻¹⁷⁷ ^{wednesday} ⁰⁷
week 28th

TEN BELIEFS that could hold U back in LIFE

I would have written about a lot

of beliefs I held from childhood to Senior citizen
I have tried to change them from time to time
to make my life better. But there are
some beliefs that a lot of people believe
they are inviolable & unchangeable and I
feel like addressing them here to my readers

We are initially given some beliefs
or made to believe from our parents, teachers,
newspapers, TV, Radio & other media group.
When we were young, we believe that our
elders & teachers are more knowledgeable & intelligent
& so tend to believe in their words & try to
find sense in their words & follow their direction.
However as we grow older, we form our own
beliefs about the world in general & about
our routine habits in particular. However

Having known Me in reality as the enjoyer of all sacrifices and austerities, the supreme Lord of all the worlds,
and the disinterested friend of all beings, My devotee attains peace.

Bhagavad Gita - 5.29

Some of the residual beliefs still linger in our minds
without our knowledge. Here are some of them :-

08

189-176

thursday

july 2010

week 28th

Believe in Yourself

- ① Do not follow where the path may lead you.
Indeed, go where there is no path & leave a trail.
- ② There is nothing like a dream, to create ur future.
- ③ Providence prevails ~~every~~ all else fails.
- ④ What I do today is important, because I am exchanging a day of my life for it.
- ⑤ Enjoy where U are at, while U are waiting to get to where you want to be.
- ⑥ Keep ur eyes on the stars & ur feet on the ground.
- ⑦ Count Your blessings (ignore the curses).
- ⑧ Happiness keeps U sweet ⑨ Sorrows keep U human
Trials keep U strong Failures keep U humble
- ⑩ Good days give U happiness; bad days give U experience.
Both are essential to human life.

Sri Bhagavan said: He who does his duty without expecting the fruit of actions is a Sannyasi (Sankhyayogi) and a Yogi (Karmayogi) both. He is no Sannyasi (renouncer) who has merely renounced the sacred fire; even so he is no Yogi, who has merely given up all activity.

Bhagavad Gita - 6.1

2010 July

1 week 28th

190-175

Friday

09

1 If U fail at something, U are dubbed as FAILURE

At home & at school we are encouraged to WIN at all costs. By chance, if we fail once we are dubbed as FAILURE & let everything be lost we be a failure. Don't hold yourself back by believing in the theory. Try & Try again & again till you get right.

2 U are too old to start something;

The average life expectancy in UK is 75 for men & the same is in US & Europe. 79 for women. This will change & soon we will be seeing a life expectancy of 100 by the end of this decade. It means we are never so old to start something new. Starting a new venture is a great way to keep yourself active & motivated up for a decent living. If we expect to live longer we can do more challenging, & less inhibited by time.

3 Believing in God is an entity outside you cannot

You may not control God but believing is within your scope. When I say God, I mean a spiritual force controlling our mind. God is a force to reckon with in you. When we pray, we pray to God within us & to the faces like Sun & Moon we face daily & provide the requisite force.

Arjuna, you must know that what they call Sannyasa is no other than Yoga; for none becomes a Yogi, who has not given up thoughts of the world.

U live an own life ^{given up thoughts of the world.} ^{the power & initiative be your own} U don't need anybody to tell U or an life in or an way Live it for yourself & help others to live their own,

Bhagavad Gita - 6.2

2010 July

193-172

4

week 29th

monday

12

There are nothing in the world - U want something
 The very fact that we are alive, it means that
 we are special. If we want to be extraordinary
 we are to exert more & put in more effort
 Everyone of us have talent in something or other
 if it depends on how we build up on that talent
 of become great a specialist in some field or other
 Try everything U find interest in. I am a great
 believer in change. I U don't have to keep on
 doing something till your life. You can
 change ur life style any no of time till U
 get settled in style of your own.

5) The world does not revolve around you

The world is made up of so many individuals like U
 Every single person has a different world going on in
 inside their heads. No two people view the world
 in the same perspective & want to build up his
 own image. If somebody want to become a surgeon &
 tries to build up his own area of operation, I want
 to become a lawyer to build up my own clientele circle
 in evading taxes or help Govt to detect tax evaders.
 So everybody has his own world of operations. Therefore
 the world revolves around U & U roll within your
 own world.

When a man ceases to have any attachment either for the objects of senses or for actions, and has renounced all thoughts of the world, he is said to have climbed to the heights of Yoga.

Bhagavad Gita - 6.4

2010 July
29th

No body believes in you: wednesday

195-170

14

I may believe in U & You may believe in me
But my opinion is worth nothing: U may or may not
act upon my word. Everybody's word is worth nothing
for the other. But if you at least believe in yourself
instead of expecting others to believe in you, then
things will definitely change in your favor.

7) You will never make that amount of Money
if U don't believe "There is no way of making a million bucks"
U will never be able to do it. But if I am
determined to make a million bucks, I will do it.
Some how or other & my brain will assist me
in the ways & means of achieving my ambition
no matter how outrageous the idea looks.

8) There is nothing you can do about it.
Rubbish. May be some people ^{can} never dream of.
But you can change any aspect of your life,
if only you are determined to do it. Your
life may be hard, but it takes guts to make the
decision & look for achieving it & change your life.

One's own self is the friend of the soul by whom the lower self (consisting of the mind, senses and body) has been conquered;
even so the very self of him who has not conquered his lower self behaves antagonistically like an enemy.

Bhagavad Gita - 6.6

Know what U want, determine the steps U are to take
and then act according to your plan & achieve it.

13

194-171
tuesdayjuly 2010
week 29th

8
9
10
11 (9) You are not skilled enough to do for it
12 NO body is born with any particular skill
1 Skills are acquired by your own effort
1 Where there is a will, there is a way
2

3 (10) Why Change it, when it is working and broken
4 Every equipment has certain span of life
5 we should not drag it too long after it
6 serves its period when it breaks down it
disturbs your schedule of work.
You must respect its age & think of its
replacement before it actually breaks down

One should lift oneself by one's own efforts and should not degrade oneself; for one's own self is one's friend,
and one's own self is one's enemy.

Bhagavad Gita - 6.5

8 A birth Certificate says that somebody is born
9 A death Certificate says that somebody ^{is} dead
10 A marriage picture says that somebody ^{got} married
11 It is all a Qn of belief. You believe
in such & such a thing based on some observation
For example:

- 1) I believe that just because two people argue
it doesn't mean that they don't love
Or because two people do not argue
it does not mean that they love each other
- 2) I believe that true friendship grows stronger by
overcoming the longest distance (and the
of the same holds good for true love)
- 3) I believe that you may do something in an ^{unwritten} instant
which may give headache for a life time
- 4) I believe that U should always leave loved ones
with loving words & a shake hand
It may be the last time U see them
- 5) I believe that U can keep going somewhere
long after U think U can't

The Yogi whose mind is satiated with Jnana (Knowledge of Nirguna Brahma) and Vijnana (Knowledge of manifest Divinity),
who is unmoved under all circumstances, whose senses are completely mastered, and to whom earth, stone
and gold are all alike, is spoken of as a God-realized soul.

Bhagavad Gita - 6.8

2010 July
week 29th

BRAMBE BUSHES.

197-168
Friday

16

and HOLY RUSHES.

8 A birth Certificate says that somebody is born
9 A death Certificate says that somebody is dead
10 A marriage picture says that somebody ^{got} married
11 It is all a Qn of belief. You believe
in such & such a thing based on some observation.
For example:

- 1) I believe that just because two people argue
it doesn't mean that they don't love
Or because two people do not argue
it does not mean that they love each other
- 2) I believe that true friendship grows stronger
even over the longest distance (and it
of the same holds good for true love)
- 3) I believe that you may do something in an ^{unwritten} instant
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- 4) I believe that you should always leave loved ones
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The Yogi whose mind is sated with Jnana (Knowledge of Nirguna Brahma) and Vijnana (Knowledge of manifest Divinity),
who is unmoved under all circumstances, whose senses are completely mastered, and to whom earth, stone
and gold are all alike, is spoken of as a God-realized soul.

Bhagavad Gita - 6.8

- 5) I believe that you can keep going somewhere
long after you think you can't

2010 July

week 58th

200-165

Monday

19

6) I believe that it is taking me long time
to become the person I want to be

7) I believe that
we are responsible for what we do
no matter how U feel about it

8) I believe that either U control ur attitude
or your attitude controls you

9) I believe that Heroes are the people who ~~are~~
are not hesitate to do what is to be done
when it is to be done, regardless
of the consequences, good or bad

10) I believe that it is the person, who kicks U
when you are down & fls
will be the person who lifts U back up

11) I believe that sometimes when I am angry
I may have the right to be angry
but that doesn't give me the right to be c

12) I believe that your maturity has more to do
with that type of experience you have had
& what you have learned from those ex
of less to do with how many birthday U celebr
than to do how many presents U receive that

Living in seclusion all by himself, the Yogi who has controlled his mind and body, and is free from desires and void of
possessions, should constantly engage his mind in meditation.

Bhagavad Gita - 6.10

2010 July
week 30th

202-163

wednesday

21

- 13) I believe that it is not always enough to be forgiven by others; sometimes I have to forgive myself also
- 14) I believe that our background circumstances may have influenced who we are but we are also responsible for who we become
- 15) I believe that I should not be so eager to find out a big trade secret; it may change our life for ever
- 16) I believe that two different people can look at the same thing but see something totally different
- 17) I believe that our life can be changed in a matter of minutes by people who don't know it
- 18) I believe that people you care about most in your life are taken away from you too soon before you expect
- 19) I believe that ^{even} I think I have no more to give when a friend cries out to me I can find the strength to help him
- 20) I believe that the happiest people do not necessarily have the best of everything; they just make the most of everything they have

And occupying that seat, concentrating the mind and controlling the functions of the mind and senses, he should

who practise yoga for self-purification.

Bhagavad Gita - 6.12

I believe all my friends will find sense in all my beliefs

- ① Get up 15 mls early
- ② Prepare the night before for next day
- ③ Avoid tight-fitting clothes
- ④ Don't rely on chemical aids
- ⑤ Set up appointments ahead
- ⑥ Don't rely on your memory
- ⑦ Purchase preventive medicine to stay healthy
- ⑧ Always keep duplicate KEYS
- ⑨ Say "NO" more often
- ⑩ Set up priorities for your LIFE
- ⑪ Avoid negative people
- ⑫ USE TIME WISELY & Economically
- ⑬ Simplify Meas TIME
- ⑭ Always keep copies of imp. Documents
- ⑮ ANTICIPATE Your NEEDS
- ⑯ Repair anything that doesn't work properly
- ⑰ Ask for help in jobs U don't like
- ⑱ Break large jobs into small convenient jobs
- ⑲ Look at problems as CHALLENGES
- ⑳ Look at CHALLENGES as MUST DOs
- ㉑ UNCLUTTER YOUR LIFE (JOBS)
- ㉒ Always keep smiling
- ㉓ Be prepared for handicaps (RAHA)
- ㉔ Know how to Tackle a baby
- ㉕ Use a friendly DOG / CAT
- ㉖ Know alternatives to ANSWER.
- ㉗ Look for a silver lining.

and fixing the gaze on the tip of his nose,
without looking in other directions.

2010 July
week 30th

Ten principles ^{& lessons} for peace of mind

204-161
Friday

23

1) Do not interfere ~~in~~ others business unless asked

Most of us create our own problems by interfering in others affairs, because we feel that our logic is the best logic. Those who do not conform to our thinking must be straightened up & brought to our thinking. This thinking denies the existence of individuality of each & consequently the existence of God, a super power overlooking everybody.

No two human beings think alike & exactly in the same way - So leave others to their fate & mind your business.

2) Forgive & Forget This is the most powerful aid for peace of mind, because

We develop hatred & ill feelings against people who defer our views or even go as far as to insult us.

We nurture grievances, resulting in loss of sleep, stomach ulcers & peace of mind as well.

Get over this bad habit - Life is too short to be wasted on such trifles. Forgive & forget. Love, forgiveness & forgetting.

3) Do not crave for Recognition: The world is full of jealous people. They seldom praise anybody with a selfish motive.

They love fame & you are important, otherwise hate you.

Why do you want to recognize or individuality for others?

Firm in the vow of complete chastity and fearless, keeping himself perfectly calm and with the mind held in restraint and fixed on Me, the vigilant Yogi should sit absorbed in Me.

Do your duties ethically & sincerely. You will improve your status & public image.

Bhagavad Gita - 6.14

july 2010
week 30th

- Know how to say
- 28) Some nice things to say
 - 29) Teach a kid to fly a kite
 - 30) Know how to walk with grace
 - 31) Schedule play time with your dog
 - 32) Take a BUBBLE BATH
 - 33) Be aware of all pending decisions
 - 34) Believe in yourself
 - 35) Stop saying the things to anybody
 - 36) Always visualize a winning situation
 - 37) Develop a sense of humour
 - 38) Stop thinking that tomorrow will be a better day
 - 39) Set up goals for your own self
 - 40) Try to dance away a TIE
 - 41) Say HELLO to a stranger
 - 42) Give a HUG to your friend
 - 43) ASK a friend for a HUG
 - 44) Look up the stars for INSPIRATION
 - 45) Practice breathing slowly
 - 46) Learn how to whistle a TUNE
 - 47) Read a poem clean by heart
 - 48) Listen to a symphony
 - 49) Watch a ballet
 - 50) Read a story with a moral while staying in BED
 - 51) Always attempt - stay
 - 52) AVOID a bad habit

supreme Bliss, which abides in Me.

ins the everlasting Peace, consisting of

Bhagavad Gita - 6.15

2010 July
week 31

4 Do not be Jealous

207-158
monday

26

Jealousy distorts our peace of mind.
May be ^{or} other colleges get early promotion while U don't
in spite of U working harder than others.
You may win loss in U business for fair trade up
while other make high profits in spite of gambling.
Remember that everybody's life is shaped by his
own destiny. If U are destined to be rich &
rich high position, U will definitely reach it but not early
even if U indulge in unfair means, excepting peace.

5 Change U self according to environment

U cannot change U environment single handed
Instead, change U self according to thing or environment.
Environment will automatically change & become harmony.

6 What cannot be cured must be endured

This is the best way to turn a disadvantage into an
advantage. Even if we face so many weaknesses &
hurdles, we cannot control them, we must put up
with them & endure them cheerfully. Believe in U self
U will gain victory of patience & will power.

7 Do not bite the hand you can chew

Generally we tend to bite more respectably than we can
exchange, only to satisfy our ego. Know your limitations.

Arjuna, this Yoga is neither for him who overeats, nor for him who observes a complete fast; it is neither for him
who is given to too much sleep, nor even for him who is ceaselessly awake.

Reduce U material engagement & spend time on prayer
in worship or meditation. Not in avid restlessness.

Uncultured mind will get you more peace of mind.

july 2010

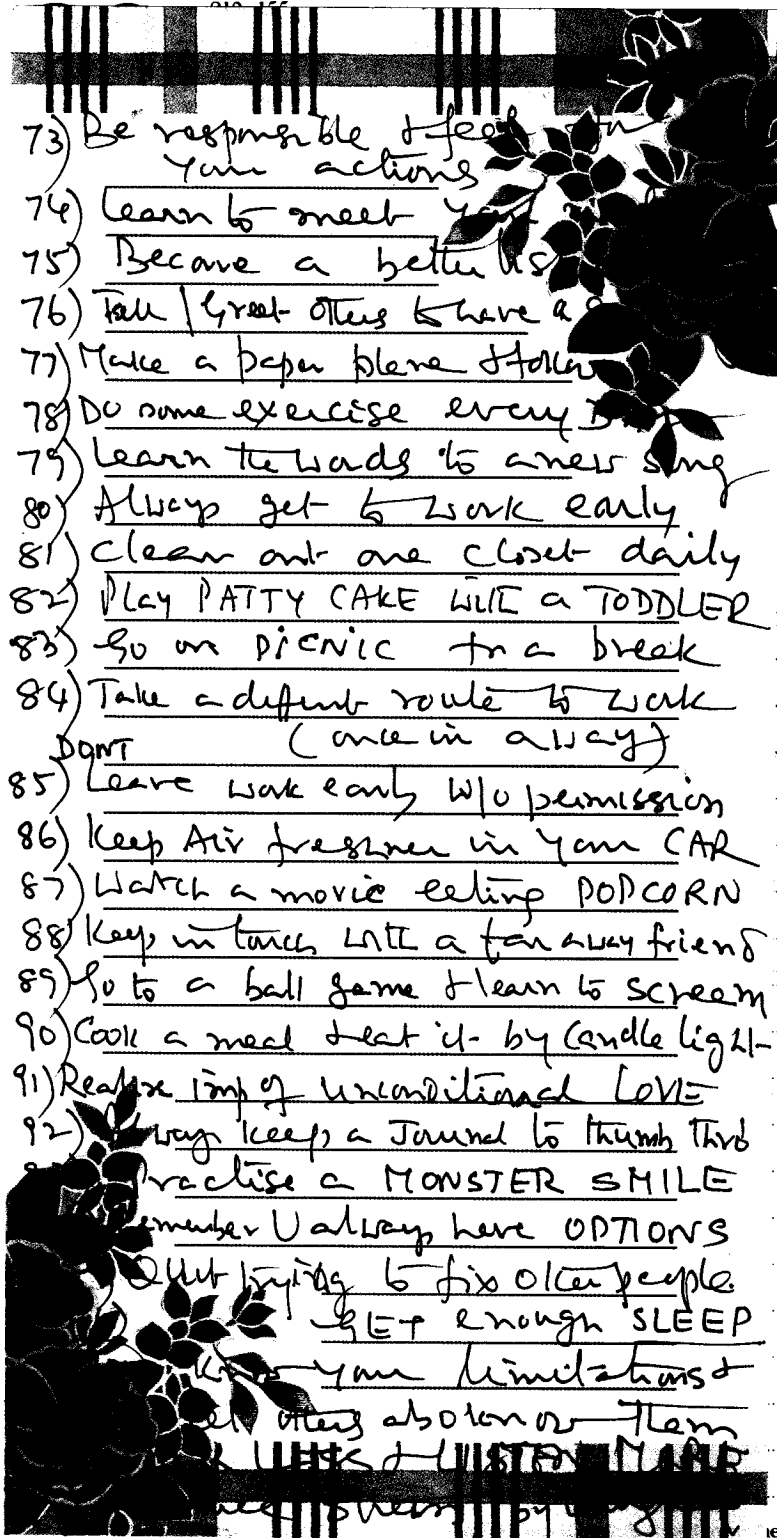
week 31st

- 
- 
- 51) Try to do a brand new
 - 52) Admire a flower
 - 53) Offer a flower to
 - 54) Look for support from others
When U can't manage
 - 55) Make someone Ur VENT-partner
 - 56) Always try to do it TODAY anything
— no postponement
 - 57) Keep Cheerful & OPTIMISTIC
 - 58) PUT Safety first
 - 59) Do everything in moderation
 - 60) Pay attention to your EXT appearance
 - 61) Strive for EXCELLENCE
but not PERFECTION
 - 62) Stretch beyond your limits —
a little each day
 - 63) Appreciate a work of ART
 - 64) Have a JINGLE
 - 65) Maintain your WEIGHT
 - 66) Plant a TREE
 - 67) FEED the BIRDS
 - 68) Achieve GRACE always
stand up & stretch
 - 69) Always have plan B in
addition to Plan A
 - 70) Learn a new DOODLE
 - 71) Memorize a JOKE

Yoga, which rids one of woe, is accomplished only by him who is regulated in diet and recreation, regulated in performing actions, and regulated in sleep and wakefulness.

Bhagavad Gita - 6.17

July 2010
week 31st

- 
- 73) Be responsible & feel in
your actions
 - 74) Learn to meet your
 - 75) Become a better
 - 76) Talk / Greet others to have a
 - 77) Make a paper plane & follow
 - 78) Do some exercise every
 - 79) Learn the words to a new song
 - 80) Always get to work early
 - 81) Clean out one closet daily
 - 82) Play PATTY CAKE LIKE a TODDLER
 - 83) Go on PICNIC to a break
 - 84) Take a different route to work
(once in a while)
 - 85) ~~DONT~~ Leave work early w/o permission
 - 86) Keep Air freshener in your CAR
 - 87) Watch a movie eating POPCORN
 - 88) Keep in touch with a far away friend
 - 89) Go to a ball game & learn to SCREAM
 - 90) Cook a meal & eat it by candle light
 - 91) Realize imp of Unconditional LOVE
 - 92) Always keep a Journal to thumb thru
 - Practice a MONSTER SMILE
 - Remember Always have OPTIONS
 - Stop trying to fix other people
 - GET enough SLEEP
 - Know your limitations &
 - Let others absorb them
 - LISTEN & LISTEN MORE

the picture of the disciplined mind of
the Yogi practising meditation on God.

2010 July
Week 31st

Meditate Regularly

209-156
Wednesday

28

Meditation calms the mind & gets rid of disturbing thoughts. This is highest state of MIND
If U meditate earnestly for half an hour everyday, Your mind will tend to become peaceful for the remaining 23 1/2 hours. You will not be disturbed easily as U were earlier.

If U increase daily the period of meditation U will feel better control on your time & increase Your efficiency to get better results

(9) Never leave your mind vacant A famous saying
"An idle mind is a devil's workshop". All evil actions start in the open mind & idle brain
Keep Ur mind always engaged on a positive thought
Actually follow a hobby like reading or knitting or some religious devotion. You will have a sense of achievement or fulfillment even when U rest, Chant 1000 names or recite Hanuman Chalisa etc

(10) Do NOT procrastinate Don't procrastinate anything
Avoid Regret or not doing something
You will waste hours in the process. Do either way.
Value Your time as precious & do things as U wish
Even if U fail for the first time, Your failure teaches U a lesson. But don't brood over Ur past
Do not regret for what has happened. Don't cry over spilt milk

When the mind which is thoroughly disciplined gets riveted on God alone, then the person who is free from yearning for all enjoyments is said to be established in Yoga.

Whatever has happened has happened only for your good
Best of luck

Bhagavad Gita - 6.18

35

LESS DAY by DAY

2010 July
week 31st

211-154

Friday

30

In our daily life, More & LESS are interpreted by different people in different ways. A Sanyasi enjoys MORE than his regrets and say, but I feel that our regrets become LESS as we grow. The present 21st Century becoming LESS by the day.

- 1) Our communications become WIRE-LESS
- 2) Our Dress design becomes TOP-LESS
- 3) Our Telephone becomes CORD-LESS
- 4) Our Cooking becomes FIRE-LESS
- 5) Our YOUTH becomes JOB-LESS
- 6) OUR FOOD becomes FAT-LESS
- 7) OUR Labor becomes EFFORT-LESS
- 8) Our Conduct becomes WORTH-LESS
- 9) OUR Relationship becomes LOVE-LESS
- 10) OUR Attitude becomes CARE-LESS
- 11) OUR Feelings becomes HEART-LESS
- 12) OUR Politics becomes SHAME-LESS
- 13) OUR Education becomes VALUE-LESS
- 14) Our policies becomes COUNT-LESS
- 15) Our arguments becomes BASE-LESS
- 16) OUR BOSS becomes BRAIN-LESS
- 17) OUR SALARY becomes VERY-LESS
- 18) OUR JOB becomes THANK-LESS

The state in which, curbed through the practice of Yoga, the mind becomes still, and in which, realizing God through subtle reason (purified by mediation on God) the soul rejoices only in God.

- 19) Our E-mails sometimes USE-LESS
- 20) OUR VOICE becomes SOUND-LESS

Bhagavad Gita - 6.20

31

212-153
saturdayjul-aug 2010
week 31st

8

9 (P) Remember that-

10 U cannot change the world but
11 U can present the world with an
improved person to yourself.12 U can work on yourself to make Urself
into a kind of person U admire & respect1 U can become a role model and
2 set a standard for others to follow3 U can control & discipline Urself
to resist acting or speaking negatively
towards any one for any reasonU can resist upon doing things right way
rather than a hasty way ^{time}01 215-152
sunday

By this

U can become an exceptional human being
& be a role model for others
including yourself & childrenNay, in which the soul experiences the eternal and super-sensuous joy which can be apprehended only through the subtle
and purified intellect, and wherein established the said Yogi moves not from Truth on any account.

Bhagavad Gita

2010 august
week 32nd

36

Five Secrets of Life

I discovered over the years

02

What are the secrets of happiness & then meaning & success

A wide ranging group ranging from Barber to a CEO
have given a One answer: {War survivors to Veterans}

What I discovered was five clear themes of what it means
to live a happy & contented & meaningful life that has to live up to them?

1) Be True to Yourself: This means knowing

What brings us happiness & to missing our life
on what matters to us in so doing G.P.S. to
knowing what brings us joy & missing it. We fill our
life with right elements & direct to right path
We must have discipline to listen to our heart and
the courage to follow. This means asking your heart
& pick up courage to follow its dictates.

2) Leave no regrets: The saddest thing we hear at

the far end is: "I wish I should have done this... Regret"
Many feel that they should have risked more & not feared.
If I don't take risk there is no happiness felt in old line
So focus on the best possible results & not the worst.
Proceed on what we really want in life, without fear complex.

3) Become Love oriented: Many feel that it is not things

but people (family & friends) bring lasting happiness.
The most interesting thing I discovered is that by being loving person
into choice to love more gives us a real meaning to life.

The most common thing people told me was how fast
love goes & how to enjoy each moment.

And having obtained which he does not reckon any other gain as greater than that, and established in which
he is not shaken even by the heaviest of sorrows.

See next time

(ptc)

03

215-150
tuesday

august 2010

week 32nd

4) LIVE the MOMENT: i.e. Live today ~~No Tomorrow~~ ~~No yesterday~~⁸ Life goes very fast, faster than you thought
of so better to live for today & the present moment⁹ When U enter a job, U think reluctant was long
¹⁰ but in the hurry/busy and with family responsibilitiesU reach then in time without any plan for future.
Live like whatever U are in at the moment
& with whatever experience U have acquire
¹² & live in the present with attitude for learning & focus
on what U are grateful for, rather than what U don't haveWe have no power over the past & little power over future
Stop judging Ur moments & start living your life wisely
Stop caring Ur score cards to decide U are losing or losing
Focus on enjoyment - then judgment5) Give more than U Take: Think that by receiving the
present stage is by far the greatest source of meaning
In career or personal life, think that what we give
is what U take. That gives our life its meaning & content.
We have little control on what we get from the worldbut we have complete control on what we can give to others
the kind & quantity & give to others. What I learn was
that we take from the world does not help. True happiness comes
but what we give to the world gets recycled } on being service to others

That state, called Yoga, which is free from the contact of sorrow (in the form of transmigration), should be known.

Nay, this Yoga should be resolutely practised with an unwearied mind

Bhagavad Gita - 6.23

at Bed time
Every day, thank God & pray for a gift of one more day, so that

U can create one more day of meaning, service & happiness

2010 august
week 32nd

(37)

WISDOM of the old people

wednesday

04

Some old people like me are asked some Qs to reflect life's most valuable lessons. I Q U how U live again. Let's find out do differently!

- 1) Don't Waste Time: Use time usefully while U have it. Do what U want while U are capable of doing it. Stop giving away your life to distractions (Boredom) Don't live for someone. Be yourself. (Satisfied)
- 2) Put your choice. Put your wife before your kids. The key to successful marriage is "Mutual Respect". Alternate your pride & be willing to humble yourself.
- 3) Don't focus on Urself or Ur troubles in case U Treat Ur body with respect & it will support U. Eliminate bad habits like smoking very early. Once U lose health, nobody can come to U & rescue. Sound health enables U to be happy & peaceful.
- 4) Don't cut doors from Ur close relatives. To cut doors from relationship, which is called feelings is emotional immaturity.
- 5) Appreciate freedom. Be free from tension & give freedom to all others & respect their sentiments.
- 6) Invest all your energies in your life & relationship. If U don't put in anything, U don't get anything. Completely renouncing all desires arising from thoughts of the world, and fully restraining the whole pack of the senses from all sides by the time. ^{handwriting} U compete against U own disabilities; ^{in return} ^{Bhagavad Gita - 6.24} (b70)

05

217-148

thursday

august 2010

week 32nd

7) We spend 50% of our life time "worrying" about things that do not really matter or concern us. Focus on simple things. Don't make things complicated.

8) HAPPINESS should be your prime motto. Happiness does not come from buying things nor is available for purchase @ the counter. It is when U & mine & take it out w/o delay.

9) Friends are your best Asset. Good fortune is having good friends at your close contact. Helping others will increase your friendship circle. Machines do not bring peace but friends will. U have got to aim further than U r circle.

10) At the top of all there is higher superior force which don't waste life envying other people but love all. Don't fight things which U cannot change. Accept the day whatever it offers.

Remember that if U don't act with integrity / self respect, Don't lose U r respect in the society. Try to build it up. Think before U speak, don't be driven by emotions.

He should through gradual practice attain tranquillity; and fixing the mind on God through reason controlled by steadfastness, he should not think of anything else.

Bhagavad Gita - 6.25

If U promise them but don't early in life, U will have better luck & build up your image.

38

SANDHYA VANDANA

2010 august

week 32nd

218-147

Friday

06

Sandhya Vandana is the life of a Hindu Brahmin. Even this truth, I discovered very late after my retirement. Travelling middle-east, I find that MUSLIMS pray as per scheduled time. Mosques are located whether in office, at home, in flight or on the road. They are provided with prayer halls in every office so that employees can pray. International airports have prayer halls; so that religious people can pray at the right time.

It is unfortunate that Hindus don't have praying practices, much less Brahmins their SANDHYA time. It is not a time factor or a factor of faith/belief. It is a matter of priority & comfort these days. Special schedules of Arani Avatars, special fire aarti in temples, poor time management are all reasons. But these are all only excuses & not the right reasons.

I find that in India, Tamil Nadu Brahmins are more Sandhya oriented than Andhra & North Indians are better. I find that many of my friends in TN perform 3 times. Of course there are very few who don't have faith. But I for one realised its importance very late in life though my father was a staunch Brahmin performing Sandhya three times a day scrupulously.

Even staunch religious say that if you do Thrice, performing Thrice (morning & evening) at right time is good enough. I personally feel that performing at least once, in a sacred way is good enough if you do it with full understanding of the significance.

Drawing back the restless and fidgety mind from all those objects after which it runs, he should repeatedly fix it on God.

Chanting the invocation of Sookta Bhagavan in all his dimensions, in order to achieve its benefits - Read about SAMANTA.

Bhagavad Gita - 6.26

SAMANTA

17

219-146

saturday

august 2010

week 32nd

11

I have heard somewhere
that if a Brahmana misses
or skips three consecutive Sandhya
he ceases to be a Brahmana &
needs repeat Upanayanam ^{reinitiate} _{in 5}
9/11/12/13/14

I enquired some pundits
about this mandate & was
relieved that it is only an
admonishment for floating
Shakas & for a student believed
in Shiksha (like me) can
ignore such mandates &
keep pursuing Sandhyabandam
to his maximum capacity
keeping faith in Gayatri

Nyark

18

220-145

sunday

There are several Gayatri mantras of which
one important one is "HAMSA GAYATRI" which reads:
OM HAMSAH VIDMAHE
PARAHM HAMSAYA DHEEMHI
TANNO HAMSA PRACHODAT

Hamsa is considered "ॐ हं स्वो" _{ॐ हं स्वो}
which means "Representing Knowledge"
Chanting this Hamsa Gayatri is
considered to bring us
"WEALTH OF KNOWLEDGE" by

For to the Yogi whose mind is perfectly serene who is sinless, whose passion is subdued, and who is identified
with Brahma, the embodiment of Truth, Knowledge and Bliss, supreme happiness comes as a matter of course.

improving our grasping capacity

Nyark

SAVITRI MANTRA

This mantra is believed to be the greatest imp. in Vedic Shukla
This is also called SAVITRI + VED MANTRA (Motto of Vedas)

"OM Bhav Bhuvah SUVaha
Tat Savitur Varenyam
Dhargo Devasya Dheemahi
Dhiyo Yonah Prachodayat."

(xx) Mantra
facing
page
to
Meaning

The literal meaning of this mantra is

"Oh God: You are OMNIPRESENT & Almighty
OMNIPOTENT & Allmighty
You are all Knowledge & Bliss
You are the destroyer of FEAR
You are creator of the universe
You are the greatest of all Devas
We bow & meditate upon U - light -
Pl guide an intellect in R+ direction

We know that the moon moves around the Earth &
the Earth moves around the SUN along with MOON
All planets move around the SUN & MOON
Even if the bodies move around its axis
Our sun along with his family move around
its galactic centre in 22.5 crores, at some
time it revolves at 20000 miles per second.

GAYATRI - The Mother of Vedas (SANDAS)

Goddess Gayatri is described as SUPREME TRUTH. She is the mother of Vedas & Goddess of knowledge. These scriptures & Texts associated with Goddess GAYATRI give her the supreme exalted position in Hindu Mythology. Goddess Gayatri is usually presented with two hands, is beautifully dressed in a Red Sari, holding a Kamandalu (Vedas) in her hands with a halo of SUN GOD (SOORYA). Goddess GAYATRI is also depicted with four arms, each in a different color: pearl, lapis lazuli, gold, & silver. She is also believed to have a THIRD EYE like LORD SHIVA. Her vehicle is a SWAN & she is seated on a SWAN as her chariot. She wears a gold crown & is adorned with a MOON on her head. She is believed to be the SUPREME CONSCIOUSNESS & recognized as the force behind the creation, which man has fulfilled by praying to LORD SHIVA.

She is believed to have given birth to the VEDAS. When Dharma, Devdharma & Merit disappeared from EARTH due to excessive indulgence in heavenly pleasures, Vedas were then used to please devotion & righteousness. During early morning hours Goddess Gayatri is worshipped as KEMARI (Virgin) & known as RAHNI (reflecting the power of RAHNI). During noon was worshipped as VISHNAVATI ("power of VISHNU") & in the evening worshipped as RUDRANI ("power of SHIVA").

The Supreme Consciousness or Brahman is far beyond our imagination & can't be captured in any form. But human mind is obsessed with some form or other & therefore attempts to give form to the supreme TRUTH. Goddess GAYATRI is one such attempt.

OM BHOO BHUVA SUVAHA
BHARGO DEVASYA DHEEMHI
DITSAVITUR VARENYAM
DHEEYONAH PRACHODAYAAT ||

ACIDITY ACID REFLUX

There are two compelling factors

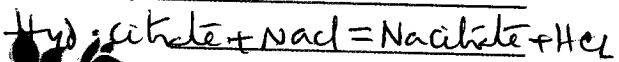
1) DIGESTION

2) FERMENTATION

Fermentation takes precedence if digestion is not normal due to insufficient Hydrochloric Acid. Fermentation generates Carbon Dioxide. The gas refluxes into the gullet, which is not meant to take ACIDITY. Hence the uncomfortable feeling of irritation. This is called ACIDITY.

Namely, Aluminium Hydroxide gel is taken as suspension in water. It neutralises the acid in the gullet and removes the discomfort. The treatment is to increase the acid content in the stomach. Lemon juice or added salt is the cure. The juice contains citric acid which enters into an equilibrium with the Hydrochloric acid, in the presence of chloride ion of the salt.

The equation is



So stomach is meant to be acid by Hydrochloric Acid

So ACIDITY is not the problem. But it is a problem.

39
2010 august
week 33rd

Saraswati as we recite in Brahman
is the Goddess for Wisdom & Intelligence
as Savitri is for HINDUS & Saraswati for STUDY
HINDU SAKTI
Saraswati Devi is an incarnation of 09
monday 10/08/2010

Saraswati Devi, consort of Lord Brahma.
Symbolizing "SAKTHI" (Strength) & Dev (Quality)
of knowledge, PURITY & Virtue
SARASWATI Devi is held to be the patron of the arts
being a poet & musician & a skilful composer
She is believed to have given the Vedas
to mankind, with form of Trisul & Trisul.

(X) Scientific Meaning of Saraswati step by step

(A) OM Bhuv Bhuvah Svaha

Bhuv (the earth) Bhuvah (the planets & solar family) & Svah (galaxy)

Even the ceiling fan with 900-1000 RPM makes some noise, but

1. When the galaxy moves @ 20000 miles/sec, U can imagine the noise

this motion of matter explains the tremendous noise

2. created by the rotating earth/planet/galaxy & it is called OM

In Gita it is called as "OM ITI Ekakshara Brahma" (one syllable)

3. The Rishis also notice that the infinite mass of galaxy moving

with speed of 20000/sec generates Kinetic Energy = $\frac{1}{2}mv^2$ thus

4. balance the total energy consumption of the COSMOS &

hence it is called PRANAM [vapu = body; PRAMA = House of Energy]

(B) TAT SAVITUR - VARENYAM : TAT = GOD

SAVITUR = SUN (star)
Varenyam = worth of Respect

Once the form of the person along with his name is known

Rishis tried to locate the person and his speed of rotation

thru known formulas like the sound (OM) & light of the SUN.

In the same way as a mathematician can calculate the

values of x & y if one is known in the equation $x^2 + y^2 = z^2$ &

in the same way as an Engineer finds the width of a river

by standing on the bank of the river & observing the SUN.

The sinless Yogi, thus uniting his self constantly with God, easily enjoys the eternal Bliss of oneness with Brahma.

So was the scientific method suggested by Sri Javed Bhagavad Gita - 6.28

in the next problem of 17.29 & 20.29

10

222-145

tuesday

(C) Bhargo Devasya Dheemehi

august 2010

week 33rd

Bhargo = (the light)

Devasya = (of the deity)

Dheemehi = (we meditate)

RISHI's wish us to meditate on the available form of discover the father GOD (CREATOR)

Above want us to do JAPAH of the word OM (This is very much understood in the market)

But he anticipated some problem for us to identify the GOD & realize as an mind is so shaky - restless that without the grace of Supreme Brahman it cannot be invoke

Hence the Sage suggests the 4th line to invoke Brahman

(D) DHEEYO YANAH PRACHODAYAT

DHEEYO = Intellect

YO = Who

Nah = we all.

Prachodayat = guide to right direction
Full scientific interpretation of Mantra :-

The Earth (BHUR), the planets (BHUVAH) & the galaxies (SUVAAH) are moving at a great velocity with a huge sound (OM)

Just GOD (TAT) who manifest himself in the form of light of SUN is worthy of bowing (respectful) (VARENYAM)

We therefore meditate (DHEEMAH) upon the light (BHARGO) of that deity (DEVASYA) & also do the chanting many times

May HE (YO) guide us in the right direction (PRACHODAYAT) & OM (NAH) Intellect (DHIO)

On GOD deployment on the Rt path in Rt direction achieve result

The Yogi who is united in identity with the all pervading, infinite consciousness, and sees unity everywhere, beholds the Self present in all beings and all beings as assumed in the Self.

In short, the total kinetic energy generated by the movement of galaxies acts as an umbrella & balances the total energy consumption of the cosmos
When $\rightarrow$ call PRANAV (body energy) = $\frac{1}{2}mv^2$

Bhagavad Gita - 6.29

40 Beautiful Quotes from BABA

2010 august

223-142

33rd

wednesday

11

① We never get what we want
We never want what we get
We never have what we like
We never like what we have

} Still we
live & love
That is LIFE

② It is true that we don't know
what we have got until it is gone
It is also true that we don't know
what we have seen missing until it arrives

③ Giving someone all you love is never
an assurance that he will love U back
Don't expect love in return
Just wait for it to press in their heart
But if it does not,
Be content that it grows in yours.

④ Don't go for looks; they can deceive.
Don't go for wealth; even that fades away.
But go for someone who makes U smile
Because it takes only a smile
To make a dark day seem bright.
So find the one that makes U heart smile.

May U have enough Happiness to make U sweet
" enough Trials to make U strong
" enough sorrows to keep U human
" enough Hope to make U Happy

He who sees Me (the Universal Self) present in all beings, and all beings existing within Me, never loses sight of Me, and I never lose sight of him.

⑤ The best kind of friends
is the kind U can sit on a porch & swing along with
& talk away feeling like a best conversation U ever had.

(Never say a word
Bhagavad Gita 16:30)

12

224-141

thursday

august 2010

week 33rd

- (7) Always put Urself in other's shoes
 of U feel that it hurts you
 It probably hurts the other person too
- (8) The Happiest people don't have best of everything
 they just make the most of everything that comes their way
- (9) Happiness lies for those who cry.
 for those who have searched
 for those who have tried
 for those who alone can appreciate the importance of
 PEOPLE who touched their lives.
- (10) When U were born ; You were crying while
 everyone around U was smiling,
 Live your life so well that
 when U die, U are the one who will be smiling
 & everyone around U will be crying
- (11) I send this message to
 All those who mean something to you
 All those who touched Ur life in one way or other
 All those who make U smile when U really need it
 All those who make U see the brighter side of things
 when U are really down
 All those who U want to know but U appreciate themselves

The yogi who is established in union with Me, and worships Me as residing in all beings (as their very Self);
 abides in Me, no matter what he does.

Bhagavad Gita - 6.31

ACIDITY ACID REFLUX

There are two compelling factors

1) DIGESTION

2) FERMENTATION

Fermentation takes precedence

if digestion is not normal

due to insufficient Hydrochloric Acid

Fermentation generates Carbon Dioxide

The gas refluxes into the gullet

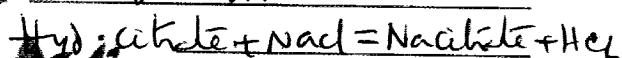
which ~~does~~ is not meant to be acidic.

Hence the uncomfortable feeling of
irritation and is called ACIDITY.

Normally the mucus hydroxide gel
is taken as a suspension of water. That
neutralises the acid in the gullet and
removes the discomfort. The treatment is
to increase the acid content in the stomach.
Lemon juice etc added salt is the cure.

The juice contains citric acid which
enters into an equilibrium with the
Hydrochloric acid, in the presence of
chloride ion of the salt.

The equation is



So stomach is meant to

be acid by Hydrochloric Acid

So acidity is not the problem. But

it is the ~~problem~~ ~~problem~~

2010 august
week 34th

Chronic Acidity:
A Seneviratna's Curse: monday

228-137

16

Acidity is one of the most common disorders which is being faced by the present generation (high profile professionals).

Acid is a natural agent of the body used for digestive purpose. Whenever we eat something, the cells in the stomach lining secrete acid to digest, but the secretion is > need, this problem occurs.

(*) Acidity is also caused by stress, which disturbs the functioning of the body. Due to (1) less energy (2) incorrect flow of blood (3) insufficient production of oxygen, digestive process gets slow leading to undigested food in the stomach. The stomach secretes excess acid causing heartburn due to accumulation of acid in it. This causes GERD (Gastro Esophageal Reflux Disease) which can be prevented. Prevention of acidity can be possible with the following Home Remedies:

- (1) Drink 2 glasses of water in the morning to help out - all excess acid & toxins from the system & to soothe burning sensation.
 - (2) Drink cold milk or vanilla ice cream to reduce heartburn.
 - (3) Chew a small piece of ginger & coriander to enhance digestion.
 - (4) Coconut water is a good antacid to flush out excess acid & also to soothe harsh effects caused by acid.
 - (5) Tulsi or Basil leaf prevents formation of excess acid. Take 10 leaves of Tulsi every morning & munch it.
 - (6) After spicy food, drink a glass of lukewarm water to help digestion & burn the calories, thus preventing weight gain.
 - (7) Vegetables like Brussels, Beans, pumpkin, Cabbage, carrot, Onion enhance digestion.
 - (8) If you feel acid, take a spoon of jaggery every hour. To dilute acid.
 - (9) 1 TBSP of Chebulic Myroslan (Haritaki) along with AMLA is also good.
- For, Krsna, the mind is very unsteady, turbulent, tenacious and powerful; therefore, I consider it as difficult to control as the wind.
- (*) Fruit juice is also good but don't take on empty stomach. Bhagavad Gita - 6.34
- (*) Sip on a lemon + sugar drink after meals to avoid acid formation.
- Take care & by God's grace you will be cured of acidity.

229-136
17 Tuesday

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week 34th

Medic Way to reduce stress

- 1) Pray both before going to bed: for good sleep & for getting up fresh next morning & immediately after rising from bed to next morning. Pray Dharma Sanyam namaskaram & thank him for day of your choice. At start the day (smooth & secure)
- 2) Go to bed on time ~~before~~ ^{W/P} washing time on TV
- 3) Have Ur time table for the day including one of swimming / Jogging / Walking / Skipping / Yoga of your choice
- 4) Say no to projects that won't fit into Ur Time Table
- 5) Delegate tasks to other capable members of the household.
- 6) Avoid multiplicity & clutter in Ur life & don't keep hard things to remember.
- 7) Believe in: LESS IS MORE. Always one is not enough to do a job, more often, too many complicate things & better to entrust any one at a time.
- 8) Allow extra time to needy assignments. Pacing is important to suit the needs.
- 9) Spread out big projects or difficult assignments to get completed in over time.
- 10) Take hot water, if U like followed by cold water.

Sri Bhagavan said: The mind is restless no doubt, and difficult to curb, Arjuna; but it can be brought under control by repeated practice (of meditation) and by the exercise of dispassion, O son of Kunti.

(10) Take only one day at a time & relax & relax at frequent intervals. When you get back

- (11) Separate worries from concerns²
If a situation is a concern, find out²
what God would have you to do and
let go of the anxiety. If you can't do
anything about a situation, forget it.
- (12) LIVE within your budget but don't use
credit card for routine purchases
- (13) Have back-ups always. Extra car key
in your wallet. extra house key
buried in the garden at your favorite place
- (14) K.M.S (Keep your Mouth Shut)
This single piece of advice can avoid
enormous amount of trouble
- (15) Do something for the kid in you everyday
- (16) Always carry a good book like Sai Sat Ganth
to engage you while waiting on line.
- (17) Get enough rest (18) EAT RIGHT
- (19) Get organised so everything has a place
- (20) Listen to tape while driving so the
information will improve your quality of life
- (21) Keep recording your thoughts in a diary
- (22) Everyday, try to find some free time
to engage yourself alone
- (23) In case of any problem invoke God's
help & try to nip small problems in the bud
- (24) Don't wait till bedtime & regret your sleep
Tackle your problems then & there.

- (24) Make friends with Godly people
- (25) Remember that the shortest bridge between DESPAIR & HOPE is often a good "Thank U Bhagawan"
- (26) Find time to laugh for a while
- (27) U may take work more seriously but not U r self & spoil U r mood
- (28) Develop a forgiving attitude even if some mistakes occurred
- (29) Be kind to unkind people
- (30) Don't stir in your EGO
- (31) Talk less but listen MORE
- (32) Slow down your pace of Attack
- (33) Always hear the other's version, before U decide (no one sided)
- (34) Remind Urself that U are not the General Manager of the Universe
Think of God above all of us
- (35) Every night before going to BED
Think of one thing U are grateful for
for U have never been grateful for before
- (36) God has a way of turning things for us
If God is for us, who can be against us
PAST is gone & the Future is just our creation
The PRESENT is all we have. Take care of TODAY.

43 Aged Parents - How to keep them fit & E

2010 august
week 34th

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wednesday

18

5. Sometime most of us give care to aged parents at a point of time or other. Having seen a full time care given for about ten years after their retirement (60-70) then not till the end of their life (70-80 plus), I can understand how tedious, complicated & troublesome it can be. My heart goes out for them, any of them are presently taking care of the aged parents, providing them comfort.

12. While I realize even situations are unique here are a few suggestions that might help

① Get ongoing emotional support. As you go through the process of providing care to a parent, I have to take into account the response of the other spouse & her cooperation & condensation of she is in a better position & health, otherwise she can't support to both at one time. I need wholehearted cooperation of your spouse for all the activities I undertake for the aged one & I need 100% cooperation from them so that I endure any uncomfortable situations from both sides.

② Find adequate resources: While financial resource should not be the deciding factor, physical & emotional support should come from all members of family including your children, to help in the best way they can to provide comfort to the aged & avoid all sorts of tension or stress.

Yoga is difficult of achievement for one whose mind is not subdued; by him, however, who has the mind under control, and is ceaselessly striving, it can be easily attained through practice. Such is My conviction.

Bhagavad Gita - 6.36

43 Aged Parents - How to keep them fit & alive

2010 august

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18

Decomp a Care given to aged parents
Sometime most of us live experience at some point of time or other - Having seen a full time care given for about ten years after their retirement (60-70) then not till the end of their life (70-80 plus), I can understand how tedious, complicated & overwhelming it can be. My heart goes out for them, & any of them are presently taking care of these aged parents & providing them comfort.

While I realize each situation is unique here are a few suggestions that might help:

1) Get ongoing emotional support. As you go through the process of providing care to a parent, U have to take into account the response of the spouse & her cooperation & contribution if he is in a better position of health, otherwise the emotional support to both at one time. U need wholehearted cooperation of your own spouse for all the activities U undertake for the aged ones. U need 100% cooperation from them so that U end up in any uncomfortable situations for both sides.

2) Find adequate resources: While financial resources should not be the deciding factor, physical & emotional support should come from all members of the family. Encourage your children, to help in the best way they can to provide comfort to the aged & avoid all sorts of tension or stress.

Yoga is difficult of achievement for one whose mind is not subdued; by him, however, who has the mind under control, and is ceaselessly striving, it can be easily attained through practice. Such is My conviction.

Bhagavad Gita - 6.36

2010 august

Week 34th

232-133

Friday

20

and take bad behaviour ^{basically} or mental ^{jeopardy} if any, to heart as I go ahead with service
If your parent is a difficult personality & someone
with negative feeling or irritable syndrome
¹⁰ I should be able to put up with such behaviour
After all things are going things then ourselves (letting)
keep in mind. Their state of health & mental make up
¹¹ August we tend to regress into protective behaviour
¹² When under stress & tend to lose themselves into
mindless activities also. Some may get
irritable & end up with impatience for delay etc
² Some may complain about every little thing
While a more person will tolerate such cases.

³ Realize that I will also one day face the ^{same} situation
⁴ When I feel embarrassed at one stage,
⁵ I have to realize that one day I too will reach
similar stage of health & inability to cope with
⁶ for of UV. Young ones (with vulnerable mentality)
If I respect & honor those thoughts & feelings &
(I share them with a close one like your spouse)
I will be able to overcome the tight situations
with greater ease & comfort, so that I become
a better care giver for your parent

Krishna, strayed from the path leading to God-realization and without anything to stand upon, is he not lost like
the torn cloud, deprived of both God-realization and heavenly enjoyment?

Bhagavad Gita 6.38

When I started my career, I never expected
that I will reach this far & USA & God is great

2010 august

week 35th

235-130

monday

23

Be-Little behave Car-gears Car-gears

Most of us or for best purpose anybody) are not
willing in loose talk about end of life issues
but even if the other party indulges in such talk
and of dejection & frustration, U should not
take them seriously or react to any utterance
against U or other members of U's family

The funny thing is that bringing consequences, open or forced
can reduce fear & open up our hearts towards God
When U show up a light into the darkness,
things get a little brighter. Even if the
other party raises such issues out of frustration
we have to lift their morale by diverting to God

State planning. In order to divert the topic,
U can do well in divert the mind to State policy
has they managed their estate well & how the
land like to manage presently & if he were to do it
so that U can provide utmost strength to their
line of thinking in order to maintain family respect-
fully caring for an aged parent is such a complex,
multifaceted issue for both caregiver & receiver
the all seen is a kinsman of the other & getting aged
a situation which everybody has to face at some stage

arrang for the aged is an unending as a
member of Indian Hindu society & not an American society

Sri Bhagavan said: Dear Arjuna, there is no fall for him either here or here after. For none who strives for
self-redemption (i.e., God-realization) ever meets with evil destiny. Bhagavad Gita - 6.40

(7) PERCEPTION: A 80 y r old man was sitting in the car along with his 45 old son. Suddenly a first perched on the window. He father asked the son - What is that? The son replied like father like son. He asked the same Qn from the same rep? He felt the son Qn was asked 1/2 dozen times all some rep? like "Crickets" How many times stand I tell U"? august 2010

A little later father went in & came back with his old diary in which he recorded a similar situation, when his son was a boy of FIVE & father was 40 y r old. He asked his son & read out a similar situation recorded in his diary.

"Today my son asked 5 asked me 25 times a Qn 'What is this' & I answered him 25 times" and just please me, hugging him & kissing him 25 times.

When the child asked him 25 times, father felt no irritation but answered his doubt 25 times with love. Today when the father asked his aged son how many times he got irritated & annoyed.

So if you parents, after attaining an old age 70/8 do not repulse them, irritate them with annoyance or look at them as a burden but speak to them with grace & love and be kind to them, since their places are exchanged now.

From today, say this aloud, 'I love my parents. I want to see my parents happy & laughing forever. They cared for me ever since I was born. They showed their deepest love on me till their end.'

11 He who has fallen from Yoga, obtains the higher worlds, (heaven etc.) to which men of meritorious deeds alone are entitled, and having resided there for countless years, takes birth in the house of pious and wealthy men. They cross all mountains & valleys without fatigue, and the parent me all along this distance to USA without caring for themselves & made me a presentable person. I am care free from my parents in the Best Society in the Society to day. 11 (no matter how they behave with me)

2010 august
week 35th

237-128

wednesday

25

44) My perceptions as a Senior Citizen

It is our perceptions that affects how we react to some relatives at some situations & the manner in which we react to things is what builds up our character & promotes self image. If we are to change for the better, we need to adjust our reactions to certain embarrassing situations. If we are to accomplish this daunting task, it will be essential to change our perceptions of the situation.

MOTHER-IN-LAW: A woman capable of making U life miserable. A woman U cannot fight with because U cannot become such a dedicated babysitter free of cost - with love to Frank Kody.

A HUSBAND: A boring human species, who listens more to his mother than U & orders you to serve them, his parents & siblings. Still boring but occasionally a useful human species that comes in perfect handy when the house needs to be vacuumed.

A WIFE: A woman who opens U an underwear & towel when U go to a shower but a woman who tells U not to leave bath during as U get out of the bath.

A SON: A teenager who tells U that he has a lot of homework when U ask him to do the lawn mower. A kid who offers to carry U grocery bag for the sake of tips.

A daughter: A lovely doll who looks as U maid servant till her marriage & brings U tears as leaves her in-laws.

A FATHER: A person who is to be respected & never to be disobeyed. A person who should be obeyed as long as he pays U tuition fees.

A MOTHER: A lady whom U owe your existence & who should be loved, obeyed & respected from time to time. Or (if he is possessed of dispassion) he is born in the family of enlightened Yogis; but such a birth in this world is very difficult to obtain.

A FRIEND: A person whose home U can drop in at any time of the day/night & you are always welcome with fondness. A person on whom U can rely upon for any sort of advice at any time & that whom U should check before hand that he is not busy.

26

238-127
thursday

Great Thoughts.

I picked up with the year August 2016

week 35th

1) Falling down does not cause a failure —
but staying down does

2) The poorest of all men is not the one without a car
but the man without a dream

3) Temper is what gets most of us into trouble —
but pride is what keeps us there.

4) Happiness is not something U find with the market
but something U create within U or soul

5) The only preparation for a nice Tomorrow is
the right/bright use of Today

6) The reality of life is not how you spend it —
but how you treat it.

7) The heart is happiest when it beats for others
FACE the life as it comes

8) People don't care how much you know
until they know how much U care

9) Don't complain that there are thorns on roses ;
but praise them for growing roses

10) Don't Think That LIFE IS NOWHERE
but read it as LIFE IS NOW HERE

Arjuna, he automatically regains in that birth the spiritual insight of his previous birth; and through that he strives, harder than ever, for perfection (in the form of God-realization).

Bhagavad Gita - 6.43

Be positive ; keep smiling & Face life as it comes

2010 August
week 35th

(45)

POSTAL MEMORIES

23-126
Friday

27

Today in a responding mail, there was a reference to Mobile post office which reminded me of Mobile post office to Pannalampalloor which made me to think of the Post-office working

V.S. - a - V.S. today's scenario with nostalgic memories

Mobile post office Dump 50's then telecommunication just started most of communication was through Postal Correspondence

In addition to regular post office in towns & cities, mobile post office functions in villages @ scheduled time

be used to wait for the postal van to do our business we used from a Q @ an temple & take our turn on line

even in capital cities like Delhi, we had for Mobile Post office at Mayapuri Vihar as late as 1985 also to post letters

the go like Dump license; Radio Receiver license etc. which was not difficult in remote places like Adyan in Kerala. I don't remember exactly, they stopped functioning after 90s.

Radio Receiver license - It may be a news for to day youngsters that we must take license to have a radio or transistor, which was the confusable the insignificant later on life time payment system came & finally separate category of officers by naming "Inspection Inspectors" used to seize radios in absence of license. My

only two Radio repairs can not repair it without mandating license life time license had to be collected at the time of purchase

Sometime in 1925, life time Tax was abolished through Act of Parliament & Insulation inspectors given alternate duties

The other one (who takes birth in a rich family), though under the sway of his senses, feels drawn towards God by force of the habit acquired in his previous birth; nay, even the seeker of enlightenment on Yoga (in the form of even-mindedness) transcends the fruit of actions performed with some interested motive as laid down in the Vedas.

Bhagavad Gita - 6.44

28

240-125

saturday

august 2010

week 35th

⑧ Money order: These days in 50's
 I used to send 50/- from my 100/- to my parents
 & my friends used to send - anxious for the money.
 Banks were not in the reach of common men
 & upper classes enjoyed the patronage of banks.
 Popularity of banks started in 1965 &
 led to the nationalization of banks in 1980.
 Banks used to send money order on payment.
 & they too depended on efficiency of postal dept.
 But today within India any amount of transfer
 can be made with nil charge.

⑧ Speed Post

It is a day in speed post service
 is very liberal & quick & also
 of a very reasonable cost.
 Speed Post to USA & other
 foreign countries is also liberal.

29 241-124
 sunday

⑨ Parcel Post: Earlier by parcel post order
 was it also through India Post Service
 delivered instantly & same day.

⑩ Personal Communication through Phone & Internet &
 and sky net services like.

The Yogi, however, who diligently takes up the practice attains perfection in this very life with the help of latencies
 of many births, and being thoroughly purged of sin, forthwith reaches the supreme state.

Have become more common these days.

Y.

2010 august
week 36th

242-123

monday

30

3 LIC & PLI : Earlier LIC & PLI were in insurance field
and two players like LIC & PLI were in insurance field
on a smaller scale. Partly the staff of Post & Telecom
arrived to facility with deductions at source.
On maturity, Post office used to pay back money.
PLI site is managed by Post office only.
Post office insurance now is computer oriented.

4 Express Delivery & Air Mail for delivery of letters
on Sundays & holidays, express delivery system was there
we had to affix extra postage stamp & Express label.
Similarly, Air mail more stampage had to be affixed.
But not every post sent things Air mail only.
Want any extra fee.

5 Telegraph Money order. There was a system
Telegraph money order at an extra cost.
Information was sent telegraphically to distant post offices &
payment was made cash when need of M.O. arises. But
today there is no telegraph charge & every M.O. is sent
by scanner & broadband transfer circuit. But
want any extra cost.

6 VPP : There was a system of Value Payable Post
through this books, jewelry & other costly equipment
were deposited by post. If the receiver refuses,
the sender can have to bear the double cost.
Now a days VPP transfers are by far less.

The Yogi is superior to the ascetics; he is regarded as superior even to those versed in sacred lore. The Yogi is also superior to those who perform action with some interested motive. Therefore, Arjuna, do you become a Yogi.

Bhagavad Gita - 6.46

Best of Luck in future

VETERANS DAY



GEORGE SAKKESTAD/BAY AREA NEWS GROUP
Veteran Larry Toole shows off Lt. Col. Chester E. Bear, who became an Air Force mascot for generations.

From child's companion to decorated war hero

By Judy Peterson

jpeterson@bayareanewsgroup.com

He's had the stuffing knocked out of him a few times, but Lt. Col. Chester E. Bear still managed to parachute behind enemy lines during the Korean War and also serve in Vietnam and the Persian Gulf. At one point, Chester even visited the South Pole.

That's a pretty illustrious military career, especially for a teddy bear. And his story resonates as the nation prepares to commemorate Veterans Day on Thursday.

Chester's adventures began in 1950, when 3-year-old Katy Toole gave him to her Air Force father to take on a humanitarian mission.

"I had to fly an iron lung to a little girl, and Katy said, 'Give

See **BEAR**, Page 6

DEAR VETERANS:

Today is Veterans Day and your numbers are growing. Please allow me to take this opportunity to thank each and every one of you — as well as those men and women who are still on active duty — for your service to our nation. I salute you.

Dear Abby is written by

VETERANS DAY EVENTS

Campbell Veterans Day Ceremony. Veterans will be honored with a ceremony that will include music by Del Mar High School and Campbell Middle School bands and speakers; 9 a.m. Thursday; Orchard City Green, in front of the historic Ainsley House, Civic Center Drive. Visit www.downtowncampbell.com/eventinfo.php?eventid=12267.

Cupertino Veterans Day Memorial Service. Cupertino Middle School choir, honor guards, bagpipes, speakers including retired Col. William E. Peacock; 11 a.m. Thursday; Memorial Park, Stevens Creek and Mary Avenue, Cupertino. 408-821-9436. <http://cupertinoveteransmemorial.org>.

Milpitas Veterans Day Ceremony. The event will feature services, flag-raising, national anthem performed by the Milpitas Community Band, introduction of dignitaries and mayor's speech. Light refreshments will be offered; 9 a.m. Thursday; Flag Plaza, Milpitas City Hall, 455 E. Calaveras Blvd. 408-586-3210. www.ci.milpitas.ca.gov/_pdfs/_event_vet_day.pdf.

San Jose Veterans Day Parade. Opening ceremonies will begin at 11 a.m. Thursday; Plaza de Cesar Chavez on Park and Market streets, followed by a downtown parade at noon. Visit www.uvcscc.org.

Santa Clara Veterans Day Ceremony. A ceremony honoring veterans will be held at 3:30 p.m. Thursday; Santa Clara Veterans Memorial in Central Park, 909 Kiely Blvd. 408-615-2260. www.santaclaraveteransmemorial.org.

Contact Greg Young at gyoung@mercurynews.com or 408-920-5980.

VETERANS DAY PARADE

San Jose's annual ceremony begins at the 11th hour of the 11th day of the 11th month

2010 september
week 36th

VETERAN'S DAY

244-121

wednesday

01

San Jose's Veterans Day kicked off on Thursday 11th November with an opening ceremony at ~~Don~~ ~~Town~~ ~~Plaza~~ de Cesar Chavez. The parade area began at noon, starting at Highway 87 and East-Santa Clara Street, wound its way south on Market Street to San Carlos Street.

This year's grand marshal of the programme was former Municipal Mayor (Retd Staff Sergeant) ~~Gust~~ ~~Marines~~ (Denny Weisgerber). Canopy, the urban forestry group commemorated the holiday by planting trees at the Veteran's Silicon Valley Veterans ~~including~~ ~~at~~ PALO ALTO Health Club. ~~helped the planting at SDNY.~~ in MENLO PARK.

A big salute to James Cook, a Marine Corps Veteran & Canopy Advisory Board Member, Executive Director CATHERINE MARTINEU, for helping the beautification of the place where the old Veterans spend a lot of time everyday.

Iranian Human Rights Lawyer Shadi SADR received the Alexander Less prize from the Santa Clara University on Thursday. He said: "Our legal system is designed to protect all of us from arbitrary, capricious or vengeful treatment at the hands of county authorities".

Sri Bhagavan said: Arjuna, now listen how with the mind attached to Me (through exclusive love) and practising Yoga with absolute dependence on Me, you will know Me (the Repository of all power, strength and glory and other attributes, the Universal soul) in entirety and without any shadow of doubt.

Bhagavad Gita 7.1

The programme ended with an award ceremony and a lecture by SADR & an 'Vote of Thanks' by Mayor.

2010 september
week 36th

VRATHAAS for Senior citizens

246-119

friday

03

① ADROEYA VRATHA. This austerity is related to the worship of Lord Sooryanarayana Swamy. Who is known by ¹² names like MITHRA, RAU, SURESH, BHARU, KHAGE, POORNA, HIR, JAGR, MARU, etc. A devotee should observe a fast on the 7th day of any month in worship of Lord SOORYA & break the fast next day. One can continue this ritual for one year after. One free from all kinds of rituals (I have started this ritual ever since I came to know about this Vratam).

② Shanti Vrat: This Vratam commences on the 5th day (brighter half) of every month of KARTHIK for at least one year. It is related to the worship of Lord Vishnu & Lord Naga. A devotee should abstain from spicy food (20 days). Lord Vishnu's idol is purified by chanting Gyan & Mantra & performing abhaya in milk. Offering sesame seeds & milk are made in the sacred fire. At end of year after the completion of rituals, Brahmins are fed with lunch. Idol of Lord Naga is devoted to one of them. After this one becomes free from all kinds of disturbances & feel peace.

③ KANYA VRATHA: This Vratam is related to KARTHIKEYA & performed on the 6th day (1st half) of PAUSHYA living on fruits only. This Lord is also known as SHADANAN, SENANI, KRITHUKANT, etc. This austerity concludes by feeding Brahmins at year end & making donations of (cash or kind) to Brahmin guests so that the devotee gets all his wishes fulfilled.

Hardly one among thousands of men strives to realize Me; of those striving Yogis, again, some rare one (devoting himself exclusively to Me) knows Me in reality.

Bhagavad Gita - 7.3

04

247-118

saturday

A Tamil poem says

september 2010

week 36

1) keep 5 feet away from animals like horns2) keep 10 feet away from a base3) keep 100 feet away from an elephant4) keep as much distance away as possible from womenKnocked messes

① Conquer the angry man into love

② Conquer the ill-natured man into goodness

③ Conquer the miser into generosity

④ Conquer the liar into TRUTH

NEVER GIVE UP

05

248-117
sunday

Never give up of being HAPPY

There may be stones - Don't give up to walk

There may be barriers - Don't give up to cross

There may be lot of discouragement - Don't give up - It may be the last step

The road may be long - Don't give up to reach end

There may be weariness - Keep moving forward

Remember: There may be defeat - You are born to WIN

Arjuna, know that all beings have evolved from this two fold Prakriti, and that I am the source of the entire creation, and into Me again it disappears.

Winner Never QUITS

QUITTEN Never WINS

Be positive - It will create the path that paves way for dreams to fulfil
Let God fight battles for you.

Bhagavad Gita - 7.6

Three Things in LIFE

2010 september

To be taken care of

249-116

week 37th

Monday

06

1) Three things that once gone never come back

- a) Time
- 2) Words
- 3) Opportunity

(2) Three things that are never lost

- a) Peace
- b) Hope
- c) Honesty

3) Three most valuable things

- 1) Self confidence
- 2) Friends circle
- 3) Love

(8) Three things never certain

- 1) Fortune
- 2) Success
- 3) Dreams

4) Three things that make a man woman

- 1) Hard work
- 2) Sincerity
- 3) Commitment

5) Three things that make a woman a man

- 1) Anger
- 2) Alcohol
- 3) PRIDE

7) 3 things are lost hard to build up

- 1) Trust
- 2) Respect
- 3) Friends

8) Three A's of happiness

- 1) Attitude
- 2) Aptitude
- 3) Altitude

9) 3 D's of Failure

- 1) Desires to achieve
- 2) Dream big (sleep)
- 3) Deliver (awake)

10) 3 B's of Business

- 1) Bholen
- 2) Bhavish
- 3) Bhajan

12) Three G's of Success

- 1) God's will
- 2) Good will
- 3) Steady

11) 3 C's of man

- 1) Don't Compare
- 2) Don't Complain
- 3) Don't Compete

There is nothing else besides Me, Arjuna. Like clusters of yarn-beads formed by knots on a thread, all this is threaded on Me.

Bhagavad Gita - 7.7

12) Three words on LIFE

"IT GOES ON"

2010 september
week 37th

Regular Health Mistakes

251-114

wednesday

08

All of us make little health mistakes
even at senior stage but cause damage
to our bodies in the long run. Here are
some common mistakes:-

① Crossing our legs while sitting. This is lady-like
but not gentlemanly to sit with crossed legs.
The best way is to put both legs on the floor
balancing your weight equally. If I want
to change, simply move one leg together on
the other. You may cross the legs at ankles but not knees.

② Not Changing Your Tooth Brush frequently.
You must change the tooth brush when you lose it.
But change it as often. Don't use damaged brush
which will damage the enamel on the teeth.
Always use a brush with soft bristles, unless
your dentist has advised otherwise.

③ Eating out often. A very fine food, fine foil
even or fancy Indian restaurant, who has
a bunch of butter in a tiny bowl of chutney,
is full of fat and oil. They are avoid.
No wonder if you feel heaviness of stomach.
Limit outdoor eating unless you know that
you are served with light & healthy food.

I am the pure odour (the subtle principle of odour) in the earth and the brilliance in fire; nay, I am the life in all beings
and the austerity in men of ascetics.

Bhagavad Gita - 7.9

09

252-113
thursday

September 2010
week 37th

Never skip Ur Breakfast

When U wake up after 10 hrs of sleep
Your body needs food, more than any other time
Eat a heavy B/F after U can be active & busy
late in work after U can have heavy lunch
Eat heavy B/F, moderate lunch & light dinner

5) High Heels: Avoid high heels shoes or Chappals
While going on a long walk (except short walk for B/R bear & housework)

6) Sleeping on soft bed Be kind to your back
but sleep on firm mattress, not on soft bed
A soft mattress is soft & allows to sink, not good for Ur back
If Ur mattress is old & lumpy, change it for a new one
The same rule applies to sofas.

7) PILLOWS No matter how comfortable is sleep
due to cushioning, have pillow on your back & resist
sleeping on one pillow

8) No exercising or jump on a long walk
Never miss your morning walk to keep fit
U need not go for a marathon walk to stay slim
But have a regular morning walk & stay fit

252-113
09 ^{thursday} ^{September 2010} ^{week 37th}

(4) Skipping Breakfast

Never skip U'r Breakfast
When U wake up after 10 hrs of sleep
Your body needs food, more than any other time
Eat a heavy B/F or else U can be active & busy
late in work or then U can have heavy lunch
Eat heavy B/F, moderate lunch & light dinner

(5) High Heels: Avoid high heels shoes or Chappals
While going on a long walk (except short walk
for B/R wear & sandals)

(6) Sleeping on soft bed Be kind to your back
but sleep on firm mattress not on soft bed
Although a mattress is soft & comfy to sleep, not good for U'r back
If U'r mattress is old & lumpy change it for a new one
The same rule applies to sofas.

(7) PILLOWS: No matter how comfortable is sleep
use 10 cushions, have pillows on your back & resist
sleeping on one pillow

(8) Not exercising or going on a long walk
Never miss your morning walk to keep fit
U need not go for a marathon walk to stay strong
But have a regular morning walk & stay fit

Regular Health Habits

2010 september
week 37th

(As a senior citizen)

Friday

10th Sept
last to God

- ① Decide to be healthy first & healthy
- ② Wake up every morning with gratitude for your resurrection and repeat TEN Times "I am the Happiest Healthiest person on Earth"
- ③ Repeat the above before going to BED
- ④ Close ur eyes and think of God, and pray for good Health & Happiness
- ⑤ Take ^{care of your} HEALTH as your sacred God given duty
- ⑥ Make no room nor relax whatsoever for the slightest ^{thought} scope for sickness
- ⑦ Encourage your trillions of faithful ^{little} body cells through joy, happiness & confidence
- ⑧ Talk to ur cells politely, thank them & sing to them
- ⑨ Let no foul air, liquid or food poison you
- ⑩ Let no anger, anxiety or bitterness enter your Body
- ⑪ Before going to bed, Thank God in heaven to have given U, a body never to fall sick
a mind never to become dull
a conscience never to mislead you
a consciousness never to be empty &
a spirit full of Heaven & Earth
On Sainathapada

Arjuna, of the mighty I am the might, free from passion and desire; in beings I am the sexual desire not conflicting with virtue or scriptural injunctions.

Bhagavad Gita - 7.11

ARISE; Awake & stop not till you reach Ur goal
Vivekananda

AVOID CLUTTER

2010 september

week 38th

256-109

monday

13

Clutter can overwhelm U & drain U's energy

1) Organize Urself by reorganising Ur clutter

2) old medicines; store of books; clothes U wear; piles of paper; greeting cards etc; magazines etc

3) clutter can overwhelm U & drain Ur energy

4) Drawers full of who knows what (clutter)

5) No more U collect, the less U want be able to do with it

6) Eliminating clutter is only the healthy way

7) No longer do U pass energy by looking through papers

8) NO more do U give anxiety about piles that disguise forgotten responsibilities;

9) NO hours of frustration are added to Ur preparation

10) Pull out wrinkled clothes from Ur closet as they are wedged too tight

11) Start clearing out Ur clutter today so that

a) U find more space for Ur current things

b) U know where to find things U are proud of

c) The results will give U more motivation to go to next pile

d) U feel overwhelmed with Ur powers for long time

The whole of this creation is deluded by these objects evolved from the three modes of Prakriti - Sattva, Rajas and Tamas; that is why the world fails to recognize Me, standing apart from these and imperishable.

Bhagavad Gita - 7.13

Organization is a gift that U deserve & possess. Have it to Urself and get your power back.

Best of luck

2010 september
week 38th

2010 september
week 38th

week 38th

Whereas 0 years fr, 0.5m get

258-107

Wednesday

15

improve Ur self-esteem, it is not so much about what U have but what U are: see these TIPS

- ① Finding Ur balance is not what U see on a Balance Sheet. Being broke is not the same as being broke. Losing money is not the same as being lost.
- ② Having less doesn't mean U are in any way LESS. Don't confuse having less with being less. Having more like being MORE. Or that U have LITTLE who U are.
- ③ Slow life & slow down. When U are in a hurry go slow. The faster U go in life, the sooner it is a blur.
- ④ Prayer creates a new path where there is none & turns Ur stumbling blocks into Building Blocks.
- ⑤ Courage is not absence of fear, but how U fight fear. Put your faith in it & not in fear or change.
- ⑥ Embrace Ur future, instead of regretting Ur past. Don't let Ur past kidnap Ur future.
- ⑦ Tomorrow does not exist but change is the only constant. In order to take a breath, U must release Ur breath.
- ⑧ Embrace Happiness: Tough love does not require U to be tough on yourself. Keep easy going.
- ⑨ Make a difference: Do everything you can do. But those whose wisdom has been carried away by Maya, and who have embraced the demonic nature such as foolish and the men of evil deeds do not adore Me.
 Bhagavad Gita 7.15

ENTITLEMENT MENTALITY

2010 September

week 38th

260-105

Friday

17

One academically excellent person came to my organization (Aseg) for a management position. My assistant did the last interview & I as the MD had to take the last decision about his appt. I was amazed at his academic excellence & wanted to meet the boy. I asked him "Where he was in receipt of any scholarship for all his education?" He said "No, he said 'My Mother'". "How?" My mother washed clothes & cleaned utensils for others & breed, paid my fees & brought me up. I asked him how one day into his mother & share in her efforts & come back the next day.

1. In the process he happened to see his mother's hand out hard & turn out saree & felt pity for her but appreciated her.
2. The next morning he appreciated her but with a mixed feeling about the chances of his selection.
3. When he came to me next day I asked him his reaction. He said: This is the first time I appreciated my mother for all her painstaking efforts.
 - (1) I know what is APPRECIATION
 - (2) By looking to father, we are able to complete the work given.
 - (3) I am able to appreciate the value of family relationship.
 - (4) I now realize how difficult it is to get things done properly.
 - (5) My mother's effort was only to feed me & pay for my fees.
4. I told him that is fine, I asked him to go after his mother & see and appreciate her from the next day for any SOKIN/PAM. A child who has been protected & has been given everything he wanted will develop a "ENTITLEMENT syndrome" & would always put himself first & would be ignorant of the parents' efforts & would not hesitate to demand whatever he wanted from his parents. Though they may be good academically, he will not be able to feel sense of achievement.

Of these the best is the man of wisdom, ever established in identity with Me and possessed of exclusive devotion.

For I am extremely dear to the wise man (who knows Me in reality), and he is extremely dear to Me.

Such unconditional love & being a kind of protective parents can be destroying the kid. So let them understand your efforts & appreciate our efforts in bringing them up & learn the ability to work by himself with others in a team spirit & mutual love & admiration.

18

261-104

saturday

september 2010

week 38th

I have learnt the following additional skills

① I can do more than belong :
ie I learnt to participate

② I can do more than believe
ie I learnt to practice

③ I can do more than forgive
ie I learnt to FORGET

④ I can do more than teach
ie I learnt to practice & inspire

⑤ I can do more than care
I learnt to HELP

⑥ I can do more than dream
I learnt to WORK

⑦ I can do more than give
I learnt to serve

⑧ I can do more than thinking (GOD)

Indeed all these are noble, but the men of wisdom is My very self; such is My view. For such a devotee, who has his mind and intellect merged in Me, is firmly established in Me alone, the highest goal.

I have learnt to pray GOD

Bhagavad Gita - 7.18

2010 september

Week 39

Thoughts on Aging

263-102

monday

20

1) Maturity means being emotionally & mentally healthy. It is the time when U know when to say YES, when to say NO, when to keep quiet.

2) Don't let any one tell U "You are getting old". Squeeze Ken Toes into Ur Rocker.

3) Eventually U will reach a stage when U start lying @ Ur AGE.

4) The older we get, fewer things seem worth waiting in line.

5) How old could U be when U did not know how old U are?

6) ~~Know~~ U are getting old, when every thing dries up or leaks.

7) The golden years are really melancolic years - Gold in the teeth, Silver in the hair, Almost Lead in the pants.

8) When U are discheafed into old age, when U want to get back to youth, think of ACCEBRA.

9) AGE seldom arrives smoothly or quickly - succession of Jerks.

10) AGE is when former classmates are grey / wrinkled / bald, but they can't recognize U.

11) Being young is beautiful & being old is comfortable.

12) One of the many things that no one tells you about Aging is that it is such a nice change from being young.

13) It is okay to be LIPS & LOVELESS, even with Anorexia.

14) One must wait until evening or see how splendid the day has been.

15) Some people try to hurry their ^{back} odometer, but I want people to know ^{has been} "I look this way". I have travelled a long way & some great roads have ^{NOT ME!} not paved.

In the very last of all births the enlightened soul worships Me, realizing that all this is God. Such a great soul is very rare. Bhagavad Gita - 7.19

21

264-101

tuesday

SECRETS OF OLD AGE

september 2010

week 39th

Before Middle Age - Do not fear
After Middle Age - Do not Regret

Enjoy your life - As long as you can
As long as it is physically possible - visit all places U wish to visit
When time is an opportunity - get together old friends / colleagues / classmates
The gathering is not just for eating - it just here is not much time to

Money kept in the Bank may not be really yours

When it is time to spend, just spend on your health

Treat yourself well as you are getting old.

Whatever U feel like eating - Just eat - but moderately
It is more important to be happy.

Foods which are good for health - Eat often & more
but this is not everything

Foods which are not good for health - Eat less once a while
but don't abstain totally

Treat sickness with OPTIMISM

Whether U are poor or rich,

Everybody has to through birth, aging, sickness & death

Don't be afraid or worried when U are sick

Settle all of your issues before hand & U will be able to leave w/o regrets
Let Doctors handle U'r body; God handle U'r life; U be the govt of U'r own moods

If worries can cure U'r sickness, then go ahead & worry

If worries can prolong U'r life, then go ahead & worry

If worries can be exchanged for happiness, then go ahead & worry

Look: your old body : Pay attention to health - U can rely on U'rself in this

After: Retirement Funds : Money that U have earned - keep them for yourself

Four: Your old companion : Treasure every moment with U - One day U will leave just

Treasures U'r old companion : Treasure every moment with U - One day U will leave just

Treasures U'r old companion : Treasure every moment with U - One day U will leave just

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Treasures U'r old companion : Treasure every moment with U - One day U will leave just

Every Day - You must smile & laugh

Running later time not for back - So is life - Make it Happy

Bhagavad Gita - 7.20

2010 september
week 39th

(54) CARING for the OLD

265-100

wednesday

22

The elders in the family are a storehouse of wisdom, knowledge & experience. Old people in the family should not be regarded as the left family wheel & unnecessary burden on the family budget & discarded to old age homes. They may not be physically fit & mentally active but they have mature wisdom & valuable experience which can help at the time of any crisis.

In older times, we had the joint family system under which the needs of all age groups were looked after very carefully. It took good care of the young & old without any discrimination or reservation or any kind of pressure or pain to anybody. The old looked after the children while those young & active respected & served the old grandparents. Of late, due to urbanisation & job pressure, the ideal family system has gradually broken down. Following Western culture, nuclear family system is fast coming up leaving the old & helpless neglected.

With the young people going out in search of employment, old people are left helpless in ancestral homes, relegated to "old age homes". Surely, spending the evening of their life, the need for love, care & attention is not a favor but only a reasonable return of love & care with which they brought up their children.

Whatever celestial form a devotee (craving for some worldly objects) chooses to worship with reverence, I stabilize the faith of that particular devotee in that very form.

One must be kind, considerate & compassionate towards their parents & grand parents & elderly people.

23

266-099

thursday

september 2010

week 39th

Remembering old is a matter of natural corollary of our birth. Every ^{young} person has to pass old one day or other. Every old person has been young in their childhood. Experience, knowledge & wisdom grow with age. The elders at home are a store house of wisdom & experience. Old people should not be regarded as unnecessary burden. They may not be physically fit & mentally active but they have mature wisdom & valuable experience which can help at the time of crisis.

Here is a case of old man where an old man hidden in the frame gave a valuable suggestion to great people, in times of drought & helpless condition. Soon the matter went up to the king who summoned him. He realised his mistake in killing all old people in his kingdom. After that old people were treated as valuable treasure in the kingdom. So the moral of today is:

"I must love & respect the old people & serve them well. Old age is the most difficult part of the life's journey. It is our duty to make them as comfortable as I can. Keep them well & healthy & treat them more than our kids. Give them a feeling of ^{Endowed with such faith he worships that particular deity and obtains through him without doubt his desired enjoyments as obtained by himself.} ~~being~~ ^{to them} safe health & guidance in life. Make them feel wanted & give them ^{Beloved} ~~the~~ ^{the} care & respect & love. Keep our elders well & cheerful. If I want their guidance & earn their blessings in life.

55 PERSONAL HABITS.

2010 september
Week 39th

I learnt from 2008-098.

24

my stay in Chumaya Mission

I had an occasion to stay for 30 days/month in Chumaya Mission, Bombay (near PIM PRI) when the late Pegedregui H. Amunátegui was Secy after his retirement from Board of Revenue. Before my retirement, I could not avail any leave and had important assignments like P.H. Ag. / C.P.A. etc. welfare of the D.A. (A.C.) etc. Once in 1987 (2 yrs before my retirement in Nov 87) I applied for 30 days leave & took my first & last L.T. Vce P.H. & Bombay. After visiting Baba @ Shirdi

I reported to visit Chumaya Mission (having read about it and to my surprise I found my old friend H. Amunátegui as its Secy. He offered me comfortable stay there. I wanted to show to my children the serenity of the Ashram & the various disciplining procedures like Yoga taught to the inmates of the Ashram.

At the entry point, every member is offered with a tumbler & a plate to have some food for the day. The kept neat & clean & surrounded by a low wall. We stayed there early morning by 6 am with the queue for a cup of coffee & by 11-30 am of 8 pm for lunch dinner & attend the lecture. Cams at 11 AM & 4 PM was immensely pleased at the discipline of the Ashram. Children too very much liked the systematic procedures.

The fruit gained by these people of small understanding, however, is perishable. The worshippers of gods attain the gods; whereas My devotees, howsoever they worship Me, eventually come to Me and Me alone.

Bhagavad Gita - 7.23

Personal habits developed by the inmates of Hostels. I am listing in the next page.

25

268-097

saturday

Aghoran habits

september 2010

week 39th

3) Learning to keep plate clean after EATING

① Personal cleanliness & SELF-HELP

② Neatness of Dress

③ Daily Washing of face & bath

④ Habitual Wearing of Vibhuti/Kumkum on forehead

5) Equal sharing of enjoyment with those around you

6) Strict adherence to Time Table of Aghorans, right from getting up up to the sleeping Time

7) Performing some useful work, however low it may be

8) Never leave any work unfinished before close of day

9) Learning the pursuit of perfection in every action

10) INCESSANT Activity, except while sleeping or resting after a spell of hard work

11) Always speaking TRUTH & maintaining strict SILENCE on other occasions

12) Follow HONESTY of speaking of truth is going to hurt others

13) All men are equal. Never consider oneself superior to others

14) PERFECT Selfhelp - never ask another to do a piece of work which can be done by yourself

15) Take full responsibility for Ur actions, success or failure without shifting the blame on others

16) Accepting success/failure with equanimity

17) Never disturb the peace of others by talking or interfering

18) Complete non interference in the affairs of others

19) Never boasting about your future

20) Praying before getting up in the morning & before going to BED

Not knowing My unsurpassable and undecaying supreme nature, the ignorant believe Me, the supreme spirit beyond the reach of mind and senses, the embodiment of Truth, Knowledge and Bliss, to have assumed a finite form through birth (as an ordinary human being).

These are the lessons that Krishna taught to his devotees Bhagavad Gita - 7.24

I decided to follow these tenets with all the strength of the body + Mind + spirit

Senior Citizen should not face TENSION

2010 september
week 40th

Don't undergo any TENSION

270-095

Monday

27

The moment you are in TENSION

You will lose your ATTENTION

Then you are in total amt of CONFUSION

and face with everybody CONFRONTATION

and then feel greater IRRITATION

Which will spoil your personal RELATIONS

Ultimately you will cease to get COOPERATION

Which ultimately create many COMPLICATIONS

Then you have to take many PRECAUTIONS

before you undertake any MEDICATION

in order to save every SITUATION

before you finally achieve some SOLUTION

to your pending problems in succession

Which will work out better in your PROFESSION

Don't think that I am offering you a free SUGGESTION

It is only for your PREVENTION

If you understand my valuable INTENTION

Veiled by My Yogamaya (divine potency), I am not manifest to all. Hence these ignorant folk fail to recognize Me, the unborn and imperishable Supreme Deity (i.e., consider Me as subject to birth and death).

You will never again face any TENSION

Bhagavad Gita - 7.25

in your life

Seven diff ways of giving

28

271-094

tuesday

september 2010

week 40th

The first thing we have of giving is **MONEY**
and the second thing we have of giving (if you have no M) is **TIME**
but there are other things too & I like the fflg. :-)

③ **SPACE**: This may be either a seat in a bus or a line up
or generosity in allowing people to enter U's premises while
they are running in anxiety - or care or for shelter

④ **Heart**: Take time to listen someone in distress
Heartless does by putting U's self into their shoes & do what
you can do

⑤ **SOUL**: Giving of ourselves at a spiritual level
May be in the form of prayer for someone
or Meditating for someone in need of HELP
& uncovering solutions for their problems

⑥ **SPIRIT**: Giving without reserving that at any condition
attachments or expectations like
Smiles; hugs; compliments; Pat on back
It's giving joyfully with all enthusiasm
When combined with giving **Money** or **TIME**
it is given 4/0 any worry of mismanagement

⑦ **BEING**: Giving 100% of ourselves, even if
U don't have anything to share
It can look like anything like
LOVE, compassion, sympathy or Empathy

8)

9)

10)

Arjuna, I know all beings, past as well as present nay, even those that are yet to come; but none (devoid of faith and reverence) knows Me.

Bhagavad Gita - 7.26

Let us therefore experiment with diff ways of giving
Self things back for different people
Let us give in such a way that we be meaningful in some or other

(5) What really matters in your LIFE?

2010 september

week 40th

272-093

wednesday

29

Whether you are prepared ~~READY~~ or not, ~~your~~ ^{life} it will come to an end Someday or other. There will be no more surprises or surprises. All the things U collected, either treasured or forgotten, will pass on to someone else. All your wealth, fame, acquisition & power will be irrelevant. Your grudges, resentments, frustrations and enmities & jealousies will finally disappear. So too your hopes, ambitions, plans & To-Do lists. The hours, glasses that once seemed so important will fade away into obscurity. It does not matter what side of the railway track U lived & whether U lived in your own house or rented apartment. It does not matter whether U are beautiful or brilliant & your gender & social class will be irrelevant.

So what will matter? How ur days be measured? What really matters is: ~~Not~~ ur complacency but ur CHARACTER ~~not~~ what U bought but what you BUILT ~~not~~ your memories but your MEMOIRS & ~~not~~ what U got but what you gave AWAY ~~not~~ your fame & success but your SIGNIFICANCE ~~not~~ what U learnt but what you TAUGHT

What really matters is your every act of INTEGRITY that enriched, inspired & encouraged others to emulate your example. COMPASSION & COURAGE & SACRIFICE

Just how long U will be remembered by whom & for what?

O valiant Arjuna, through delusion in the shape of pairs of opposites (such as pleasure and pain etc.), born of desire and hatred, all living creatures in this world are falling a prey to infatuation.

Living a Life that matters does not happen by Accident. It is not a matter of Circumstance but of CHOICE.

Bhagavad Gita 7.27

30

57/1
273-092

thursday

Are U green-at-Home

september 2010

week 40th

Green@Home is a free-at-home-service offered through a partnership between the City & the to help Cupertino families to save money, energy. ACTERRA

The Residents of Cupertino are invited to participate in the new "Are U Green@Home" programme where top energy, water & greenhouse gas saving residents in Dec & Jan will receive a

Card gift of \$50 to sustainable Grocer Whole Foods Market.

I wish Green a mutual benefit program is adopted in India too
↓
Wish best of luck :-

Are You Green@Home?

Is your family interested in cutting utility bills by working together to save energy and water in your home? What if you could do this as part of a Cupertino-wide competition, where you are rewarded for your achievements? Residents of Cupertino are invited to participate in the new Are You Green@Home? Challenge, where top energy, water and greenhouse gas saving residents in the month of December and January will receive a \$50 gift card to sustainable grocer Whole Foods Markets in Cupertino. Also, top savers' environmental actions will be showcased in the Cupertino Scene.

Green@Home is a free service, offered through a partnership between the City and local nonprofit Acterra, to help Cupertino families save money, energy and water. This retrofit program is paid for by the City and supported by federal grant funds. Green@Home is not a sales call; it's a community-wide initiative to cut carbon and get results on a household by household basis. Lastly, it's available to everyone; whether you rent or own your home! If you're ready to join the challenge, sign up for a HouseCall today at www.acterra.org/green@home or call 650.962.9876 x 380.

Also, please consider joining our volunteer network to support this important community program, while jumpstarting your green career in the growing field of energy and water conservation! Volunteers will receive a free Cupertino Green tee-shirt and are invited to participate in a volunteer-based challenge to grow the number of HouseCalls in Cupertino. Learn more at www.cupertino.org/green.

Volunteers Needed

Volunteers are needed to help conduct mock citizenship interviews for Sunnyvale-Cupertino Adult and Community Education's ESL/Citizenship Interview Preparation Class. This is a commitment for one morning only, Saturday, December 11, 2010, from 9 - 11:30 am. Since many prospective citizens are apprehensive about the interview process, this one-day class gives students an opportunity to practice for their citizenship interview in a relaxed and friendly setting. As a volunteer, you will ask prepared questions and dictate prepared sentences, thus simulating an actual interview. Training for volunteers will be done on the morning of the class. If you are interested, please call Linda Brummer at 408.522.2733.

Have Something to Contribute?

To submit information to the "Cupertino Scene," email: scene@cupertino.org.

Submission deadline for the February 2011 edition is January 5, 2011.

7.28

(58)

Bringing up children

2010 october
week 40th

Childhood is a symbol of one's future

all our
victories
to come
Friday 01

As children grow, they are surrounded by many people, other than their parents. Their behavior & personality is influenced by their teachers, parents, friends & relatives. On fact they add habits to their life and things they exposure. We must provide some time, space & freedom to our children to help them learn & improve these 3 skills.

- "SATYAM - SHIVAM - SUNDARAM" is a popular phrase
- 10 Which) Satyam : Truth i.e. Truth is God
 - means) Shivam : God i.e. GOD is Truth
 - 11 how) Sundaram : Beautiful i.e. GOD is Beautiful

According to this approach, we should nurture our children with values such as Truth, Beauty & Honesty. These values are imbibed at home (School & Social Set-ups). Parents & Teachers should look to create a social environment around the children to help them in all directions & in all faculties.

At School: Make friends & enjoy playing with them on playgrounds.

At Home: Develop the habit of sitting at dinner table.

At Social Set-up: Expose children to a family gathering so that they may learn your family values.

Children can be exposed right from early stage to face family situations. They may have to face it at a later stage. They should be taught family values things, questioning & playing role models & predicting some outcomes of life, rather they develop themselves & grow up as good human beings who are very intelligent and differentiate between what's right & wrong & live with integrity & values in their lives.

They are parents should educate their children with such a way to imbibe all good qualities one can think of.

Arjuna, said: Krsna, what is that Brahma (Absolute), what is Adhyatma (Spirit), and what is Karma (Action)?
What is called Adhibuta (Matter) and what is termed as Adhidaiva (divine intelligence)?

They will not only develop themselves, but also possess good qualities. We find that in children, but also possess all good qualities.

12) Good OPTIMISTIC: They are able to build faith in their future
 mind's eye & full of beauty & hope

02

275-090

saturday

october 2010

week 40

1) Good Temperament: Children can develop strength
 to control their anger when things
 seem to go against them (unfavorable
 decisions)

2) Truthfulness: They can develop confidence in themselves
 & never get upset or scared to tell the truth
 & be the consequence

3) Honesty: Children can learn to be honest to themselves
 & others

4) Patience: They can develop a habit that gives them strength
 not to get disturbed if they have to face
 unfavorable results or delay for the results
 often efforts

5) Endurance: They can imbibe a sense of endurance
 that can help them face inevitable difficulties
 & sufferings without any grumbling.

6) Modesty: They can develop a positive attitude & not
 become conceited on their success & do
 not feel a superiority complex but rather inferiority
 & appreciate the merits of others & help them to succeed

7) Acceptance: They are able to maintain equilibrium
 & readiness to face success or failure

8) Courage: They are able to strengthen their power to
 fight continuously till the final victory
 though they may meet with many defeats

9) Cheerfulness: They can adopt a healthy attitude & know how to
 smile & keep a healthy & happy heart always

10) Obedience: They will learn to be obedient & maintain discipline in their
 Krsna, who is Adhiyajna here and how does he dwell in the body? And how are you to be realized at the time of day to day

11) Intelligence: They are able to enhance their knowledge & pay
 death by those of steadfast mind? pay attention to the lessons & wisdom that comes in

12) Persistence: Develop steady & persistent attitude in their efforts to
 achieve success

59 IS LESS REALLY MORE?

2010 October (From my rich experience) 277-088
week 41st Monday

04

How can you really make Ur life simpler?
Is your life's attitude ~~not~~ catching? HAPPIER

One of the conclusions I have reached
after going order (may not be as wise as my readers)
is that "LESS is usually More" on second thoughts

In other words, how then is scope to simplify Ur life, take it.
I compare the issue of pruning a tree. By removing
the excess growth into the neighbor's back yard, not only
U can be appreciated by your neighbor for Ur thoughtfulness
but will be able to provide more energy for inside stems
to blossom & give U more fruits than mangoes etc

Simplifying your life may mean different things to people
It can mean more time to Ur Swami devas
less stress on brain
less clutter in Ur daily schedule
fewer bills to make payments &
greater peace of mind

Ur personal quest may cover one or more of the above checks
However I can only share with you what has worked for me
and I hope you can take it & relate Ur experiences
when U meet at Ur weekly gatherings.

- Consider the following suggestions like:-
- 1) Living in a smaller accommodation cost less rent
 - 2) Stop chasing symbols of false success & prosperity
 - 3) Updating your wardrobe before U make next purchase
 - 4) Thinking of 80/20 rule - Identifying 20% problems creating 80% of stress
can focus on resolving 20% of

Sri Bhagavan said: The supreme Indestructible is Brahma, one's own self (the individual soul) is called Adhyatma
and the discharge of spirits, (Visarga), which brings forth the existence of beings, is called Karma (Action).

- 5) Asking myself simple Qns: Is it really necessary?
begin making necessary changes without it?
6) What Ur input is to be made a +ve difference?

Bhagavad Gita 8.3

60

2010 october
week 41st

If U dont want to be ill

Speak U r feelings Wednesday

ART 4
FEELING WELL

279-086

06

Emotions & feelings too are hidden, repressed and in turn as: - GASTRITIS; ULCER; LUMBAR PAINS
With time, the repression of the feelings further degenerates to CANCER.

Then we go to a CONFIDENTE to share our intimacy, our secrets & our errors. The dialogue, the speech, the word, is a very powerful remedy and an excellent therapy.

① If U dont want to be ill, Make decisions.
The undecided person remains in doubt.
Indecision accumulates problems in anxiety & in anguish.
Humanity is made of decisions. Worries & to decide is precisely to know aggressions.

② The undecided people are victims of gastric ailments. To renounce your comforts to lose advantages & values to win others.
If you dont want to fall ill, nervous pains. Find quick solutions for U r problems. Problems of skin.

③ Negative people dont find solutions but enlarge their problems. They prefer lamentation.

④ If U dont want to fall ill, Dont live by appearances. Whoever hides reality, pretends & poses to be happy well, wants to be seen as perfect, easy-going etc, but is accumulating tons of grief. There is nothing worse than to live in appearances & facades. There are people with a lot of virtues but feeble roots. Their desires suffer in pains.

⑤ If U dont want to be ill - Accept. Avoid to hospitals & pharmacy.
The refusal of acceptance & the absence of self-esteem make us alienate ourselves.

Being at one with ourselves, is the core of a healthy life. The wisdom & good sense & therapy is this:

He who departs from the body, thinking of Me alone even at the time of death, attains My state; there is no doubt about it.
Those who dont accept this, become envious, jealous, imitators, ultra-competitive & destructive. So, accepted, accept too U are accepted & accept the criticisms, if any.

Bhagavad Gita - 8.5

05

278-087
tuesday

october 2010
week 41st

8

9

10

11

12

1

2

3

4

5

6

① gossip & pessimism. It is better
to light a match than regret in darkness
A bee is small, but produces the
one of the sweetest things to exist
we are bad we think of
negative thoughts generate -ve energy
which transforms into ILLNESS

② like a bronze statue but feet of clay

All perishable objects are Adhibhuta; the shining Purusa (Brahma is Adhidaiva; and in this body I Myself, dwelling
as the inner witness, am Adhiyajna, O Arjuna!

Bhagavad Gita - 8.4

07

280-085
thursday

5

If u don't want to be ^{ill} october 2010
TRUST others week 41st

Whoever does not trust, does not communicate
is not open ended
is not related
does not create other relations
does not get to enjoy true friendship

Without absolute confidence, there is no relationship.
Distrust is a lack of faith in you & in faith itself

6 If u don't want to fall ill,
DO NOT LIVE SADLY ← GOOD HUMOR
LAUGHTER
Rest & Happiness
All these replenish health & bring longer life
A happy person has the gift to improve himself
but also the environment wherever he lives happily.
Good humor saves us from the hands of the doctor
HAPPINESS is the source of health & prevents therapy

7

8

9

10

Arjuna, thinking of whatever entity one leaves the body at the time of death, that and that alone one attains,
being ever absorbed in its thought.

Bhagavad Gita - 8.6

2010 october

Where to Retire in USA?

281-084

08

week 1st

U Think of living in CALIFORNIA

Friday

- 1) U make over \$ 250,000 net net and buy a house
- 2) the fastest part of ur commute is going ^{down} the driveway
- 3) Yankees has to eat an apple core w
- 4) U drive ur rented Mercedes to ur neighborhood party
- 5) When someone asks U, how far something is, U tell them "how long it will take to get there" then how many miles it is further away
- 6) U have one blue for each one fair
- 7) U have more Indians than from any other country
- 8) How all the new born from mid day care centers.

9) The four seasons are: HOT; PLEASANT; TOLERABLE

10) More beaches than any other state

11) If U can think of living in ARIZONA where

1) U are living to park - 3 blocks away to find shade

2) U experience condensation on your butt from the hot water in the toilet bowl

3) U can drive for 4 hours in one direction but never leave the lane

4) U have 100 recipes of Mexican food

5) U know that "dry-heat" is comparable to hot hills U in the face when U open ur oven door

6) 4 seasons are: - Tolerable; HOT; Really HOT; KIDDING

7) If U live in MIANE:- Where

1) U have only four spices: salt; Pepper; ketchup &

2) Halloween costumes fit over parkas TABasco

3) U have more than one recipe for moose

4) Sexy lingerie is anything flared like anything less than 8 buttons

5) The four seasons are:

Therefore, Arjuna, think of Me at all times and fight. With mind and reason thus set on Me, you will doubtless come to Me.

WINTER; Still winter; Almost winter & Dry

Bhagavad Gita - 8.7

6)

09

282-083

saturday

of U thingy returning October 2010
in NEW JERSEY / NEW YORK ^{week 41st}

1) There ① Big city you mean everybody knows "Manhattan"
② U can get into a four-hour argument about
how to get from "Columbus" to "Battery PARK"
or from
but can find WISCONSIN on the city map

③ U think that Central Park is all NATURAL

④ U believe that being able to swear at people
in their own language makes U multi-lingual

⑤ U have worn out a car horn (U can't blow it)

⑥ U think eye contact is an act of AGGRESSION

North East MAINE } ⑦ U have only 4 spices like Salt | Pepper | Tobacco | Ketchup

⑧ U hence molasses are recipe for MOOSE

⑨ sexy lingerie or a shirttail is anything flannel

⑩ The four seasons are: Rainy; WINTER; PLEASANT

E of U live in FLORIDA ① When U eat dinner @ 3pm A/N
include Hoes & Cars

② All processes are made on a computer of some kind or other

③ RD construction repairs never ends anywhere in the state

④ Cars in Florida U are driven by heedless / brainless people

⑤ Sunday for seasons are: - Hot | Really Hot | Snow buds | Frozen Roads

F of U live in Mid West?

① You never meet any celebrities
but major knows ur name

② Traffic Jam is 10 cars behind a tractor

③ Someday U have to watch for HEAT to A/N

④ When asked how ur trip was U say
"It was quite different"

⑤ Four seasons are:

WINTER

6th WINTER

Almost Winter

G Deep South?

① U can rent a movie / buy a B&W

② "Yah" is brighter & "Aiyah" is plural

③ "Killing" is a valid defence

④ Everyone has the first name

like: Billy Bob, BETTY JEAN

MARY BETH, JIMMY WAX

⑤ Four seasons are:

Bhagavad Gita - 8.8

U are the only one person
2010 october responsible for Ur life
week 42nd 284-081
monday

11

One day ^{when} the employees of a large co. in ST LOUIS
returned from their lunch break, MISSOURI
they saw a signboard on the front door
which says: "The person who has been hindering Ur growth
In the co. passed away - Join his funeral @ 4 PM"

Thank to, but first had to hear the news, they started
telling curious stories who the person is & assembled at 4 PM
One by one they started coming up at the gym to have
a last glimpse of the person & then they looked inside
they became speechless. They stood over the coffin
in shock & silence, as if someone has taken his heart

There was a full length mirror fixed at bottom of coffin
When everyone who looked into it cried & saw his own image
A sign fixed to the inside top of the coffin said:

"There is only one person who is capable of setting
limits to Ur growth or collapse & that is yourself"

"You are the only person who can revolutionize Ur life"

"You are the only person who can influence
Your happiness, your recklessness or Ur success"

"You are the only person who can help yourself"

"Your life can not change, when Your boss changes
or when Ur friends change, or when Ur company changes"

Your life can change only when U change & when U go beyond
Ur old beliefs & realize that U are the only person responsible
for your growth & none else, to change Ur life
It is a company face faced on their staff trumping their performance

He who contemplates on the all-wise, ageless Being, the Ruler of all, subtler than the subtle, the universal sustainer,
possessing a Form beyond human conception, refulgent like the sun and far beyond the darkness of ignorance.

Bhagavad Gita - 8.9

2010 October
week 42nd

Universal principle that
governs daily lives

286-079

Wednesday

13

- (1) Energy which is synonymous with Love
- (2) Divine Intelligence or God is infinite
which is the source of all creative expression
& essential power of the universe
- (3) Feeling of Oneness or Universal brotherhood
is the key to the future as we come to light surface
and learn to open up our hearts into interconnections
- (4) Everything is within & nothing outside
All that we feel, see & experience is in our mind
Nothing outside us - This means a reality only when
we open up & feel that we are the power of God
- (5) Feeling of Reflection: Feeling of oneness with God
is the unconditional love to humanity
- (6) Unshakable belief: is the urge to explore our self
& looking beyond for a power to guide us &
get awakened to the truth as to how we really are
- (7) Intuition: Feeling & Power: An true power in the
universe is truly the power of love, intuition that supports
our lives with joy & power
- (8) Mutual Support: Our universe functions as a
mutual support system in which each & every body
related to some other & are naturally competing

I shall tell you briefly about that Supreme goal (viz., God, who is and embodiment of Truth, Knowledge and Bliss),
which the knowers of the Veda term as the Indestructible; which striving recluses free from passion enter,
and desiring which the celibates practise Brahmacharya.

Bhagavad Gita - 8.11

- 9) ¹⁴ Mirror principle Everything we see & feel is a reflection of our own consciousness. This reflection is a gift which allows us to be aware of the beliefs we hold & from hidden things.
- 10) Non-Judgment Our judgment creates comfort & so open heartedness leads to joyful feeling & unconditional love for all.
- 11) Giving & Receiving balance each other. Receiving gracefully is good as giving. Love & generosity.
- 12) Non-attachment of freedom. Holding on to anything - people or possessions - blocks the flow of energy & reduces the joy of experience.
- 13) Means & Ends, same as action & outcome. In any life pursuit, we must give stake equally.
- 14) Harmony & Relationship Every person we meet attracts us & exchanges influences. Our heart & mind develop harmonious relationship with them.
- 15) Whole Universe is one. Our infinite intelligence promotes our radiant thinking & unifies us to the world to universal brotherhood & harmony.
- Arjuna, who so ever always and constantly thinks of Me with undivided mind, to that Yogi ever absorbed in Me I am easily attainable. Bhagavad Gita - 8.14
- With U best of luck -

Three things that, once gone, never come back
in LIFE

2010 october

288-077

friday

15

1) ~~never~~ ^{never} come back

TIME; Words; & opportunity

2) ^{U should have} _{always}

HOPE, PEACE & Honesty

3) Most valuable: LOVE; Friends; Self confidence

4) Never certain: Success; Dreams; Fortune

5) ^{U make U} _{a good person} Sincerity; Hard work; Compassion

6) ^{U can} _{destroy a person}

PRIDE; GREED; ANGER

7) ^{U can save} _{a person} ^{undoubtedly}

GOD; FAITH; HOPE

8)

9)

10)

11)

12)

13)

14)

15)

God looks down upon you daily

Great souls, who have attained the highest perfection, having come to Me, are no more subjected to rebirth, which is the abode of sorrow, and transient by nature.

- 1) To guide you
- 2) To protect you
- 3) To be with you always

Do you go along your way

Bagavad Gita - 8.15

2010 october

week 43rd

The DIARY HABIT

291-074

monday

18

Diary writing is a very good habit which I started early in my life and preserved them to my old age. There is no point in preserving blank diaries as it serves no purpose. Instead it leads to MISUSE. Before I dwell on the purpose of diary writing, I will dwell on the various types of diaries.

1) Complimentary Diaries: The claim of complimentary diaries is very much different from diaries. We purchase all our car cost. Many firms, Cos, Business men or organisations plan to make their diaries as a publicity stunt & business promotion to their customers or clientele. When I receive a number of diaries as complimentary, generally I keep the best & distribute along to my children & friends. The claim of a new diary should be celebrating its arrival with a new entry of your choice ^{new page} not preserving over the desk to admirate January.

2) Official Diaries It has become a fashion to supply official diaries in office for recording daily workings, start date of return & meetings etc etc.

Interim Diary: Some people maintain an interim diary to record events till they get a regular diary & then transfer the contents to the new diary as soon as they get it.

Pocket Diary or Hand Bag Diaries: Many use pocket diaries to record telephone nos of kith & kin or services like telephone / electricity / water supply / gas. Some people who suppliers keep a hand bag diary since they carry within hand bag.

Those Yogis who know from realization Brahma's day as covering a thousand Mahayugas, and so his night as extending to another thousand Mahayugas know the reality about Time.

Refer to a contact list which is directly needed to contact ^{Shagavan Gita - 8.17} containing more information about their duties etc.

19

292-073

tuesday

5

Children's Diary

It is necessary to encourage children to record their family information, whenever they get bored in some diary & encourage them to habit for future use

october 2010

week 43rd

6) ⁸ Kitchen Diary A book of women now-a-days mostly employed maintain their own diaries to record the due date for gas supply or electricity supply purchase of milk, festival day, Christmas lottery, of mahila mandali meetings & so on.

7) ¹¹ Digital Diary Though the digital diaries are commonly available can be used as a piece of diary. ¹² most people use it as phone book & a calculator or key book.

8)

9)

10)

If said & done, if you can develop the habit of diary writing as a hobby, apart from their use as a reference at a later date, it will improve your memory power and your organizing capacity. Super use. Belter's remind U, that a diary is not a phone book or a book of important events as they occur for future reference.

All embodied beings emanate from the Unmanifest (i.e., Brahma's subtle body) at the coming of the cosmic day; at the cosmic nightfall they merge into the same subtle body of Brahma, known as the Unmanifest.

Diaries are personal properties & reflect the character of the person who writes them. They are not to be made available to others. They are to be used as a personal record of the life of the person who writes them. They are not to be made available to others. They are to be used as a personal record of the life of the person who writes them.

(66) Health Concern of Senior Citizens
 2010 October week 43rd
 293-072
 Wednesday 20

With advanced age and lethargic attitude, the senior citizens get exhausted very early. Moreover late muscle pain, span low back pain, human and degree, etc. the miseries get multiplied. You are to take interest in health & fitness if you want a health longevity. Take care through.

1) Aerobic Exercises: are rhythmic by nature and warm up your body. While doing the exercise, you are to involve in physical activities like stair step, jumping, dancing, aerobics to steps to tone up your muscles. This can strengthen the respiration process and provide sufficient oxygen to the lungs & improve blood circulation, reduces BP & helps in heart health.

2) Muscle flexibility Exercises: As you grow old, your muscles get tightened & their range of motion decreases. So HF exercises help you relax the body & mind as well.

3) Endurance Exercises like redup, stair stepping, walking & swimming can improve your endurance level.

- Points to remember:
- 1) Exercise at least 30 min regular
 - 2) Start slowly & increase activity
 - 3) Wear comfortable clothes & shoes
 - 4) Test your blood glucose level
 - 5) Consult a physician before you attempt new exercise

Arjuna, this multitude of beings, being born again and again, is dissolved under compulsion of its nature at the coming of the cosmic night, and rises again at the commencement of the cosmic day.

6) Do Sandhya Vandana daily
 7) Try to go to bed before 10 PM

21

294-071

thursday

1)

The ART

October 2010

week 43rd

Rivers do not drink then on water
Nor clouds eat the grains & crop
The wealth of the noble is used solely
for the benefit of others. Even after
conceding that giving is good?
Fact is we must all learn to give. Relevant Qs are:

- 1) When should we give? A famous incident from Mahabharat - says: Dharmaraj asks a beggar seeking arms the next day. To this Dharmaraj replied saying: "Yudhishthira has conceived death".
Dharmaraj gets the hint & gives away whatever he wanted to give immediately. TIME to give is NOW
- 2) How much to give? Rana Pratap was reeling after his defeat by Raghuraj as he lost his all army & all wealth & all hope. At that time his minister Bhoomsha placed his entire fortune at the disposal of Pratap, who received that & won the following day.
The Answer is: Give to the maximum (as much) as you can
- 3) What to give? It is not only money that can be given. It can be: Pashu, Pustak, Jalam or Prayam.
It can be a flower, or even a smile. It is up to you.
- 4) How much to give but how to give. You can give anything but you must give with all your heart. It is like a smile that may be the only good thing received by him in years.
- 5) When to give. Many times we avoid giving by finding fault with the person seeking. Being judgmental & rejecting as the person is not deserving.
Far beyond even this unmanifest, there is yet another unmanifest Existence, that Supreme Divine Person, who does not perish even though all beings perish.
So give without being judgmental.

Bhagavad Gita - 8.20

OF GIVING

2010 October

week 43rd

295-070

Friday

22

Now do trees eat their own fruit,
Reared by them."

⑥ How to give? Comely to manner of giving
one has to ensure that the receiver does not feel humiliated
nor the giver feels proud of giving. While giving
"Let not ur left hand know that R-hand is giving"
So Charity without publicity and fanfare
is the highest form of Charity.

⑦ Give Quietly. While giving, let not the recipient feel
small or humiliated. After all what we give
never really belongs to us. We come to this world
empty & go back empty handed. Why then you
want to take pride in giving something which
never belonged to you. So always

How give with grace: first a feeling of gratitude

⑧ Ekamya gave away his thumb (Ekadaya story)
to his guru Drona, who himself was broken hearted
after hearing the death of his son. "Of my thumb
how to be there no one could hurt my guru"
So when U give, don't regret for giving a little later

⑨ How much to be kept for oneself:
Ask Urself the Qn "Are U busy away to prepare work"
a A source of happiness
The answer is: "Leave Ur kids enough to do anything"

⑩ What is giving to you Saint Kabir:

The same unmanifest which has been spoken of as the Indestructible is also called the supreme Goal; that again is
My supreme Abode, attaining which they return not, to this mortal world.

Bhagavad Gita - 8.21

When the vessel in the house increases,
When the vessel fills your boat,
Then use both hands: [KABIR]

23

296-069

saturday

68

Greatness

october 2010

week 43rd

Goodness & Greatness are two pole stars guiding man's footsteps
 in the journey of life. They represent two
 different ideas. Greatness captivates the heart
 and casts a spell like a beautiful moon.
 Goodness offers nurture like a loving mother.
 People who strive for greatness obtain the
 ornaments of enticement of fame
 of influence &
 of wealth.

Those who devoutly pray for goodness,
 acquire happiness & receive many benefits
 from others, in several ways.

Goodness increases yearning
 Goodness silences yearning & pushes
 Great people; once a while, experience the power of God
 Poor people always live in the love of God
 Goodness may at times get
 a glimpse of the glory of Heaven

24 ²⁹⁷⁻⁰⁶⁸ ^{sun} Goodness gives is a liberation from desires
 A fiercely assertive nature of Rajas is behind Greatness
 In contrast, serenity of mind is draped in behind Goodness
 Many impossible tasks are achieved by Greatness of
 Heedful nature constructive use of the latent power of good
 various skills is the hallmark of good
 people

Arjuna, that eternal unmanifest supreme Purusa in whom all beings reside and by whom all this is pervaded,
 is attainable only through exclusive Devotion.

Bhagavad Gita - 8.22

2010 october

week 44th

Goodness

298-067

monday

25

Most people in the world hunger for goodness

The sweetness of goodness can be savored only by those in whom the greed for worldly glory is destroyed & becomes extinct.

The effect of goodness is only to induce an attitude of treating life as a divinely ordained ritual of thought that to make karmic tendencies subside.

Goodness inspires enthusiasm to do good work

Goodness civilizes the mind-set to work without the aspiration or thinking of a reward.

This brings about renunciation or letting go of the fruits of good things & deeds done.

Only when great people begin to aspire, by slow degrees, to become good people,

can a human nature be transformed into a supreme pose like that of a waveless lake; & become capable of reflecting from its depths; the mirror image of Divinity.

Goodness is action

Goodness is inborn

Arjuna, I shall now tell you the time (path) departing when Yogis do not return, and also the time (path) departing when they do return.

Bhagavad Gita - 8.23

2010 october
week 44th

My FRIENDS' CIRCLE

300-065

wednesday

27

There are very few relationships that stand the test of time & space. Friendship is one such.

As a former writer (the founder of the BANIAN TREE) sees it:-

Friendship evolves with time & space. It is this that makes it so special.

A co-founder looking back many years says "After all these years, we have reached a stage where we know that no disagreement can affect our friendship."

We have been one friendship gossiping thingy day after day. Vandana & Raimon are the friends who came close to each other.

one thing a raging incident. While Friendship is made of ten lives, there are many other things that revolve around the beautiful bond. There are the anecdotes & prodies like NTR's JNR who don't have the luxury of time of those lives revolve around one industry.

There are many other friends like him who have seen their bond extend to the very end. The central theme that drives them here is "Friendship".

I have not lost contact with many of school friends. College friends since 1950. The busy nature of my life leaves little time for chat with friends. Still I make the most of whatever little time I get, to keep in touch with them through phone or e-mail. Whatever be the stage of life, I keep two of my best friends in touch, for my life.

Dumadum...
O.P. Kumbhar, who inspired me to become a writer.

Sri Bhagavan said: To you, who are devoid of the carping spirit, I shall now unfold the most secret knowledge of Nirguna Brahma along with the knowledge of manifest Divinity, knowing which you shall be free from the evil of worldly existence.

Bhagavad Gita - 9.1

As long as they care for me, I am since I will not miss anything in my life & my future is secured.

2010 october
week 44th

Meeting between
Two GIANTS Einstein

302-063

friday

29

Albert EINSTEIN & Charlie Chaplin

EINSTEIN
TO
CHAPLIN

What- I ^{most} admire about
you ART is UNIVERSALITY
You don't say a word
and the world understands.
You in all its glory

CHAPLIN
to
EINSTEIN

"It is true, though
but your glory is even
greater than mine.
The whole world at large
admires you even though
they don't understand a
word of you say."

Arjuna, people having no faith in this Dharma, failing to reach Me, revolve in the path of the world of death.

Bhagavad Gita - 9.3

25/12/2013
2010 november
week 45th

Older People are less Tired
than Teenagers

305-060
monday

01

In a new US study, senior citizens
are reported feeling less tired than the young
15 to 24 years old - youngest in the study
said they felt the most fatigued of all.
during their daily activities.

The link between increasing age &
their decreasing fatigue
held steady, even they factored in how much
people slept; how many children they had
whether they were employed & their general health.

Added to that "people who were more educated
& healthier tended to be less tired"

"Women reported to be more tired

than men while less fatigue
increased with each additional child."

Study by

Nay, all those beings abide not in Me; but behold the wonderful power of My divine Yoga; though the Sustainer
and Creator of beings, My Self in reality dwells not in those beings.

Laura Kudrna
Paul Dolan

from London School of
Economics & Political Science

Bhagavad Gita - 9.5

- ① A daughter is a gift of love & affection for life
 306-059 A son is an ally he helps along ⁱⁿ november 2010
 02 ^{tuesday} ^{week 15th} ^{Value the Duds} daughter is a daughter for her life
- ② These are the daughter's Role model,
 her biological, emotional, road map
 the arbiter of all her relationships.
- ③ We have begun to raise our daughters more like sons
 but few have the courage to raise sons more like daughters
- ④ Every mother hopes that her daughter will marry a
 better man than (her husband) she did & that
 her son will never find a life as good as his father did.
- ⑤ There is no kind of affection so pure as that of
 a father to a daughter. If I could measure
 the love between a mother & her daughter, there is desire, son's
 ambition & to daughter's smiling when there are
 no words to express
- ⑥ A mother treasures her daughter
 Mother & daughter are closest when daughter becomes mother.
- ⑦ A daughter is a day brightener & a heart warmer
 Clever father — clever daughter — kissen thumb
 clever mother — clever son
- ⑧ Ur ability is not to get Ur life to top, if Ur son has no daughter
- ⑨ Of all the loving moments of motherhood, few rank with
 hearing of Ur son's words come out of Ur mother's mouth
- ⑩ Daughters are like flowers springing from the soil of love
- ⑪ The father of a daughter is nothing but a high class husband
 A father may turn a stony face to his sons,
 just as the extensive air, which is moving everywhere, (being born of ether) remains in ether, likewise know
 that all beings (who have originated from My thought) abide in Me.
 berates them, shakes his fingers, pats the forehead, smart
 but when his daughter puts her hand round his neck, he
 ask for something with her hands round his neck, he gets melted like butter

2010 november
week 45th

D Daughters vs Sons

307-058

wednesday

03

In the materialistic world, for a daughter both girls & daughters are compelled to go for jobs for her livelihood. But daughter is no issue to any family. The couple prefer to adopt a daughter. When a son is born, there is close affection to the girl. It does not mean that a son is inferior to a daughter. Both are gifts of God. More so in Indian mythology, girl is depicted as Devi, performing three-fold duties: -

11
mother of a child

life of a husband

daughter of a parent

12
If some one calls U as an adopted daughter, then show his close affection towards U, to say that U are gift of God and a bundle of joy of his heart. To be frank a son is a son till he takes a wife; but the girl is a daughter all her life (even after marriage).

There are many qualities to prefer daughter @ high pedestal. If you want a good wife, marry one who has been a good daughter. Thomas Fuller

A daughter reflects happy memories of the past - joyful moments of the present - hope & promise of the future.

A daughter may go to another corner of the earth, but she is not far away from the heart of her parents.

I have my own daughter gets married & goes out of the house. I shed a tear.

Ensign of one's self & those who have done good deeds.

Arjuna, during the Final Dissolution all beings enter My Prakriti (the prime cause), and at the beginning of creation, I send them forth again.

Bhagavad Gita - 9.7

2010 november
week 45th

Attrison's Experience

309-056
friday

05

I am only a human being in flesh and blood
and no saint clad in saffron and God invincible
I commit mistakes, knowingly or unknowingly
but sensible enough to rectify them & caution
enough to be made careful next time around
I shed tears ^{both times} when I am happy as well as when I am not
I love to say "SORRY" & happy to say "Thank You"
I do not claim to know everything ^{Not even 1% of the universe} but am happy
to say "I know something relevant to the occasion"
I am glad to be aware of what I know & what I don't know
I am prepared to learn what I don't know somehow
by hook or crook, when the occasion demands
I know how to share with others but I don't have
or try to make up the deficiency when there is no time
to learn new things & I am grateful to those
from whom I learnt so many things all these ^{past} years
of trying to learn more in future as well
I have not insulted or displeased anybody knowingly
either a friend or foe, relative or stranger & I
am prepared to say "SORRY" or regret for my mistakes
the moment I came to know or it was brought to my notice
I respected my parents & grandparents more than anybody else
greeted with admiration those more knowledgeable than me
Before those actions, however, do not bind Me, unattached as I am to such actions and standing apart as it were.
Young or old I did not slight or insult anybody
other than me (even by accident) knowingly or unknowingly PNR

Net gives

a HANOVLOOMON

2010 november

week 46th

Right to LEAD

312-053

Monday

08

It's certainly not gained by election or appointment by a group as is done in Assembly/LS/RS. Having a position of rank or title or degree does not qualify anyone to lead. Now the ability does not come by valuing age or experience either. Strictly speaking to be right to lead should be earned.

The key to become an effective leader is not to focus on making other people follow but on making yourself the kind of person they want to follow.

12. You can become someone others can trust to take them where they want to go. As you prepare to become a better leader, use the following steps:

1) Let Go of Your EGO: True great leaders are not leaders for ^{personal} gain. The lead to serve other people. As my Lawrence Bell remarked: "Show me a man who can't be trusted to do little things and I will show a man who can't be trusted to do big things."

2) Become a good follower first: You can't become an effective leader without being a good follower.

3) Build positive relationship: Leadership is influence. Today's generation of leaders seems to be aware of this because a little bit of human mean so little to them. They know

Fools, not knowing My supreme nature, think low of Me, the Overlord of the entire creation, who have put on the human semblance. (That is to say, they take Me, who have appeared in human form through My Yogamaya for the deliverance of the World, for an ordinary mortal.)

Intuitively, they people go along with the perspective get along with.

Bhagavad Gita - 9.11

09

313-052

tuesday

november 2010

week 46th

(4) Look into Excellence

These days no one respects or follows MEDIOCRITY. Persons who can be right to lead give them all that they do. They bring into play all their skills & talents, but also great passion & hard work. They perform on highest level of what they are capable of.

(5) Rely on Discipline & not emotions; - Leadership is often easy during good times. But difficult when everything goes against U (ie when U get out of energy & get old & out of it). There is no doubt U can't bleed. As life is to be managed up or quickly and rely on the rule of discipline instead of shifting sand of emotions.

(6) Make adding value your goal. When U look at leaders who are revered even after they are gone, they must be great men & women who helped people to live better lives & reach their highest potential. That is the highest calling of leadership.

(7) They give their power away but have no high position. The sign of good leadership is to hand over with full power on hand but not after losing - U are meant to be a passing river & not a stationary reservoir. If U use U power to empower others, for leadership can extend far beyond your grasp.

(8) In the right to lead U are heard about people's problems & needs & earn their right to lead others. Because of the character they displayed, then people also recognized them & followed them.

Those bewildered persons with vain hopes, futile actions and fruitless knowledge have embraced a fiendish, demagogical and delusive nature.

Bhagavad Gita - 9.12

What a difference does 80 yrs make

2010 november

314-051

wednesday

10

- 1) The average life expectancy in 1900 was 47 years
- 2) Fuel for cars was sold in ^{selected} drug stores only on ration
- 3) only 10% to 14% of homes had a bath tub.
- 4) only 8% to 10% of homes had a Telephone facility
- 5) There were hardly 8000 cars with ¹⁴⁰/₁₅₀ miles of paved roads
- 6) Maximum speed limit in most cities was only 10 mph
- 7) The tallest structure in the world was EIFFEL TOWER
- 8) The average US wage in 1910 was 22 cents per hour
- 9) The average US worker made between \$200 - \$400 per year
- 10) A competent Accountant \$2000; A Veterinarian \$1500 = "A good Dentist \$2500 A Mechanical Engineer \$5000"
- 11) More than 95% of ^{delivered} births took place at homes only
- 12) 90% of Doctors had no college education, but attended some medical schools, condemned by press as "SUBSTANDARD"
- 13) Sugar costs 4 cents / pound
- 14) Eggs available @ 14 cents / dozen
- 15) Coffee ^{beans} cost 15 cents / pound
- 16) Most women washed their hair once a month with Egg Yolk or Shampoo

On the other hand, Arjuna, great souls who have embraced the divine nature, knowing Me as the prime source of all lives and the imperishable eternal, worship Me constantly with none else in mind.

Bhagavad Gita - 9.13

- 1) Canada barred all but prohibited poor people from entering into their country for any reason

(16) Three leading Causes of death were ① Influenza or pneumonia
(17) **11** NO ³¹⁵⁻⁰⁵⁰ CROSS Word Puzzles ^{(2) Diarrhea or TB} ^{november 2010}
or Canned Beer ^{(3) Heart Disease & stroke}

(18) American flag has 45 stars (late 45 states only)

(19) Population of Las Vegas was only 30 (NEVADA)

(20) NO MOTHERS DAY or FATHERS DAY

(21) 2 out of 10 adults to 20% ^{not} ^{or} ^{only} ^{reaches} ^{front}

(22) only 6% American got graduated from High school

(23) ¹² Marijuana, Heroin & Morphine ^{available} was ^{used} in ^{the} ^{cavalry}
at a time when Heroin clears the complexion
¹ They are all gamblers & gives ^{emergency} to the ^{Mind}
² of good / sound health & clean the Bowels & stomach

24) 18 to 20% of households had a fulltime ^{servant} / domestic helper

25) ⁴ Had 100 to 200 reported murders in the entire USA

26)

27)

28)

29)

30)

Now I have written this in manuscript in my ^{own} hand
but my son wants to scan this & send round the world
to > 100 countries all in a matter of seconds only

Constantly chanting My names and glories and striving for My realization, and bowing again and again
to Me, those devotees of firm resolve, ever united with me through meditation, worship Me
with single-minded devotion.
Can you imagine the situation in the next 100 years?
It staggers my mind. How about yours??

Eco-cities for Senior Citizens for Healthy Living

2010 november
week 46th

You must realize ^{11:16 AM} ~~11:16 AM~~ ^{Friday} ~~Friday~~ ¹² ~~12~~ ^{Society} ~~Society~~

I have worked hard all these years for the overall development of the nation, as well as the community, without building them on personal expense.

We acquire vast experience in different walks of life. The youth of today can gain from the experience of the seniors (either in the shape of their own parents or grandparents) in different walks of life & help in taking the nation to greater heights.

We the parents & grandparents can go to any extent in bringing up our children & be very highly successful in these activities if we choose.

Why should we do it? Simple. Our parents did it (I don't know about grandparents) we have done it & our children also will do it in a similar fashion.

The mission to provide a healthy living for our seniors, at a fair price, amidst healthy surroundings. I want to promote a seniors campaign in this direction & promote a mission among friends & relatives as also other like-minded people in the community.

Others (who follow the path of Knowledge) betake themselves to Me through their offering of Knowledge, worshipping Me (in My absolute, formless aspect) as one with themselves; while still others worship Me in My Universal Form in many ways, taking Me to be diverse in diverse celestial forms.

in order to promote Eco-cities for Elders & Seniors

2010 november
week 47th

319-046

monday

15

Many people feel unhappy in many ways
either health wise or seemingly wise, after losing a age
Owing to diminishing tolerance for a ~~to~~ ~~them~~
or to their valuable opinion.
The basic principles of life follow them scrupulously
There are then standards to age gracefully
make their life after retirement pleasant

- ① Never feel or say "I am aged or I have become old"
Man has three types of ages: ① Chronological
② Biological &
③ Psychological
1. The first is calculated on your D.O.B.
2. The second is decided on your health.
3. The third is your own feeling how do you feel you are
While he have no control over the first,
we can take care of our health with good diet
good habits, good exercise & cheerful outlook
A positive attitude & optimistic thinking can
reverse your third age (In fact many guests
who attended my 80th birthday party at New Jersey
expressed a surprise about my age, as most
of them being nephews watch me going & coming
by walk morning & evening, & with Reg. Handon
for vegetables & accompany my granddaughters to Yoga
or Senior center every day.

I am the sustainer and ruler of this universe, its father, mother and grandfather, the one worth knowing the purifier,
the sacred syllable OM, and the three Vedas - Rk, Yajus and Sama.

It is the pure an character that keeps us fit & happy
I feel young as long as I am age

Bhagavad Gita 1297

2010 november

week 4th

321-044

wednesday

17

Health is wealth of you

Really take care of your skin & love & family
Your health should be your priority
Your life should be the first person interested
in you & helps you in keeping it every day
& wishes for your good health & safety
so that you are not a burden to her
New family members, & therefore in
your interest to (1) keep your morning walks regular

(2) Your daily amishkaram regular
(3) Attend your yoga classes on

or (4) practice yoga on the TV screen
Take a half yearly health checkup or annually
& swallow the prescribed drugs regularly
A little bit of moderation in food (less chutney &
more raw bites)
Love & love wonders in keeping your stomach fit

Listen to your body — You are your doctor

After certain age, no insurance can insure our life
You are your own insurer & (1) should alone
care for your longevity (except your life & no others)
It is up to you to take as many steps as you feel like
to keep yourself fit & take care of your body

I radiate heat as the sun, and hold back as well as send forth showers, Arjuna. I am immortality as well as death;
even so, I am being and non-being both.
Sat Sandhya Vandana / Soorya nama bhakti / Yoga etc

Bhagavad Gita 2.12

2010 november

323-042

Friday

19

Page 474

Money is unimportant but Health is important

Money may be important for ensuring basic needs of life (which must be negligible after Carriage) but your pension must be more than sufficient to take care of the needs. You need not undergo any severe economy or prudent financial planning to cope the life of yourself or your wife in order to take care of your basic needs of today & tomorrow & no amt of inflation will adversely affect your spending.

5) Children vs grandparents: No doubt - Children are your most valuable possessions & darlings but it is only upto Carriage age. But when they grow up, get married & settle their own children, the equations change, new priorities will emerge & age old values may be forgotten, because of the influence of their spouses, or for some other reason. If I have excess wealth, distribute it to your life & children or grand children or donate for charity to agencies like SOFRIW, but do so without keeping adequate security to your own life & living. Presently I may be grateful to you for children taking care of your rights up to now & you feel blessed.

The devotees, however, who loving no one else constantly think of Me, and worship Me in a disinterested spirit, to those ever united in thought with Me, I bring full security and personally attend to their needs.

Bhagavad Gita 9.22

But never take it for granted all through your life

2010 november

week 48th

326-039

monday

22

Relaxation Recreation-amusement

- The most relaxed & recreating faces can be in the shape of
- ① a healthy religious attitude
 - ② good sleep
 - ③ a regular walking schedule
 - ④ a good brain exercise through mental or ⑤ participation in some laughter exercise
- I face the funny side of human life without taking time on serious issues
- ⑥ Indulge in hobbies like painting / writing
 - ⑦ Join a social service organization

Don't allow mental stagnation to creep in at any cost

① Knows Value of TIME as a precious commodity
As human always get-better about the past & less about present. Remember the old adage that "no fool is like an old fool" & don't fall into the trap know the value of time; Remember you are almost held up to the reins of a horse. You can control the horse when you hold the reins in your hand, but not later. Remember you are living everyday. Try to live this moment - wisely without worrying about your future or brooding over your past. Don't get obsessed with new acquisition or new gadgets like TV / LED / Laptop. Remember you are created & don't need to be pampering or piles of other collection. For I am the enjoyer and also the lord of all sacrifices; but they know Me not in reality (as the supreme Deity), hence they fall (i.e., return to life on earth).
I have become obsolete
I am interested in valuable assets like land & cash

20

324-041
saturday

november 2010
week 47th

8

9

10

11

12

1

2

3

(X) Yesterday is a Cancelled cheque
You can't encash it

Tomorrow is a promissory note
U can't rely on it

21

325-040
sunday

Today is ready cash
— spend it wisely
— use it profitably

Arjuna, even those devotees who, endowed with faith, worship other gods (with some interested motive) worship
Me alone, though with a mistaken approach.

Bhagavad Gita - 9.23

8) Change is the only permanent thing

2010 november

You should accept

328-037

week 48th

wednesday

24

that a change is inevitable

Nothing is static or permanent in this world.
The only way to make sense & be sensible is to
join the tide & dance like your grandchildren
Don't crib about generational change & attitude
of people or life miserable or other life miserable

9) Enlightened selfishness: All gurus are basically selfish.
We expect something in return we should be
grateful to those who stood by our side. But our focus
should be on internal satisfaction & happiness.
We derive joy from good to others, but our return
is expecting something from them.

10) Forget & forgive: Don't bother about others.
We are not spiritual enough to show our cheek, then
we are stepped on one. But for an amiable happiness
let us forgive & forget the past, otherwise we will be
increasing our own BP & developing stomach ulcers.

11) Overcome the fear of death: Let us know what we are
doing in our life & what we are making. At his age fixed
So let us not be afraid of the end, when coming
moment is determined. Let us be happy till then. No
doubt our loved children may feel disturbed but
we get reconciled later. But nobody is going to die for U.

12) 'Everything has a purpose': So take life as it comes.
Accept yourself as you are & others for what they are.

Whoever offers to Me with love a leaf, a flower, a fruit or even water, I appear in person before that disinterested devotee of sinless mind, and delightfully partake of that article offered by him with love.

Bhagavad Gita - 9.26

Remember that anybody is unique in his own way
of thinking & you are also unique in your own way

25

329-036

thursday

ಅನಂತರ

ನವೆಂಬರ್ 2010

week 48th

ವಿವಿಧ ರೀತಿಯಲ್ಲಿ ವಾಣಿಜ್ಯ ಸಂಸ್ಥೆಗಳಿಂದ 2010 ರಲ್ಲಿ ಯು.ಎಸ್.ಗೆ
ಇಳಿಸಿದ ಮೊತ್ತ 16 ಲಕ್ಷ ಮೊದಲ ಬಾರಿಗೆ ಯು.ಎಸ್.ಗೆ

2010 ರಲ್ಲಿ ಯು.ಎಸ್.ಗೆ ವಾಣಿಜ್ಯ ಸಂಸ್ಥೆಗಳಿಂದ 2010 ರಲ್ಲಿ ಯು.ಎಸ್.ಗೆ
2007-2008 ರಲ್ಲಿ, The immigrants to US have crossed
the number of Chinese born in Hong Kong for the first time
starting in 1990, The immigrants picked up to 2000 & reached
maximum by 2010. (This includes > 20 from Panama family alone)

Though there are 50 states in US, the maximum inflow is into
California & New Jersey alone as indicated below:-

- ① California 3,03,497 (18.7%) ⑥ Pennsylvania 65014 (4%)
- ② New Jersey 1,81,732 (11.6%) ⑦ Florida 59189 (3.6%)
- ③ New York 1,41,738 (8.7%) ⑧ Georgia 54111 (3%)
- ④ Texas 1,31,724 (8.1%) ⑨ Virginia 3674 (3.3%)
- ⑤ Illinois 1,29,187 (8%) ⑩ Michigan 4916 (3%)

Looking at the quality of inflow into the United States, among
the no. of educated people are more compared to other countries
with a minimum of graduations upto Engg & Medical.
The % of males is 54.8% & Ladies 45.2% out of which
nearly 50% (43.8%) have acquired citizenship (including Twelve
This is the highest from all Immigrant Countries from family alone)

In I.T. industry alone, (27%) are Indian immigrants. More
than in Mfg & Business & Finance - it is (20%) & Engg (100%)

In addition > 2000 people from India to US and the total immigrants
Arjuna, whatever you do, whatever you eat, whatever you offer as oblation to the sacred fire, whatever you bestow
as a gift, whatever you do by way of penance, offer it all to Me.
where category is still increasing by 6% to 10% every year
Prior to 1990 20.7% 1980-89 20% 2001-2010 43.4%
1970-1979 11.7% 1990-99 28.7% to date

2010 november
week 49th

ON FEELING YOUNG

333-032

monday

29

General and Cultural & Social conditioning seldom allows us to look upon the elderly as an active group. But a carpenter's model does not stop us from vigorously feeling active. I used to walk along the railway track, while planning to reach my college on time. I still had the mind set is still not leaving me as I proceed on my walking schedule. I went to GYM, Ganesh Temple & Hanuman Temple ahead of my walking friends, even at 80.

"Where life, hope, laughter & love
restored your power to make things
"You strive to enjoy life" is the philosophy
on which K. S. Anandaram started a club,
to promote the concept of active aging
or concept hitherto alien to our country.

"If I am to divulge a secret, I learn this lesson
from my mother, as she walked from our
Chitra Tharu to Pannalavan (Jalandhar) in 80 miles
Kedua to Nellimitta Kandri (Jalandhar) in 80 miles.

This is the kind of energy I am talking about
as we approach old age, with less mental
fringe of a person's mind.

At 50 if I think I am at 40, I am as good as
at 85, if I feel like walking along the railway track.

Even if the vilest sinner worships Me with exclusive devotion, he should be accounted a saint; for he has rightly
resolved (He is positive in his belief that there is nothing like devoted worship of God).

Bhagavad Gita - 9.30

I am sure to cross the Century mark
for bless U to reach your hundred.

2010 december

week 49th

OPTIMISM.

wednesday

335-030

01

Being ENERGETIC IS THE KEY TO SUCCESS

The first requirement for any work in life is being optimistic with a positive mindset. And if you mix this with the right amount of DYNAMISM & Energy, you will get set for success. Chanakya brings out similar qualities in his Artha Shastra as well:-

"Bravery, Resentment, Ounceness & Dexterity" all these are the qualities of energy. In one line Chanakya tells us that, in addition to enthusiasm, energy is also important too. All leadership qualities should be developed by any person who aspires to be successful not only in the corporate world but also in daily life.

Arjuna, women, Vaisyas (members of the trading and agriculturist classes), Sudras (those belonging to the labouring and artisan classes) as well as those of vile birth (such as the pariah), whoever they may be, taking refuge in Me they too attain the supreme goal.

Bhagavad Gita - 9.32

4 Qualities of the Successful

2010 december

week 11th

1 BRAVERY

337-028

friday

03

2 Literally speaking,
3 bravery is something frightening
4 or unpleasant in a courageous way.

5 A brave person is ready to face life's
6 unpleasant events with a strong heart &
7 a tremendous inner power to carry on.

8 2) Resentment: means anger, hatred &
9 bitterness. Being ^{a little bit} unjustified in our current
10 status can prod us to exert more to achieve
11 more bigger things in life. So try to be
12 angry at yourself for thinking small.

13 3) Quickness: Time is an important commodity
14 for success. A person who aspires to be successful
15 needs to be quick & fast in taking decisions.
16 He needs to develop quick decision making.

Fix your mind on Me, be devoted to Me, worship Me and make obeisance to Me; thus linking yourself with Me
and entirely depending on Me, you shall come to Me.

17 "Be around persons who are not afraid of
making MISTAKES"

Bhagavad Gita - 9.34

2010 december

4th

DEXTERITY

means the

340-025

monday

06

ability to adapt & go on.

There is a beautiful saying which says

"When the going gets tough
the tough gets going"

All of us start our journey & proceed
but only a few adapt & become leaders

A saying by Swami Chetmayee is:

"There are three kinds of people"

First those who do not start any work
because of fear of obstacles

Second those who start but stop in middle
when they face obstacles

Third Finally those who start & go on
unperturbed despite obstacles

Neither gods nor the great sages know the secret of my birth (i.e., My appearance in human or other garb out of mere sport); for I am the prime cause in all respects of gods as well as of the great seers.

Bhagavad Gita - 10.2

Succeed despite obstacles

11/2/2010

2010 december

week 50th

My present schedule

wednesday

08

I have been continuing to continue about
my activities since my childhood &
leaving my reader to judge me.

People who interact with me on a daily
or day to day basis know more about me
than what I know myself or
what my life knows about me.

I can indulge in my atmosphere
or SWAKUCHA MARDANAM
as some people call it. In the
process I have been making myself a laughing stock.

My personality, my beliefs, my words,
my thoughts, my actions are all influenced
by my gunas (SATTVA, RAJAS, THAMO)

The seven great sages, their four elders (Sanaka and others), and the fourteen Manus of progenitors of mankind
(such as Svayambhuva and his successors), who are all devoted to Me, were born of My will; from them
all these creatures in the world have descended.

Hence I don't like to talk less, if I do more
but keep writing about myself

Bhagavad Gita - 10.6

2010 december

week 50th

344-021

friday

10

I have no intention to hurt anyone, but if my style of writing hurts anybody including my brother/sister, I am sorry. In my life time, I have seen many brahmins who wear three shikhs of Vishnootho, pagum sandhyavandanam, poojas & vratams & goes to temple, but still their wives children or adult men or colleges/neighbors I personally feel their, without a single moral discipline, the performance of any of these rituals is meaningless, nor can be appreciated by any sane person much less by any God observing our actions. ^{for as I know,} There is no other religion which offers so much flexibility & so much freedom of expressions.

I am the source of all creation and everything in the world moves because of Me; knowing thus the wise, full of devotion, constantly worship Me. Bhagavad Gita - 10.8
freedom to ignore & responsibilities.

2010 december

51st

347-018

Had there been any ^{monday} 13

strictness or rigidity in an Hindu religion
we would never have seen like this
posting messages or exchanging e-mails
still, I personally feel that Hindus
are a disgruntled lot but cannot
override their conscience or ignore
the directions from within their heart.

By large everybody believe in their spouse
& take care of each other, respect their
parents & take care of them during their
life time & pay respect to their souls later on
through the annual ceremonies & take care
of new births by confiding in their spouses &
living within their means & safe guarding
their culture & family responsibilities.

On those ever united through meditation with Me and worshipping Me with love, I confer that Yoga of wisdom
through which they come to Me.

Bhagavad Gita - 10.10

2010 december
week 51st

349-016

wednesday

15

Most of us seem to think the
purpose of our lives is only to earn money
build up assets - worth crores of rupees,
eat, enjoy, sleep, make merry etc
We waste our time watching movies
Sports Channels, TV Series, stock market
discussing politics, going club/bars
but we have no time or inclination
to understand the importance of which
like prayer or Sandhya vandana or
performing vratens like SATYANARAYA Vrat
or SAI SATYA VRATHAM or VISIT
holy places like Tirupathi / ^{SHIRDI} Santan.
To pray our annual darshan of the Lord
of our choice & pray for well being
of all members of our family.

Krsna, I believe as true all that You tell me. Lord, neither demons nor gods are aware of your manifestation through sport.

Bhagavad Gita - 10.14

2010 december
week 51st

351-014

Friday

17

I release the nobody & free
from this Karame bond of this world
or discharge family responsibilities
I do perform my basic duties like
performing my Sandhyakandam (once)
with ideal sense, carrying three rituals
(like Prabhata, madhyame & Sayam) &
follow major disciplines like these:

- 1) Avoidance of all violence, physical, verbal, mental
- 2) Not to speak false & abide ^{on} my truth
- 3) Avoid all illegal, unjust gains, wrong benefits
- 4) Avoidance of sensual pleasures > 80%
- 5) Non acquisition of black money, back doors
- 6) Purity of thoughts: inner & outer
- 7) Contentment in everything in life
- 8) Endure hardships if it comes
- 9) Study of scriptures to the extent possible
- 10) Surrender to God through daily prayers

Therefore, You alone can describe in full Your divine glories, whereby You stand pervading all these worlds.

Bhagavad Gita - 10.16

2010 december
week 52nd

My View on R.S.S & BJP in power

354-011

monday

20

I have been a prominent member of the RSS almost right from its inception, i.e. from my stage as a Bala Swayamsevak. I am writing this as p/o my biography, and to share my views regarding recent political developments, after RSS entered politics as BJP (Bharatiya Janata Party).

1) The Sangh does not agree with all the activities of BJP that are in the states ruled by BJP either in principle or practice. It has no mechanism to influence its internal decisions.

2) The Sangh opposes corruption, horse-trading, unethical decisions. Just like the Sangh leaders welcome the prohibition of cow slaughter, they oppose SEI.

3) Just like Sangh leaders appreciate those MHA/MLAs who do not earn a single paise for themselves, despite being elected for many terms, they express their anguish towards those who are corrupt. I also express my resentment against such persons.

4) What is the use of expressing anger? Such drastic action should be taken against such personnel. Inner change is the way Sangh adopts to encourage the Swayamsevakas. Whether it is the effort to root out caste system or corruption, inner change is the ultimate solution. Many leaders are looking on this even since BJP came into power at the Centre.

5) Krsna, tell me once more in detail Your power of Yoga and Your glory; for I know no satiety in hearing Your good conduct, ethics & social concerns in the University of Sangh, but at the same time there are people who failed in social life. But all those who are perceived as clean in state cabinet are all RSS. ^{Bhagavad Gita - 10.18}

2010 december

356-009

6 week 52nd

wednesday

22

All those who know about RSS know the relationship of Sangh with the organs of state, may be about the policies of the org or its individual leaders. The advice of the Sangh should be implemented by those who hold responsible positions in these organs.

7) One such example is the selection of Nitin Gadkari as its National President, much debated by all.

8) Similarly the Sangh has been pressing for some corrupt free Govt in the state ruled by BJP.

in accordance with the culture & values held by BJP.

But issues like corruption is a vast subject that depends on the mind set of the present society & the policies of the Govt in power. I personally feel

that a corruption free administrative system

can only be a representative of the society,

but cannot originate from ZERO. This fact

strengthens the Sangh's belief of social transformation

through character building or something like the

new Shanti Vachanam called MAN-MAKING-Mission.

8) In some states like UP, the RSS advised the party

to drop tainted personnel from power or dismiss the Govt

to go to the people for election, it is the implementer who

should have the role too. The Sangh can do this.

9) In a press conference, a political leader of Congress

said RSS should advise the BJP re: purchase of its MLAs

but he forgot that the political leader who made this statement

is also involved in similar scandal. This is just like Slogar

Arjuna, I am the universal Self seated in the heart of all beings; so I alone am the beginning and middle and also

the end of all beings. Just like the indignant

to Kaurava calling the stone black. Just like the indignant

happened to Krishna when his chariot got shrouded @ war front

(Contd)

2010 december

Week 52nd

358-997

Friday

24

RSS has its own method

thinking for purpose of upholding morality in society. Corruption can only be rooted out when the transformation takes place among politicians, officials, businessmen, & the common man at the same time. Even if any of them is corrupt, it then gets affected & the transformation cannot take place. The RSS is ahead of time to create good leadership in all the above four fronts. No doubt, it is true that the good virtues like this should percolate from top to bottom. But by stages, the no. of people who good virtues should increase in the society. They cannot be there only in the top. Hence the Sangh has been persistently fighting this menace to develop virtues among the individuals continuously.

11) Once a Swayamsevak asked Pandit Deen Dayal who entered a political party as a RSS Swayamsevak & seeded a new ideology & culture there:

[Qn]: A Squire goes: Politics corrupts - Absolute ^{corrupt} ~~for~~ absolutely

[Ans] It is possible also.

[Qn] Then what is the hope for future

[Ans]: The strength of RSS. If the political party started by RSS gets corrupt, the Sangh has the strength to destroy it.

[Qn] - If it happens again

[Ans]: I heard the story of Parashurama, who went round

Among the Vedas, I am the Samaveda; among the gods, I am Indra. Among the organs of perception etc., I am the mind;

circumambulated the earth 21 times in order to destroy Kshatriyas. Until Rama incarnated, Parashuram did not rest. So Sangh has the strength of destruction like Parashuram & creation also.

2010 december

361-004

2nd week 33rd

monday

27

The ultimate target of RSS is not ~~one~~ Chief Minister or Prime Minister. It is the building of an ~~aganside~~ society based on Bharatya Cultural Values. The Sangh has headed all these 8 1/2 decades of its life on a confident path & is satisfied with the transformation it achieved so far on the electorate & the RSS. Lakhs of Swayan Sevakas are now engaged in the mission of social transformation across the country. This is reflected in 1.5 lakhs service activities, 32000 educational institutions > 1000 dwellings in tribal areas across India.

(13) Forming a Government at the Centre & States is a part & small part of the vast canvas.

With the blessing of the well-wishers of the Sangh & the party, it is hoped to achieve good results soon.

(14) If BJP is considered as a no. 1 political party but a diffuse (compared to other political parties) it is because of its RSS roots. So if some govt run by BJP are facing crisis (in some states like Karnataka) it is only a temporary phase, due to being pulled by some disgruntled politicians & the party high command is active with sharp measures to correct the political situation.

(15) In 1998, when Vajpayee got BJP refused to indulge in corrupt practices, this Govt was defeated by single vote.

Among the priests, Arjuna, know Me to be their chief, Brhaspati. Among warrior-chiefs, I am Skanada (the generalissimo of the gods); and among the waters, I am the ocean.

V. Navasimlora had already set the precedence. Bhagavad Gita says that the vote of confidence. Govt Vajpayee practices genuine politics adhering to moral principles.

2010 december

week 53rd

363-002

wednesday

29

If I want me to react on the current ^{am} political situation in Kerala, I have faith is capable of all CREATION; DESTRUCTION & RECREATION to.

If the political party started by Sangh becomes corrupt, Sangh has the right to destroy it & rebuild from scratch.

Of late, Corruption, Immorality & Hush-hiding have become the identifiable features of politics. As an old Shayan Sevak of RSS I feel there is an urgent need to respond quickly to the present situation & try to rebuild from scratch.

I find two reasons for the present situation:—

- (i) Among the rulers of the state, many have ceased to RSS. The common man measures their activities on the RSS banner.
- (ii) RSS has no mechanism to publicise its int. discussions.

Indian Marriage Market

december 2010

364-001

100 30

thursday

week 53rd

100 years ago, The average brahmin girl had barely a primary school education. They were considered judges of the true brahmin literature, knew cooking, singing, knit or sewed if the poor fates were to shell out or cough up some dowry. They could find an alliance - w/o choice of their husbands by the age of 12.

60 years ago, they succeeded in reaching up to Manipulations if not intermediate, before they get married by 20.

25 years ago, nearly all of them have secure college graduates & 20/21 was not an alarm clock for marriage.

But yesterday almost all brahmin girls are not only but highly accomplished & talented girls. In some cases, more better than male siblings in skills, education or accomplishments. In many families, girls are the sheet anchor of pride of their parents. While boys have to be away.

Yesterday, the girls have a mind of their own & choice of own in deciding upon their spouse or making up their careers. They enjoy freedom & independence in choosing their partners. The previous generation of brahmin ladies led a cocooned existence. But today there is greater understanding & mingling up between the sexes at the workplace & free exchange of ideas. Greater opportunities have also brought about a sea change in the selection of marriage market.

But TODAY the situation has worsened further; girls have gone ahead of the boys & no one is willing to do.

Let me know to be the celestial horse Uchaisrava, begotten of the churning of the ocean along with nectar; among mighty elephants, Airavata (Indra's elephant); and among men, the king.
 Bhagavad Gita - 10.27
 And now is prepared to marry an undereducated
 And a mediocre fellow.

PASSIONS OF INDIA

2010 december

week 53rd

365-000

Friday

31

Presently India has two passions Films & Cricket.
The two markets are distinctly different - so are the CONSUMERS.
The cricket gods are SACHIN & SEHWAG while
the film gods are SHAH RUKH Khan, Amithabh & Deepti.

That was, when Cricket was fundamentally Test-cricket ^{one} / 50 overs.
Then came IPL & the two markets collapsed into a single.
IPL has brought down 50 over cricket to 20 over Cricket.
Suddenly IPL match was reduced to a 3-hour MOVIE.
Cricket became film's competitor. On the eve
of IPL matches, the Cinemas halls were empty and
one after another started closing down. Desperate
multi-complex cine owners requested the right to screen
IPL matches at movie halls to hang on to the audience.
If IPL becomes the mainstay of Cricket, as it is
likely to be, films have to sequence their releases
so as to clash with IPL matches. As far as the audience
is concerned, both are, what in India, called "3-hour TAMASHA".
Cricket season, in fact, might push films out of Market.

Look at the products that vanished from India
during the last 50 years. When did U last see B/W Movie?
The answer from his 60K When did U see a fountain pen?
When means God only knows. When did U type on a Typewriter?
In some time even Electronic Typewriter.
What do we use for waking up today? Cells phones have
given room to Electronic clocks of the 60s & 70s.

Who are the competitors for autos -> Electronic, Robots
The future is very SCARY. Something interesting here on
animal called COMPETITION. Have Breakfast -> BE B/F

Among weapons, I am the thunderbolt; among cows, I am the celestial cow Kamadhenu (the cow of plenty).
I am the sexual desire which leads to procreation (as enjoined by the scriptures); among serpents I am Vasuki.

Bhagavad Gita - 10.28

A few Wonderful Definitions } As a
a/b/c @ I picked up over the years } Hobbs

CIGARETTE A bunch of tobacco rolled in paper
with fire at one end & a fool at the other!

MARRIAGE It is an agreement between two sexes
where a ~~man~~ man loses his bachelor degree and
a woman gains her Master's degree.

LECTURE An art of transmitting information
from the notes of the lecturer to the
notes of the students, without passing
through the minds of either.

CONFERENCE The confusion of one ~~person~~ multiplied
by the number of persons present.

COMPROMISE The Art of dividing a cake in such a
way that everybody believes he got the biggest
piece.

TEARS The hydraulic force by which
masculine love power is defeated by feminine water power.

ECSTASY A feeling when U feel you are going to feel
a feeling which U have not felt before.

CLASSIC A book which people praise but never read.

SMILE A curve that can set a lot of things straight.

OFFICE A place where U can relax after she means home life.

YAWN The only time a married man ever gets to open his mouth.

DIPLOMAT A person who tells U to go to hell, in such a way that U actually look forward to your trip d/e/f

EXPERIENCE The name men give to their mistakes

OPTIMIST A person who while falling from ^{EMPEL} ^{TOWER} says midway: "See I am not injured yet"

MISER A person who lives poor so that he can ~~become~~ rich

FATHER A banker provided by nature

BOSS Someone who is early when U are late, and who is late when U are early

POLITICIAN One who shakes ur hand before elections and your confidence later on
A meeting of specialists where everybody talks & nobody listens & finally everybody disagrees later on

DOCTOR A person who ^{experiments to} kill you ill by pills but ~~kill~~ kills you by his bills -

SUCCESS Whatever ^{ur} mind can believe & conceive that your mind can achieve.

BEAUTY of English

- ① Only I hit him in the eye yesterday. (no one else did it.)
- ② I only hit him in the eye yesterday. (Did not slap him)
- ③ I hit only him in the eye yesterday. (I didn't hit others)
- ④ I hit him only in the eye y'day. (I didn't hurt outside)
- ⑤ I hit him ^{him} only in the eye y'day. (no other organs)
- ⑥ I hit him with the only eye y'day. (He does not have ^{2nd} eye)
- ⑦ I hit him the eye only yesterday. (NOT today)
- ⑧ I hit him the eye yesterday only. (and not past 2 days)

FOUR VIRTUES of Hindu People

चतुर्विधा भजन्ते नाम तान् सुकृतेन अर्चुना
आर्त्थं विनाशाय आर्धगतिं प्रयच्छन् भक्त्युक्तेषु
Four types of virtuous people worship GOD:-

- (1) Those who are in difficulties
- (2) Those who seek God's power & blessing
- (3) Those who want worldly things
- (4) Those who are wise & realise God's power

Four Qualities to reach God:-

- 1) Have faith in the U. power
- 2) Faith should be your utmost Qly
- 3) Service to NAR & Service to GOD

Beauty of Mathematics + of God

k/l/m/n



@



$$\begin{aligned}
 1 \times 8 + 1 &= 9 \\
 12 \times 8 + 2 &= 98 \\
 123 \times 8 + 3 &= 987 \\
 1234 \times 8 + 4 &= 9876 \\
 12345 \times 8 + 5 &= 98765 \\
 123456 \times 8 + 6 &= 987654 \\
 1234567 \times 8 + 7 &= 9876543 \\
 12345678 \times 8 + 8 &= 98765432 \\
 123456789 \times 8 + 9 &= 987654321
 \end{aligned}$$

$$\begin{aligned}
 1 \times 9 + 2 &= 11 \\
 12 \times 9 + 3 &= 111 \\
 123 \times 9 + 4 &= 1111 \\
 1234 \times 9 + 5 &= 11111 \\
 12345 \times 9 + 6 &= 111111 \\
 123456 \times 9 + 7 &= 1111111 \\
 1234567 \times 9 + 8 &= 11111111 \\
 12345678 \times 9 + 9 &= 111111111 \\
 123456789 \times 9 + 10 &= 1111111111
 \end{aligned}$$

$$\begin{aligned}
 9 \times 9 + 7 &= 88 \\
 98 \times 9 + 6 &= 888 \\
 987 \times 9 + 5 &= 8888 \\
 9876 \times 9 + 4 &= 88888 \\
 98765 \times 9 + 3 &= 888888 \\
 987654 \times 9 + 2 &= 8888888 \\
 9876543 \times 9 + 1 &= 88888888 \\
 98765432 \times 9 + 0 &= 888888888
 \end{aligned}$$

o/p/q/r

✉ @

$$\begin{aligned} | & \times | = | \\ || & \times || = | 2 | \\ ||| & \times ||| = | 2 3 2 | \\ |||| & \times |||| = | 2 3 4 3 2 | \\ |||| & \times |||| = | 2 3 4 5 4 3 2 | \\ |||| & \times |||| = | 2 3 4 5 6 5 4 3 2 | \\ |||| & \times |||| = | 2 3 4 5 6 7 6 5 4 3 2 | \\ |||| & \times |||| = | 2 3 4 5 6 7 8 7 6 5 4 3 2 | \\ |||| & \times |||| = | 2 3 4 5 6 7 8 9 8 7 6 5 4 3 2 | \end{aligned}$$

97 AtoZ reports 1526 km

HARD WORK = 98%

KNOWLEDGE = 96%

ATTITUDE = 100%

LOVE of GOD = 101%

Have a great day
God Bless you

Prek

MURTHY PVR & LAKSHMI P.V. Marriage Date 06/15/1969

s/t/u/v



@



Years married 61

Yrs to Golden Anniversary - 11

" Silver Anniversary - 36

Family PRAYER to SAINATH.

1. Oh Sai, we thank U for the opportunity to be together
We thank U for the light (in one another's company)
and vision U bring to our SAI family

2. Oh Sai, please grant us the VISION to see the
highest & greatest in one another and grant
us the opportunity to continue to be there
for one another in good times as well as no-so-good times

3. Oh Sai, please give us the strength & fortitude
to ride the tides of change & empower
us always to be nurturing & loving
each other, at all times

4. Oh Sai, please give me spiritual eyes that
we may see one another for who we ^{TRULY} are
and love one another in the same spirit

5. Oh Sai, may Sadness, disappointment & Anger
Happiness, positive thoughts & good experiences
be ^{minimal} be ^{BOUNTIFUL}

6. We thank Divine SAINATH
1) May we always have SCOPE & HOPE. ^{with each other}
2) May all our life be full with ^{HEALTH & WELLBEING}

8/30/2010

 @

Age

79 Years, 10m, 14 days

Day 6 were born ~~Thurs~~ DAY

Days lived	29,174
------------	--------

Months lived	958
--------------	-----

Time alive	700	167	159	18
------------	-----	-----	-----	----

Homes lived	700 168
-------------	---------

Minutes lived 420 100 79

Seconds lived 2520604758

Home Sept	233,388
-----------	---------

$\frac{\text{NO}}{\%}$ Days sleeping	9,725 (33%)
--------------------------------------	-------------

Years asleep	26.6
--------------	------

No. of Heart-Beats	3,024,725,709
--------------------	---------------

Zodiac Sign	LIBRANT
-------------	---------

PREV'S WORK

Horse : Chinese star sign

Many of us uncritically believe that we are unworthy. We adopt this view very early in life, when people we looked up to disapprove our demands, wishes, behavior & thinking. The greatest disapproval is not when others put you down but it is when you put down yourself. ~~When~~

10/11/20

GAYATRI Mantra | Mantra DATE 6/5/49

ॐ श्रुः श्रुः श्रुः
तत् सवितुर्वरेण्यं
शर्गो देवस्य धीमहि
धियो योनः प्रचोदयात् ॥

Meaning

We meditate and call upon Thee
(Who is the essence of the life force,
Destroyer of MISERY,
Embodiment of pious Joy,
Noble, glorious, destroyer of sins
Embodiment of the DIVINE)
Oh LORD,
May you enlighten our intellect &
GUIDE us on the RIGHT PATH. "

ENSURE
COMBINATION
of

Three features

- ① VIRTUOUS CHARACTER
- ② Unbroken Trust & FAITH.
- ③ PIOUS GOAL of LIFE.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	40	① Oh mind, be devoted to SA1						
2	41	4	5	6	7	8	9	10
3	42	11	12	13	14	15	16	17
4	43	② For overcoming all obstacles						
5	44	25	26	27	28	29	30	31
6	45	1	2	3	4	5	6	7
7	46	8	9	10	11	12	13	14
8	47	15	16	17	18	19	20	21
9	48	22	23	24	25	26	27	28
10	49	1	2	3	4	5	6	7
11	50	8	9	10	11	12	13	14
12	51	15	16	17	18	19	20	21
13	52	22	23	24	25	26	27	28
14	53/1	③ I bow to the best of SAINTS, SA1						
15	2	5	6	7	8	9	10	11
16	3	12	13	14	15	16	17	18
17	4	19	20	21	22	23	24	25
18	5	26	27	28	29	30	1	2
19	6	④ I prostrate before Lord SA1,						
20	7	10	11	12	13	14	15	16
21	8	17	18	19	20	21	22	23
22	9	24	25	26	27	28	29	30
23	10	31	1	2	3	4	5	6
24	11	7	8	9	10	11	12	13
25	12	14	15	16	17	18	19	20
26	13	21	22	23	24	25	26	27
27	14	28	29	30	1	2	3	4
28	15	5	6	7	8	9	10	11