

Z Zinx with GOD.

Super Executive

Diary 2007

God & I



'I recite the *Hanuman Chalisa*
before every performance'

State Bank of India

With you - all the way

Remember GOD gives and forgives
But MAN gets and forgets

22

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Winayaka!

On Ganesh Chaturthi, tech savvy Hyderabadis who can't do without a mouse turn their thoughts to the Lord who rides the mouse

JEMIMA MARGARET ELIOT
Times News Network

He picked up his broken tusk and recycled it into a writing instrument to pen the great epic — The Mahabharata. Meet Ganesha aka Vinayaka — scribe, yogi, and remover of obstacles, the deity to be invoked by a generation wired to the mouse!

V for victory

Religion may not be in with today's youth, but *siddhi* (spirituality) and *buddhi* (wisdom) with a difference certainly is. Take Mamtha Reddy who has ventured into making Kalamkari Ganesh *duppatas* and saris, for instance. When questioned if using religious motifs on clothing can offend people, she says, "I don't care much about it. My goal was to revive a dying art and the sale of these products benefits the families of 40 *karigars*!" She goes on to add, "I have no fashion background and I come from a small town in Tirupathi, but today my Kalamkari products are sought after by designers like Anuradha Vakil, Madhu Jain and Anand Kabra and stars like Shabana Azmi. I owe my success to Ganesha!"

Siddhi Buddhi

In a state where a festive celebration also means a movie with family

and friends, how can we bypass Tollywood. The yet to be released *Vinayakudu* catches our attention and we get in touch with A Sai Kiran who is making his directorial debut with

the film. Sai, who worked in the director's department with Sekhar Kammula for *Happy Days* and *Anand* says, "My first in school started off with a recitation of a poem on Vinayaka and we all know that all new ventures are started only after invoking him. But that's not the reason I named the film *Vinayakudu* — it has more to do with the character of the hero, a unique combination of *siddhi* (spirituality) and *buddhi* (wisdom)."

Go Green

"Ganesh is an intrinsic part of landscape gardening," is what Padma Vani says, who has been into landscaping in the city for over 15 years says. She explains, "Images of Ganesh are usually placed on doors, near the entrance, in the garden, etc, to ward off the evil eye. I also use *urli* with Ganesh motifs. Besides, for Ganesh *puja* we are supposed to use 21 kinds of leaves to adorn the idol and in my case, most of these plants are available in my garden, except for herbs like *bilva* and *thumma*." Well, isn't Ganesha reason enough for us to grow plants and trees! ?

hyderabad@indiatimes.com



Remember...

பயிற்சி எல்லா பயிற்சி

ப. பகவதர்... எல்லா வாய்க்கால்களில் எப்போதும்...

PRAYER TO LORD GANESH

1. सुखकर्ता दुःखहृता वार्ता विघ्नाची ।
2. नुरवी पुरवी प्रेम कृपा जयाची ।
3. सर्वांगी सुंदर उटी शेंदराची ।
4. कंठी झलके माल मुक्ताफलाची ।
5. जयदेव जयदेव जय मंगल मूर्ती दुर्गा ।
6. मनः कामना पूरा करी ।
7. रत्न खचित फरी तुज गोरी कुमरी ।
8. चंदनाची उटी कुंकुम केशरा ।
9. हिरे जडित मुमुट शोभतो वरा ।
10. रुपाशु पती तुपुरे चरणी धामरीया ।
11. लंबोदर पीतांबर फणिवर बंधना ।
12. सरल सांड चक्रलुंड त्रिनयना ।
13. दास रामाचा वाद पाहे सद्गुना ।
14. मंगली जयदेव अर्पण करी मंगल

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91 is not by the size but U win a fail in
 BE the Best of You are & what U can
 MEMORANDA If U cant be a sun be a STAR

PERSONAL

NAME

TRIK. MURTHY

ADDRESS

BIRTHDAY / ANNIVERSARY

Debates on God are tired and useless

This is with reference to Jug Su Second Opinion 'God, you're us (Aug 11). He can write anything but how far that is the truth, he know. There is nothing new that say about God. It is all old wine bottle. There is a difference between cality and spirituality that the w understand. If there is no soul in body, the person is dead. To use physical and spiritual energy, ye know it first. There is also a diff between a creator and the creat seems to have escaped the writ

K S Mishra,

TELEPHONE

BLOOD GROUP

IDENTITY CARD NUMBER

PASSPORT NO.

DRIVING LICENCE NO.

CAR REGISTRATION NO.

Never depise God's fiery trials
 They are God's ways of
 bringing the best in you
 Always remember U are a Diamond
 The more Disturb the more it Sparkles - Trors would

BUSINESS

COMPANY

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MOBILE

E-MAIL

SOCIAL / COMPANY FUNCTIONS

"Dangip Sandhya Vandana
 at Sun Rise
 at Sun Set &
 at noon
 is highly powerful.
 One who does TRIKALA SANA
 need not worry about Bread & B

IMPORTANT CONTACTS

PHYSICIAN

DENTIST

AMBULANCE

GARAGE

SOLICITOR

STOCK BROKER

BANK MANAGER

INSURANCE AGENT

TRAVEL AGENT

ELECTRICIAN

RESTAURANT

POLICE STATION

AIRPORT

TAXI SERVICE

CLUB

Today's Moment
 becoming
 Tomorrow's MEMO
 So Enjoy every m
 good or
 Diwali
 let craft, ambulance,
 Be Queen in Resemb
 The weakness turns to
 The dark becomes
 The one is long becomes
 Lani CARO

EVERY person has his spiritual realisation at different stages of life, something that varies from person to person. Fortunate are those who have a spiritual connection at a tender age. Everyone has his or her time and place fixed by Providence and when the time comes, he or she gets enlightened. Spiritual realisation came late in life to me. But there was always an endeavour to reach the point of realisation. I never gave up my efforts. I kept telling myself that it's never too late, after all, Gautam Buddha's spiritual realisation dawned upon him when he was 32 years old!

For me, spirituality is a personal journey. As a youngster, every year, I used to join hordes of Kaurias, bare-foot devotees who trudge all the way to Haridwar to carry holy water from the Ganges back to their respective places. Wearing saffron, I felt the energy of Shiva while bathing the Shiva linga with the holy water. Slowly, I realised the bounty that Lord Shiva bestowed upon me. Today, I earn my bread and butter as an actor because of my belief in the Eternal.

If you understand Jeevan Chakra — that's birth, growth and death — you are on a spiritual platform. Once you feel connected with God, you begin to enjoy life. I establish a better connect with Him when I am in a positive mood.

I try to be satisfied with what the Lord has given me, but there is always this struggle to better myself in His eyes. With age, my relation with God is getting stronger and more mature.

మరిగి శనివారేమిది రెండే... రాత్రి పట్టుకలు బాల్కనీస్ మినహా యిస్తే మిగిలిన జీవితం మొత్తం మరణం వరకు ఆతని చేతుల్లో. చేతల్లోనే ఉంటుంది. విజయాలు సాధించినప్పుడు తన గొప్పతనంగానూ, పరాజయాలు వలననే పరమాత్మవిశ్వాసంగానూ భావించడం కష్టం. ప్రతి మానవుడూ ఎప్పుడూ విజయాలనే కోరుకోవడం విచిత్రం. వెంటనే, వెదనలు, కలతలు, కన్నీళ్ళు కూడా మన ముసుగులలో అంతర్భాగాలున్నవి. విజయ దివ్యదీప్తాదు. అయితే, అలోగ్యం, ఐక్యత తనకే సొంతం కావాలని భావిస్తాడు. గుళ్ళ గోవురాలు సందర్శించి 'అయ్యరాలోగ్య ఐక్యత' అన్న అశీర్వాదాలు పొంది అనందిస్తాడు.

మన పురాణాలు, ఇతిహాసాలు, ప్రబంధాల్లో మహనీయుల జీవితాల్లో చాలా దివ్యపుణ్యాలంటే వింటూనే వాటి సారాంశాన్ని వ్యక్తాలు పెడచెడిన పెడతాడు. రాముడు చక్రవర్తి... అయినా ఎన్ని బాధలు పడ్డాడూ, పాండవులు పరాక్రమవంతులే.

మహానీయుల జీవితాన్ని కష్టాల్లోనే గడిపారు. క్రీస్తును పట్టుకొనినే పట్టెడు యజ్ఞాలు అనుభవించాడు. అవర్సీ దారు మొట్టమొదటి

ప్రేరణతో, వెళ్ళుచెదరిన ఆత్మచిత్తంలో సహించారు. భరించారు. సిద్ధార్థుడు ముద్దునిగా మారే ప్రస్థానంలో ఎన్ని ఎత్తుపల్లాలు, అవర్సీ ఆయన కోరి అనుభవించిన మహాచారంలో మంచి భగవంతుని ప్రార్థనూ తనకు కలకాలం కష్టాల కలుగులని వరం కోరుతుంటుంది. సమస్తాల్లోనే ప్రేమన్నదానం సాధ్యమవుతుంది అమె నమ్మకం. ఎంత గొప్ప భావన! రామన్ హార్టీ అనే అంగ్ల పదలాకారుడి 'టెన్ అన్సర్స్ నవలలో' మాత్రం తన తల్లితో పంచుకున్న మనస్సు కష్టాలు పెడుతున్నాడు చేపుడని అమాయకంగా ప్రార్థిస్తుంది. 'ఆ చేపుడు ఒక అల్లరి పిల్లడమ్మ... యూనిగం కడుపులో పట్టుకుని గుచ్చే తుంటుడమ్మ... ఈ మనకి ఎలా అర్థం లేదో కష్టాలను నిర్వచించడం కూడా అంతే కష్టమమ్మ' అని తల్లి జుదులిస్తుంది.

మృత్యువంటి అందరికీ భయమే. ఇది ఏ రూపంలో ఎలా వస్తుందో ఎవరికీ తెలియదు. ఏ క్షణంలో మనం మరణిస్తామో తెలియనప్పుడు కాని గురించి దింత ఎందుకూ జీవితాన్ని ప్రేమించగలిగినప్పుడు, జీవితాన్ని అంతరించే ఎక్కువగా ప్రేమించగలిగినవాడే పరిపూర్ణ ముగ్ధుడు. ఎందుకంటే రానూర్ వ్యాఖ్యానించాడు. చర్మబద్ధంగా కర్మ చేయమొట్టమొదటి ముగ్ధుడు కర్మవ్యూహం గీతారాధ్యుని బోధగా మనం గుర్తించుకోవాలి. అరామరదాలు జయించాలని జయించేదైన సిద్ధార్థుడు వాటిని శిరించలేకపోయినా ముద్దుడిగా మారి చరిత్రపురుషుడయ్యాడు. అహింసను జీవితాంతం శ్రమించిన గాంధీజీ హింసతో మృతి చెందాడు. కలకాలమయ్యైన జీవన్ ద్విహింసకు గురై మరణించాడు. అందుకే చిత్తంలో కర్మ చేయమొట్టమొదటి ముగ్ధుడు విధానం కావాలి. అపై... ప్రవాహీను

... సమస్తాల్లోనే దైవసన్నిధానం సాధ్యమవుతుందన్న నమ్మకం. ఎంత గొప్ప భావన!...

అంతర్విమ

'I find God when I am in a positive mood

It is a very special bond that I share with God. Right from my childhood there have been extremely trying moments when only faith in the Almighty saw me through. Singing, therefore is a way to reach out to Him. Like everyone else, I too pray but due to the hectic schedule that I keep, it doesn't happen quite often. In fact, all musicians are connected to a superior strength that they believe in — a state where an external presence is almost palpable. However, prayers don't happen quite often, but whenever I can, I do visit temples or holy sites.

Spirituality for me is my connection to the self. In the frenzy of day-to-day life that is one relation I strive hard to retain. And every time there is a live show and the audiences cheer for me, I feel absolutely blessed. Those are the moments that I really cherish. Money is a motivation to work on but only till a certain time. After that, it is what you take and give back to life.

On the path to stardom, the fame hits you hard initially and you are completely ecstatic. That is when one tends to lose touch with reality. But then I have matured over the years. Today, it's about doing out-

God in Gucci

Sundhi Chaudhan

God & I

I see God in friends... they are there for



Ignitaous Camelio

TO ME God is rather like a supernatural force, which I find myself at times exploring within myself. Like anybody else, there are moments I go through stress and strain, feeling let down and without help; it is at these moments that I turn to my music, which then becomes a form of worship for me. When I play some of my favourite tunes, which I have collected from different parts of the world, I feel relieved

I also see God in my friends, who are always there whenever I need them.

When we are children, we are taught a lot about religion and about the idea of God, a Supreme Being. It is but natural that we imbibe most of these ideas. But as we mature, we tend to think more and begin to ask questions. We develop a connection with the divine in our own distinctive ways... This happened to me a few years

that religion is essentially man-made. I am quite sure that it was created with intentions, but at present appears to be only chaos across the country in many ways it has become like any other business proposition.

In my opinion, what matters is being good to others and to care for others and to be responsible for one's self. My idea of being true is also about one's self-respect and dignity, which you can attain only by being honest with oneself.

(As told to Forzia Yaqeen)

— IGNATIUS CAMELIO, musician, DJ and

- కిల్లాన్ మోహన్బాబు

Banda (U.P)	0519	Chabua
Bangalore	080	Chamba
Bangarpet	08153	Chandigarh
Banka (BGP)	06424	Changanacherry
Bankura	03242	Chilapra
Baramati	02112	Chas
Baramulla	01952	Chatrapur
Baripada	06792	Chandel
Barshi	02184	Chakradharpur
Baroda	0265	Chennai
Batun	06343	Chingelpet

Exorcise old is Mandata ^{but} Exorcise up is option

Ref.: Eight Incarnations of Ganesha Dated:

- 1) VAKRATUNDA — to overcome the demon MATSARYASURA (TWISTING TRUNK) His mount was a LION
- 2) EKADANTA — to overcome the demon MADASURA (array of Conce) (SINGLE TUSK) His mount was a MOUSE
- 3) MAHODARA → a synthesis of Vakratunda & Ekadanta to overcome the demon MOHASURA (del. Con) (Big Belly) His mount was a MOUSE
- 4) RAJAWAJRA or CAJAWANA to overcome the demon LOBHISURA (greed) (elephant-face) His mount was a MOUSE
- 5) LAMBODARA — to overcome the demon KRODHASURA (Anger) (Pendulous Belly) His mount was a MOUSE
- 6) VIKATA — Corresponds to SURYA to overcome the demon KENCASURA (L) (unusual form) (MISS HAPPEN) His mount was a PEACOCK
- 7) VIGHNARAJA — Corresponds to VISHNAU to overcome the demon (MAMASURA) (King of obstacles) His mount was serpent (Possessiveness)
- 8) DHOO MRAVARA — to overcome the demon Abhimanyu (pride & attachment) (grey color) His mount was a HORSE

ABCD of SADHAKAS.

- A — Associate with Bhaktas
- B — Books — Read, Assimilate & Follow scriptures
- C — Chant — His divine names & His glory

Ref.:

Sight Incarnations of Ganesha

Dated:

VAKRATUNDA — to overcome the demon MATSARYASURA (Jealousy)
(TWISTING TRUNK) His mount was a LION

EKADANTA — to overcome the demon MADASURA (arrogance)
(SINGLE TUSK) His mount was a MOUSE

MAHODARA → a synthesis of Vakratunda & Ekadanta
(Big Belly) to overcome the demon MOHASURA (delusion)
His mount was a MOUSE

RAJAWAJRA or CAJAWAJRA
(Elephant-face) to overcome the demon LOBHASURA (greed)
His mount was a MOUSE

LAMBODARA — to overcome the demon KRODHASURA (Anger)
(Indulgent Belly) His mount was a MOUSE

VIKATA — Corrupts to SURYA
(usual form) to overcome the demon KINCHASURA (lust)
(MISS HAPPEN) His mount was a PEACOCK

VIGHNARAJA — Corrupts to VISHNVA
(top of obstacles) to overcome the demon MAHASURA (possessiveness)
His mount was Serpent

DHOO MRAVARA — to overcome the demon Abhimenesura
(grey color) (pride & attachment)
His mount was a HORSE

ABCD of SADHAKAS

- A — Associate with Bhaktas
- B — Books — Read, Assimilate & Follow scriptures
- C — Chant — His divine names & his glory
- D — Diet — Eat Sattvic food

Attributes of LORD GANESHA

- Significance of HEAD
- Lord Ganesha symbolises the ideals of perfection & illustrates all concepts of profound spiritual significance
- 1) The large head symbolises WISDOM and understanding & a discriminating intellect that leads to attain perfection in life
 - 2) The WIDE mouth represents the natural human desire to enjoy life in this world
 - 3) The large ears signify a ^{great} personal capacity to listen to others & assimilate their ideas
 - 4) The Trunk & two tusks can uproot a tree & at the same time pick up a needle from the ground
 - 5) The two tusks denote the two sides of human personality: wisdom, knowledge & emotional significance. The right tusk represents WISDOM & the left EMOTION
 - 6) The broken left tusk conveys the idea that one must conquer emotions with wisdom to reach perfection
 - 7) The Human mind must be strong enough to face the ups & downs of the external world & delicate enough to explore the subtle realms of the inner world.
 - 8) The elephants' eyes are said to possess a natural deception that allows them to see objects to be bigger than what they really are.
 - 9) The large eyes symbolize that even if an individual grows bigger & bigger in wealth & wisdom, he should perceive others to be bigger than himself
 - 10) One should surrender one's pride & exhibit humility
 - 11) LORD GANESHA is worshipped @ every function
 - 12) To remove all obstacles

దైవాభీనం

మరిగి శాంతిని తెచ్చే... తాను పుట్టుకలు బాధ్యతకీ మనోహరిస్తే మిగిలిన జీవితం మొత్తం మరణం వరకు ఆనందించేటట్లే చేతల్లోనే ఉంటుంది. విజయాలు సాధించినప్పుడు తన గొప్పతనంగానూ, పరాజయాలు పాలిస్తే పరామాత్మవిరాగంగానూ భావించడం కష్టం. ప్రతి మానవుడూ ఎప్పుడూ విజయాలనే కోరుకోవడం విచిత్రం వెతలు. వేదనలు, కలతలు, కన్నీళ్లు కూడా మన మనుగడలో అంతర్భాగం. నిజం విన్నదిస్తాడు. అయితే, అలోగ్యం, ఇశ్వర్యం తనకే సొంతం కావాలని భావిస్తాడు. గుళ్లు గోవులూ సందర్శించి 'అయ్యారాలోగ్య ఇశ్వర్యాని' వృద్ధిరస్తు' అన్న ఆశీస్సులు పొంది ఆనందిస్తాడు.

మన పరాజయాలు, ఇతిహాసాలు, ప్రబంధాల్లో మహనీయుల జీవితగాథలు చిన్నప్పటినుంచీ వింటూనే వాటి సారాంశాన్ని వృత్తులు పెడచెదిన పెడతారు. రాముడు చిత్రవర్తి... అయినా ఎన్ని బాధలు వచ్చాయో పొందాడు. పరాక్రమవంతులే.

మూలంతుల జీవితాన్ని కష్టాల్లోనే గడిపారు. శ్రీభక్తుడు పుట్టుకనుంచే పట్టించుకుంటూ ఆనందించాడు. అవర్ణిస్తారు. మొట్టమొదటి దైవంలో, చెప్పబడని ఆత్మవిశ్వాసంతో సహించాడు. భరించాడు. సిద్ధాద్ధుడు బుద్ధుడిగా మారే ప్రస్థానంలో ఎన్ని ఎత్తుపల్లాలు అవర్ణిస్తూ ఆయన కోరి ఆనందించినా... మహాభారతంలో మంచి భగవంతుని ప్రార్థిస్తూ తనకు కలకాలం కష్టాలే కలుగాలని వరం కోరుకుంటుంది. సమస్తాల్లోనే దైవసన్నిధానం సాధ్యమవుతుందని ఆమె నమ్మకం. ఎంత గొప్ప భావన! ధామనీ హాస్య అనే అంగ నవలాకారుడి 'బెన్' అన్న నవలలో కూతురు తన తల్లితో 'ఎందుకమ్మా మనకీర్తి కష్టాలు పెడుతున్నాడు దేవుడని అమ్మాయకంగా ప్రార్థిస్తుంది. 'ఓ దేవుడు ఒక అల్లరి పిల్లడమ్మా... తూనీగల కడుపులో పుట్టలు గుచ్చే తుంటుకమ్మా... ఈ పనికి ఎలా అర్థం లేదో కష్టాలను నిర్వహించడం కూడా అంతే కష్టమమ్మా' అని తల్లి బదులిస్తుంది.

పుట్టుకుంటే అందరికీ భయమే. ఇది ఏ రూపంలో ఎలా వస్తుందో ఎవరికీ తెలియదు. ఏ క్షణంలో మనం మరణిస్తామో తెలియనప్పుడు దాని గురించి చింత ఎందుకూ జీవితాన్ని ప్రేమించగలిగినప్పుడు... మరణాన్ని అంతరించే ఎక్కువగా ప్రేమించగలిగినవారే పరిపూర్ణ మానవులు. రమేంద్రనాథ్ ఠాగూర్ వ్యాఖ్యానించారు. భయభయంగా కన్న చేయడమొక్కటే మనిషి కర్తవ్యమని గీతారాధ్యుని బోధగా మనం గుర్తుంచుకోవాలి. జలామరణాలు జయించాలని బయలుదేరిన సిద్ధాద్ధుడు వాటి సాధించలేకపోయినా బుద్ధుడిగా మారి చరిత్రపురుషుడయ్యాడు. ఆహారం కోసమే జీవితాంతం శ్రమించిన గాంధీజీ హింసతో మృతి చెందాడు. కలకాలం జైన్ జీవితం చిత్రహింసకు గురై మరణించాడు. అందుకే చిత్రవర్తిలో కథ చేయడమొక్కటే మనిషి విధానం కావాలి. అపై... దైవాభీనం

... సమస్తాల్లోనే దైవసన్నిధానం సాధ్యమవుతుందన్న నమ్మకం. ఎంత గొప్ప భావన!...

అంతర్విషయ

మృత్యువుంటే అందరికీ భయమే. ఇది ఏ రూపంలో ఎలా వస్తుందో ఎవరికీ తెలియదు. ఏ క్షణంలో మనం మరణిస్తామో తెలియనప్పుడు దాని గురించి చింత ఎందుకూ జీవితాన్ని ప్రేమించగలిగినప్పుడు... మరణాన్ని అంతరించే ఎక్కువగా ప్రేమించగలిగినవారే పరిపూర్ణ మానవులు. రమేంద్రనాథ్ ఠాగూర్ వ్యాఖ్యానించారు. భయభయంగా కన్న చేయడమొక్కటే మనిషి కర్తవ్యమని గీతారాధ్యుని బోధగా మనం గుర్తుంచుకోవాలి. జలామరణాలు జయించాలని బయలుదేరిన సిద్ధాద్ధుడు వాటి సాధించలేకపోయినా బుద్ధుడిగా మారి చరిత్రపురుషుడయ్యాడు. ఆహారం కోసమే జీవితాంతం శ్రమించిన గాంధీజీ హింసతో మృతి చెందాడు. కలకాలం జైన్ జీవితం చిత్రహింసకు గురై మరణించాడు. అందుకే చిత్రవర్తిలో కథ చేయడమొక్కటే మనిషి విధానం కావాలి. అపై... దైవాభీనం

- కిల్లాన మోహన్బాబు

Banda (U.P)	0519	Chabua
Bangalore	080	Chamba
Bangarpet	08153	Chandigarh
Banka (BGP)	06424	Changanacherry
Bankura	03242	Chlapra
Baramati	02112	Chas
Baramulla	01952	Chatrapur
Baripada	06792	Chandel
Barshi	02184	Chakradharpur
Baroda	0265	Chennai
Batouni	06343	Chingelpet

'I find God when I am in a positive mood

It is a very special bond that I share with God. Right from my childhood there have been extremely trying moments when only faith in the Almighty saw me through. Singing therefore is a way to reach out to Him. Like everyone else, I too pray but due to the hectic schedule that I keep, it doesn't happen quite often. In fact, all musicians are connected to a superior strength that they believe in — a state where an external presence is almost palpable. However, prayers don't happen quite often, but whenever I can, I do visit temples or holy sites.

God in Gucci
Sundhi Chauhan

Spirituality for me is my connection to the self. In the frenzy of day-to-day life that is one relation I strive hard to retain. And every time there is a live show and the audiences cheer for me, I feel absolutely blessed. Those are the moments that I really cherish. Money is a motivation to work on but only till a certain time. After that, it is what you take and give back to life.

On the path to stardom, the fame hits you hard initially and you are completely ecstatic. That is when one tends to lose touch with reality, but then I have

God & I

I see God in friends... they are there for



Ignatious Camelio

TO ME God is rather like a supernatural force, which I find myself at times exploring within myself. Like anybody else, there are moments I go through stress and strain, feeling let down and without help; it is at these moments that I turn to my music, which then becomes a form of worship for me. When I play some of my favourite tunes, which I have collected from different parts of the world, I feel religious

I also see God in my friends, who are always there whenever I need them. When we are children, we are taught a lot about religion and about the idea of God, a Supreme Being. It is but natural that we imbibe most of these ideas. But as we mature, we tend to think more and begin to ask questions. We develop a connection with the divine in our own distinctive ways... This happened to me a few years

that religion is a man-made. I am that it was created intentions, but it appears to be one chaos across the many ways it has like any other proposition. In my opinion, there is being good care for others and responsible for others. My idea of being is also about one respect and dignity you can attain on honest with oneself. (As told to Focus) — IGNATIUS

Ref.:

Eight Incarnations of Ganesha

Dated:

VAKRATUNDA — to overcome the demon MATSARYASURA (TWISTING TRUNK) His mount was a LION

EKADANTA — to overcome the demon MADASURA (array of Concealment) (SINGLE TUSK) His mount was a MOUSE

MAHODARA → a synthesis of Vakratunda & Ekadanta (Big Belly) to overcome the demon MOHASURA (deluge) His mount was a MOUSE

RAJAWAJRA or CAJAWANA (Elephant-face) to overcome the demon LOBHASURA (greed) His mount was a MOUSE

LAMBODARA — to overcome the demon KRODHASURA (Anger) (Indulgent Belly) His mount was a MOUSE

VIKATA — Corrupts to SURYA (usual form) (MISS HAPPEN) to overcome the demon KENCASURA (LW) His mount was a PEACOCK

VIGHNARAJA — Corrupts to VISHNAA (top of obstacles) to overcome the demon (MAMASURA) (Possessiveness) His mount was Serpent

DHOO MRAVARA — to overcome the demon Abhimenesu (greed color) (pride & attachment) His mount was a HORSE

ABCD of SADHAKS

A — Associate into Bhaktis

B — Books — Read, Assimilate & follow scriptures

C — Chant — His divine names & His glory

D — DIBT — Eat Sattvic food

32 forms of Lord GANESHA

- 1) BALAGANAPATHI (Red-^{Red} four armed) EKAKSHARA (Red with 3rd eye)
- 2) THARUNA GA (Eight-^{Red} armed) VARADA (Red-4 armed 3rd eye with Jewels)
- 3) BHAKTHI " (four armed grey) THRIKSHARA (4 armed + 3rd eye) (G O (AUM))
- 4) VEERA " (16 armed grey) KSHIPRA PRASADA (6 armed + Red) (S O H O A) (Give a word)
- 5) SHAKTHI " (4 armed - ^{late} wife) HARIDRA " (4 armed yellow)
- 6) DWIJA ^{Many like} (4 ^{faces} arms) Red) EKADANTHA (4 " + Blue)
- 7) SIDDHI " (4 armed - Golden) SRISHTI (4 " + Red + Blue)
- 8) VACHISTA " (6 armed - ^{Blue} late wife) UTTIHANDA (10 armed - ^{Red} late wife)
- 9) VIGHNA " (8 armed - Golden) ANANTOCHANA (4 - crystal) (wood on 2 sides)
- 10) KSHIPRA " (4 armed - Red) DHUNDHI (4 + axe + gem)
- 11) HERAMBHA " (10 armed 15 faces) DWIMUKHA " (2 faces + 4 arms)
- 12) LAKSHMI " (8 armed - 2 wives) TRIMUKHA " (3 faces + 6 arms)
- 13) MAKARA MAHA " (10 arms with 3rd eye) SIMHA " (Lion face) (Riding a lion) 8 arms - 10 heads
- 14) VIJAYA " (4 armed on RAT) YOGA " (Yogi + 3 faces)
- 15) NRITYA " (Dance Pose - Golden) DURGA " (8 arms + Red)
- 16) URDHWA (6 armed - ^{Golden} late wife) SANIKATAHARA Ganapati (4 armed + Red color + blue cloth seated on a lotus pedestal)
- 17) (holding a spinning top) a Sagarane Rohita

Om GANESHA NAVA SLOKI

VANDHEY KAPILAM KALI KSHOBANASAM
KAAMA KRODHAA DI KALASHA HARANAM
ABHAYA HASTHAM ASAMANA THEJAM
TWATH PADA PADMAN (AMARANAM)

AMARANAM PRAPADYE

VANDHEY PRADHAMAM PRAKATITHA VIBHAVAM
PARAMA DHADHI SANNUTHA PARAMESA PUTHA
MODHAKA HASTHAM MODHA BHARITHAM
TWATH PADA PADMAN (AMARANAM)
AMARANAM PRAPADYE

VANDE SHOOKSHMANAM VEDANTHA SAARAM
KAIVALYA DHARMAM TRILOKYA DOOJYAM
PRAKRUTI MOOLAM PARAMA PURUSHAM
TWATH PADA PADMAN
AMARANAM PRAPADYE

VANDE JATILAM JAGADHAA DHARAY
JAN MAANTHARA KRUTHA PAAPA VIDHOORAM
SUNDARA ROOPAM SURUCHIRA MOORTHIM
TWATH PADA PADMAN
AMARANAM PRAPADYE

VANDE AKHILAM ANANDA NILAYAM
ADVAITHA SAARAN ARDHENDU LAS
ADDI MOOLAM AKHANDA PHALADAM
TWATH PAADA PADMAN
AMARANAM PRAPADYE

VANDE SHANTHAM SARVANITHA MAYANA
SARADINDU SAMAKASA SAMAJWA
VADAN
SANTHITHYA SANGEETHA KAVI
MOOL
TWATH PAADA PADMAN
AMARANAM PRAPADYE

VANDE SUMUKHAM SASI SOORYA THEJA
SAD BHAKTHA PRAARBDDHA SAKALA
NAAS
SANKARASOONAM SANKATA NAAS
TWATH PAADA PADMAN
AMARANAM PRAPADYE

VANDE SUMUKHAM SASI SOORYA THEJA
SAD BHAKTA PRAARBDDHA SAKA
NAASA

KSHOBA NAASAKA NAVASLOKI
STOTRA HIDAM PRATHINITHYAM
YAH PATEN NARAH
NACHA VIGHNA BHAYAM TASYA
SADVAKA SA CAARESHA KARUNAM LABHETHI || - (SO

LORD GANESHA

NAME & ADDRESS	OFFICE	RESIDENCE	M
LORD GANESHA, the elephant-headed G is usually worshipped before commencing any activity in order to be free from any obstacle & ensure success of the endeavours as well. He is also the bestower of worldly intelligence & spiritual wisdom besides a remover of obstacles.			

- 2) Vinayaka name has only one meaning. After V is used VINAYAKA means that he is his own master. He has no master above him. He does not depend on anybody's command nor act on anybody's advice.
- 3) He is also called G. ANADVAITH, meaning "LORD of the undivided". This term also denotes that he is the master of intellect & ^{power of} discrimination in man. He possesses great intelligence & knowledge. This knowledge leads to wisdom (Vijnana). He is the Lord of Intelligence (Buddhi) & Wisdom (Siddhi) so LORD of BUDDHI & SIDDHI.

BUDDHI & SIDDHI are referred to as consistent

NAME & ADDRESS	OFFICE	RESIDENCE	MOBILE
4) MOUSE is the Vehicle of Vinayaka; because it is considered as embodiment of sense of sight. The mouse is a symbol of attachment to worldly tendencies (Vasanas). To catch it live you have to lay a mouse-trap with a strong smell. The mouse also symbolises darkness of night. It can see very well in dark. As Vinayaka's vehicle the mouse signifies an object that leads a man from darkness to light. Thus Vinayaka's principle means that when we remove all bad qualities & cultivate good thoughts, conduct & qualities.			
5) VIGNANESHWARA is another name - VIGNANA + ESHWARA. Eshwara is one who is endowed with every conceivable form of wealth - Riches, knowledge, health, beauty. Vignaneswara is the promoter of all these forms of wealth & remover of all difficulties to their enjoyment. He confers all these forms of wealth on			

- | | NAME & ADDRESS | OFFICE | RESIDENCE | MO |
|----|---|--------|-----------|----|
| 6) | <p>What is the inner significance of the elephant?</p> <p>Elephant is a symbol of MIGHT + MAJESTY</p> <p>The elephant's foot is larger than ^{that of} any other.</p> <p>The elephant can make its way through a dense forest.</p> <p>In this way, it signifies the quality of a leader who shows the way for others.</p> <p>Another feature of the elephant is noted for its faithfulness & gratitude.</p> <p>Intelligence without gratitude has no ^{value} significance.</p> <p>Every man should learn from elephant headed to be grateful to those who help him in every way.</p> | | | |
| 7) | <p>The need for an elephant's head is described in the story of the blind men and an elephant.</p> <p>According to one Purana, the bad sight of Sankarabharat's head fell down when Vishnu tried to enter the city of the blind.</p> <p>Another version is that Lord Shiva chopped off his head to prevent him from entering Parvathi's chambers as she was taking a bath.</p> | | | |
| 8) | <p>His broken tooth has different stories.</p> <p>He removed his tooth to take dictation of the Mahabharata by Vedavyasa.</p> <p>Another version is that Ravana & his army took it to the South Sea.</p> | | | |

NAME & ADDRESS

OFFICE

RESIDENCE

MOBILE

However, Ganapathi has endeared him-
 self not only to human beings but even to
 because he has proved himself as "Remana goda"
 Even Brahma, Vishnu & Shiva are described
 have prayed to Ganapathi's Vighnerajas aspect
 in their own way. Lord Rama also prayed
 Vighneswara before building Varadhi across ocean
 which acted as a floating bridge for his army.
 Naturally he deserves "Aera Pooza" even before
 worship of Brahma, Vishnu & Shiva.

At one stage people practised Yantra & Jambha
 which failed in the case of a few (magico-religious)

Adi Sankara changed the people's
~~temper~~ ^{temper} this form of worship & recommended Satvic (benevolent)
 aspect as explained in Purana's & Vrathe Kalpa
 Thus Ganapathi became a Benevolent God
 his worship gained strength. Now he became popular
 among all Hindu gods & goddesses.

భక్తికి - ముక్తికి

శ్రీ వేంకటేశ్వర

గోవింద నామములు



ధర్మప్రచార పరిషత్,
ప్రచురణ
కార్యనిర్వహణాధికారి

విజయవాడ తిరుపతి వేంకటేశ్వరములు

శ్రీరస్తు

శ్రీ శ్రీనివాసా గోవిందా
శ్రీ వేంకటేశా గోవిందా
భక్తవత్సలా గోవిందా
దాగవతప్రియ గోవిందా
నిత్యనిర్మలా గోవిందా
నీలమేఘశ్యామ గోవిందా
పురాణపురుష గోవిందా
పుండరీకాక్ష గోవిందా
గోవిందా హరి గోవిందా
గోకులనందన గోవిందా
నందనందనా గోవిందా
నవనీత చోర గోవిందా
పశుపాలక శ్రీ గోవిందా
పాపవిమోచన గోవిందా

దుష్టనంహర గోవిందా
దురిత నివారణ గోవిందా
శిష్టపరిపాలక గోవిందా
కష్టనివారణ గోవిందా
గోవిందా హరి గోవిందా
గోకులనందన గోవిందా
వజ్రమకుటధర గోవిందా
మరాహమూర్తివి గోవిందా
గోపీజనలోల గోవిందా
గోవర్ధనోద్ధార గోవిందా
దశరథనందన గోవిందా
దశముఖ మర్తన గోవిందా
షష్ఠీవాహన గోవిందా

పాండవప్రియ గోవిందా
గోవిందా హరి గోవిందా
గోకులనందన గోవిందా
మత్స్యకూర్మా గోవిందా
మధుసూదన హరి గోవిందా
మరాహ నరసింహ గోవిందా
వామన భృగురామ గోవిందా
బలరామానుజ గోవిందా
బౌద్ధకల్కిధర గోవిందా
వేణుగాన ప్రియ గోవిందా
వేంకటరమణా గోవిందా
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సీతానాయక గోవిందా
శ్రీతనూపాలక గోవిందా
దరిద్రజనహృషిక గోవిందా
ధర్మనంస్థాపక గోవిందా
అనాథ ధక్షక గోవిందా
ఆపద్బాంధవ గోవిందా
శరణాగతవత్సల గోవిందా
కరుణాసాగర గోవిందా
గోవిందా హరి గోవిందా
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కమలదళాక్ష గోవిందా
కామితఫలదాతా గోవిందా
పాపవినాశక గోవిందా
పాహి మురారే గోవిందా
శ్రీముద్రాంకిత గోవిందా
శ్రీవత్సాంకిత గోవిందా
ధరణీనాయక గోవిందా

దినకరతేజా గోవిందా
 గోవిందా హరి గోవిందా
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 అభయహస్త ప్రదర్శన గోవిందా
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 శంఖచక్రధర గోవిందా
 శార్దూలదాధర గోవిందా
 విరజాతీరస్థ గోవిందా
 విరోధిమర్తన గోవిందా
 గోవిందా హరి గోవిందా
 గోకులనందన గోవిందా
 సాలగ్రామధర గోవిందా
 సహస్రనామా గోవిందా

లక్ష్మీవల్లభ గోవిందా
 లక్ష్మీదాగ్రజ గోవిందా
 కన్తూరితిలక గోవిందా
 కాంచనాంబరధర గోవిందా
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 విడుకొండలవాడ గోవిందా
 వికస్వరూపా గోవిందా
 శ్రీరామకృష్ణా గోవిందా
 రఘుకులనందన గోవిందా
 వ్రతక్షుద్రేవా గోవిందా
 వరమదయాకర గోవిందా
 గోవిందా హరి గోవిందా

గోకులనందనగోవిందా

వజ్రకవచధర గోవిందా
 గోవిందా హరి గోవిందా
 గోకులనందన గోవిందా
 వైజయంతిమాల గోవిందా
 వడ్డీకాసులవాడ గోవిందా
 వసుదేవతనయా గోవిందా
 దిల్యపత్రార్చిత గోవిందా
 దిక్షుక సంస్తుత గోవిందా
 స్త్రీపుంరూపా గోవిందా
 శివకేశవమూర్తి గోవిందా
 బ్రహ్మాండరూపా గోవిందా
 భక్త రక్షక గోవిందా
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 గోకులనందన గోవిందా
 నిత్యకళ్యాణ గోవిందా

సీరజనాథ గోవిందా
 హతీరామప్రియ గోవిందా
 హరినర్వృత్తమ గోవిందా
 జనార్దనమూర్తి గోవిందా
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 గోవిందా హరి గోవిందా
 రామానుజసుత గోవిందా
 న్యయంప్రకాశ గోవిందా
 ఆశ్రితక్షక్త గోవిందా
 నిత్యకుభప్రద గోవిందా
 నిఖిలలోకేశా గోవిందా

గోవిందా హరి గోవిందా, గోకులనందన

గోవిందా హరి గోవిందా, గోకులనందన

JANUARY						
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FEBRUARY						
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Who is GOD ?

Does GOD exist- or not ? If so where does
 Man has been posing this Qn ever since
 into this world thousands of years ago.
 Question itself is the child of confrontation
 between those who believe in GOD & those who
 Before answering this Qn, one needs to under-
 stand the concept of GOD has come to play
 a dominant role in human life.

first let us know who this GOD is

Longman's new Pocket-English Dictionary

"He is the being who is believed to be the MAJESTIC
 Ruler of this world & to whom people pray for help"

Oxford English Dictionary says { A Super human being worshipped
 having ^{divine} power over nature & his
 fates like DEITY of Heaven - JUPITER
 to mention a few: - DEITY of Hell - PLUTON
 DEITY of DAY - SOL
 DEITY of SEA - NEPTUNE
 DEITY of WAR - MARS
 DEITY of LOVE - CUPID
 and so on

New Standard Encyclopedia says:

A Supreme being, the Creator of the entire world

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Different Religions like Hindus, Muslims, Christians & Jews have their own God. But, While Muslims have a single God Moh^h & Christians their single God in the shape of Ch^h. The peculiarity of Hindus is that it has different Gods & Goddesses associated with a particular branch of human activity like for ex :
Murthyganga for long life, liberty & longevity
Goddess LAKSHMI for wealth & riches & prosper
Goddess Saraswati for higher education & literature
Sun God & Chaya for power, light & prosper
Lord Venkateswara for all human activities
Every one of these Gods is OMNIPOTENT, OMNIPRESENT & OMNISCIENT and are supposed to have performed miracles and saved humanity from crises both in past & present ^{promises for} similar performance in future. Biologically speaking, man is supposed to be ready to bestow one bit of his life to another.

More often it is assumed that there are the products of misery & misfortune & because a happy man, who celebrates every day of his life has no time to think of God. He thinks of God only when life meets out any raw deal.

While traditional & popular gods like ^{TTD, Soorya} Krishna continue to exert their influence on those who think of them & pray for their interventions during their annushayam like Soorya Namaskaram & other Sevas, some disgruntled people & village have started looking up to some Super Saviors (who try to lure the gullible public with their jobs) to attract them for temporary gains at huge cost. People get lured into becoming believers, forming because they are led to think that a savior stands to shoulder their responsibilities. Unfortunately, they don't realize that their freedom comes from assuming ^{their} own responsibilities instead of shirking it & passing it on to a third party.

00
Saturday

Strictly speaking, the whole concept of God
revolves around the human condition and
human nature & their whims & fancies.
But for the inherent-fear of the unknown
man would not have sought refuge/st
under divine shelter, that too created
his own imagination, to communicate with

Ever since we were exposed to many
phases of evolution, human beings for
life is fraught with all kinds of fear
uncertainties. Since other living creatures
like animals are devoid of thinking faculty
they have an inbuilt resistance to survive.
The imagined gods provide us with some-
thing like an anchor or shield to protect
and the capacity and presence of miracles
and the much needed strength & stability
to absorb the trials & tribulations of life.

Something it looks as though, even those who believe in God (along with those who do not believe ^{share} equally foolishly; the believers in Rama & Krishna may think that their Gods, who lived centuries ago, may come ^{in human form} & save them from their family troubles. Needles to say that non-believers, though their denials only try to postpone the issue & keep discussions afloat. Instead of debating whether God exists or not, it is time for MAN to think of his life as a human, as a sacred & sacrosanct and start worshipping the permanent God within. He can aspire to achieve it only when he stops looking for any outside ^{out-of-the-way} _↳ saviour and start looking within & consolidate the powers within himself by using all his human faculties & using all his limbs to the proper focus & use instead of looking for an outside God, and wait for his response, we can have some introspection. Just looking within & invoke the divine forces within.

All said & done, in modern era
God is increasingly becoming a crutch or excuse
to escape from our designated responsibilities.
The debate between believers & non-believers,
worshippers or non-worshippers, will continue
as will the struggle for supremacy between
the followers of different religious ideologies.
However, true seekers will quietly aspire
to kindle the spark of the divine within
themselves because it is only the inspired mind
that can truly understand the essence of the divine.
We have to be conscious of our abilities,
the function & purpose of our life linked
with our various organs provided by the God,
the purpose for which each organ is provided,
and make use of these functions as effectively
as possible and ensure that they also work in harmony
with each other.

JANUARY							FEBRUARY						
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God has given us full life of 100 years supported by a big body, with two hands & two legs assisted by two ears & eyes to see, nose to smell, ears to hear, heart to supply blood to protect the body and so a human being should be able to use all these faculties for effective & fruitful life to reach god ultimately. We have to believe in our subconscious that we can make things better through our own efforts rather than relying on God or other external influences. At the same time we need not question or express doubts about God's omnipotence or question His existence as he is destined to be at the top of the world and let us not debate on His existence, but at the same time not purely dependent on Him without our effort. Let us keep our God & religion within our dwelling and use all our energies to achieve our ^{desired} objectives wholeheartedly.

Who are God's peb-?

Once a human being reached heaven for good deed God welcomed him & said that he was lucky to have had human form. "Why are humans so special?" God showed him animals, birds, insects & other living creatures. "Notice that all have their heads turned down towards earth & can ^{only} look down. It is only the human, who can look up & lift their sights from the world to see God, high above them in the spiritual realm above their imagination. Human beings alone are blessed with a special faculty to gain spiritual knowledge. This kind of opportunity is offered to every human being, but only a few make use of it. We must meditate to make full use of this gift. By meditating slowly we can come close to God & achieve union with God. By meditation daily, on the inner light & sound, we can slowly & steadily achieve peace & tranquillity & live happiness & fulfilment.

Someone asked me "How much I worked for &
I find the poor quality ^{of his Qm} of his knowledge of &
those who believe in God and work for ~~him~~ ⁱⁿ
in the right way. never thinks in terms of
how much they are doing & praying for him
They do not ^{know} the exact inspiration of our
He gave us the body through which we can
render service to the needy & the down-trodden
He gave us a MIND to think of His miracle
and realize His wonders and peculiar deeds
He gave us a sound Heart to love things ^{not-entirely}
his father, Maker and the sole Benefactor
but also as a friend, philosopher & guide
He did not understand the implication of this
questioned me whether I have seen God
felt his presence. I said He is with us always
To illustrate this, I told him an incident



GOD is ONE.

19

Friday

God is always with us

- When I was young, I thought that God was
- some kind of Judge who will be sitting some
- where beyond the Moon & stars, watching us & whatever we will be doing.
- At other times I will be doubting why God wastes
- his time in watching the poor human beings.
- I heard that man can be doing ^{significant} good things and God will
- appreciate our actions & reward our action with
- glory to give us appropriate place after our death.
- I learnt that when we die, we stand before
- a judge at the Gates of God, who will measure our
- good & bad deeds in some sort of balancing scale.
- If we allow us into heaven only when our good
- outweighs our bad deeds, otherwise send us to Hell
- for a suitable punishment. Sometimes doing good
- things may hurt ourselves or our near & dear ones.

Later I found that there were a number of Gods depending upon the religion one followed. Supposing then one converts into another religion the new God will take over. Being a Hindu I had heard that there are more than 800 of Gods & Goddesses & I was wondering whom I should pray to because each God has a dominant trait linked with his parentage & he was so confusing that I started praying to give me true knowledge & guidance on my path.

One day my children started asking me why we are born & why so many people coming into life everyday leading to unemployment. I used to tell them these are good questions but difficult to answer since I myself was not able to comprehend. All these doubts can be cleaned ^{only} after we realize the purpose of our secure God's realisation.

■ SACRED ■ SPACE

My Religion

If dharma includes justice, then I have taken my job as spiritual work. If the judges work with vision and vitality, they can do a lot for the country.

I am not a Hindu but a Zoroastrian, which has taught me three things – right word, right work and right deed. And I see a convergence of Hinduism and my religion on this issue.

Chief Justice SH Kapadia, releasing Veerappa Moily's contemporary treatise on the Ramayana

The religion of the future will be a cosmic religion. The religion that is based on experience, which refuses dogma. My religion consists of a humble admiration of the illimitable superior spirit who reveals himself in the slight details we are able to perceive with our frail and feeble mind.

Albert Einstein

This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.

The Dalai Lama XIV

Jyotish and Devi Novak

Indic scriptures describe paths we can safely follow to experience increasing happiness and escape suffering. For example, by serving others, we can purify our hearts and expand our awareness and feel God's love flowing through us to others. By chanting, we can open our hearts and commune with God.

Paramhansa Yogananda would say that the "airplane route to God" is meditation. Meditation is a wonderful short cut to inner spiritual progress. Yogananda defined meditation very simply, as "concentration on God or one of His qualities". The qualities of God include different aspects of the happiness that we long for – love, joy, peace, calmness, wisdom and power.

The challenge, in meditation, is to concentrate the mind so that we can offer ourselves to God without distraction and perceive His blissful qualities and absorb them with our whole being.

How can we bring more mental focus into our meditation? The key is to train the mind gradually in the habit of concentrating. Each of the meditation techniques devised by India's sages has a special point of concentration. For example, many meditation techniques include the practice of "watching the breath" until the mind becomes calm and one-pointed.

Other practices focus on holding attention calmly at the point between the eyebrows, the brain centre of concentration and spiritual perception; or keeping attention on the inner sounds heard in meditation.

If we can feel devotion to God, it will help us tremendously in our efforts to concentrate, because the mind tends to follow the heart. We can also visualise a saint such as

Airplane Route To God

Yogananda or other great enlightened masters who will guide our efforts to commune with God. Prayer and chanting can also give a focus for our feelings and attention.

The first few minutes of each meditation are especially important, as they set the tone for the rest of our practice. We need to develop the habit of starting with deep concentration. It's helpful to go into your meditation room with the expectation that you'll dive deeply within. It's also important to establish a kind of psychic barrier that says, "When I come here, I don't bring cares or worries, or projects. Those things I leave outside the door!"

We can improve our ability to concentrate by practising focused awareness in daily life.

Train yourself to do one thing at a time, with deep attention. It's good to vary your practice of formal meditation techniques. For example, you could give some time to prayer, chanting and visualising the image of your guru, or a saint. These practices inspire devotion and will give you a "target" for your concentration.

Finally, there comes a time in meditation when we need to let go of all techniques, relax deeply,

and feel God's presence. Many people leave their meditation without doing this. But real depth of meditation demands that we go beyond outer practices, and simply be in the presence of God. Try to become absorbed in inner silence, in the vibration of His love. Then try to increase the intensity of that feeling and expand it. Feel that you are expanding that feeling farther and farther, beyond all limitations of your body and personality.

Ananda Sangha is holding meditation workshops based on Paramhansa Yogananda's teachings, July 4, Delhi, Gurgaon, Noida. Contact: 9899267698, 9899014209 or (0124) 405-9550. www.anandaindia.org



THE ■ SPEAKING ■ TREE



Thinning of food in human for

is the initial stage of our journey towards ^{self} realization. Only then we realize that God is not separate from but lives in us in our own body, guiding us to decide each & every action & shaping our lives. Heaven & Hell are only in thoughts in the making. Right thoughts lead to plans & good deeds while criminal thoughts lead to wrongful actions.

The best books I came across to read daily are 1) Shree SAI SAI CHATHRA } 2) Sri Gurm Chanth
containing the life & teachings of SAI } containing the life history
first time when I read it, I thought they were } teachings of DATTATREYA
long books containing their life histories & teachings. As time progressed, I realized with every reading I ended up picking up a new thought to change my feelings & thinking affecting my power of understanding. It is so much in depth & metaphysical knowledge. I feel
"All GODS are ONE"

Based on what I am reading & experiencing
in my life so far, I feel that God is IN-
limitless. God pervades everywhere in the
universe and beyond as well. God is the sum
of all living & nonliving things. All are
God. God is everything we see, feel, touch & taste.
God is active & divine seen & every day
guiding our actions and if we
God is the energy that pulsates & glows in
animate & inanimate creations around us.
Everything we feel & sense around us is God.
In fact God is much more than our
understanding of God is very
by what we perceive through our five senses (of
existence)
What about 99% of what our sense cannot recognize
Thus I feel that God is Everything & nothing is separate from
God is in us & we are in God. All is ONE. All is God & God
through different religious believe in different concepts.

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truly, let us realise
What is life and who is GOD?

1) When anyone touch you, you feel don't
that-consciousness is GOD

2) When you consume food, you feel its taste
that-consciousness is GOD

3) When there is a beautiful music and
you hear it, don't you
that-consciousness is GOD

4) When there is a fragrant flower
you sense & feel ^{sense} the beautiful &
that-consciousness is GOD

5) When there is a beautiful sight of Ram
you perceive the vision of Serenity
that-consciousness is GOD

So GOD is nothing but all pervading consciousness
Becoming one with consciousness by removing all
that prevent it & that is truly essence of LIFE

Prayer Is A Divine Act Of Absolute Surrender

Sanjukta Bhaduri

Sacred Space Cyber Wisdom

1. Never think or speak negatively about yourself; that puts you in disagreement with God.

2. Meditate on your God-given strengths and learn to encourage yourself, for much of the time nobody else will.

3. Don't compare yourself to anybody else. You're unique, one of a kind, an original. So don't settle for being a copy.

4. Focus on your potential, not your limitations. Remember, God lives in you!

5. Find what you like to do, do well, and strive to do it with excellence.

6. Have the courage to be different. Be a God pleaser, not a people pleaser.

7. Learn to handle criticism. Let it develop you instead of discourage you.

8. Determine your own worth instead of letting others do it for you. They'll short-change you!

9. Keep your shortcomings in perspective — you're still a work in progress.

10. Focus daily on your greatest source of confidence — the God who lives in you!

✦
Instead of concentration on what you haven't got focus on what you do have and appreciate that. You need to appreciate what you got before you can focus on getting more.

E-mail forwards

Prayer connects us with the Supreme. Many situations and challenges in life help us realise that we are merely playing our role in the stage of life. Nonetheless, in our daily life, we consider ourselves to be the master of both our actions and the results thereof, but we forget that we have a right over our actions but not of the result. We wonder about the result even before any action is taken and thus lose focus.

Prayer is an act of surrender to the Supreme; we stoop in order to be elevated; we bow with utmost reverence, exemplifying utmost humility to the Almighty. The power of prayer is tremendous and helps us overcome the toughest of challenges, hurdles and misfortunes. The principle in life is to put in the best in our efforts and surrender our actions to the Lord for He would take care of the rest.

A prayer is a most pious act. The sheer act of praying is associated with purity; we purify ourselves by praying. The sincerity and honesty with which we pray disappear soon after we end the prayer. We perform our daily duties routinely, very differently from the act of praying. Consequently we tend to become insincere to dharmic principles.

We get back from life what we give to life. Our life involves others also and many a time the helping hand we extend to others is prompted by selfishness. The issue which bothers us is whether we have gained something and if so, how much, from any given situation.

However, dharma stresses on doing what is right and not what is convenient. We ought to do our dharma with utmost sincerity and honesty as well as to help others without any hidden agenda of self-interest.

Prayer is an activity which

gives immense satisfaction. While we pray, we feel content and satisfied, but the satisfaction dissipates fast enough. Generally, we pray for our well-being in terms of health, wealth, happiness, peace.

Many a time, we look beyond ourselves too. Since we are genuinely concerned about our near and dear ones, we pray for their well-being also. However, we never apply this concept to the wider circle of people in our lives with whom we interact daily or even those we infrequently interact with.

Most often, we camouflage our jealousy with superficial expression of happiness, a smile or a few words of appreciation when we learn of the happiness of others. Just as in a prayer, the principle in life is to feel and be truly happy in others' happiness. Only then can we have a

sense of genuine well-being and sustain the satisfaction.

Traditionally, praying has been a daily ritual in most households. It enriches the person, brings happiness and helps us to remain calm and contented in adverse conditions. A life well lived does not necessarily imply living a materialistic, consumptive life; it could also mean living a satisfied, happy, peaceful and enriched life. Thus, understanding the meaning and essence of life and setting right goals and priorities accordingly are essential.

Life throws up both challenges and opportunities. The art of living is to seize the opportunity to transform one's life into a prayer and using the power of prayer to cut through the challenges.

The writer teaches at the School of Planning and Architecture, New Delhi.

For similar thought-provoking articles on the art of living see 'Cosmic Uplink', published daily on the Economic Times edit page.



THE
SPEAKING
TREE

GOD SMILES
(Through RAINBOW)

February

2007

Tear drops from Angels &
The rays from the SUN
When cross each other
For what they become

TOGETHER They form
The most beautiful sight-
We see all of the 9 colors
Of God's heavenly LIGHT

There have been many storms
Rainbows, I have seen a lot-
But- then I learnt a lot-
That I never knew before

The most beautiful RAINBOW
That I ever did see
Was the one that made me
THAT GOD IS SMILING AT ME

08 Faith is being sure of what

09 we hope for + certain of what we don't

10 Sometimes, it is hard to put your

11 in things U can't touch, see or hear his

12 But with God like ours,

13 you don't have to,

14 Because you can see him in the eyes

15 hear him in the voices

16 and feel him in the touch

17 of all people

18 who care about us.

Notes
19 " I CARE A LOT ABOUT YOU "
20
21
22 GOD

FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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18	19	20	21	22	23	24	18	19	20	21	22	23	24
25	26	27	28				25	26	27	28	29	30	31

6th week
036-329

My CHAT with GOD.

1) Let us meet at my HOUSE }
on SUNDAY, before the Game. } GOD

2) C'mon over — }
Bring Your kids as well } GOD
& introduce them to me }

What part of my ad. }
"Thou shalt not — — — — —" } GOD
didn't you understand }

We need to talk ^{about GOD} and }
exchange our views with Him } GOD.

Keep using my name in vain }
I will make you rush Hr longer } GOD

LOVED Your wedding proposal. }
INVITE ME to your Marriage } GOD

- 7) My direction reading }
 "LOVE THY NEIGHBOR" } God
 I meant it really }
- 8) I LOVE "you" and "you" }
 and "YOU" and "you" } God
 and "YOU" only }
- 9) With the road you are on }
 get you to my place. } G
 Please keep your promise }
- 10) "Big Bang Theory" }
 You have got to be kidding } God
- 11) My way is the Highway → God
- 12) Do you have any idea }
 where you are going. } God
 Don't make ME come there }

Thank You God.

Dearest - (L.R.)

Thank U for too little things that fill my heart
 with #

For thinking of those little things is sure
 to change the scope of my life

Budding flowers, seedling trees

A warm afternoon with a cool summer breeze

The lady bug, the butterfly & puffy clouds
 in the baby blue afternoon

The clover patch, the honey bee & the welcome to

A Sunday brunch & an Afternoon Tea

The sparkle of a midnight star from afar

The calmness of an evening rain,

As it taps against my study window

When my life seems rough with one

I think of all ^{the} your kindness bring me

& I find my spirits lifted up to the sky

God's Gifts

- 1) What we are is God's gift to us
What we become is our gift to God

Eleanor Powell

- 2) God loves us the way we love Him
but too much to learn us that way.

Leighton Ford

- 3) God will not look at you over for Medals
degrees or diplomas, but for scars.

Elbert Hubbard

- 4) We turn to God for help
When our foundations are shaking.
only to learn that it is God who is shaking

Charles Webb

- 5) God does not require us to succeed
He only requires us to try & try.

Mother Teresa

God & his Beauty are always around us
let us embrace his love & beauty with

THINKING about GOD

A fifth grade teacher
at SAN JOSE asked
her class to look at
TV commercials & see
if they could use them
in some way or other
to communicate their
thoughts and thinking
about GOD.

Here are some of the
results produced
by Aishwarya Parmula.

GOD is LIKE

BAYER-ASPIRIN

He works Miracles.

GOD is LIKE

FORD

He has invented a better CAR

GOD is like

COKE.

He helps you with

a Real DRINK

GOD is LIKE

TIDE

He gets the stains out

Let others leave behind

GOD is like

GENERAL ELECTRIC

He brings good things to life.

SEEK NOT ELSE But GOD

You Think of GOD

Only When U are in trouble

But not when U are OK

ALWAYS KEEP HIM

At the center of your BR

Which is the PIVOT of the world

Know that All revolves around it.

At His BIDDING and CALL.

Then U have freedom & joy.

True Harmony & Peace within

All other Quests are vain.

SAT BABA

1 2 3
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11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30 31

Wednes

GOD IS LIKE

HALL MARK CARDS

He cares ~~to~~ enough to send

His very best wishes

GOD IS LIKE

ALKA-SELTZER.

Try Him once

You will start liking HIM

GOD IS LIKE

SCOTCH TAPE

- You can't see Him
but you know He is there

GOD IS LIKE

DIAR SOAP

are glad. You have him daily.

GOD IS LIKE

U.S.A. POST OFFICE

and now snow, now sleet now ice
up HIM from his appointed destination

Thursday

LOVE OF GOD

While chatting I asked ^{few} friends of
"How much time you devote to think of
One person said 10%, another 25% +
yet another said 75% While a highly relig
person said let. he devotes 100% of his time on
I asked him "What equals 100% + How it is po
He could not because he could not account
eating time, drinking time, sleeping time
In turn he asked me the same question
Immediately I told him "I give more than 100%
In turn he told me "Don't be ridiculous!"
"You must be joking/making
"How is it possible to give more than 100% pe
You must have seen in a dice situation
When somebody tells you "I love you more than
What equals 100% + How about a champion >
Here is a mathematical formula I had in mind

MATHEMATICS OF LIFE

FEBRUARY

MARCH

7th week

047-318

ATTITUDE is everything

16

Friday

If each alphabet from A to Z is represented by a numeral from 1 to 26

$$A = 1$$

$$B = 2$$

$$C = 3$$

$$D = 4$$

$$E = 5$$

$$F = 6$$

$$G = 7$$

$$H = 8$$

$$I = 9$$

$$J = 10$$

$$K = 11$$

$$L = 12$$

$$M = 13$$

Sacred Space

Maths Metaphysics

What Equals 100 per cent? What does it mean to give MORE than 100 per cent? Ever wonder about those people who say they are giving more than 100 per cent?

We have all been in situations where someone wants you to GIVE OVER 100 per cent. How about ACHIEVING 101 per cent?

What equals 100 per cent in life?

Here's a little mathematical formula that might help answer these questions:

If A B C D E F G H I J K L M N O P Q R S T U V W X Y Z are represented as:

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

If H A R D W O R K
8+1+18+4+23+15+18+11 = 98 per cent.

And K N O W L E D G E
11+14+15+23+12+5+4+7+5 = 96 per cent.

But A T T I T U D E
1+20+20+9+20+21+4+5 = 100 per cent.

Then, look how far the Love of God will take you:

L O V E O F G O D
12+15+22+5+15+6+7+15+4 = 101 per cent.

Therefore, one can conclude with mathematical certainty that: While Hard Work and Knowledge will get you close, and Attitude will get you there, it's the Love of God that will put you over the top!

An e-mail forward

$$N = 14$$

$$O = 15$$

$$P = 16$$

$$Q = 17$$

$$R = 18$$

$$S = 19$$

$$T = 20$$

$$U = 21$$

$$V = 22$$

$$W = 23$$

$$X = 24$$

$$Y = 25$$

$$Z = 26$$

deducting
God =

$$7 + 15 + 4 = 26 = \pi$$

bto

17

Saturday

February

Extending the analogy further,

• we find that KNOWLEDGE is equal

$$= 11 + 14 + 15 + 23 + 12 + 5 + 4 + 7 + 5$$

$$= 96 \text{ per cent}$$

$$\text{HARD WORK} = 8 + 1 + 18 + 4 + 23 + 15 +$$

$$= 98 \text{ per cent}$$

$$\text{But ATTITUDE} = 1 + 20 + 20 + 9 + 20 + 21 + 4 + 5$$

$$= 100 \text{ per cent}$$

Let us better any other word takes U beyond

$$\text{LOVE} = 12 + 15 + 22 + 5 = 54$$

$$\text{OF} = 15 + 6 = 21$$

$$\text{God} = 7 + 15 + 4 = 26$$

TOTAL

We can therefore conclude with matematical certainty, that while HARD WORK & KNOWLEDGE

will get you close to God, but attitude make U reach God & ultimately it is your attitude that is going to change your life

SUN-GOD

As I mentioned in the preamble of this vol
I am a staunch devotee of SUN-GOD
and worship him right from the time of
getting up from bed till I go to my sleep
He is the bestower of eight super-natural
boons like 7 and nine forms of wealth. -

- | | |
|---|---------------|
| ① Anima = the faculty of
reducing one's body
to an atom | ① Sravanam |
| ② Mahima = the faculty of
extending yr body
to a large size | ② Keerthanam |
| ③ Garvima = the power of becoming
very heavy | ③ Smaranam |
| ④ Laghima = the power of becoming
very light | ④ Paada-samam |
| ⑤ Prapthi = unrestricted access
to all places | ⑤ Pooja |
| ⑥ Prakamyam = realising what
all you desire. | ⑥ Namakaram |
| ⑦ Isitva = overlordship. | ⑦ Daasyam |
| ⑧ Vasitva = subjugation | ⑧ Sakhyam |
| ⑨ | ⑨ Aatma- |

Walk in the light of the SUN-GOD
So that you know the fellowship of Love
spirit of his spirit of LIGHT
can bestow all to one who reigns

What the SUN wants to tell you is:
Believe ME, I am always going round
Walking around your Home
To Motivate you and to
To Encourage you with my
To awaken the ME within
When I see U respond
I unfold all my glory to
I unfold all Religions
Myself late explain to
All the doubts U raise
In a language that is so
only between You & I

FEBRUARY							MARCH						
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052-313

God's Realization

Wed

- God's realization is very easy & simple.
- There cannot be any thing else that is easier than realizing God.

- Three things are essential (1) DESIRE for realizing any desire (2) EFFORT in this Quixotic world (3) DESTINY

- First you should have a desire to acquire.
- Secondly you should make an effort or do work.
- Thirdly even after having a desire & doing work you will get thing only if you are destined.

- If you are not destined to get anything after having a strong desire & working steadily on that desire, you will not get it.
- Many times we make an effort & attempt, but to make profits we end up incurring losses.
- But God is realized merely by desiring. There is no need for effort or a destination.

Merely by having a strong desire
 we don't get anything except
 The Reason is that this human body
 given to us only to realize God
 feel the impact of praying to him &
 God has given this human body to
 only one a single aim of realizing his ex

Second God is EVERY-where. There
 not even a fraction of inch of space or
 needle point extent of space or is
 without God being present there.

Therefore ~~the~~ in His Realization
 there is no role of effort & desire.

By doing Karma (effort & desire)
 we get only perishable things.

Imperishable God cannot be reached

by doing any Karma without
 He is realized and by having intense

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1 2 3
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25 26 27 28 29 30 31

20 Point-Formula of Ep01

- ① Keep silent at all Times
- ② Words that are spoken must be soft and meaningful
- ③ Conserve your energy - you waste it in meaningless conversation.
- ④ Talk less, listen more, eat just
- ⑤ Fix your thoughts on ME constantly
- ⑥ Use your energies only to devote them on activities connected with ME
- ⑦ If it is hard for you to love, do not hate, just keep aloof
- ⑧ In every prayer ask ME to show you the way to achieve O
- ⑨ Encourage your voice to be loud, keeping God's name always on your lips
- ⑩ Listen to what everybody says or writes but reserve thy judgement

JANUARY							FEBRUARY						
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GOD

SPEAKS

02
Friday

In Dallas (USA) Public Service Billboards created by a Dallas Advertising Agency has received big attention in Dallas & neighbourhood.

These Billboards are a kind of simple black background with white text on letters. NO fine print or name of any sponsoring organisation indicated under each text.

Here is a list of the various directions or indications sought to be communicated to the general public through the various Billboards.

The text matter is self-explanatory and the person giving directions through these Billboards is indicated as "GOD".

Whether you believe in GOD or not, you have got to read through these directions and try to implement them :-

24

Saturday

11

When the darkness of suffering
comes your way, know that there
sunrise going to come always again next
& keep ur expectations alive

- 12) Love me truly & bind yourself to
- 13) Imitate me & try to strengthen ur char
- 14) Do not waste your time in wa
Use it always wisely to cultivate FAITH
- 15) Place ur head on my feet. It will soak ab
- 16) All that I take into you at the time
is only your good qualities & the
- 17) You are ignorant of what is going to
to you the next moment. I shall
ME through all changes, for I stay cha
- 18) Accompany ME in all my mission
- 19) Know that I always prompt U towards T
in Tm to love ME in whatever form, &

God's Gift

Human life is God's gift to us, not a
The Secret of happiness lies in the
realisation of this fact &
once we understand this axiom of life
our perspective and outlook on everything
Once our perspective on everything changes
we become more fulfilled, and once
fulfilment is felt, we become much happier
& realize that our life is different than it was
once again, it is not life alone a divine
but everything in our life.

While of course we have to work
to earn something, whether a financial reward
or a college degree or a job or someone's
still all these are divine gifts that should
appreciated & accepted as such with gratitude
It may be your hard work blessed by God

27

Tuesday

February

Imagine that everyday is your birthday
of throughout the day whatever you receive
is your birthday gift or unexpected gift
How would you feel.

Try to convert this same sense
of birthday feeling to each every day
of your life and feel the difference and
appreciate every outcome as a gift of life
You will be a much happier person

LIFE IS SHORT - LIVE CHEERFULLY - LOVE TRULY
LIVE WITH UNCONCERN - LEAD A WONDERFUL LIFE

Quote What I see convinces me
That God exists

What I cannot see confirms it

Anonymous

Yama then rushed to his father & complained about
"She does not seem to be my mother to curse like to
When Surya covered his wife, she came out with Truth
When Surya approached his father-in-laws (USWA KARMA)
He revealed the secret but did not allow her into his home
for neglecting her husband & so lived in the forest like a man
He also offered to share of some of his excess energy
so that people can look at him & bear his sight.

With the excess energy, many of the Gods' keepers like
Vishnu Chakra (bleeding discus) Trisula (trident) & maces (Vajras)
This made Surya's visage much more pleasant & bearable
The only parts of Surya's body that are not sanctified are his feet
Even those can't bear to look at Surya's feet & it is
forbidden to visualise to entice Surya God for anything
Anyone who doesn't follow this injunction will suffer from leprosy
Surya went out in search of Sangeeta & found her as a Hindu
He adopted her as a daughter & gave her a horse. As horses, they had two
as Ashvins who became physicians of the Gods. After that birth
of Sangeeta gave up the horse farm & returned to her original form
as Ashvins who became physicians of the Gods. After that birth
of Sangeeta gave up the horse farm & returned to her original form

FEBRUARY							MARCH						
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9th week
059-306

GOD Through LOVE

- LOVE is seen, felt, touched & experienced in myriads of ways.
- It is impossible for anybody to express it in words.
- Yet I will try to make an humble attempt - to list a few traits of love, arranged alphabetically.
- I felt of it on, to better understand myself :-

A LOVE IS ACTION; ART; AWARENESS;

B LOVE IS BLISS; BEAUTY; BENEVOLENCE;

C LOVE IS CARING; COURAGE; CHASTITY; COOPERATION; COMPANY; COMMITMENT;

D LOVE IS DUTY

E LOVE IS EQUALITY; EMOTION; ELEGANCE;

F LOVE IS FEARLESSNESS; FAMILY; FAITH; FRIENDSHIP;

G LOVE IS GOD; GRATITUDE;

H LOVE IS HOPE; HUMILITY; HARMONY;

I LOVE IS INNOCENCE; IMPETUOUS; IRREVERSIBLE;

01J

Thursday

9th week
LOVE IS JUSTICE

March

K

LOVE IS KINDNESS

L

LOVE IS LIMITLESS;

M

LOVE IS MUTUAL TRUST; MUSIC; MEDITATION; MAGI

N

LOVE IS NOBILITY;

O

LOVE IS OMNIPOTENT; OMNIPRESENT; OMNISI
OPTIMISM;

P

LOVE IS PRAYER; PATIENCE; PURITY; PIETY;

Q

LOVE IS QUINTESSENCE;

R

LOVE IS REALITY;

S

LOVE IS SCIENCE; SENTIMENT; SOLITUDE; SOUL-ENRICHING
SUBLIME;

T

LOVE IS TRUTH; TRUST; THANKSGIVING;

U

LOVE IS UNIVERSAL;

V

LOVE IS VOTE-CATCHING;

W

LOVE IS WORSHIP

X

LOVE IS X-RAY

Y

LOVE IS YEARNING

Z

LOVE IS ZIGZAG.

MARCH						
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APRIL						
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29	30					

GOD KNOWS

061-304

- 1) When you are tired & discouraged from fruitless effort - & GOD KNOWS how hard U tried
- 2) When you have cried so long & your heart is under anguish GOD has counted your tears
- 3) When you feel that your life is on hold time has passed long enough GOD is waiting for you
- 4) When nothing makes sense & when we are confused and frustrated enough GOD has the ANSWER for you
- 5) If suddenly your outlook is better you find traces of HOPE, GOD has whispered into your ear

Saturday

When things are going on well,
you have much to be thankful
GOD has blessed U with care +

When something joyful happens to
you are filled with awe + surprise
GOD has smiled upon you

When

When,

Remember that whenever you are
whatever you are feeling
GOD KNOWS U too well
Comes to your rescue

19

Thursday

For that, life is like a flight of steps
towards Godhead.

You have your ^{foot on} first step when U begin.
Each day is a step that must be climbed
so, be steady & watchful when U climb.
Do not count the steps ahead or ex-
ceed the steps behind you.

One step at a time & let too little
is enough to your success to be satisfied
& give you encouragement for the next.
Do not slide back on the step U got up.
Every step is a cheque to victory
enjoyed & cherished & remembered.
Everyday wanted is a defeat - be ash-

"Slow & steady wins the race" says a

let let be your goal & action

Adhere to a regular routine and

Maintain Discipline & TIME Management

S	M	T	W	T	F	S	S	M	T	W	T	F	S
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15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		

Q How do Indians vary in their approach to God?
 We are never God fearing people; but we are God loving people. (Bhaktas) We never consider human beings as sinners. ~~Our~~ approach God is devotion and not fear psychosis. We always accommodate any new branch of worship & religion. We give to everybody the freedom to accept or reject any method of worship or branch of religion etc.

Q How does one's prayers vary?
 We never go for a group prayer like the Sunday Church. All sorts of our prayers are personal. At the same time chanting of mantras, listening to puranas / Ramayan are permitted. We give everybody the freedom to follow his ^{created} method of prayer / worship.

In principle our method of worship is a dialogue between God & his devotee and is always a one-to-one method. ~~without~~ any intermediary agent or broker or a saint / father. ^{not for pleasing God's but} Customs & rituals are for fetching psychological / physiological

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15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		

1) Why should we worship at all?

According to Indian Karma Siddhant the debt towards God is DEVA RUNA while the debt towards parents is PITRU RUNA while the debt towards Rishis or Gurus is RUSHI RUNA for success.

2) How to get rid of these Runas?

According to Indian Thinking, there are 3 Runas

- i) The debt towards God is known as DEVI RUNA
- ii) The debt towards Parents is called PITRU RUNA
- iii) The debt towards GURU or RISHI is RUSHI RUNA
(responsible for Sanatan Dharma)

3) How to clear these three debts or Runas?

These three are called permanent debts from which you cannot get Mukti. Hence we have to keep chanting the name of God by way of worship to avoid their ill effects. We remember our parents even after their death by performing Pitru Sraddham & remember Rishis by chanting the name of the author who composed the mantras. Thus we repay

APRIL							MAY						
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29	30						27	28	29	30	31		

15th week
103-262

1
F

8) Do you have any limitations?

Yes. It is only to understand these limitations to realise that every human has his own limits of what establishment that all is taking place in this materialistic world is happening beyond the control of the human mind, we have to know the real picture of God & his power. It is only for his purpose, we are using the mode of work.

Will the Gods get angry if we don't worship? God is not bothered. Better to worship him & curse or criticize him. God is not worried about your flowers, garlands or Naivedyam, lamp or mantras or puja or temple or a roof over his head. They are all only for us & to satisfy our needs.

9) What is the relation between God & Human? Since he got our birth from our parents in a mysterious way, our relations with ^{God} parents is a divine one. We are here with the influence of God. So our relations

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APRIL							MAY						
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15th week
101-264

We

5) Can you specify a few names with me
 Each name conveys a great phenomenon
 LAKSHMI means glory + prosperity
 SARASWATHI means which is flowing contin
 PARVATHI means the torrential force of EVER
 GAUESHTA means the one which is controlling ever
 Krishna means which is black + attractive ^{via gr}
 RAMA means which produces ^{continuous} HAPPINESS

6) Can we see GOD with our naked eyes
 NO - NOT normally unless + until you reach
 particular level of saint hood or yogic realization
 it is impossible to see GOD even with your inner eye
 There are many things like ATOMS, ELECTRICITY,
 AIR, GALAXIES which we can't see with a naked eye
 Why do you worship GOD?

It is not necessary if U feel it is not worth
 God asks you or pleads with you to worship Him

APRIL

MAY

15th week

099-266

09

Monday

What is God?

(A Posting from DIVINE NATURE GROUP)

When I was young, I thought God was some-
 kind of a judge, the omnipotent- omnipresent
 over, controlling & guiding an atom and the
 universe and also the power which is existing
 each & every living being on the face of earth.
 Does the God has any specific shape & size?
 Absolutely not. It is for the sake of common
 we make so many different pictures of God;
 we make a globe for teaching the shape of earth.
 Does the God has any specific name?
 God does not have any one specific name.
 Quick memory & recollection, we call
 by different names to ^{synchronise} with different natural phenomena.
 Why do we give so many names to God?
 Each name has a specific meaning conveying a great
 phenomenon. After the ^{each} name we face a different
 manifestation of God.

07

Saturday

14th week
097-268

Apr

We should empty ourselves if we are to be filled with divine grace. When the rain has poured out all its thoughts, a vacuum is created - this lasts only for a few seconds & a mysterious influx of divine life enters. It is in this state of conscious cessation of thoughts, that the truth of one's self is hidden by all our thoughts & actions & desires gets revealed in its sublime & majestic grandeur.

Then only we will experience the divinity within us, as we really are not prisoners in the body, as captives in the cage of or fettered by fleeting passions.

The whole art of meditation or concentration consists of unlocking our chains & arising as free spirits.

Jai Sai

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14th week
096-269

GOD IS SILENCE.

0

Fr

"SCIENCE is GOD" Says a french writer
Yes. but Silence of body, thoughts & thoughts & des-
not merely ^{aural} silence (relating to ear or sense of hear-
In this sublime moment, God is beginning to
possession of your soul. All you have to do
to practice the utmost self-surrender.

Those who spend years soliciting ^{some} intimations
or revelation from the august quester within
can receive a rich award in course of time. A
glimpse of the mysterious stranger who
trouble out of our life & put it under our
One hallowed word from his divine lips bestows
on us, a bliss which melts us in cosmic joy.

So far we have covered an earthly nature
thoughts & desires & so we must uncover it - to
its depth. Thinking is a ^{heavy} veil. flung over the
luminous face of the DIVINITY, within our body.
raise the veil by letting the mind become to rest &

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14th week
094-271

04
Wednes

Bhagawan is the Icon of Grace. His every command has built in it His Grace. But because our sight is on ^{the results of} our past actions and not having any eye towards his grace, man is unable to identify his grace & pick it. While fate & destiny are fruits of past actions and are perishable, Grace is unperishable. Just like ^{then} sugar & salt are mixed, we are not able to separate one from another. But an ant is able to separate & eat sugar & avoid salt. Such devotees, while living their destiny, try to recognize God's grace very easily. We see situations as fruits of past actions, then happiness/sorrow; but if we see them as God's gift, we can be bliss on both occasions.

Even our living today is due to God's grace. By properly utilizing present situation, that is God's Grace, if you do good things, Bhagawan will tend to forgive your past inauspicious deeds & bless you with good results.

03

14th week
093-272

A

Tuesday

Life is like a big cycle race — the aim
to fulfill our personal legend. At the start
we are all together sharing camaraderie & enthusiasm.
But as the race develops, the initial happiness
gives away to the real challenges like fatigue, mo-
doubts as to our own abilities & idiosyncrasies.
At some stage we notice that some friends
give up the challenge, but they are still on the
because they cannot stop in the middle of the
There are many such, who pedal along side the
taking support of the guiding car & lat keep to one
Finally we end up distancing ourselves from
often we are obliged to face loneliness, a
surprises at unknown bends on the road
& problems with the bike as well. After some
we begin to wonder if it is worth all the e-
Yes, I realize finally, it is worth the
Don't give up in the middle. (Don't reach, do

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14th week
092-273

God's Grace

God knows that we are on life's art on the stage. One day he gives us some clay for sculpting and the next day a canvass with a brush and then he gives a pen to write. But we will never be able to use a chisel or a pen on a sculpture. Every day is a MIRACLE. I must accept today's blessings, to create ^{something} that I got today; if I am able to do, with delay and without a feeling of guilt, tomorrow I hope to be given more. It is a testing time for

Sometimes we are like boiling frogs.

A frog placed in a bowl of ^{same} water (brought from its own lake) stays motionless even if water is heated taking it as environmental change and dies swollen and happy when the water

On the other hand another frog tossed into a boiling immediately jumps out, a bit scorched but alive none the less. We also feel that everything is just fine & things ^{will} automatically work out. It is a question of putting up with time & tide over the

Saturday

- 21) Be aware of every thought- You think
every action You take
every act You commit
for Karma hunk around You & in disguise
Waiting to shape you & determine Your future
- 22) I prompt U always to do things in My way
- 23) To tune U up Your life Towards ME & also
- 24) To develop the sense of constant awareness
- 25) Try to free yourself from the clutches of
- 26) Create a love for ME & bring ME back

Believe in the magic of God

One mind several thoughts

One tongue several languages

one pair of hands and a continual action

one pair of ears and diff kinds of sound

one pair of eyes and a millions of color

one pair of feet several paths to travel

One simple heart & various forms of love

One God (into several) but present in each & every

MARCH							APRIL						
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God's Advice (SAI DARSHAN)

13th week
089-276

3
F

- You have no RIGHT to Judge Other's act
- For you don't know Their actual circumstances
- You are Unaware of Their PAST-Present-^{or} Future
- How can you enlist Their strengths / weaknesses
- DEPICT your Character by showing no judgement
- Be a ROCK and stand by all U come across
- Become an Image of Virtue and strength
- GIVE others a part of the strength you earned
- There is no stronger influence than ^{being} a good example
- I do not judge you at any single point of time
- I keep watching all your actions from time to time
- I stand by your side at all times
- LIVE your life by example + not by mere words
- I bestow on you faith + devotion
- Only to be able to withstand your karma
- I see my strengths hidden in U, but U are unaware
- Try to get over the Weaknesses U feel superficial
- Be bold to grab at the OPPORTUNITIES as a true being

Thursday

If any one asks you: "Can U bless me?"
You should reply to him: "You Yourself are it."
That is why you are able to walk, talk or
to know God or to realize divinity within
you. You should know the sacredness within you.
Keeping salt in your mouth, you can
taste anything sweet only by rinsing
your mouth and getting rid of the salt.
It's saltiness is gone, you can taste the sweetness.
All worldly desires you run after and the
pleasures you seek from these, are like salt.
Once you discard them, you can realize
divinity within you & feel the presence
of the Almighty in you as SELF and
start getting benefitted by his presence
within yourself.
Wish you all the best.

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13th week
087-278

Barber
Wed

9 promptly turned back + entered the saloon
 tried to counter his argument by proclaiming
 "Barbers don't exist"
 "The Barbers community is getting extinguished
 in this world". The barber retorted saying in a loud
 "not, as long as I stand firmly on this soil
 Then I pulled him out of his saloon + took
 him close to the old man with a beard + long hair
 He refuses to comply with the barber + called him naive
 Then I told him "Barbers do not exist, because, if they
 there would be no people with dirty long hair + untidy
 like this old man". The barber realized his mistake
 say "That is what happens when people do not come to
 I told him: "Exactly. That is the point. I want to make
 clear to you. Fundamentally God exists; but people do not
 him for help + that is why there is so much pain + suffering
 I explained this problem as a simple lack of awareness
 of who we truly are and what makes us think
 talk or talk or do any work

MARCH

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Whether GOD EXISTS

13th week

085-280

(or)

YOU ARE GOD

20

Mon

A Sunday I went to a barber-shop to trim my hair. As the barber started his work, ~~we~~ started on one chatting covering all subjects from Kings to Cabb. At one stage ~~my~~ I tumbled on the subject of God. When the barber retorted "I don't believe ^{that} God exists" I demanded him saying "How do U say that & why?" He called me ^{out} into the street & demanded: "If God exists, will there be so many abandoned children? Will there be so many sick people & so many beggars? If God really exists, there would be neither suffering nor pain. I don't believe in God who allows all these."

I did not respond because I did not want to lose my argument & so allowed him to complete his ^{hair-}cutting job, lest he spoil my hair-style. The barber finished his job & I came out of the shop just across the road, opposite to his shop. I saw an old ^{haggard} beggar with a long stringy hair & an unkempt beard walking along with a stick.

MARCH

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Whether GOD EXISTS

13th week

083-280

YOU ARE GOD

20

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MARCH							APRIL						
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GOD
VS

12th week
080-285

SPIRITUALITY

Wedn

I am a staunch Hindu with strong belief in the and a regular Swamyn Sevak of Rasthree Swamyn Sevak from my childhood & praying for my family & country. I believe in prayers which taught me that there is a higher power that we can all tap into & receive His blessings. I believe that one does not have to be poor or rich to be spiritual. While the poor invoke God's blessings through prayers, the rich manifest their spirituality through acts of charity. As celebrities like Bill Gates & Warren Buffett & others also can do a tremendous good, if used with spirituality, to me, means being at peace with one's self and the world at large. It is hard not to be frustrated at times, especially when I hear honking traffic from my balcony or the sound of heavy equipment emanating from the ATLAS gym across the road or the neighbor's bathroom water overflowing or garbage incineration bursts of smoke from the back. But, I have by now

MARCH

APRIL

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12th week

078-287

GOD VS NATURE

God is OMNIPRESENT, OMNIPOTENT & OMNISCIENT. Which means He is present everywhere, widespread & reach to any place with generosity reaching to any distance. I need not be spiritual or highly religious to fulfill my duty. However as a flawed human being, I, by my means, tend to look inwards whenever I have time to think of God & present my problems to Him and seek a solution. I need go to a mountain or exhibit my spirituality in a public sense. Whenever I get bored or when the world is too much for me, a walk on the bank side or a stroll in the park or a drive takes me in communion with nature gives me a sense of closeness to nature gives me some kind of spiritual experience. While hiking is a mental experience, poets like Wordsworth & Thoreau went off to live in the woods for a while. Spirituality is not something to flaunt - it is all about achieving an inner self of calm & peace, maintaining a sense of balance with the world.

MARCH							APRIL						
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11th week

075-290

GOD'S LOVE 13 Reminders

- ① BAND AIDS - For I am the God who heals
- ② CANDLES - Your word is a LAMP unto me & a light unto my PATH
- ③ ERASERS - As far as East from the West so far has he removed us from us
- ④ TAPE - God likes U to tape in - NO matter how
- ⑤ BUBBLE SOAP - The fountain of WISDOM or Bubbling Brook
- ⑥ BATTERIES - GOD has given us a spirit of power
- ⑦ BUBBLE GUN - The Trusty SOUL has been a bubbling spring
- ⑧ CAR - To complete the Race. to reach the goal
- ⑨ MARKERS - To colour ur passage to God
- ⑩ MEMO PADS - To write on the tablet of ur heart
- ⑪ MUSTARD SEEDS - To develop ur faith on the basis of a mustard seed. U can move mountains
- ⑫ SALT - Because U are the salt of the earth
- ⑬ LOLLI POPS - To present to the LORD like good fruit

Prayers for visas began early in 19
when Engineering students from
nearby colleges came to the temple
seeking divine help to receive
to study abroad.

The chief priest, C.S. GOPALAKR
of the temple, suggested this practice
of Pradakshinas, which has become
a standard practice for all visa aspirants
devotees of Tirumittur & Andhra Pradesh
districts of AP, but now extended
to other states of India as well.

With blessings
from.

VISA Vankateswara

MARCH							APRIL						
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11th week
073-292

VISA - GOD

Wen

- The Official residence of this VISA-GOD
- Known as "CHILKUR-BALAJI" is in the little village
- of CHILKUR - tucked away in the SOUTHWEST corner
- of HYDERABAD city and flanked by Osman Sagar
- on one side & a national forest MRUGAVANI on the other
- You need to complete a minimum 11 pradakshinas
- or IIII or IIIII pradakshinas, as you are capable
- with folded hands and with nothing but the Lord
- in your mind, body & heart (as soon as you start)
- "At the end close your eyes and make your wish to your Kaliyuga Daiyam
- Balaji (widely known as Lord of this Kaliyuga)
- Be rest assured, your wish shall be granted
- But the VISA comes with one simple condition
- "Once your wish is granted & you get your VISA
- you should come back to the Temple
- this time make 108 pradakshinas as a mark of devotion

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11th week
071-294

God's SMILE

Tear drops from the ANGELS

THE RAYS from the SUN GOD
When Crossed, it is Amazing
For what they become to you.

TOGETHER They form to you
The most beautiful sight-
We see all the colors bright-
Of GODS heavenly light-

There have been many storms
But Rainbows I have seen few.
But I learnt a lot something
That I never knew before

The most beautiful RAINBOW
That I never saw till now
Was the one thing that made me realize
*That GOD is smiling at me in all his colors

01J

Thursday

9th week
LOVE IS JUSTICE

March

K

LOVE IS KINDNESS

L

LOVE IS LIMITLESS;

M

LOVE IS MUTUAL TRUST; MUSIC; MEDITATION; MAGI

N

LOVE IS NOBILITY;

O

LOVE IS OMNIPOTENT; OMNIPRESENT; OMNISCIENT;
OPTIMISM;

P

LOVE IS PRAYER; PATIENCE; PURITY; PIETY;

Q

LOVE IS QUINTESSENCE;

R

LOVE IS REALITY;

S

LOVE IS SCIENCE; SENTIMENT; SOLITUDE; SOUL-ENRICHING;
SUBLIME;

T

LOVE IS TRUTH; TRUST; THANKSGIVING;

U

LOVE IS UNIVERSAL;

V

LOVE IS VOTE-CATCHING;

W

LOVE IS WORSHIP

X

LOVE IS X-RAY

Y

LOVE IS YEARNING

Z

LOVE IS ZIGZAG.

VISION of GOD

God is TRUTH; BEAUTY is TRUTH

The Vision of GOD is the most-divine of all ^{div}

Everything happens according to will of

Then what are we to do or undo or do th

Every man has to throw himself on mercy

Who is the embodiment of HAPPINESS

after abandoning desires for the enjoyment of

Oh LORD, Give me in this very life

the capacity to enjoy ^{enjoy} charming thy mother

as people enjoy the sight of the loved

Even as the farmers begin in some countries, fr

into a form, the omnipotent Supreme GOD, as

different form in different places to please hi

The supreme self, though a non-doer cannot be

GOD is a great-thing puller, while

moving & nonmoving things are bound to

into a garland by HIM, like the card of garla

To

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10th week
068-297

Good God's GESTURES

- 1) I asked God to take away my pain
God said: "NO" It is not for me to take
But it is for you to give it
- 2) I asked God to give me patience
God said: "NO" Patience is a byproduct ^{of} TRIBULATION
It is not granted; but earned
- 3) I asked God to give me HAPPINESS
God said: "NO" I give you my blessing
It is for you to make ur life happy
- 4) I asked God to spare me from SUFFERING
God said: "NO" Suffering draws U away from
worldly cares & brings U closer to
- 5) I asked God to make my spirit grow
God said: "NO" You must grow on your own
But I will prune U to make U fruit
- 6) I asked God for all Things I like
God said: "NO" I ^{have} given U life so that U enjoy
- 7) I asked God to help me to love Others,
as much as he loves us
God said: OK. You have my Blessing

08

10th week
067-298GOD SAYS

Mar

Thursday

You say: It is impossible

GOD says: Everything is possible.

You say: I am too tired

GOD says: Everything will be OK. I will give

You say: I can't go on.

GOD says: I will be with you all

You say: No body cares for me

GOD says: Don't worry. I will take care

You say: I am not able to do it

GOD says: I ^{will} ~~am~~ able to provide a
You say:

You say: I can't figure it out

GOD says: I will show you the way

You say: I can't do this

GOD says: Everything is possible. So

Notes

You say: Nobody cares for me
 GOD says: I ^{will} take care of you
 You say: I can't do this

08

10th week
067-298

GOD SAYS

March

Thursday

You say: It is impossible

GOD says: Everything is possible.

You say: I am too tired

GOD says: Everything can be OK. I will give

You say: I can't go on.

GOD says: I will be with you always

You say: No body cares for me

GOD says: Don't worry. I will take care

You say: I am not able to do this

GOD says: I ~~am~~ ^{will} be able to provide all you need

You say: I can't figure it out.

GOD says: I will show you the way

You say: I can't do this

GOD says: Everything is possible. God

You say: Nobody cares for me

GOD says: I ^{will} take care of you

You say: I can't do this

08

10th week
067-298

GOD SAYS

Mar

Thursday

You say: It is impossible

GOD says: Everything is possible.

You say: I am too tired

GOD says: Everything will be OK. I will give

You say: I can't go on.

GOD says: I ~~know~~ be with you all

You say: No body cares for me

GOD says: Don't worry. I will take care

You say: I am not able to do this

GOD says: I ~~am~~ ^{will} be able to provide for you

You say: I can't figure it out

GOD says: I will show you the way

You say: I can't do this

GOD says: Everything is possible. Go

You say: Nobody cares for me

GOD says: I ^{will} take care of you

You say: I can't do this

MARCH							APRIL						
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FOUR DIMENSIONS OF GOD

100 week
066-293

GOD has four blessed looks: SO U &

LOOK BACK + THANK GOD.

LOOK FORWARD + TRUST GOD

LOOK AROUND + ~~serve~~ GOD

LOOK WITHIN + find GOD

I asked GOD how do I get the best out of life

GOD said: Face your PAST without regrets

Handle your PRESENT with confidence

Prepare your FUTURE without fear

Without God + his Blessings you are weak days

MONDAY will be a Mourning day

TUESDAY will be a Tears day.

WEDNESDAY will be a Wasted day

THURSDAY will be a Thirsty day.

FRIDAY will be fighting day

SATURDAY will be Shattered day

SUNDAY will be a Sinful day

God's Directives

06

Tuesday

Mar

TAKE TIME to laugh

It is the music of the SOUL

TAKE TIME to think

It is the source of power

TAKE TIME to play

It is the source of perpetual

TAKE TIME to read

It is the fountain of wisdom

TAKE TIME to PRAY

It is the greatest power on

TAKE TIME to love

It is God's given power

TAKE TIME to get loved

It is a reflection of God's love

TAKE TIME to be friendly

It is the road to your HAPPY

TAKE TIME to give

It is the most a day to be self

TAKE TIME to work

It is the price of your success

MARCH						
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10th week

064-301

God's Advice

Mo

- 1) BE Strong enough to face the world each
- 2) BE Weak enough to know U cannot do every
- 3) BE Generous enough to those who need Ur
- 4) BE frugal enough with what U need Ur se
- 5) BE WISE enough to know that U don't know eve
- 6) BE foolish enough to know background of Min
- 7) BE willing to share your joys with oth
- 8) BE willing to share sorrows of other
- 9) BE a leader to show the path others m
- 10) BE a follower when U are stranded in uncer
- 11) BE the first to congratulate an opponent who
- 12) BE the last to criticize a colleague who
- 13) BE sure of Ur next step so that U may n
- 14) BE sure of Ur final destination when to
- 15) BE Loving to those who love you and the
- 16) BE Loving even to those who do not love
- 17) Above all BE YOURSELF &

xx May God give you —
For every storm — A Lamb
For every tear — A smile
For every care — A promise
For every trial — A blessing
For every problem life — A faithful friend
For every sign of desperation — A sweet song.
For every prayer — An Answer of Hope

JUNE							JULY						
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God's Gifts

22nd week
152-213

01

The Almighty God & His beauty are always around us

God does not require us to succeed always
He only requires us to make an honest try

What we are already is God's Gift to us
What we become is our return Gift to God"

Said Mother Theresa

Eleanor Powell "

God loves us the way we are
But it is too much to leave us the way "

Leifur Ford

God will not look U over for Medals,
Degrees or Diplomas, but only for scars

Elbert Hubbard

We turn to God for help when our own
foundations are shaking, only to learn the
God the is shaking them to keep us alert "

Charles West

God does not want to give us a
Desperation or Hopelessness

He knows your destination & Aims U to reach it
With perfection & grace.

(X)

Thanks for giving me all these Gifts

JUNE							JULY						
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23rd week
155-210

God & His Sense of Humour

I try to live by that cus family prop
Tagadgum Sankara Charya used to project
"Good thoughts — Good words — Good deeds"
I have learnt the profound truth of this great
three-dimensional principle.

Good thoughts are important for filling our
lives with positive energy

Good words make an interaction ^{with the world} pleasant

Good actions such as work & charity
that makes an action true on earth with

I begin my day with prayers to God and
to carry the day according to my wishes & plan of action
to cooperate with me in all my sincere endeavours
and end the day with ^{before going to bed} prayers with a vote of thanks
I thank God for listening to my prayers and
assisting me with caution & appropriate
blessing me with a right approach towards

05 My wife, a close relative; daughter of ^{my} metard
has been ^{33rd street 156-209} my close associate for more than
assisting me in all my religious activities!
Tuesday

08 My only daughter enquires of our new
09 state of health everyday before going to
10 My Three sons, who are scattered away from
11 in different parts of the United States of A
12 interact with me at least once a week
13 but not sending issues + advising me in ev
14 We dwell not just on the similarities betw
15 countries but their wide differences as we
16 agree in principle that the differences should
17 be respected but celebrated as well at the
18 My wife too believes that God has a great
19 of humor. We believe that God has created
20 megalomaniacs who go about shutting their
21 & power for His own amusement as well.
We don't waste time & money in going out to watch

Joint Family life itself projects an ongoing live spec
full of entertainment - let us enjoy it fully and
Besides we should treasure the sanctity of every moment

JUNE							JULY						
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TEN GUIDE LINES from

GOD THROUGH LOVE

23rd week

157-208

(WWW.mahayogi.com)

* Wed

Effective from today (or immediately from now)
Please be aware that there are ten changes
You must immediately make in your life
to secure peace, joy & happiness in this very life

① QUIT WORRYING: Forget what was making you
Forget the worry & the fretting because you
that somebody is in control. Don't forget
talk to ME, as often as possible; because I love
I want to hear your voice & know about you &
friends & family. I want to be your dearest friend

② HAVE FAITH: I see a lot of things
from up here, but you can't see from where you are
Have faith in ME that I know what I am doing
Trust ME; I continue to take care of you
Watch over your actions & meet your needs
You only have to trust ME. Don't forget that I
have a much bigger task of taking care of all of you

07

Thursday

3) Put it in the List of something needs to be
or taken care of, put it in "My To Do"

Let me be the one to take care of the problem
I can't help until you turn over problem
I can take care of lot of things U can't - rec

4) TRUST ME: once U have given
burden to ME, forget about it and
quit trying to take them back. Trust
Have faith that I can take care of all U
utter it is Ur problem or problem of
All U have to do is to ask me for
in utter belief & confidence in me

5) LEAVE IT ALONE: Don't wake up one
morning to say "I am feeling better & oh
I can handle my things". If U think you
stronger, it was because I took over your
If I give the problem back to U, you feel
unable to control. Leave them with me & forget

Notes

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23rd week
159-206

6) TALK TO ME I want U to forget a lot of
Forget what was making you crazy
Forget the worry & the fretting because
You know I am under control of your
problems. Don't forget to talk to ME & get
yourself relieved of your mental tension

7) SHARE Your prayer is a conversation with
When I was 100 years, you were taught
You were taught to share with others around
Share with those who are less fortunate than
Share your joy with those who need encouragement
Share your laughter with those who had not heard ^{any} laugh
Share your tears with those who have forgotten to cry
Share your faith with those who had none

8) BE KIND to others & I love them just as much as
they may not dress or talk like you, or live the same
Please try to get along with others for my sake
I know all our differences, but love you all equally

Saturday

9) BE PATIENT - I managed to fix it so
 not just one life time. Though you have
 so many diverse experiences in diff. fr
 you just manage to reach unbelievable h
 you grow from a child to a senior adult
 have children, change jobs many times
 learn many trades, travel so many places
 meet thousands of people + experience so much
 but be impatient - Alas the minimum time
 Trust me for your results in this time

LOVE YOURSELF Love ME as much as I love
 yourself. You have created
 ME for one reason only - only to be loved
 I am God of LOVE. If LOVE in Return
 LOVE ME and Love your neighbors &
 Love yourself - Don't be angry with yourself
 even if things go wrong. You are precious for
 ever even if into LOVE, Keep focusing on things of life

JUNE							JULY						
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24th week
162-203

- God's LOVE is around us
- God's LOVE is ^{always} all around us & beautiful to
 - Like autumn leaves ^{falling} of tree and Ripples of the
 - Like flowers in full bloom with colors glowing
 - Like FIREFLIES all around us, just lighting up the
 - God's LOVE is like a Rainbow shining in the
 - like little buds that are ever green
 - God's LOVE extends to all our children, &
 - Preserving one from childhood to old age
 - from Summer to Fall
 - both in WINTER & SPRING
 - God's LOVE extends to all places &
 - Maintains where the Trees are ever green,
 - VALLEY where much human life is &
 - In times of SORROW, as well as in happiness
 - God's LOVE is surely found indeed
 - When all your friends and LOVED ones
 - God's LOVE is not just things that you can see
 - It is what you feel and experience joy in terms of
 - what you feel & benefit by his BLESSINGS

JUNE							JULY						
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24th week
162-203

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 - God's LOVE is surely found in times of
 - When all your friends and LOVED ones
 - God's LOVE is not just things that you can see
 - It is what you feel and experience in times of joy
 - what you feel & benefit by his BLESSINGS

Tuesday

2nd week 231 2nd week 231 2nd week 231 WIN GOSS LOVE

When U win love of God, this compassion flows
into your body. Love gives & forgives
Ego gets & forgets

So live without hating others & U can be
Doing good to others is a meritorious act
While doing evil is a most-heinous sin
If U are not able to do any good, keep your
If U love God, U will see God in every area
Let U's mind dwell on God, U see everything &
This is what is called one-pointedness.

The body is like the container of torch, the
Senses are the BULBS while MIND is the bulb
If U use your intellect as the switch,
then the mind can not be turned on and
It can be used only to identify the
to help individual progress towards the Divine D.

JUNE							JULY						
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24th week
164-201

Belief in God

SUSRUTHA, the great authority on Her
says: "for those who have strong faith
in the name/s of God Almighty
no medicine/drug is required."

Generally people do not believe in the name
of God or his existence & that is the reason
they suffer from various diseases. He
further says that he had written his work
on medicine ~~only~~ for those who have no faith
in the name of God:

अच्युतानन्त शो वंदु

नामो धारण शेषजात

नश्यन्ति सकला रोगा

सत्यं सत्यं ब्रह्मसूत्रम्

(Extract from Kalyana Kalpataru Magazine)

Thursday

God's Grace

So man's duty is only to sanctify his days & n
with the unbroken remembrance of God (in an

When I love the love of God, His compa
sion flows automatically when He forgives
mistakes & satisfies our needs & h

God is present - lives through everything in T

Nobody can be discarded as unworthy of
because everything is His own creation

There are 4 stages to secure the Grace of

1) Attract your mind to the God

2) Love every form of God to which I attract

3) Install the form of God in your mind

4) Dedicate all your actions to the form in

God is nothing but fragrance, brilliance

Sheerness, Intelligence, austerity & contentment

and what not. There is no end to describe his

You can acquire unalloyed bliss by knowing

his universal truth & all-inclusive glory

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24th week
166-199

God's creations

- In God's creation we have many animals & things before He created a human being.
- God first created a donkey assigning a life of 30 years.
"O we work untiringly from sunrise to sunset & we have no intelligence but live in great pain."
The donkey requested "It is too much to live ^{like this} for 30 years. I can live for 20 years only."
 - Next God created a dog and gave it a life of 30 years.
"Tell us" O will guard the house of Man & be his best friend.
"O we eat the crumbs he gives & be faithful." Dog too requested "but he cannot lead this life for 30 years & requested only for 15 years."
 - Next God created a monkey & offered it 20 years.
"Keep amusing people with our pranks & live on trees." Monkey too requested for a lesser life of 10 years.
 - Finally God created a man for a limited period of 20 years, as the only rational creature on this earth & dominate the world with his intelligence.

16

Saturday

24th week
167-198

June

Man responded to God saying
 "To live 20 years as a man in the world is ^{very} little.
 Why not you give me 30 years refused by God
 20 years refused by God
 10 years refused by Man

Finally God granted Man his wish.

Ever since then, man, after his initial
 period of 20 years after becoming a youth
 and getting married to a woman of his choice
 and spends 30 years like a donkey

17 Sunday

(Carrying all burden on his back)
 & then ^{begets} children & then the young old to become
 youth & get married, live 15 years like a donkey
 running after their demands and eating
 whatever shift he is thrown at him &
 But when he becomes older he can retire
 live 10 years more like a monkey, go
 from house to house, or from one son or daughter
 or monkey tries to amuse his grand children

16

Saturday

24th week
167-198

June

Man responded to God saying

"To live 20 years as a man in the world is ^{very} little.
Why not you give me 30 years refused by God
20 years refused by a
10 years refused by Man

Finally God granted Man his wish.

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period of 20 years after becoming a youth
and getting married to a woman of his choice
and spends 30 years like a donkey

17 Sun

(Carrying all burden on his back)
When he ^{begins} has children & then the young old to become
youth & get married, lives 15 years like a donkey
running after their hands and eating
Whatever shift he is thrown at him.
But when he becomes older he can retire
live 10 years more like a monkey, go
from house to house, or from one son to daughter
like a monkey to amuse his grand children

JUNE							JULY						
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25th week
169-196

GOD IS EVERYWHERE

Wherever we go, whether it is India, America, Japan or GERMANY, there is only one SUN that illuminates the entire world - of it is day time for us, it can be a night in America. Does that mean there is no sun in America? The sun is here, there & everywhere illuminating the entire world. Since the Earth rotates round the sun, it is night in USA when it is day for Germany. God is everywhere. He is OMNIPRESENT. He is immanent in us. We should always develop a feeling of oneness with God. a feeling that God is with us, above us & below us. Only then we develop such firm faith in God. We can see Him at any place of our choice.

Sometimes you may wonder what is God?

You can identify Him & find Him in what He has created. He has all names & all forms, like all forms of human beings.

We all appear in separate individuals because the eye that sees them sees outer encasement. If U can sanctify Your vision & see them in Ur spiritual You will see everybody as p/o of the Atma. Strive to have vision of the Lord and saturate Yourself with that bliss.

When the rain drop falls into the sea it gets the name, form & nature of the sea. Whatever you do as service, to whom you offer the act, be it that it reaches God in that person. This is what is meant in the saying.

(SWARA SARVA BHUTakanaam)

(God is present in everyone and)

So dedicate all your actions to
Do all your acts as "EESHVARNARADHA"
as offering to the one God EESHWARA.

JUNE							JULY						
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25th week
171-194

2

Wedne

God is in you.

As in

As we realise God is everywhere (Previous)

He is very much in you & ME as well

are AWARE

2 That Only trees growing in fertile soil can yield good fruits, while those in saline soil bear only poor quality of fruits. Similarly in humans as well, only hearts which are unsullied can entertain such holy feelings for TRUTH, COMPASSION & FORBEARANCE. Selflessness should shine when exposed to light. Like a farmer, who tries to cultivate his or bhaktas too must put in efforts to cultivate the name of the LORD in order to reap the harvest and realize God Himself.

Oil is present in the sesame seed, salt is present in every drop of water.

Fragrance is available in every flower. Sweet juice is available in every fruit.

Thursday

Similarly, Divine is present in a sub
in the entire Cosmos as CHAITANYA (consciousness)
The Cosmos is the visible manifestation
the invisible Supreme Self.

The divine is present in every human
as SAT - CHIT - ANANDA

(Being - Awareness - Bliss)

Thus though the Divine is in every ^{close} form
and human, the human being, in his ignorance,
goes about seeking God outside

(JAI Hrud)

JUNE							JULY						
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25th week
173-192

GOD IS LOVE

Remember the GOD is LOVE incarnate

This love shines equally in every human being. The fragrance of a flower is the same whether you smell it in your right hand or left. Likewise God has no distinctions such as favored or excluded.

But the narrow-minded men can't grasp this ^{EQUAL} MINDED

Different people, depending on their own times / Dispositions / Accessing to their own limited conceptions / experiences

attribute the differences arising in their own minds to the Divine. But God does not make any distinction.

The sandalwood tree imparts its fragrance even to the axe that fells it. Likewise

God is prepared to love, foster & protect everyone of us equally.

GOD IS LOVE. You too must reveal it.

Same sweet love & anointing publicly about Reality of

Some people act like { YOGIS (spiritual) in the morning
Urantia 3rd! Some say { Bhogis (pleasure) during the day
Robis (evil) by the night

23

Saturday

25th week

174-191

Ju

GOD is The Gateway to Success

The road to success is not straight-

There is a curve called FAILURE

A Loop called CONFUSION

Speed bumps called SPEED BRAKERS

Road lights called ENEMIES

CAUTION lights called FAMILY

ENCOURAGERS called FRIENDS

Flat surfaces called Temporary Jobs

But if you have a spare wheel

Wheel called DETERMINATION

Engine called PERSEVERANCE

INSURANCE called FAITH

A promoter called ideal WIFE

A driver called The Almighty God

You are bound to make

a safe place called SUCCESS

You are bound to achieve success in the long

JUNE							JULY						
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26th week
176-189

GOD is NATURE

The scriptures declare that "All nature is ^{living} God and the LORD is in all beings of the world. While keeping the secret of a tree, learn "LIFE is a TREE." The mutual relation we cultivate among us are symbolised by the branches, twigs & leaves.

The thoughts arising in the mind are flowers. "Aranda" the enjoy is in eating the fruit. Dharma is the sweet juice it contains.

The tree is held firm by the roots which feed God inspires humans to follow higher ideals. Humans may speak different languages, styles but God is one & He is present everywhere. Form of worshipping God may differ from place to place but love is the basic contents of all forms of worship. There is only one race, the race of mankind & should not of caste. Basic distinctions of nationality/caste should flow from the heart to heart & then from one person to another.

26

26th week
177-188GOD is EVERYTHING

Ju

Tuesday

The Upanishads declare "RASO VAI SAHA"

Let us say "God is the essence of all"

This means that God is present in a subtle

everywhere like sugar in sugar, cream in butter.

Although it is difficult to have a direct perception of God in all things, His presence can be experienced in many ways than one.

God is the basis of everything & without His initiative nothing moves in this world.

He is OMNIPRESENT, OMNIPOTENT & OMNISCIENT.

The only eternal existent entity is BRAHMA.

The rest is all EVANESCENT. Just as there is no brilliant cotton, there is no WORLD without God.

The Deha (body) is only temporary & not permanent.

It is God who protects us or furnishes us.

Let us look through our body. Keep praying for His

Never entertain any ill feeling against Him but

His continued blessing. Always remember Him.

JUNE							JULY						
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26th week
178-187

27

Wednesday

GOD VS GURU

None of us have seen God or felt his presence nor endured his neighborhood. He is therefore a still concept of an immortal. Like thoughts of purity, nobility, character & grace.

Let us consider a human being. We all these manifestations like purity, nobility, sublimity, thoughtfulness & pious feeling. Scriptures tell us they are all associated with God. When we find an individual possessing all these manifestations, we can say there is GODLINESS in him.

In Vedic tradition such person is called GURU. Who is a pratyaksha Daimon or living God. God reveals himself through a GURU. He becomes the link factor between the individual (2nd or 3rd) & the Divine (2nd or 3rd). We have contact with God, we be the channel to reach our God.

SYA DEVE. PARA BHAKTHI, YATHA DEVE TATHA GURU
SYA ITHE KATHA ITHA HYATHA

JUNE							JULY						
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26th week
180-185

MEIYO from GOD

I am GOD. The body you live be-
 handling is essentially my creation and
 a receptacle of GOD. It is also a temple
 where I am installed (where I am the Master).
 It does not deserve all the attention
 you pay to fulfill its urges, needs & wishes.
 The divine is the core & essence of your being.
 I am everywhere & when I am recognised
 as the indweller of your heart, it becomes a temple
 and no more a burden for you to handle.
 I shine, act & announce myself through
 I express myself through every thought, word &
 deed emanates from your body.

In the heart of a man, I reside along with you.
 Just as light & shade coexist. They are inseparable.

Jiva (individual self) & Brahman (universal self) are one entity.
 Every individual has to recognise this dual entity.

Thought 13

on
OM

27th week
183-182

JULY							AUGUST						
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OM is all powerful.

If you find yourself stuck in life,
think of "OM Parameshwarayantra". Try it.

OM is Brahman. The entire universe is a
He who utters "OM" will determine the
will obtain Brahman, does verily attain. For

OM empowers one with: We will achieve
we desire or intend, if that is in harmony with

The greatest spiritual desire is to attain
oneness with God. If you perform Japa/Meditation
on OM with the above desire, you will achieve that.

If we constantly keep chanting OM through our
OM guarantees ~~that~~ success or fruitless work.

Because OM encompasses the entire range
being from the material to the spiritual.

Thus those who are proficient in the Upasana of
will become proficient in everything. If you meditate

on the sound of OM, you become one with light.

Coming to the Origin of the term "AUM" {

- 1) the first of the three states of our existence, JAGRAT (Waking) is represented by the sound of A which is to be pronounced as A^A (as in "Accountancy")
- 2) the dream state of consciousness, lying between waking & sleeping, is represented by U (as in "HOUR")
- 3) the deep sleep, the last state of consciousness, is represented by M (as in "SUM"). This closely represents the pronunciation of AUM, just as deep sleep is the final stage of the MIND at rest.

Whenever AUM is recited in quick succession there is an inevitable period of silence between the successive OM's. This represents the FOURTH STATE known as "THURIA" which is the state of perfect BLISS which is recognised as the identity with the SUPREME.

Although OM is found in each principal Upanishad also Bhagavad GITA, & the Upanishads deal with OM. It is worthwhile to know the subtle substance of OM.

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GOD IS THE HARMONY

Man's duty is to Sanctify his days + night
with unbroken Name Smarana (Chanting of God's
Recollect his NAME with joy + true YEAR
If u do so, God is bound to appear before
in the form + with the NAME you have adored

God is worshipped by diff. people in diff. n
in diff forms by people of diff faiths + diff communities
Just as BODY is harmonious blending of senses
God is the harmony of all forms + names that be

When U win the love of God, his compassion
automatically flows unto you. Love gives + forgives
EGO gets + forgives

Live without hating others + condemning others
seeking faults of others. Doing good in others is the
Doing evil is the most heinous sin. When U feel
Can't do good, at least resist from doing evil

There are 4 stages of Attraction to the seeking of God
in receiving God's grace
1. Love the form of God to win U mind is
2. Install that form in your heart
3. Dedicate what U do + have to God

JULY							AUGUST						
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27th week
187-178

Temple of God

देहो देवालय प्रोक्तः : Body is the Temple of
Our embodied Atma is enshrined in our body.
The bliss that fills the individual soul is the
manifestation of the supreme self (Paramatma).
During our sleep, we effortlessly get the splendid
Chance to enjoy the proximity of Atma/Paramatma.

In deep sleep, the individual soul (Jeeva)
is in dull ignorance (in Tamoguna). So the
realized person, even when he is awake,
the body consciousness is absent, as
his body-sense-reason complex is saturated
with Bliss of Reality. The individual consciousness
has merged into universal consciousness
in the case of a realized personality.

The individual Atma is eternal
without any change. It has no birth or death.
We are not the body, mind or intellect. If we are

AUGUST							AUGUST						
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28th week
190-175

VITAMIN - G

(Grace of GOD)

09
Monday

Our illness is usually caused by malnutrition to the mind than the body. Doctor usually speak of Vitamin deficiency, which I am calling to call "deficiency of Vitamin G. (GOD)". which I will recommend the repetition of the name of your favorite GOD in accompanied contemplation of the glory of the "grace of GOD". which I call it as Vitamin G. (Grace of GOD). spiritual life & habits are 2/3rd of the heart medicine. The actual medicine constitute 1/3 (one-third).

Have high ideals. Strive to elevate yourselves to attain the highest goal i.e. God Himself. Never be the obstacle or opposition, don't get disheartened. Keep up the a mind in you & stabilize on human virtues. Proceed boldly towards attainment of your divinity. Never like having devotion today seeking sensual gratification tomorrow & back to devotion on third day.

10

Tuesday

Even when something goes wrong, don't get-
When discipline is enforced, I start holding
I when love is showered, you are first
This kind of dual attitude must be given

Don't cultivate riches or comforts
but try to cultivate discipline & divine Vin

Speak sweetly; shed of comfort in every

Do not be a slave to your sensual des

You should conquer lust & vanquish a

Exile from your mind, greed, hate & jea

Dedicate your helping hand to the service

fellow human beings. You must kill je

in order to resurrect infinite love & compa

and purify your heart from all vice

Earn the true mercy of the Divine

Follow the path shown by the LO

occupy the position offered to you by

Only then U have reached Ur climax

JULY							AUGUST						
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28th week
192-173

11

Wednesday

REMEMBER GOD

Life is a long pilgrimage along with a rough & torturous Road of this mighty world. But all the time the name of GOD on his lips, the pilgrim will know no thirst or hunger. All the time of GOD in his heart & mind he will feel know strain or exhaustion. The company of the holy (though in absence) will inspire him to travel in HOPE & FAITH. The assurance that GOD is ever near & close will lend strength to all his limbs & actions. Remember all every step you near GOD. GOD too takes ten steps when you take one step towards Him. This journey does not have any halts or break. It is one continuous non-stop journey through tears & sorrows & through BIRTHS & DEATHS. When the road ends and the goal is reached/attained, you find that he travelled himself for himself. GOD he sought was all the while with him & around him. He himself was always with him.

Thursday

In order to have the experience & vision of
 one should become the Master, for the Master also
 can have the access to the TREASURE-CHEST K
 You have to master the senses & all other faculties
 One should not be the servant of the senses
 or whims & fancies of his emotions & passions
 The servant has access only to the cheap &
 perishable junk of the house-hold.

The Treasure-chest of your life
 therefore, cannot be viewed by your eye
 blinded or befogged by EGOTISM
 GREED &
 ENVY.

- 1) So try to engage yourself
 in Sadhana (spiritual practice)
 - 2) Cultivate virtues & good habits
 - 3) free yourself from evil thoughts, words & deeds
 grow in love & greet nature with LOVE
- This is the only way to joy in Mahamand

JULY							AUGUST						
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28th week
194-171

GOD EXISTS

A man went into a barber's shop for a

As the barber gets busy with his work, the man started chatting on some topic or other + finally touched on the subject of God and his existence.

Barber said: "I don't believe that God exists."

The man retorted: "Why do you say like that?"

Barber: "If God exists, there will be so many abandoned children."

"If God exists, there will be no suffering & pain."

The customer stopped arguing with him after finishing his haircut went out into the street.

He came across an old man with long hair & without a haircut. He brought him along with him into the barber's shop.

Man: You know that barbers do not exist.

Barber: Why do you say like that when I am here?"

Man: If barber exists, there will be no people who don't get a haircut.

Barber: But I can do them people don't come to me.

Man: Exactly, that is the point. God too exists.

If people do not think of Him or go to Him for help.

14

Saturday

28th week
195-170

July

DIVINE PATH

The Lord incarnates as human beings to help us
 comprehend that which apparently cannot be under-
 stood. The aim is to attain that which is seemingly unattainable.
 To grasp the significance of the divine incarnation, it
 is imperative that one should rise above the RAJASIC (passion-
 & Thamasic (dull) gunas (attributes) & pious (SATWIC) alone
 can lead him through the path of true devotion
 to the feet of the divine. For this a favorable environment
 & company of good people are essential. 15 S

IRON turns into RUST if it seeks the company of soil,
 glass; reforms & takes useful shapes, if it enjoys company
 with air; it can fly if it chooses WIND as its friend. But if it
 is alone, it lies as a stone in a pit. It has neither
 nor foot, yet it can fly or walk, rise or
 descend to the point it selects.

Knowing this, KARIR said: Here are my prophets
 to the bad society may leave
 Here are my prophets to the good
 society may hang on my
 permanent

In short I am shaped by the company I am kept

JULY							AUGUST						
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29th week
197-168

1
Mon

What Self without God

First & foremost - in understanding the concept of
It is important for you to get rid of the delusion
that God is located in some remote place and
from your body. Have the faith that you are God
or God is located very much inside your body.
When you get the faith that you are very much divine
you will never go astray & you will pursue right path.
Once you accept this position you realise that you are divine.
That way, every person in a human form is also divine.
Once you recognise ^{divinely} this in every person, you will undergo
a total revolution. You will only perform right actions
befitting human form & conduct as divine inspiration.
You will eschew selfishness & attachment & also hatred arising from
Comparing to the conduct, which is important for every person
is determined by the state of mind depending on culture or position.
You treat every divine & every other person also divine.
Personality comes to your mind hearing everybody's speech.

Tuesday

Such effrontery only comes only from
unwavering faith in God - Once U have
faith in God, & fill your mind with concepts for
the You are the doer of every action,
You will get immersed in sorrows & trouble.
The one who boasts of his achievement
forwards further recognize that he is the author
his actions & at the same time cannot deny
responsibility for the consequences of his actions.
Hence with your actions, whether they are good or
do your duties, leaving the result to God.
The situation He has come to your rescue
for any permissions good or bad and He
take care of their consequences as well.

Notes

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The Grace of God

We

- Our activities in the present body decide future of the soul, but in complete/partial liberation from past karma or future bondage, depends on our efforts to secure the grace of God ^{for} _{us}.
- Bhagavad Gita teaches that these efforts should be such that it gives the name of YOGA.

The YOGA of Gita is a prescriptive discipline for there is nothing to lose in an attempt or failure as every sincere effort is a gain in itself, such as

- ① Control of the Senses, purity of conduct and regulation of our routine like food/sleep/work/love
- ② Performance of our duties without any position/status
- ③ Cultivation of true detachment / temperance / unaffectedness in success/failure or Joy/grief
- ④ Vigilant control of the MIND & elimination of passions like anger, lust or greed
- ⑤ Periodical turning of the mind inside for concentration & meditation
- ⑥ Surrender to God's grace

JULY
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AUGUST
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Bhagavad-Gita 29th week 201-164 by Eminent Persons

2
F

M K Gandhi : Gita is my Universal Mother.
I find a solace in the Gita, the I miss. Even from
the "Sermon on the MOUNT". When I am faced with
some disappointment, I go back to the rescue of
difficulties or distress and seek refuge in her bosom.

Dr. Sangeetha
TILAK One of the brilliant & pure gems of our
Sacred Indian literature. It explains
ours in unambiguous & succinct terms so that
we understand sacred principles of our self, knowledge
of the human body & the Cosmos & the entire universe.

Dr. Anandabhai Gita is the greatest gospel of all
spiritual works, ever yet given to the world.
Our chief national heritage & hope for future.

Albert Einstein When I read Gita & reflect about how
God created this universe for all of us
everything else seems superfluous.

Dr. Ralph Waldo Emerson It was as if an Empire spoke to me
(nothing so small or unworthy)
large, serene, consistent, the voice of an intelligence
on an another age & climate had pondered & then

21

Saturday

29th week
202-163

July

Annie Besant] Among the peerless teachers
found in our great ep
There is none so rare & precedents as the

LORD WARREN
HASTINGS] I hesitate not to pronounce
Sita, a great performance of
of substantiality, of conception & mea
of diction almost unequalled
a single exception among all known re
of the entire mankind

Aldous Huxley] Sita is one of the clearest & most comp
summarises the psychical philo
ever to have been done - Her
is enduring value, for the entire ma

Adams Beck] Sita is known as "Lord's Song" 22
"Divine Song" or "Song Celestial"
represents one of the highest flights of the conditioned
to its unconditioned source ever achieved

Sri Edwin Arnold] This marvellous poem occurs as
episode of Malabharat in Bhagavata

It enjoys immense popularity & authority in
of its readers as one of the 5 Jewels - (Panchavakya)
of Devanagari literature. It unfolds to the
a philosophical system, which remains, to
the prevailing Brahmanic belief, blends up
the doctrines of Kapila, Ratsayana, Patanjali &

JULY							AUGUST						
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30th week

204-161

GOD IS EVERYWHERE

The Cosmos is the creation of God. It is ^{always} ~~uncharged~~ ^{charged} with energy. This energy is not located at a particular point in space or time. Though it is all pervading, man is unable to recognise its divine. As he does not recognise, he presumes that he does not. Electrical energy flows continuously in the cable. As long as pressure is recognised only when a bulb is fixed & short circuited. Likewise, though God is omnipresent, His divine effulgence will shine only in those who adore Him with a pure heart.

Our body is an assembly of various organs. No organ can constitute a body. When the various organs get separated, the human body gets broken & loses its existence. So one should find God in every object. Bulbs of different colors/voltages glow simultaneously & the same current passes through them. Similarly, we should develop the habit of Visualizing:

"UNITY in DIVERSITY & DIVERSITY in Unity"

Realize that God is everywhere & in everyone. We made unity

JULY

AUGUST

30th week

206-159

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God alone can give relief. Wedn

The whole world is God's & all of us belong to Him. So He can take anything from any of us. He is the master of 5 elements: Wind; fire; Water; Earth & Air. He can hold the hearts of people & fill them with love. Once we taste the sweetness of His Love, we do not desire anything else. He is called: CHITTA CHAKRA (Stealer of the heart). So pray to Him & seek redress for our grievances.

Never covet what belongs to others. Don't take others or complain on them. Ask whatever you need.

It is our mind, ^{we should} that is the cause of bondage or liberation. So try to understand the importance of our mind & keep it under control in all cases.

It is our own actions that is the cause of our happiness or sorrow. Don't blame others for your conditions. Every thought, word & deed of ours have reflection, resonance & reaction from others. It is a sign of our weakness to blame others for our sins. If we are unbearable, pray to God for relief. Have faith.

JULY							AUGUST						
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30th week
208-157

Qualities of God (Bhag)

AISWARYACA SAMAGRASCA
 VEERYASCA YASAS SRIYAH
 JNANA VAIRAGYA OSCANA
 SHANNAM BHAGTARANAH!

Samagra AISWARYA = Immeasurable wealth
 Veeryasca = Profound Valour
 YASAS = Having a well estd presence
 SRIYAH = Money
 Jnana = Knowledge
 Vairagya = Detachment

These 6 qualities are attributes of BHAGAWAN who has all the 6 qualities is called BHAGAWAN

UTPATTIMCA VINASIMCA

BHOOOTHANAM AAGATHAM GATHAM

VETTI VIDYAM AVIDYAM CA

SAV VACEYO BHAGAWAN ITI V

UTPATTIMCA = The Secret of Birth
 VINASIMCA = The Secret of Death
 Aagatham = Of the coming
 Gatham = How they come.

One who knows the absolute in entire

JULY							AUGUST						
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31st week
211-154

God is a Millionaire

There was a god natured millionaire in
Three different types of beggars approached him

1) The first man approached him with a demand for
"Oh Lord. I want five rupees. Pl give me"
The millionaire was taken aback for his impudence
"How dare U demand Rs 5 = as if I love you. If
Rs 5 = ^{for} ~~less~~ ^{less} ~~the~~ approach me, I will get involved
Take these Rs 2 = & get away". He leaves with

The Second one approaches him: "I have not had my
"How much do you want?" "At least 10 days Pl help"
"You can give whatever U like" - but I can't demand
"Take this Rs 10 = & have food meal for next 3 days"
The beggar walks away with a ten rupee note

The third one prostrates him to the sky soon after approach
"I heard of U r noble qualities. You are God on earth
I have therefore come to see & pay my respects"
"Pl sit down & take rest. You seem to be tired
What ^{more} can I do for you" tell me (Take this food)
"I had this nice food from U. What more I need. Nothing
begged the beggar to stay with him & provide shelter

Tuesday

God is like the good millioinaire

Three classes of people approached him
but three different types of desires & prayers

1) The greedy men who full of arrogance & full of full of desires & asks in a commanding
objets of society enjoyment — for God
In spite of his conquranc stone, since he
good sense to approach God to satisfy his needs, but even
he got part of his demand to be of

2) The second devotee prays to the LORD
relief from the suffering of the world but was
good enough to abide by his Will (wisdome)
for him God gave him more than his n
because his future need as well

3) The third one merely prays to the LORD
to be "skies" as an "God Absolute" and
Lord was pleased with his spirit of renunciation
self-sacrifice. He made the devotee to live in com

AUGUST							SEPTEMBER						
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31st week

213-152

See GOD in all

Sri Ramakrishna: I have come to a stage of realization in which I see GOD in every human & manifested alike through a Sage & the virtuous & vicious.

HOLY MOTHER: If U want peace of mind, don't find fault. Rather see Ur own faults & try to improve. Learn to make the whole world Your own.

Sri Sri
Vivekananda: Be pure & do good to others & find God. In this SIVA is more pleased to see You if You help poor & help SIVA in him, without thinking his Caste, creed or race or religion.

BUDDHA: Cherish in Your hearts boundless goodwill in all. Goodwill towards all is the True Religion.

LOKANATH: God is one but has innumerable. He is the Creator of all & Himself takes human form.

Jesus
Christ: Love Thy enemies; bless them that curse U & pray for them that despitefully use U & persecute U. Sun rises on the evil as well as good & it rains on the just & the unjust.

Krishna: He who sees the Supreme Lord abiding in all beings, good & bad, verily, he alone is in Me.

Mohammed: All God's creatures are His family. The most beloved of GOD who does good to all God's creatures.

Rama: It is the shadow of Paramatma that is reflected in all as Jeevatma; as the great sky is reflected in each & every lake.

Shankara: It is Vishnu that dwells in each & every human. The wise man beholds all beings in the Self.

AUGUST							SEPTEMBER						
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31st week
215-150

Commitment to God Amos 4:1-13

Commitment is the language ^{while} you ^{is the} live / complexity of A

Commitment is a responsibility & includes Accountability

When we pray, we have to saturate the air with So
of reverence, humility, love, Courage; self-confidence
& Tolerance ^{from} which we ourselves get benefitted

The Heart is the filter & the mind is the lens

Turn the lens towards the world & pictures fall on Ur

Turn Ur heart to God to harmonize the pictures you see

Cast away the voice of EGOISM

The evil of Greed
& poison of Envy

Don't be afraid of anybody or something outside. Ur bo

Fear is born & fed & fertilized in your mind and

Faith in God is the impenetrable armour, U can wear

Be steadfast, do not waver, keep your thoughts on Almighty

Hold fast your ideal without despair

Pray until God relents → don't turn away in haste

Wait patiently till God showers His Blessings

I am sure to receive His blessings

AUGUST							SEPTEMBER						
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32nd week
218-147

0
Mon

Service to MAN is Service to GOD. (Divine Service)

Through right actions one achieves purity of Heart which in turn leads to Jnana (Wisdom). It is only when we detach ourselves from the fruits of our action it becomes YOGA (DIVINE COMMUNION). When we transcend the sense of MINE/THINE our actions become DIVINE. When we embark on Service activities to fellow human beings it becomes a form of worship of Divine. Service to society is a means of finding self fulfillment.

Through service we realize that all beings are waves in the same Ocean of DIVINITY. - NO other spiritual practice can bring us to the incessant Contemplation. The "oneness of all living beings" brings to our mind. We feel this pain as an ever lasting success as we try to identify ourselves with others is the core of spiritual practice. In a rush to this help, I don't look to you high/low or this social status. Thus, ^{even} the hardest heart is rendered soft & sweet by the opportunities of your service.

07

Tuesday

Poem

ॐ॥ YEKO DEVO BAHUDHANI VISHATATAA

CHIDEVA BHUVANA TRIAM

BRAHMAI VAAHA MIDAM JAGAT

SAKALAM CHINMAATRA AVISHTARITA

SARVAM KHALVIDAM BRAHMA

YEKO DEVO BAHUDHAN AVISTATAA

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32nd week
220-145
GOD & His creation

GOD is OMNIPOTENT - I mean He has the

- 1) SARVA JNATHA
- 2) SARVESHWARA
- 3) SARVA-BLOK TRUTH
- 4) SARVA-NIYANTRU
- 5) SARVANTRIYA-AMITH
- 6) SARVA SRISHRUTWA
- 7) SARVA PALAKAT
- 8) SARVA SAMHAARAKA

Like RAJO GUNA as Chaturmukha, he created the Brahma

Like SATWA GUNA as Vishnu, he protects the

Like TAMO GUNA as Shiva he annihilates the

He is both KASHA SWAROOPA as well as Pralamb Jeeva

He is the creator of this universe as well as annihilator

He is vested with special characteristics.

He is PRAKRITHI & Jeeva SWAROOPA & Fructifier

ANCHA BHOOTAS → AIRAASH (space)
VAAU (AIR)
TEJAS (FIRE)
AADAS (WATER)
PRITHVI (EARTH)

Five Indriyas: EYES | EARS | NOSE | TONGUE

Five Tanmantras: SABDA | SPARSA | RU DA | RASA |

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32nd week
222-143

10
Frid

PRESENCE of GOD

One Sage said: Today is the 1st day of Rest of my
for him the past is not ^{too} important & we can change
from today onwards. Another Sage Jagann
said: "Forget the past" for the burden of past may pull U d
Bhagavat Gita tells us to give the results of our actions
Yogeshwar says: God is pleased when U give him U mistakes
for the thought of mistakes may close the door for self-improvement
The purpose of our life is to find the truth & live
lives & change ourselves if necessary.
Whenever U live, try to give more of U mind & soul
to God, pray Him, praise Him & seek His blessing
Feel the presence of God inside your body
If U feel conscious of God's presence, U feel great
Be a spiritual saint & think of God day
Share with God every feeling & in every thought
gradually U will be in continuous conversation with
Him & U can do beautiful things with blessing of God
also enjoy himself.

God & I

God is the only one I try to please all the time



Anaida

GOD WOULD be the one entity I give most importance to. I would say God is the only entity I try to please all the time. God has shaped me as the person I am, that in turn affects everything I do, be it personal or professional.

I believe in the power of prayer. Incidentally, I pray the most when I am happiest. Prayers work in two ways. One, in a supernatural way and the other, in a very scientific psychological way. Both the effects are positive. It is something I highly recommend.

I have had many miracles in my life and in the lives of people close to me.

Religion is not really important to understand God. It is important because most

human beings need structure and rituals to reach any level of understanding. One can use different textbooks to learn mathematics but 1+1 will always add up to 2. Religion can be a great guide. It starts being a problem when people use it to divide, hurt, misuse or kill.

To me, God is "everything there is and there is not". In any situation, just ask yourself what would God do, think or say?

It is really as simple as that. Existence is a lot simpler that way. We are all one, and we are one with God. If one realises this fact, then one will learn to live and let live.

— **ANANDA** is a leading Indian pop singer

I ask Him to help me do my best and achieve my goals



Sanjana

I BELIEVE in God as a supreme being. I pray to Him for peace of mind and balance. As a child, I used to ask God for many things. But now, I just ask Him to take care of me wherever I go. Although I'm a Hindu, I love to visit churches and chapels. I find it peaceful to sit in a chapel and have a conversation with God.

I also like to go the Iskcon temple. The *aarti* there is very calming.

I am more spiritual than religious. I don't feel the need to visit temples or churches just to show my belief in God. Faith is an inborn thing.

I believe that if you do good things, good things

happen to you. For me, all religions are the same and I pray to all Gods. I offer my prayers to Lord Krishna and Jesus Christ. For the past three years whenever I've bowed before a Ganesha idol on Ganesh Chaturthi a flower has fallen on my head. These surprising incidents have strengthened my belief in God. I truly believe that there is nobody above God.

Unlike many people who ask God for numerous things, I ask him to help me achieve my goals and to do my best. I totally believe in the saying — Do your best and God will do the rest.

— **SANJANA** is a Bengaluru based actress

God & I

For me, my parents are God on earth



Keshav R. Murugesh

I BELIEVE that God and supernatural forces have a role in shaping the path I want to walk on, guiding me through my journey of life. God has a plan for everyone but it is up to me to realise this plan. While, like most human beings, I expect a lot from Him. He demands very little from me other than a few moments of my day to pray to Him. However, it is a win-win relation-

what is the right and truthful path before I make any important decision. A sure recipe for success is that you should work hard as if everything depended on you and pray hard as if everything depended on God. Try it and see! The time I spend every morning in prayer allows me to focus on thanking God and the omnipresent forces — life, family, and friends and for taking care of

A sure recipe for success is that you should work hard as if everything depended on you and pray

other world. It is an important time for me to reach God directly. When I was young I was taught that ringing the holy bell is like an announcement to God that you were at

His doorstep ready to worship Him and thank Him. I try to ring the bell at the same time every day so that in a way I am always on God's calendar. Although I refer to God as "He" I believe that God comes in different forms and beings. On earth, my parents are God for me as they don't have any demands.

They bless me and encourage me to just be better. For me, having these bonds through my work, enables me to interact with God every day.

— **KESHAV R. MURUGESH** is president and COO of Syntel Inc., a leading IT company

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GOD - His Existence

How to prove the Existence of God?

Who made the chilies hot & spicy? } We are
Who is the cause of bitterness of neem? } simple ex
of manifestation

Every object in the world has a unique attribute

When proves the existence of the DIVINITY as
its very life principle. U need not do any other

Gimmick to prove / visualize the DIVINITY. One

U understand the divine principle in full U can see

God in true sense. Try to realize Ur own divine nat

2/ What are different stages to experience Divine?

Transcendental

Believe from U attribute to Divinity, Contemplate

on that form. & try to concentrate & call it MEDITATION

Man Somethi within U experience attributeless Divinity

3/ What are the key actions to realize Divinity?

Believe the entire Universe is the creation of God

God is present in everything (including insect). Avoid your

body is given to you to lead Ur life & do your

from Ur duty well & treat everyone. Don't start any differ

AUGUST							SEPTEMBER						
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33rd week
228-137

10

Thurs

4. What's the purpose of LIFE?

can get entangled with ext objects & forget ^{WHY} why
find no time to explore the inner realm of his
only the man who can dive deep into the ocean
can get pearls & etc. and when U get deep into the life
can realize Atma Gnan (Knowledge of self)

A MANISHI can get transformed as MAHARISHI
by engaging in selfless service. Truly speaking
the benefits that can be obtained from free service
cannot be acquired even by rigorous austerities.
Service brings human closer & promotes friendship
and the service to fellow humans is service to God

5. Why do you need God?

What do you need?

Please see the attached slip
(news paper clipping)

AUGUST							SEPTEMBER						
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34th week
233-132

- Offering Pinda Pradhaan at Gaya helps them to attain divine salvation. While performing these rituals, he should chant the following mantra:

"ESHA PINDO MAYI DASTRATAV HAST
JANAARDHAN
PARALOKAM GATE MOKSHAM
KSHAYUM UPATHISTATHAN"

The entire city of Gaya is considered sacred & performing the rituals of Shradh or offering PINDA PRADHAAN to ancestors at any one place in GAYA helps the soul of the ancestors to attain Brahmeloka.

JAI HIND

AUGUST							SEPTEMBER						
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34th week
235-130

50 Divine Thoughts 2

Thur

Continuation of Kanche Keema Kote Peetham.

1 The medicine of GRACE to wipe out our sorrow
to develop unshakable faith in God Almighty
Tolerance is the medicine of Grace to wipe
our sorrow. Bhakti gives us the capacity
put up with these sorrows, while Temples are
the agencies to develop the Bhakti: Hence we need
visit temple & our offering are tokens of gratitude
God is within our body & He is a Reality.
It is limited is Sadhana & unlimited is the God.
He alone is. Acharya, who understands Shesh
practices them ^{also} the people understand & gain their welfare
by making them stick to the path shown in Shashtra
By strengthening their minds, they experience contentment
realise the Reality & perform the various sacrifices
In all that we do, let love & sacrifice be the motto
any action be out of love & affection & no passion
Love is the ~~found~~ ^{found} principle of all your deeds.

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34th week
237-128

AASAAVADITYO BRAHMA 2

Satur

The immortal Qn has along been
Where is God? How does He look?
Is He FORMLESS? By what name He goes
To all these Quizzical Qns. several critics
have given answers in their own way
all these As have brought in various dissents
among people leading to various sects
No other economic or political factor
has brought out so much ill will or displeasure
Sometimes, even death and devastation
to the Concept of God, by the religious crusades
sectarian bigotry among people of the
same religion have become the conceptual
bane of the human race.

As said I done, nobody could
answer the final Qn (Who is God)
Where does He dwell?

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But my answer to all the

"Look at the SUN, the solar light illuminating the entire world; going round the globe all the 24 hrs causing day & night. This very Aditya (SUN) is the BRHMA (God). To us, the people of the Earth, SUN is God & is called वसुदेव (the visible God). Even according to an scientific thinking, law of physics, it is borne out by the fact that the SUN is the energiser and source of all activity in this world.

Let us have a splitting argument. The simple, short, but most significant Vedic saying वसुदेवो विवर्षति states that this very (ASOU) SUN (ADITYA) is God (Brahma). The SUN's worship assumes great importance in Vedas, considering the fact that Aditya is the वसुदेव (ASOU) is worshipped as वसुदेव (ASOU).

AUGUST							SEPTEMBER						
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35th week

242-123

Where is God?

As oil exists in Sesame Seed
 As juice exists in a fruit
 As ~~with~~ ghee is present in ghee
 As fragrance in a flower
 As fire is latent in a faggot,

So the Divine is immense in every creation of a subtle white color.

God is not present in somebody or some color like a vision in the eye & hearing in the ear. God is present in the mind as consciousness.

The Cosmos is the visible manifestation of the ^{invisible} Supreme. The divine is in such close proximity to man in his ignorance goes seeking Him everywhere. The divine is present in MAN like the unseen thread which holds a garland of gems together. The divine is fulgent in every MAN as SATI-CHIT-ANAND as (Being - Awareness - Bliss).

The entire Cosmos is permeated by the Divine as is the visible manifestation of the Divine. There are many evidences to demonstrate the divinity that is inherent in MAN but only a few are ready to make the sacrifice.

31

Friday

35th week
243-122

Aug/Se

The ancient sages regarded human life
as full of fragrances to be enjoyed
they considered life as full of sweetness
When Man is oblivious of this sweetness
he ceases to be a human being
Sacrifice (Tyaga) is the sweetness
humanness (Mamata) and
the Sages declare like this:

Only through sacrifice

can man realize the eternal Dr

But immersed in selfishness

man fails to recognize this TR

(Message for Scribe)

Notes

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Significance
9

35th week
244-121

Samohya Vandana Mantra

We have ched seen how the universe is intended to avoid a hundred year tenure to become long life makes a human life COMPLETE lot of experience. By the completion of 100 years man generally gets children & grand children. Thus he is able to see a complete cycle of 3/4 generation. So much importance is given to a long life in Ved. So don't be led away by Sad & Sorrow teaching "the world is an illusion" "Life is only transient". There are down to earth texts that give us Sanatana advices making existence of man peaceful. The Jeevane Sanadassatnam = let us live for 100 years. Nandane Sanadassatnam = let us live happily for 100 years. Madane Sanadassatnam = live 100 years to make others happy. A jeeke Syame Sanadassatnam live 100 years unconquered. The more we meditate upon these vedic prayers the more we get inspired by the wisdom of the ancient sages guiding us to lead successful lives in the world.

WORST SINS

+

LORD of SINS

36th week
247-118

0

Tues

SEPTEMBER							OCTOBER						
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The LORD of Waters & the Destroyer of Sins
will expiate one who washes to God of Water
even the five mahapatakas (most heinous sins)

- 1) Acting contrary to the dictates of scripture
- 2) being disloyal to one's own promises out of cowardice
- 3) Causing destruction to human fetus ^{with} _{water}
- 4) Indulging in Robbery & Coveting wealth of others
- 5) Causing disrespect to the preceptor by entrapment

This mantras has the twin purpose of -

- a) Extolling the greatness of Water & releasing one from the panche mahapatakas themselves
- b) Extolling the moral standards of an ancestor & absolute faith in the purpose of Vedas

11) When Dharmaraj tied even once partially
Ashtakam & he died in Brahmanethan
On the banks of Ulhara to annihilate the fate
of Bhishma's son is considered unparalleled

Entrusting Guris bed is more serious than all the

SEPTEMBER							OCTOBER						
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NAMASKAR

36th week
749-116

1) Why should I not wear footwear while doing "Namaskar"
"While sitting, performing meals, sleeping or while doing namaskar to elderly people, I should not wear footwear" (Gurukul Shrutis) 4

- 1) Footwear increases the Raja-Theme Component in a person
- 2) Paying obeisance to high Raja-Theme components does not help in activating the Kundalini
- 3) The ability to absorb the Salva Component too is reduced, due to an increase in Raja-Theme Component - leading to little benefit from the namaskar
- 4) Doing namaskar to a deity, who may also visit the Earth of the deity.

2) Meaning The word "Namaskar" is derived from the root "NAMASKA" meaning paying obeisance or respect. By doing Namaskar to a deity or a soul, we acknowledge their virtues or capabilities get imprinted on our minds & consequently we start emulating them.

What is the correct method of paying "NAMASKAR"

While paying bow to God or Namaste

Bring the palms together by joining hands together

After joining hands, one should bow & bring the head forward showing respect

While holding the head forward, one should place the thumbs at the mid-brow region

After that instead of bringing down the folded hands immediately they should be placed on mid-chest region for a minute in such a way that it just touches the chest & then bring down the hands

09 Sund

Underlying science in this action is:-

1) The fingers should not be dipping while bring palms together

2) In the namaste posture joined fingers act as an antenna to absorb the cosmic or divine consciousness (energy transmitted by the deity)

3) About the spine to be maintained between palms

4) After joining palms, bow a little

5) Touch the thumbs to the mid-brow region

6) After doing ~~that~~, also bring down hands immediately place them on mid-chest region to absorb the

4) When to do nimeskars to ELDERES?

- 1) prior to the commencement of a journey upon returning is one way of surrender to the God-principle in them.
- 2) the correct method of nimeskar is
 - a) the fingers of the hand should be placed on the
 - b) place or head on the big toe
 - c) interlock your hands behind your back
 - d) the ^{hands} ~~palms~~ are to be placed in such a way that the palms are placed on the feet
- 3) we should not perform nimeskar to a sleeping person
- 4) Close your eyes while doing nimeskar to enable ~~us~~ to get the vision of the within us
- 5) Take off your footwear while doing nimeskar as it increases Rajas-Tamas components
- 6) It is not advisable to hold any object in your hands while doing nimeskar

2 TIMES LIFE!

Just enjoy life!

God has a great and naughty sense of humour, says Firuza R Parikh

AS a devout Zoroastrian, I try to live by our prophet's adage of 'good thoughts, good words and good deeds.' I have learnt the profound truth of this guiding principle. Good thoughts are important for filling ourselves with positive energy. Good words make our interactions with the world pleasant. Good actions such as work and charity are what make our time on earth worthwhile.

I begin my day with

God in Gucci

Firuza R Parikh

prayers to God thanking Him for all the happiness my family and I have been blessed with. I know that God listens to all our prayers. That is the foundation



ANSHU K. KADRI

of my spirituality.

My husband Rajesh is the most secular human being that I have come across. Curiously, we started discussing religion and spirituality in one of our earliest evenings together when we were teenagers. Over 35 years of close friendship

and 25 years of marriage that discussion still continues. Swappy, Manu and Nikki our three children and our numerous friends have over the years often contributed towards these conversations. Rajesh has an in-depth knowledge of the major religions. We dwell not just on the similarities between religions but on their differences as well. We believe that these differences should not only be respected but celebrated as well. Hence, as a family we celebrate all festivals. Our friends tease me that Parsis just need any excuse for celebration!

We are often puzzled and sometimes amused at the arrogance of some of our fellow humans. Sometimes, on account of wealth or knowledge or power — men behave as though they were God themselves. Ordinarily, this would be so amusing were it not to have tragic consequences on the lives of others. We thank God for granting us humility and pray for His guidance in ensuring that we never become arrogant.

Rajesh believes that God has a great and sometimes naughty sense of humour. He believes that God created megalomaniacs who go about strutting their wealth and power for His own amusement as well as for ours. Sometimes when I try to coax Rajesh into sneaking out for a movie, he says, "Life is such an ongoing spectacle full of entertainment. let's enjoy it instead!"

Secularism permits us to live in harmony and we should celebrate our similarities as well as our differences. Besides, we should treasure the sanctity of every moment and show gratitude to God.

(Dr Firuza R. Parikh, director, department of
united reproduction and genetics,
Jadav Hospital and Research Centre, Mumbai)



**"WE THANK GOD FOR
GRANTING US HUMILITY
AND PRAY THAT WE NEVER
BECOME ARROGANT"**

MOTHER of MUSES

37th week

256-109

13

Thursday

(Goddess of INTELLECT)

May the all-embracing Goddess of Intellect-
who is always showing her benefits on us,
who is always pleased with us & who is delighted by us
be always stay put with us^{as}, her own children
Oh Goddess of muse & Supreme intellect
may be, as the silly humans, who spend
our days recklessly in reckless talk till you
visit us & kindle an intellect, as a result of
your affection & compassion^{to us}, which is manifested
by your visit to our mind, become enlightened
& also capable of expressing & sharing the
Supreme Truth along with our sons & disciples
This is a prayer which every guru makes
to the Goddess of Intellect - to kindle his intellect
so that he is saved away from meaningless
harangue & is visited by the Supreme Wisdom.
He wants to share the Supreme Wisdom
with his disciples & sons.

Friday

(xx) The personification of Mother Gayatri as a woman, is another tribute to their lofty thoughts. The woman Woman on today the knowledge while the MAN disseminates the knowledge through the blessings of their great Mother.

The idea of the mother, the woman's pursuit, the male does complement each other to turn the wheel of universe is delightfully accented ^{and} by ^{ance} _L

For the preceptor, his son & disciple are on a fooling. He prays for the acquisition of knowledge, so that he impart the same to his sons.

S	M	T	W	T	F	S
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29	30	31				

from
God

261-104

18

Tuesd

I am God. Today I will be handling all your problems. I remember U can carry on with Ur r of life happens to deliver a situation to that U cannot handle, do not struggle to resolve kindly put it in the SFQID (Something for GOD TO do) BOX. It will be attended by ME. It is my problem, not Once the problem is placed in my box, do not hold on of U find Urself stuck in TRAFFIC, don't despair. There are many people in the world for whom ^{driving} is an unheard of. Should U have a bad day at work, think of the M. who has been out of work for years together. Should U despair over a relationship gone bad. Think of the person ^{who never knew} that it is like to love & be loved in return. Should U grieve the passing of another week end think of the woman in dire straits, working 12 hrs a day 7 days a week to feed her children. Should U ever break down, leaving U miles away from home think of the paraplegic who would love the opportunity to walk. Should U notice a grey hair in the mirror, think of the patient.

OCTOBER							OCTOBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31				

37th week
258-107

Sat

The most important aspect
have to notice is that the learned GURUJI
is well aware that his wisdom is flowing from
Sweet grace of the Goddess of Knowledge and
that he will be worthy of any empty speech
if the Goddess is not in his company.

The Vedas (found in Rigveda & Atharva Veda ^{also}
have recognised the Goddess, a woman
as the embodiment of all knowledge, even ¹⁶ Sri
we worship Krishna, Shankara & Advaita as
as the preceptors of the world (xx) (see facing page)

Finally one can notice well above, the complete
awareness, on the part of Guru, when he simply attrib-
ute that is great to the Goddess of MUSE. This man
long ^a ¹ ² ³ ⁴ ⁵ ⁶ ⁷ ⁸ ⁹ ¹⁰ ¹¹ ¹² ¹³ ¹⁴ ¹⁵ ¹⁶ ¹⁷ ¹⁸ ¹⁹ ²⁰ ²¹ ²² ²³ ²⁴ ²⁵ ²⁶ ²⁷ ²⁸ ²⁹ ³⁰ ³¹ ³² ³³ ³⁴ ³⁵ ³⁶ ³⁷ ³⁸ ³⁹ ⁴⁰ ⁴¹ ⁴² ⁴³ ⁴⁴ ⁴⁵ ⁴⁶ ⁴⁷ ⁴⁸ ⁴⁹ ⁵⁰ ⁵¹ ⁵² ⁵³ ⁵⁴ ⁵⁵ ⁵⁶ ⁵⁷ ⁵⁸ ⁵⁹ ⁶⁰ ⁶¹ ⁶² ⁶³ ⁶⁴ ⁶⁵ ⁶⁶ ⁶⁷ ⁶⁸ ⁶⁹ ⁷⁰ ⁷¹ ⁷² ⁷³ ⁷⁴ ⁷⁵ ⁷⁶ ⁷⁷ ⁷⁸ ⁷⁹ ⁸⁰ ⁸¹ ⁸² ⁸³ ⁸⁴ ⁸⁵ ⁸⁶ ⁸⁷ ⁸⁸ ⁸⁹ ⁹⁰ ⁹¹ ⁹² ⁹³ ⁹⁴ ⁹⁵ ⁹⁶ ⁹⁷ ⁹⁸ ⁹⁹ ¹⁰⁰ ¹⁰¹ ¹⁰² ¹⁰³ ¹⁰⁴ ¹⁰⁵ ¹⁰⁶ ¹⁰⁷ ¹⁰⁸ ¹⁰⁹ ¹¹⁰ ¹¹¹ ¹¹² ¹¹³ ¹¹⁴ ¹¹⁵ ¹¹⁶ ¹¹⁷ ¹¹⁸ ¹¹⁹ ¹²⁰ ¹²¹ ¹²² ¹²³ ¹²⁴ ¹²⁵ ¹²⁶ ¹²⁷ ¹²⁸ ¹²⁹ ¹³⁰ ¹³¹ ¹³² ¹³³ ¹³⁴ ¹³⁵ ¹³⁶ ¹³⁷ ¹³⁸ ¹³⁹ ¹⁴⁰ ¹⁴¹ ¹⁴² ¹⁴³ ¹⁴⁴ ¹⁴⁵ ¹⁴⁶ ¹⁴⁷ ¹⁴⁸ ¹⁴⁹ ¹⁵⁰ ¹⁵¹ ¹⁵² ¹⁵³ ¹⁵⁴ ¹⁵⁵ ¹⁵⁶ ¹⁵⁷ ¹⁵⁸ ¹⁵⁹ ¹⁶⁰ ¹⁶¹ ¹⁶² ¹⁶³ ¹⁶⁴ ¹⁶⁵ ¹⁶⁶ ¹⁶⁷ ¹⁶⁸ ¹⁶⁹ ¹⁷⁰ ¹⁷¹ ¹⁷² ¹⁷³ ¹⁷⁴ ¹⁷⁵ ¹⁷⁶ ¹⁷⁷ ¹⁷⁸ ¹⁷⁹ ¹⁸⁰ ¹⁸¹ ¹⁸² ¹⁸³ ¹⁸⁴ ¹⁸⁵ ¹⁸⁶ ¹⁸⁷ ¹⁸⁸ ¹⁸⁹ ¹⁹⁰ ¹⁹¹ ¹⁹² ¹⁹³ ¹⁹⁴ ¹⁹⁵ ¹⁹⁶ ¹⁹⁷ ¹⁹⁸ ¹⁹⁹ ²⁰⁰ ²⁰¹ ²⁰² ²⁰³ ²⁰⁴ ²⁰⁵ ²⁰⁶ ²⁰⁷ ²⁰⁸ ²⁰⁹ ²¹⁰ ²¹¹ ²¹² ²¹³ ²¹⁴ ²¹⁵ ²¹⁶ ²¹⁷ ²¹⁸ ²¹⁹ ²²⁰ ²²¹ ²²² ²²³ ²²⁴ ²²⁵ ²²⁶ ²²⁷ ²²⁸ ²²⁹ ²³⁰ ²³¹ ²³² ²³³ ²³⁴ ²³⁵ ²³⁶ ²³⁷ ²³⁸ ²³⁹ ²⁴⁰ ²⁴¹ ²⁴² ²⁴³ ²⁴⁴ ²⁴⁵ ²⁴⁶ ²⁴⁷ ²⁴⁸ ²⁴⁹ ²⁵⁰ ²⁵¹ ²⁵² ²⁵³ ²⁵⁴ ²⁵⁵ ²⁵⁶ ²⁵⁷ ²⁵⁸ ²⁵⁹ ²⁶⁰ ²⁶¹ ²⁶² ²⁶³ ²⁶⁴ ²⁶⁵ ²⁶⁶ ²⁶⁷ ²⁶⁸ ²⁶⁹ ²⁷⁰ ²⁷¹ ²⁷² ²⁷³ ²⁷⁴ ²⁷⁵ ²⁷⁶ ²⁷⁷ ²⁷⁸ ²⁷⁹ ²⁸⁰ ²⁸¹ ²⁸² ²⁸³ ²⁸⁴ ²⁸⁵ ²⁸⁶ ²⁸⁷ ²⁸⁸ ²⁸⁹ ²⁹⁰ ²⁹¹ ²⁹² ²⁹³ ²⁹⁴ ²⁹⁵ ²⁹⁶ ²⁹⁷ ²⁹⁸ ²⁹⁹ ³⁰⁰ ³⁰¹ ³⁰² ³⁰³ ³⁰⁴ ³⁰⁵ ³⁰⁶ ³⁰⁷ ³⁰⁸ ³⁰⁹ ³¹⁰ ³¹¹ ³¹² ³¹³ ³¹⁴ ³¹⁵ ³¹⁶ ³¹⁷ ³¹⁸ ³¹⁹ ³²⁰ ³²¹ ³²² ³²³ ³²⁴ ³²⁵ ³²⁶ ³²⁷ ³²⁸ ³²⁹ ³³⁰ ³³¹ ³³² ³³³ ³³⁴ ³³⁵ ³³⁶ ³³⁷ ³³⁸ ³³⁹ ³⁴⁰ ³⁴¹ ³⁴² ³⁴³ ³⁴⁴ ³⁴⁵ ³⁴⁶ ³⁴⁷ ³⁴⁸ ³⁴⁹ ³⁵⁰ ³⁵¹ ³⁵² ³⁵³ ³⁵⁴ ³⁵⁵ ³⁵⁶ ³⁵⁷ ³⁵⁸ ³⁵⁹ ³⁶⁰ ³⁶¹ ³⁶² ³⁶³ ³⁶⁴ ³⁶⁵ ³⁶⁶ ³⁶⁷ ³⁶⁸ ³⁶⁹ ³⁷⁰ ³⁷¹ ³⁷² ³⁷³ ³⁷⁴ ³⁷⁵ ³⁷⁶ ³⁷⁷ ³⁷⁸ ³⁷⁹ ³⁸⁰ ³⁸¹ ³⁸² ³⁸³ ³⁸⁴ ³⁸⁵ ³⁸⁶ ³⁸⁷ ³⁸⁸ ³⁸⁹ ³⁹⁰ ³⁹¹ ³⁹² ³⁹³ ³⁹⁴ ³⁹⁵ ³⁹⁶ ³⁹⁷ ³⁹⁸ ³⁹⁹ ⁴⁰⁰ ⁴⁰¹ ⁴⁰² ⁴⁰³ ⁴⁰⁴ ⁴⁰⁵ ⁴⁰⁶ ⁴⁰⁷ ⁴⁰⁸ ⁴⁰⁹ ⁴¹⁰ ⁴¹¹ ⁴¹² ⁴¹³ ⁴¹⁴ ⁴¹⁵ ⁴¹⁶ ⁴¹⁷ ⁴¹⁸ ⁴¹⁹ ⁴²⁰ ⁴²¹ ⁴²² ⁴²³ ⁴²⁴ ⁴²⁵ ⁴²⁶ ⁴²⁷ ⁴²⁸ ⁴²⁹ ⁴³⁰ ⁴³¹ ⁴³² ⁴³³ ⁴³⁴ ⁴³⁵ ⁴³⁶ ⁴³⁷ ⁴³⁸ ⁴³⁹ ⁴⁴⁰ ⁴⁴¹ ⁴⁴² ⁴⁴³ ⁴⁴⁴ ⁴⁴⁵ ⁴⁴⁶ ⁴⁴⁷ ⁴⁴⁸ ⁴⁴⁹ ⁴⁵⁰ ⁴⁵¹ ⁴⁵² ⁴⁵³ ⁴⁵⁴ ⁴⁵⁵ ⁴⁵⁶ ⁴⁵⁷ ⁴⁵⁸ ⁴⁵⁹ ⁴⁶⁰ ⁴⁶¹ ⁴⁶² ⁴⁶³ ⁴⁶⁴ ⁴⁶⁵ ⁴⁶⁶ ⁴⁶⁷ ⁴⁶⁸ ⁴⁶⁹ ⁴⁷⁰ ⁴⁷¹ ⁴⁷² ⁴⁷³ ⁴⁷⁴ ⁴⁷⁵ ⁴⁷⁶ ⁴⁷⁷ ⁴⁷⁸ ⁴⁷⁹ ⁴⁸⁰ ⁴⁸¹ ⁴⁸² ⁴⁸³ ⁴⁸⁴ ⁴⁸⁵ ⁴⁸⁶ ⁴⁸⁷ ⁴⁸⁸ ⁴⁸⁹ ⁴⁹⁰ ⁴⁹¹ ⁴⁹² ⁴⁹³ ⁴⁹⁴ ⁴⁹⁵ ⁴⁹⁶ ⁴⁹⁷ ⁴⁹⁸ ⁴⁹⁹ ⁵⁰⁰ ⁵⁰¹ ⁵⁰² ⁵⁰³ ⁵⁰⁴ ⁵⁰⁵ ⁵⁰⁶ ⁵⁰⁷ ⁵⁰⁸ ⁵⁰⁹ ⁵¹⁰ ⁵¹¹ ⁵¹² ⁵¹³ ⁵¹⁴ ⁵¹⁵ ⁵¹⁶ ⁵¹⁷ ⁵¹⁸ ⁵¹⁹ ⁵²⁰ ⁵²¹ ⁵²² ⁵²³ ⁵²⁴ ⁵²⁵ ⁵²⁶ ⁵²⁷ ⁵²⁸ ⁵²⁹ ⁵³⁰ ⁵³¹ ⁵³² ⁵³³ ⁵³⁴ ⁵³⁵ ⁵³⁶ ⁵³⁷ ⁵³⁸ ⁵³⁹ ⁵⁴⁰ ⁵⁴¹ ⁵⁴² ⁵⁴³ ⁵⁴⁴ ⁵⁴⁵ ⁵⁴⁶ ⁵⁴⁷ ⁵⁴⁸ ⁵⁴⁹ ⁵⁵⁰ ⁵⁵¹ ⁵⁵² ⁵⁵³ ⁵⁵⁴ ⁵⁵⁵ ⁵⁵⁶ ⁵⁵⁷ ⁵⁵⁸ ⁵⁵⁹ ⁵⁶⁰ ⁵⁶¹ ⁵⁶² ⁵⁶³ ⁵⁶⁴ ⁵⁶⁵ ⁵⁶⁶ ⁵⁶⁷ ⁵⁶⁸ ⁵⁶⁹ ⁵⁷⁰ ⁵⁷¹ ⁵⁷² ⁵⁷³ ⁵⁷⁴ ⁵⁷⁵ ⁵⁷⁶ ⁵⁷⁷ ⁵⁷⁸ ⁵⁷⁹ ⁵⁸⁰ ⁵⁸¹ ⁵⁸² ⁵⁸³ ⁵⁸⁴ ⁵⁸⁵ ⁵⁸⁶ ⁵⁸⁷ ⁵⁸⁸ ⁵⁸⁹ ⁵⁹⁰ ⁵⁹¹ ⁵⁹² ⁵⁹³ ⁵⁹⁴ ⁵⁹⁵ ⁵⁹⁶ ⁵⁹⁷ ⁵⁹⁸ ⁵⁹⁹ ⁶⁰⁰ ⁶⁰¹ ⁶⁰² ⁶⁰³ ⁶⁰⁴ ⁶⁰⁵ ⁶⁰⁶ ⁶⁰⁷ ⁶⁰⁸ ⁶⁰⁹ ⁶¹⁰ ⁶¹¹ ⁶¹² ⁶¹³ ⁶¹⁴ ⁶¹⁵ ⁶¹⁶ ⁶¹⁷ ⁶¹⁸ ⁶¹⁹ ⁶²⁰ ⁶²¹ ⁶²² ⁶²³ ⁶²⁴ ⁶²⁵ ⁶²⁶ ⁶²⁷ ⁶²⁸ ⁶²⁹ ⁶³⁰ ⁶³¹ ⁶³² ⁶³³ ⁶³⁴ ⁶³⁵ ⁶³⁶ ⁶³⁷ ⁶³⁸ ⁶³⁹ ⁶⁴⁰ ⁶⁴¹ ⁶⁴² ⁶⁴³ ⁶⁴⁴ ⁶⁴⁵ ⁶⁴⁶ ⁶⁴⁷ ⁶⁴⁸ ⁶⁴⁹ ⁶⁵⁰ ⁶⁵¹ ⁶⁵² ⁶⁵³ ⁶⁵⁴ ⁶⁵⁵ ⁶⁵⁶ ⁶⁵⁷ ⁶⁵⁸ ⁶⁵⁹ ⁶⁶⁰ ⁶⁶¹ ⁶⁶² ⁶⁶³ ⁶⁶⁴ ⁶⁶⁵ ⁶⁶⁶ ⁶⁶⁷ ⁶⁶⁸ ⁶⁶⁹ ⁶⁷⁰ ⁶⁷¹ ⁶⁷² ⁶⁷³ ⁶⁷⁴ ⁶⁷⁵ ⁶⁷⁶ ⁶⁷⁷ ⁶⁷⁸ ⁶⁷⁹ ⁶⁸⁰ ⁶⁸¹ ⁶⁸² ⁶⁸³ ⁶⁸⁴ ⁶⁸⁵ ⁶⁸⁶ ⁶⁸⁷ ⁶⁸⁸ ⁶⁸⁹ ⁶⁹⁰ ⁶⁹¹ ⁶⁹² ⁶⁹³ ⁶⁹⁴ ⁶⁹⁵ ⁶⁹⁶ ⁶⁹⁷ ⁶⁹⁸ ⁶⁹⁹ ⁷⁰⁰ ⁷⁰¹ ⁷⁰² ⁷⁰³ ⁷⁰⁴ ⁷⁰⁵ ⁷⁰⁶ ⁷⁰⁷ ⁷⁰⁸ ⁷⁰⁹ ⁷¹⁰ ⁷¹¹ ⁷¹² ⁷¹³ ⁷¹⁴ ⁷¹⁵ ⁷¹⁶ ⁷¹⁷ ⁷¹⁸ ⁷¹⁹ ⁷²⁰ ⁷²¹ ⁷²² ⁷²³ ⁷²⁴ ⁷²⁵ ⁷²⁶ ⁷²⁷ ⁷²⁸ ⁷²⁹ ⁷³⁰ ⁷³¹ ⁷³² ⁷³³ ⁷³⁴ ⁷³⁵ ⁷³⁶ ⁷³⁷ ⁷³⁸ ⁷³⁹ ⁷⁴⁰ ⁷⁴¹ ⁷⁴² ⁷⁴³ ⁷⁴⁴ ⁷⁴⁵ ⁷⁴⁶ ⁷⁴⁷ ⁷⁴⁸ ⁷⁴⁹ ⁷⁵⁰ ⁷⁵¹ ⁷⁵² ⁷⁵³ ⁷⁵⁴ ⁷⁵⁵ ⁷⁵⁶ ⁷⁵⁷ ⁷⁵⁸ ⁷⁵⁹ ⁷⁶⁰ ⁷⁶¹ ⁷⁶² ⁷⁶³ ⁷⁶⁴ ⁷⁶⁵ ⁷⁶⁶ ⁷⁶⁷ ⁷⁶⁸ ⁷⁶⁹ ⁷⁷⁰ ⁷⁷¹ ⁷⁷² ⁷⁷³ ⁷⁷⁴ ⁷⁷⁵ ⁷⁷⁶ ⁷⁷⁷ ⁷⁷⁸ ⁷⁷⁹ ⁷⁸⁰ ⁷⁸¹ ⁷⁸² ⁷⁸³ ⁷⁸⁴ ⁷⁸⁵ ⁷⁸⁶ ⁷⁸⁷ ⁷⁸⁸ ⁷⁸⁹ ⁷⁹⁰ ⁷⁹¹ ⁷⁹² ⁷⁹³ ⁷⁹⁴ ⁷⁹⁵ ⁷⁹⁶ ⁷⁹⁷ ⁷⁹⁸ ⁷⁹⁹ ⁸⁰⁰ ⁸⁰¹ ⁸⁰² ⁸⁰³ ⁸⁰⁴ ⁸⁰⁵ ⁸⁰⁶ ⁸⁰⁷ ⁸⁰⁸ ⁸⁰⁹ ⁸¹⁰ ⁸¹¹ ⁸¹² ⁸¹³ ⁸¹⁴ ⁸¹⁵ ⁸¹⁶ ⁸¹⁷ ⁸¹⁸ ⁸¹⁹ ⁸²⁰ ⁸²¹ ⁸²² ⁸²³ ⁸²⁴ ⁸²⁵ ⁸²⁶ ⁸²⁷ ⁸²⁸ ⁸²⁹ ⁸³⁰ ⁸³¹ ⁸³² ⁸³³ ⁸³⁴ ⁸³⁵ ⁸³⁶ ⁸³⁷ ⁸³⁸ ⁸³⁹ ⁸⁴⁰ ⁸⁴¹ ⁸⁴² ⁸⁴³ ⁸⁴⁴ ⁸⁴⁵ ⁸⁴⁶ ⁸⁴⁷ ⁸⁴⁸ ⁸⁴⁹ ⁸⁵⁰ ⁸⁵¹ ⁸⁵² ⁸⁵³ ⁸⁵⁴ ⁸⁵⁵ ⁸⁵⁶ ⁸⁵⁷ ⁸⁵⁸ ⁸⁵⁹ ⁸⁶⁰ ⁸⁶¹ ⁸⁶² ⁸⁶³ ⁸⁶⁴ ⁸⁶⁵ ⁸⁶⁶ ⁸⁶⁷ ⁸⁶⁸ ⁸⁶⁹ ⁸⁷⁰ ⁸⁷¹ ⁸⁷² ⁸⁷³ ⁸⁷⁴ ⁸⁷⁵ ⁸⁷⁶ ⁸⁷⁷ ⁸⁷⁸ ⁸⁷⁹ ⁸⁸⁰ ⁸⁸¹ ⁸⁸² ⁸⁸³ ⁸⁸⁴ ⁸⁸⁵ ⁸⁸⁶ ⁸⁸⁷ ⁸⁸⁸ ⁸⁸⁹ ⁸⁹⁰ ⁸⁹¹ ⁸⁹² ⁸⁹³ ⁸⁹⁴ ⁸⁹⁵ ⁸⁹⁶ ⁸⁹⁷ ⁸⁹⁸ ⁸⁹⁹ ⁹⁰⁰ ⁹⁰¹ ⁹⁰² ⁹⁰³ ⁹⁰⁴ ⁹⁰⁵ ⁹⁰⁶ ⁹⁰⁷ ⁹⁰⁸ ⁹⁰⁹ ⁹¹⁰ ⁹¹¹ ⁹¹² ⁹¹³ ⁹¹⁴ ⁹¹⁵ ⁹¹⁶ ⁹¹⁷ ⁹¹⁸ ⁹¹⁹ ⁹²⁰ ⁹²¹ ⁹²² ⁹²³ ⁹²⁴ ⁹²⁵ ⁹²⁶ ⁹²⁷ ⁹²⁸ ⁹²⁹ ⁹³⁰ ⁹³¹ ⁹³² ⁹³³ ⁹³⁴ ⁹³⁵ ⁹³⁶ ⁹³⁷ ⁹³⁸ ⁹³⁹ ⁹⁴⁰ ⁹⁴¹ ⁹⁴² ⁹⁴³ ⁹⁴⁴ ⁹⁴⁵ ⁹⁴⁶ ⁹⁴⁷ ⁹⁴⁸ ⁹⁴⁹ ⁹⁵⁰ ⁹⁵¹ ⁹⁵² ⁹⁵³ ⁹⁵⁴ ⁹⁵⁵ ⁹⁵⁶ ⁹⁵⁷ ⁹⁵⁸ ⁹⁵⁹ ⁹⁶⁰ ⁹⁶¹ ⁹⁶² ⁹⁶³ ⁹⁶⁴ ⁹⁶⁵ ⁹⁶⁶ ⁹⁶⁷ ⁹⁶⁸ ⁹⁶⁹ ⁹⁷⁰ ⁹⁷¹ ⁹⁷² ⁹⁷³ ⁹⁷⁴ ⁹⁷⁵ ⁹⁷⁶ ⁹⁷⁷ ⁹⁷⁸ ⁹⁷⁹ ⁹⁸⁰ ⁹⁸¹ ⁹⁸² ⁹⁸³ ⁹⁸⁴ ⁹⁸⁵ ⁹⁸⁶ ⁹⁸⁷ ⁹⁸⁸ ⁹⁸⁹ ⁹⁹⁰ ⁹⁹¹ ⁹⁹² ⁹⁹³ ⁹⁹⁴ ⁹⁹⁵ ⁹⁹⁶ ⁹⁹⁷ ⁹⁹⁸ ⁹⁹⁹ ¹⁰⁰⁰

Jai Hind

BELIEVE in GOD

20

Thursday

Because God is Love
Love is God

- 1) God is like the warmth of sunshine
- 2) The sweet perfume smell of flowers
- 3) The love in Ur heart for Ur sweet child
- 4) The Relief of pain from suffering
- 5) The Satisfaction after a sumptuous MEAL
- 6) The joy of share with a good companion
- 7) The calm of a beautiful stormy night
- 8) The fresh dew after a day break
- 9) The grand smell of summer
- 10) The feel of Hanuman on Ur shoulder
- 11) The breezy sounds of the Tides at the Beach
- 12) fresh mountain air ^{with} an eagle soaring high
- 13) Satisfaction after feeding a guest
- 14) Sweet memory after visit to a Machine
- 15) Sweet & wonderful dream in sound sleep
- 16) Pure beauty on a sound screen
- 17) Hanuman guiding Ur heart from within

HISTORY

of the

The SOLAR LINE

38th week
265-100

(Matsya Pu
by DIL)

2

Satu

SEPTEMBER							OCTOBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			

Adithi & Sage Kasyapa had borne the SUN-God named VIKSWANA or SOORYA as their son to start. Soorya had three ~~daughters~~ ^{daughters} Sangene, Rajini & Prabha. While Rajini had a son named Revata } only name of Sangene mentioned in the puran & Prabha had a son named Prabhata }
Soorya & Sangene had two sons & a daughter. The eldest son was VAIVASWATAMANO & the remaining 2 sons were TWINS named: YAMA & VARUNA.

Because Sun's radiance was too much to bear, Sangene created another woman (CHAYA) out of her body & told her "Stay here & pretend to be ME and look after my husband & children; but don't reveal this secret to anybody. As for me, I am going away. Keep this secret with you." Soorya did not realize this but took Chaya to be his own wife. Soorya & Chaya in turn produced two sons (MANU & SHANI) & two daughters (TAPTI & VISHTI). Shortly Chaya developed her children & neglected Sangene's. But Yama vented his frustration in a fit of peltance, he raised his foot to kick CHAYA.

Yama then rushed to his father & complained about
"She does not seem to be my mother to curse like
When Surya covered his wife, she came out with
Then Surya approached his father-in-law (Viswa KAR
who revealed the secret but did not allow her into his
for neglecting her husband & so lived in the forest like
He also offered to share of some of his excess energy
so that people can look at him & bear his sight.

With the excess energy, many of the Gods' keepers like
Vishnu Chakra (bleeding discus) Trisula (spear) & maces (Vajra)
This made Surya's visage much more pleasant & bearable
The only parts of Surya's body that were not sanctified are his
Even those who can bear to look at Surya's feet - it
is forbidden to visualise the entire Surya God for until
anyone who doesn't follow this injunction will suffer from
Surya went out in search of Saryani & found her as a
he adopted her from a horse & groomed her. As horses, they had two
as Ashvins who became physicians of the Gods. After that
Surya & Saryani gave up the horse form & returned to their original

(XX)

~~We~~ don't know how Surya went and
 to look for ~~SANJAY~~ & found her in the form of an
 He too adopted in form of a horse & joined her
 As horses, they had two sons. Since Arjuna is a
 her sons were known as Ashvini. They
 became the physicians of gods & were
 known as Nāsalya & Dāśya.

Later Savarni Manu went away
 to perform meditation (Tapsa) on mount
 He is destined to be one of the future Manu.

Shani became a planet & YAMUNA a river.
 As for Tapti, she too became a river (TAPTI).

The story of Mahabharata states that TAPTI married
 King Samvarna & gave birth to a son called KURU.
 From KURU, the line came to be known as KAUROL.

Then you know the story of Mahabharata.

Looking backwards, I recall to Yama manas Teja YAMA
Cursed by Chaya ket his feet would rot & get infected by
To mitigate for his hardship, Surya gave Yama a
Unicorn ate up all the infected wounds & relieved Yama from
Pain. Yama went to Gokarna & obtained forgiveness for
What granted him the title of lord of death. He would not
punishments to all sinners in a bit as surely he did
He would also keep a book of good things done by righteous.

Vaivasvata Manu ruled as MANU. He had ten
his sons were named as ILA; ISHWAKU; KUSHANABHA; ARISHTA;
NARISHYA; KARUSHYA; SIMRYATI, PRISHADRA & MARBHAHA.

The Solar line owes its origin to ISHWAKU. 1.
line was born BHAGIRADHA, who brought sacred
down from Heaven. Further down the line was DASARA
whose son was RAMA.

You are aware of the story of Ram
RAMA married SITA after Dhanush Ratham
That is the source of RAMAYANA.

God
and
His

Noblest- CREATION.

SEPTEMBER							OCTOBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
30						1	1	2	3	4	5	6	
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			

39th week
272-093

Human being is the noblest-creation of
them. God created this masterpiece, He gave
a three-fold asset: A Mind; A body & A
Soul. While the body is transitory and has a
curve graph of BIRTH, GROWTH, MATURITY, DEATH
the MIND too is encased in the body also
through the same route along with the body
but the soul is beyond death & destiny
joining the cosmic pool when it leaves the body.
But God who created this three-fold structure
on this universe, embedded these human beings
a special characteristic feature known as INTUITION
capable of knowing his background where he came
he comes & where he goes. Apart from this
knowledge of future is NIL / ZERO, while the
we live in the past with all our memories
we live in the present.

OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6						1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

40th week
275-090

0.
Tues

Just as the physical body is vulnerable to injury & disease of the body the mind too suffers as a result of what we say & do. Medical help is available, of course to bring the body back into shape & good health. But when the mind suffers an aberration due to traumatic events, the consequences can be drastic (vital) tragic for those who are close. Treatment for disturbed mind is not easily accessible. Hence there is need for counselling centres to encourage people to come forward & seek help. This will ^{help to} reduce our anxiety & stress level leading to a better quality of our life for individuals & families and by extension to friends, colleagues & society as a whole. The more depressed we get, the more anxiously we seek isolation. This only deepens our depression instead of raising us to safety.

(xx) The dilemma of Arguna
 Walter to wage war with
 Kith & kin. If so then
 Though as a soldier, he
 go back from Waging
 fight, how could he be
 after killing all his own

(xx) Similarly so when the land of Pandav
 was snatched away by dishonest
 means of false dice,
 Arguna fretted & tried to
 remedy the adharma
 through justice & dharma.

OCTOBER

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7	8	9	10	11	12	13
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28	29	30	31			

NOVEMBER

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11	12	13	14	15	16	17
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25	26	27	28	29	30	

40th week

277-088

(the commencement of)
 going back to Mahabharata
 Arjuna was the earliest known victim of the
 of depression & dejection, when his chariot
 who is no other than Lord Krishna empathized
 with Arjuna & went to his rescue. The re

THE SERMON OF GEETHA

At this state Lord Krishna focused
 his duties & the Vows he had taken, so that
 not suffer from an inner conflict. He narrated
 as Dharma Yuddhe & recalled ^{Arjuna's} memory to
 pledges he had taken when Draupadi was his
 witness to bring the violators to book. (XX)

In every one of our lives, such an
 one being common & frequent but we ignore
 So in times of depression & distress, we should
 lose hope ~~not~~ altogether.
 go to someone (like Krishna) whom we trust
 Hope remains with us even when we are
 do not. Even in pitch darkness, God provides
 us light through his wise counsel.

GOD KNOWS

40th week
279-086

OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6					1	2	3	
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

- 1) When U are tired & discouraged } God knows
from fruitless efforts } how hard you try
 - 2) When U have cried so long } God knows &
your heart is in anguish } comfort your tears
 - 3) If U feel that ur life is on hold } God knows the
time passed by you } He is waiting
 - 4) When U are lonely & ur friends
are too busy even for a phone call } God is by ur side
 - 5) When U think U have tried } God has a
all I don't know where to turn } solutions
 - 6) When nothing makes sense &
U are confused or frustrated } God has the answer
 - 7) If suddenly ur look is brighter &
U find traces of hope } God has
whispered into ur ear
 - 8) When things are going well &
U have much to be thankful for } God has blessed you
 - 9) When something joyful happens &
U are filled with joy & awe } God has smiled
upon you
 - 10) When U have a purpose to fulfill } God has opened U
& a dream to follow up } & called U by name
- Remember That Wherever you are
& whatever you are doing / facing
God almighty knows & takes care of you

OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6						1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

NAU RATHRI Significance of DEVI WORSHIP

09

Tuesd

The world is a manifestation of Three Gunas (SATTVA, RAJAS, TAMAS), the Divine worshipped as DEVI refers to a STRIKE (female) consisting 3 syllables: SATWA, RAJAS, TAMAS.

Sattva Qly is the first tier manifested with the feeling of love develops from mother. She converts her blood into love & gives it as a milk-

does not mean, Sattva or Tamasi as "eating" or "sleeping". In STRIKE, TA represents selfishness, modesty & self-esteem which attach greater value to their honor & reputation.

is RAJAS covetous qualities like sacrifice, high-mindedness. When necessary, women are prepared to sacrifice their without regret to the man they may encounter. They are prepared to sacrifice anything to protect their honor & self-respect. Tamasic elements attempt to subvert Sattvic qualities, are ready to combat & vanquish them.

The term "DEVI" represents the Divine power which has taken the Rajasic form to suppress the evil forces & protect the SATTVIC qualities. When the forces of INJUSTICE, IMMORALITY, UNTRUTH have grown to monstrous proportions & are indulging in death dance, when selfishness & self-interest are rampant, when men have lost basic sense of compassion, SHAKTI principle, a summing the form of SHAKTI (Energy) on the RAJASIC Qly, seeks to destroy the evil elements.

The Red Kumkum offered to her as the sacred powder to grace her face, feels assured that the wicked have been vanquished & defeated. She resumes her benign form, assuming us that the wicked have been rolled out.

My favorite address

GAYATRI MATA

PROJECT GAYATRI

Having risen myself from rags to modest-
the one blessing I always recall is that (not-
a)

MOTHER GAYATRI

A household where there is one Gayatri Upasaka
who performs atleast one out of 3 Sandhyas
in a day-in time-completes one. japamala of Gayatri
it can never suffer any form of difficulty in it.
Even if one suffers, Gayatri will always show the way
or will create a way-out, where none exists.

All of us, if only we can desist from the attraction
of TV or gossip or other time guzzlers & spare them
for chanting Gayatri, I am sure everything goes well.
We need not search for any success elsewhere.
Gayatri has been provided to us as a matter of ^{divine} grace.

Therefore my dear ones, take to Gayatri in a big way.
We will be feathering our nests, not only in
present times, we will be insuring for ourselves
for the future.

12

Friday

41st week

285-080

A.M. LATANA, J

October

Veda Vyasa says: Chanting Gayatri

1008 times will relieve sins made in 3 days

10,00,008 times will relieve sins made in a life time

10,00,008 times will relieve all Upa-paathakas

10,00,008 times will result in achieving anything

One can become a King or even a

If U chant 70000 times, let's say 1000 times
Gayatri or any other
mantra 1000
times (1000 x 1000 = 1,000,000)

obliged to appear before you in
the next birth.

Although initially it may find difficult
over a period of time, you get addicted to it
and become addicted to Gayatri will keep repeating
all the 24 hrs a day, 365 days in a year
and also get added up to your one crore Gayatri

1 hour in morning
45 min in afternoon
1 hour in evening

You will be able to complete 1000 Gayatri
in 27 1/2 yrs = $27 \times 365 = 9855,000$
1,82,500

Of course Mother Gayatri will not wait for us to complete
one crore, in order to come to our help. Keeping
her help in our mind, she would mitigate all
our life's difficulties we may face in our day-to-day
lives from time to time. Let us therefore turn our
attention into a blazing fire. That will do wonders
with our namaskar to the best of our ability.

Know Your Planetary Vibrations

OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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28	29	30	31				25	26	27	28	29	30	

41st week
286-079

The planets revolve around influences every human being in some degree. There is no human being on earth who is vibrating to some influence or other of the planets. The influence is like a radiation. For a physicist it is nothing. For a subtle understander, it is something.

A teacher explains to a group of students, he has ~~no~~ knowledge on the physical plane, but the students transform it into some knowledge or wisdom according to his level of understanding.

The wise teachers of Astrology gave some guidelines to all planets, which are observed by human beings absorbed according to his degree of evolution. Under the sun vibrates to a single planet may be but most of us may vibrate to 2 to 3 planets.

SUN

Sun influences the will power of each person.

The person who can vibrate positively to the

of the SUN can use his will power in a right direction.

can achieve his target without any disharmony.

If one is not vibrating +vely, his will power is misused.

It is not lack of will power but misused or wrongly directed.

We can call it OBSTINACY. All obstinate people have

chances in life & make their life complicated by wrong

15

42nd week
288-077

October

Monday

250 AMON

2) MOON

influences the creative mind of the human
 Man who vibrates to the moon's light ^{have} a creative

All creative artists, writers, poets, businessmen

Teachers ^{we} have a strong moon's vibration

"Moon is related to the Mind" says an expert Astro

A good mind is nothing but approaching the mo
 vibrations in a +ve way. If you vibrate nega

the activity of mind is misdirected & this is called LUNA

3) MARS

2000 SVOL

influences the Valour of a human being

A person who can vibrate positively to Mars can sur
 difficulties but courage & can achieve his TARE
 best people, can explore, discover & invent new

A positive MARS vibrations gives U a sense of Saer
 what we see in Warriors and fighters for a c

All great heroes & freedom fighters can be vibrating to +

A person who is not able to receive +ve vib
 of MARS will be a trouble maker creating disputes & a

(18 Repl 1000)

Notes

OCTOBER

NOVEMBER

42nd week

289-076

2020

2020

2020

mercury

influences the [power of expression] of a human person who can vibrate positively to the vibrations of the sun the "Art of learning many things & can express him clearly & vividly. He would be able to express clearly & convey his message exactly in the way he wanted to express. He is also capable of bringing the higher into the lower or take the lower into a higher through a process of Her. All professors, Teachers, great businessmen & etc. will have a positive mercury vibrations. If you are more to the negative vibrations of Mercury you will be expressing more than required called LOQUACIOUS.

JUPITER

influences the [Satisfaction] of a human being.

2020

A person who can vibrate positively to the vibrations of Jupiter are [WISE]. Wisdom is a thing that gives satisfaction which is a process of making one happy by making all people around him also happy. Wisdom is something more than learning. It is one of the key notes of a Jupiterian vibrations. Wisdom is something but proper arrangement of all faculties in a definite & regular pattern. It is a practical situation of life, Time & Things. If you vibrate negatively to Jupiter vibrations, the person becomes unsatisfied with satisfaction known as INDULGENCE.

6
17

VENUS

42nd week
200-075

శుక్ర గ్రహం

Octo

Wednesday

Venus influences the devotion of a human person who can react positively to the vibrations of Venus will have a temporary love-nature. Real LOVE, when it is sublimed, takes you into finer expresses though a human being as music; painting & such other finer aspects of human being. Love is the essential web on which a human being is. There is no life if there is no LOVE. If this love is misdirected, if you react negatively to the vibrations the love is applied too much on a particular person results in...

7 SATURN

శని గ్రహం

Influences the discipline of a human person who can react positively to the vibrations of Saturn, is very disciplined in...

but be able to overcome his difficulties like Disappointment & obstacles. He becomes perfect in his TIME, WORD & MONEY putting everything in BA. If he cannot react positively he confuses his mind into INDISCIPLINE.

8 URANUS

శని గ్రహం

Influences the novelty in a human person who can react positively to vibrations of Uranus wants NEWNESS in every way.

The love for newness leads him to DISCOVERY & INVENTION. Hence the person who is reacting & rebelling is keen on finding something new wherever assignment he is placed. All new inventions in PSYCHOLOGY - PHILOSOPHY - RELIGION - SCIENCE - TECHNOLOGY - ART & all the activities of URANIANS. If you are negative vibration you are not fixed at a place & a thing & craving for NEWNESS.

PLUTO - $\omega\omega\omega\omega\omega$:

PLUTO - asura lo :

Reasons replied: "Don't worry". Then he said
Lord Vishnu knows how to
deal with expectations. The demon started to move
upward; Drove the gods out of the arena
Destroyer the hermitage of all sages
All gods & sages prayed to Lord
Shiva by their prayer Lord Vishnu appeared from the
top of the mountain & said "I will ^{kill} you & I will ^{kill} you" (Siva
approach to Lord Vishnu)
1) Killed by his own hands (Siva)
2) He was with God/demon/Vishnu/Gand
3) Killed him Siva (Siva) & Siva

All the conditions of the demon were fulfilled & Siva
You know when I stand & time planets attract
I have vibrations negative, I have a solution

INGENUITY of GOD

OCTOBER

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NOVEMBER

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Uddhared Alimasthaneem
Utmanam Avasdayet

Hiranya Kasyapu Thought - he was enough in seeking a wonderful boon from Lord Brahma

I should not be killed by GODS; DEMONS; SANDI
YAKSHAS; RAKSHASAS;

I should not be killed by HUMANS or GHOSTS or A

The Sages should not curse ME nor by Their Will

I should not be killed by a WEAPON - MOUNTAIN or

I should not be killed during DAY or NIGHT / SUN

I should not be killed by something WET or D

Hearing this ^{all} the Sages, the GODS, Gandharvas & a

Went & complained to Brahma: "See what U have
The demon is going
root-out the entire

Brahma replied: "Don't worry". Then the time
Lord Vishnu knows has to be

True to expectations, The demon started to erase ev
opposing him;

Drove the Gods out of Heaven

Destroyed the hermitages of all sages

All Yajnas apart him were dem

All Gods & sages prayed to Lord V

Showered by their prayers Lord Vishnu adopted form of a Sha

One was 1) Half ^{NARA} ~~MAN~~ & Half Lion (SIMH)

2) approached the Court of Hiranyakas

3) Killed by his own hands (not by a

4) He was neither God / demon / Yaksha / Gandhar

5) Killed him @ dusk (between Day & Even

All the conditions of the Demon were fulfilled & nega
by the plan of the Lord Vishnu. & Brahma made the

22

Monday

43rd week
295-070GAYATRI MANTRA

(Mother of VEDAS)

October
inspired

ॐ Bhoot Bhuvassu Vair

Tata vidur Varanyam

Bhargo Devasya Dheemahi

Dheyo YONAH Prachodayat."

MeaningMay the Almighty God
illuminate our intellect—
to lead us along righteous path.Saychi is also a prayer to the giver of light-life
SA

Oh God, Thou art the giver of life.

Remover of pain & sorrow

Bestower of happiness

Oh, the creator of the Universe

May we receive Thy Supreme

Sun-destroying light

May Thou guide our intellect in right direction

Gayatri protects (Tra) the health (gaya) & breath
of those who speak the sloka
with earnestness & devotion.

When U recite it (or) on behalf of someone } it protects the latter's speech & breath

Gayatri is indeed the speech of the individual sp
of remove all fears about speech.

Trayate ITHI GAYATRI.

(Gayatri is the deity who protects its singer)
from all deformities

GODDESS GAYATHRI

43rd week

296-069

OCTOBER

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NOVEMBER

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Goddess Gayatri is an incarnation of Saraswati, consort of LORD Brahma, symbolizing SHAKTI (strength) and Dev (Quality) of knowledge, Purifying & Vi

SARASWATI is the patronness of ARTS, being a poet & musician as well as a skilful composer. In the Gayatri, with the blessings of Brahma, she is believed to have given four Vedas to mankind.

GAYATRI is depicted as sitting on a LOTUS, & is representing PANCH PRANAS (Pancha V

Panch pranas: PRANA; APANA; VYANA; UDANA; SAMANA

Panch Tatvas: EARTH; WATER; AIR; FIRE & SKY (5 elements)

Ten hands (PRITHVI; Jwala; VAYU, TEJA; AAKASH) (Panch Tat

g Panch Ayudhas Sankha; Chakra; Kamala; Varada; Abhaya; Kasha; A

Gayatri } Ujjala Ulessil; Rudraleshi mala

Sarathi } are 3 goddesses representing presidency duties of SA

Saraswati } mantra Chanted Thrice a day.

Gayatri presiding duty of morning prayer, rule over R

mantra has 3 parts: Vyanitis - mantra proper - Gayatri stotra

Every 9 months her 5 key: Ahavameeya; Dakshagni; Parhap

5(3) sacred fires } Savita; Asvatotha, for vedic rit

Gayatri has a Vedic meter of 24 syllables & is m

Mantra } for realization of God & is regarded as representing the sup

It is meant for spiritually advanced people to ex

transcendental position of the LORD. It is considered to be source w

of Brahman & is regarded as key important in Vedic Civilization.

Chanting of Gayatri removes all obstacles in our path to wis

dom & spiritual growth development. The person who recites the

righteous wisdom starts emerging soon after the recitation of Gayatri

Gayatri protects the speech & other wealth. It protects the persons Br

mantra of Gayatri: We meditate on the effulgence of God, the CREATOR

May He guide our intellect in right direction.

24

Wednesday

43rd week
297-068

SANDHYA VANDANAM

Sunrise
Sunset
Noon
October

Sandhya Vandanam is really a prayer to Supreme LORD (SURYA) at the Sandhya time. When realization of GOD is the main objective, important health, body & mind have been duly recognized from reciting hymns in the sun, it also includes KARINAS (stance) touching different parts of the body to achieve the objectives of God realization & etc.

There is a flow of electricity which permeates things 10 sets of lines corresponding to 10 fingers & toes (which are the terminal flows of electricity in our body causes emission of electricity which in turn causes AURA. The inner aura the container of the body while the outer aura strikes away.

In vedic rites like Sandhya Vandanam, water is used for purification of the body. Modern scientists by passing sound waves have produced gas bubbles emitting blue light. This study indicates capacity of sound waves to energize.

UDAKA
SHANTI

A vedic rite known as "Udaka Shanti" is performed at Upanayanam, in which water is kept in copper vessel & vedic hymns chanted by a group of vedic scholars (then water gets heated).

PUNYAKA
VACHANAM

is another vedic rite wherein water is energized through vedic hymns.

These approaches have been used, in modern

Vedic
Rituals likePRANAYAM
JAPAM

in Sandhya Vandanam, i.e. Pratikshanam, Achamanam, Prasnam have impact on Bio Electricity.

Hence, while performing these rituals, sound waves must be produced

emanating from mouth (Japam)

OM Blue Blue

OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

NAVA RATRI ↓ DASERA ↓ GODS

43rd week
298-067

As per Indian Vedic Astrology, nine planets

- ① RAVI (Sun)
- ② CHANDRA (Moon)
- ③ MANGAL
- ④ BUDHA (Mercury)
- ⑤ KURU (Jupiter)
- ⑥ SUKRA
- ⑦ SHANI (Saturn)
- ⑧ RAH (Naka Mode)
- ⑨ KETU

They synchronises with nine human nodes

- ① for seeing (CHAKSHU)
- ② for hearing (KA)
- ③ for breathing (NASIKA)
- ④ for speech (M)
- ⑤ for Nal Vasayine (ANUS)
- ⑥ for Nal Vasayine (PENIS)

of the nine planets form & keep all the 9 parts in proper human life is bound to be a great perfect success

NAVA RATRI: 9 nights are to be used to seek blessing nine planets to keep 9 opening in perfect work so that human life is bound to be great success

In this Purnima, each day one of the planets should be worshipped & of the openings should be cleaned up, not externally but with Ur. The body should be regarded as a sacred temple with 9 gods. [min] Navratri is celebrated 9 days with the worship of 9 planets for cleaning imp. Last day is dedicated to the worship of three goddesses (Durga, Lakshmi & Saraswati).

Many family perform Aditya Home & Beeja Sundar Kand for All these Yagnas are meant to create powerful agents in atmosphere surrounding the house - so as to keep the household entire clean & healthy & free from disease & unhealthy atmosphere.

The purpose of this home is to kill & sacrifice 10 bad qualities

- ① KAAMA (LUST)
- ② KRODHA (ANGER)
- ③ MOHA (DELUSION)
- ④ LOBHA (GREED)
- ⑤ MADA (OVER PRIDE)
- ⑥ MATSARA (JEALOUSY)

Friday

Salutations

Salutations to the Supreme GURU
the Immortal Spirit
the common Unifying entity
present in all of us.

Salutations to the Teachers of divine knowledge

Salutations to all seekers of truth
who live the life divine.

Adorations for all holy aspirations

Benedictions for the fruition of all ^{noble} ends

ADVICE OF GURU:SILENCE IS SERVICE

Before we can lead, we must - SERVE.

Before we can save, we must - PREPARE.

Before we can prepare, we must - LEARN.

Before we can learn, we must - LISTEN.

Before we can listen, we must be SILENT.

Silence to Service is the only way to lead

Try to be a good LEADER.

The Wheel of DIVINE LIFE.

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

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

43rd week
300-065

Divine life is the process through which one progresses towards realization of God & achieves the triumph of all the ills that life is heir to. It is the guru who can lead the aspirant on the way and the aspirant the pilgrim who toils on the ascent of divine life.

A progressive refinement of the mental & moral of man is the primary objective of divine life. It is the dedication of mind to some fundamental principle such as TRUTH, PURITY, NON-VIOLENCE.

The practice of which automatically involves self-discipline & ensuing process of purification constitutes the vital part of divine life.

Human has two sides:
 The upright — or Jekyll
 The floater — or Hyde.

When the Hyde element dominates, one becomes a social depravity upon oneself, all the evil consequences of the boundless & destructive sadness of the wishful part of one's being. Yet there are people who have in them a remarkable Jekyll element, which distinguishes them as great-souls of the society. They are by far in a better position in peace with themselves & with others too.

Purity is the touchstone of divine life, which stands for the power of transmuting all that is negative into the positive. Purity is physical & mental since both are inter-related. Purity of thoughts naturally leads to purity of actions as sublimation of the sex urge. Purity of motive of life, in general, is preliminary to the practice of Truth.

A collective awareness of the great importance of divine life with all its pragmatic values, can surely contribute, in large measure, to the promotion of world peace. & political stability. Vedic Vidyā is, in other words, the knowledge of divine life, the central ideal of all spiritual aspirants. In this alone lies the

During Deepavali season there are many astrologically significant configurations that make it a prime for evil forces to attack. (Purati is one such). It is also a time when the Gods & Goddesses descend to earth plane to help us with the battle against

So on this day Goddess Lakshmi is worshipped to protect us from evil forces. Goddess Lakshmi with her benevolent mood to forgive the mistakes of her devotees because it was on this day the Goddess emerged from Padma when God & Demons churned the ocean for nectar. (Deepa Lakshmi puja is performed in the evening with tiny lamps decorated in all corners of the house to drive away darkness).

Regular Chanting of LS

- 1) It is as beneficial as Visiting 1000 Shiva; taking bath in a holy river
- 2) One ward off evil from uncompleted prayers; Vaidhi; away of
- 3) One prevent premature death & promote a long & contented healthy life
- 4) Fever can be cured by Chanting LS touching the forehead with
- 5) Chanting LS (while pouring water on head) will eliminate all sorts of trouble
- 6) Chanting LS (while seeing photo in the pocket) will cure effect of poisons
- 7) Chanting LS with peace & concentration the remedies - cures IMPOTENCY
- 8) Regular Chanting of LS will cure from all evil deeds or Black Magic
- 9) " " brings tremendous self confidence by 1
- 10) Chanting LS on forks will improve the good effect of prayers by 1
- 11) Can be Chanted any time or any day in any state of being
- 12) Chanting the name of Lord Shiva = Chanting 1000 names of Lord V
- 13) Chanting the name of Lalitha Devi = Chanting the name of Lord Shiva
- 14) It is more beneficial if all the members of a family join together to chant LS
- 15) A family which prays together stays together
- 16) There will be no death of basic necessities of life if I keep ch
- 17) How can a mother ignore her children when they are in distress
- 18) She herself will take care of your needs & comforts
- 19) Even though there are already chanting other Goddesses like Lakshmi &
- 20) Chanting LS covers other 3 goddesses like KALKA; Durga Ma & Lalitha
- 21) If I chant 1008 of LS then I will be never lack of life's essential

Chanting of recurring LALITHA SAHASRANAMA

44th week
303-062

30
Tues

OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6		1	2	3				
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

In this materialistic world, with an intention to create a mind devoted to mankind, universal love, unity & by thus to God & avoid hatred & enmity towards our enemies, Chanting of Sri Lalitha Sahasranamam, ancient Brahmanda Purana, forms an integral part. This is the most favored form of prayer to Goddess Lalitha. This is the secret & more powerful than any other Mantra or Tantra. This is as beneficial as visiting religious places & taking holy water. This is one form of penance & will ward off any evil. Regular Chanting will ward off premature death & provide along & contented healthy life. Apply puozhukkum to ur forehead. Face can be cured by religiously chanting L.S. Chanting his face. No of times U chant, the more benefit U get. If U chant LS by doing abhishekam to the idol on the forehead, will provide immediate relief to fever & headache. If U chant LS keeping the picture of Goddess in Ur mind (floating in mind) U will be cured of any disease related to poison. Regular Chanting of LS will ward off any kind of evil influence of rituals like Black Magic aimed against U. Regular Chanting promotes your self confidence. In yourself the power from chanting LS will supersede all other prayers. Through regular Chanting, Ur atmosphere will be purified. Lalitha Devi will protect a person, who regularly chants LS. An accident or attacks from enemy & make him victorious. Regular Chanting will bless him with word power, fame, goodwill & it is not necessary for U to complete the whole verse in one day. Each nama is in itself powerful & will provide all benefits. It depends on what U wish, how U wish & how U go about it. It is more beneficial if all members of family unite & chant LS once in evening. S. is the form of prayer that any one & everyone can chant any time & everytime without discrimination of sex or timing. Family that prays together stays together. It is about unity, peacefulness, clarity of mind to perform & by this prospering in life. Each nama is by itself very powerful & keeps for many sorts of day to day problems of the chanter. Particular importance should be given to chant LS on Friday, which is very auspicious to devotees. It is said that...

31

44th week

30-06-1

A family that prays together stays together

Oct/Nov

Wednesday

By religiously chanting, L.S. we seek the blessing of Sri Lalitambaika, who is also called KALIMAA. All of them are forms of universal mother - DURGA MAA. So keep utmost faith while chanting. PARASAKTHI & Bless

Chanting the name of devi once = chanting the name of shiva 1000 times
 " " " Shiva once = chanting the name of Vishnu 1000 times
 " " " Devi = " 1000 x 1000 times of Vishnu
 = " 10,00,000 times of Vishnu

So keep utmost faith while chanting. Remember U can say one name by itself is > powerful

Lalita Sahasranama can be chanted in two different ways
 (1) one in structured form — 1000 names are chanted together
 (2) Second in Mantra form — each name is chanted with a specific meaning
 (Both ways are equally effective) Protected by OM & followed by A

Mantra Amritanandamayee:-

"If U can do aachana of 1000 names by faith & devotion, U will grow spiritually. There are never be lack of essentials like food, clothing & shelter, in a faint, true chant L.S. with devotion".

(Mantra Amritanandamayee)

02

44th week
306-059

November

Friday

However one can only appreciate others, to extent that one can appreciate himself. In context, appreciation is also p/o self acceptance. So make it a ritual everyday to find something positive, you have done or some contribution you have made to others. ||| Appreciate what others have done for you.

5) Stretching beyond your own limits: SVA = m...
While one fails has something to do with one's circumstances. ICHA = De...
If we don't learn from our failures, it amounts to failure. Sancha in order to break out of our Karma. It is when we stretch beyond our comfort zone, we gain access to create. Find opportunities to learn & be vulnerable. Practice telling truth when you are not sure what the implications are. You find interesting that you are modelling a behaviour that led to stretching your limits & discovering new possibilities.

6) Letting go of what does not work & do mind set: Release ABHYASA
Two things Lord Krishna advised Arjuna to practice (Vairagya) in order to control his mind. By letting go of our old mind set, we discover new possibilities & new approaches and provide flexibility to our actions & good judgment of the results.

In conclusion, Intention provides the direction & focus.

Awareness gives us the capacity & intelligence to go after our goals.

Empathy helps us build partnership with others while

Appreciation is the key to motivation & productivity.

Stretching beyond the perceived limits helps us to face meet the challenges presented while

Letting go of an attachment assures not only success but also accomplishment. Together, the

... leads to the ... Success

Significance $\rightarrow 108 + 1008$

DECEMBER						
S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

$1+0+8 = 9$ $140+0+0 = 140$
 9 letters 18 chapters = $1+8=9$
 Mahabharat - Bhagavad = 108000 shloks = 9
 Sun's Zodiac signs = 12
 SUN includes 13 planets = 9 $12 \times 9 = 108$

- 1) There are 9 planets & 12 zodiac signs.
Every planet moves & stays in all the 12 houses.
Every planet can cause good or bad thing depending on its place in the horoscope.
So if we chant - every month 108 times, we are able to attract each planet & see its blessing.
- 2) Regarding 1008, if we leave Chaya planets (Rahu & Ketu) then there are only 7 effective planets. $7 \times 12 = 84$ times. These 84 times chanting are protective for a month. If we want full security for entire full year, we should chant for $84 \times 12 = 1008$ times.
- 3) Channeleesway one day said differently as follows:
No. of stars = 27. Each star has 4 padams.
Total no. of padams = $27 \times 4 = 108$
Every padam to be chanted = 108 times.
- 4) **Alternative Significance:**
In one minute we breathe approximately 15 times.
In one hour we breathe = $15 \times 60 = 900$ times.
In 12 hours " = $12 \times 900 = 10800$ times.
A day has 24 hours & even if we sleep for 12 hours for day & night, we breathe 10800 times.
We breathe 100% and for 1% benefit = 108 times a day.
- 5) **No. of 4 padams = 108**
Deities in Puranas = 108
Let human can tell = 108
Significance of Human Being = 108
of Meditations & Heart Chakras = 108
of Elements in Periodic Table = 108
of stars in Astrology = $12 \times 9 = 108$
(12 signs & 9 constellations)
of planets in 12 houses in a year = 108
- Diagrams:**
Diagrams of Sun & Earth = 108
 $\frac{\text{Distance of Sun to Earth}}{\text{Diameter of Sun}} = 108$
 $\frac{\text{Distance of Moon to Earth}}{\text{Diameter of Moon}} = 108$
TIME
Human feelings = Past + Present + Future = 108

VEDAS

NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	30	31	1	2	3	4	5
5	6	7	8	9	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31	

Veda means supreme knowledge

45th mark
310-055

Has four Branches:

- ① RIK
- ② YAJUR
- ③ Saama
- ④ Atharva

Rig Veda

deals with spiritual well-being & fulfillment
self-realization; peace of mind; Brahma Nirvana; Duty
Love; compassion; beneficence, generosity, service etc.

Yajur Veda

deals with generosity; Valour; Courage; self-de
gallantry; leadership; fame; Victory; power; dignity

Saam Veda

deals with games; sports; amusement; recreation; like
Music & Arts; beauty; harmony; dynamism; gratification; Refine

Athar Veda

deals with WEALTH; prosperity; medicines; food-gr
metals & materials; buildings; vehicles; animals; mater
Accumulation of money & other resources of worldly well-being

If the internal & external activities of an individual living being
seriously & scientifically examined, the entire consciousness m
within these four spheres. The current of knowledge of all living
flows in 4 directions of (1) RIK: spiritual well being, Righteousne
synchronising with (2) Yajur: as Liberation, value in MOKS
& places of Brahma (3) SAAM: enjoyment in sensual pleasure
& currents of knowledge (4) ADHARVA: ARTHA or Prosperity

Although Veda (supreme knowledge) is one it manifest 4 diff.

This is the secret behind the four Arms of Vishnu or B
for the spontaneous development of these four aspects of
four stages of human life (Ashrams) and four social divisions (V
are seen joined.

Childhood is the stage of playfulness & self development
YOUTH for raising a family & earning money to live
Vanaprastha of Virility for recuperation and
SANYASA of rest for doing welfare activities.

These four kinds of knowledge, specialized by four different Varnas of
the 4 shots of the Creative Consciousness of Brahma, which ha
described in ancient scriptures by the name of GAYATRI (Veda M
as water manifests in 4 diff forms of ICE/Vapor/Air (H_2O) &
also fire manifests 4 forms of Burning/heat/light & Movement
also Gayatri manifest in the form of 4 Vedas (Rig, Yajur, Saam, Atharva)

DASHA MAHA VIDYA (WISDOM GODDESSES)

NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	30	31					1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29

10 Supreme forms of ENERGI
(TEN GODDESSES of great knowledge)

SHODASHI KALITARA MAHAVIDYA SHODASHI BHUVAN
BHAIRAVI CHINNAMASTACHA VIDYA DHUMAVATHI

BAGALAA SIDDHAVIDYACHA MATANGI KAMALAA

ETAHA DASHA MAHAVIDYAAHA GUPTA PRAKEERTI VIDYAA

They are known as WISDOM GODDESSES
KALI, the Eternal NIGHT.

TARA the Compassionate GODDESS

SHODASHI the Goddess who is always by us

BHUVANESHWARI the Creator of the entire world

CHINNAMASTHA the Goddess who cuts off her own

BHAIRAVI the Goddess of Decay.

DHUMAVATHI the Goddess who widows herself

BAGALAMUKHI the Goddess who seizes with

MATANGI the Goddess who loves pot

KAMALA the last but not the least

The spectrum of these 10 Goddesses covers the whole range of
encompassing horrific goddesses at one end to the
ravishingly beautiful at the other end.

5 Z of life

ABC of life.

45th week
314-051

NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	30	31					1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29

Good health is the foundation of good life.

NO matter how perfect. You may think, you are at the peak of the fact that there is always some small way you can improve upon yourself. Whether it is broadening your knowledge or reducing your impact on earth, there are seemingly endless things you can do to make a change for the better. Here are some interesting bits of these things that you can go about.

Take these improvements & see that they resonate out to rest of the world.

As soon as you get up, pray to Lord Sanyal Bhagwan like 12 Sanyal and thank him for giving another day.

EAT breakfast - is very important for your health & mental power and energy to your body. Think vitamins & minerals.

Step up your water intake to lose weight, feel better & improve.

Eat slowly - so that you consume less. Under this feeling, sales.

Cut down on Junk food which has a nasty way of pulling you down.

Prefer healthy food like fresh fruits, vegetables & boiled corn.

Practice good dental hygiene to help you chew food & avoid.

Drink Tea (not coffee) to improve your memory & prevent illness.

Do some exercise to have the effect on overall health & quality of life.

Go to the gym daily to boost your energy & promote blood circulation.

Intensify your workout - so that you can enjoy the relaxed life of a warrior.

Eat just once a week to get fatty acids to strengthen your heart.

Wear better shoes - don't torture your toes with restrictive shoes.

Protect your skin from sun & avoid skin damage or use sunscreen.

Eat at home - avoid Hotel/Kitchen. Home food is much healthier & fresh.

Shed a few pounds by avoiding junk food & controlling your balance.

Improve your social life by attending group meetings & networking.

Join a book club to improve your knowledge & social interaction.

Get out of the house - the world is not going to come to you. You have to go out of your zone for social interactions and face some issues.

Join a voluntary organ to do social activities for a rewarding social experience.

Ignore minor irritations like traffic problems or Facebook app. Start online discussions & network with new people through a blog.

Make new friends & don't talk to strangers & form new friends.

Don't stereotype people or label them. Avoid dismissing people based on facts. You don't fully understand him. You may have something to offer to it. Tested - for love & belief.

Monday

- Call Or old friends - You'll be surprised how many are
 to hear
 To temple/church & get in touch with spiritual side of
 Once in a while host a party & chat with old friends & enjoy
 Enjoy a HOBBY - have a relaxed activity in which you
 Join a club participate in activities like photography
 to improve Or emotional life with simple strategies
 Be happy & make an effort to be happy always in some way
 Consider Religion as a source of useful activity to provide
 Or emotional well-being
 Stop taking things personally - Believing that
 is out to make Or life harder & difficult
 Be optimistic - put a positive spin on everything
 feel better about the future
 Don't avoid sleep - know when to force sleep then to in
 step out of Or comfort zone once in a while stretch
 into a way better to advance Or self in a different way
 Get rid of Or ill-fitting clothing - Get them altered not
 clothes that don't fit right - You make U look awkward
 Try to spend some time like a child to look @ the world with
 get inspired & appreciate new things with excitement
 Pamper Or self occasionally & take care of Orself if ne
 by going in for a cup of ice cream or for a massage
 Celebrate Or success, whenever Or have accomplished a goal
 Take a moment out to feel & enjoy the achievement
 Quit Or technology addiction & keep away from computer screen
 Set goals & by setting U can give Orself something to strive
 Feel good about Orself - Improve self confidence & look for
 by doing solid things & improve your performance
 Don't be dramatic - stop inflating small problems
 make Orself more anxious than what U need to be
 Pay off Or debts - Nothing is better than getting rid of Or debt
 Build an emergency fund to save Orself from getting
 Track Or spending to be more secure & identify Or weak
 Be frugal - EMBRACE frugality in Or life while living more
 Cut Orself some slack - Avoid inventing Or own impossible

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

(The Good Things U have in Ur life)

Big
Tues

- Be Thankful.** Every now & then take some time to acknowledge
- Let-go** of the past — Don't hold on to grudges — let go & feel free
- Express** Ur self freely & frankly — let Ur emotions come through art, writing or other forms of expression
- Meditate** — Take some time out everyday to have in dialogue with Urself — Make changes in Ur financial on
- Pay off** Mortgage & other large debts early by making large payments and take your load off
- Diversify** your income; provide Urself with some financial security by finding multiple sources of income
- Save money** — U can have more financial power to do things U like to
- Eating out** may be fun but eating at home is a better financial strategy
- Investing** is not only fun but excellent way to make Ur money grow
- Give** Urself a financial goal to achieve & double Ur investment
- Save for Retirement** — Don't give Ur future self a huge mess
- Improve** Ur mind by taking simple steps — You are enjoying in later years
- Go back to school** to learn more or take online classes to save time
- Read classic BOOKS** which U failed to read during Ur school days
- Always chalk out a plan of Ur life** to know what U are looking up at
- Avoid procrastinating** — U will realize that U have plenty of TIME to do
- Read** general books that will spark positive changes in Your life
- Learn** from Ur mistakes — Don't let mistakes get U down to lower
- Learn** to play a musical instrument — Don't repeat past mistakes
- Stop worrying.** let go of worry. Future will come whatever you do — No more
- Work** to your own advantage — Improve whatever you can
- Leave** the result to GOD — let the result fall away
- Think slowly** — Instead of jumping to conclusions — carefully calculate that a situation means to save a relationship from danger
- Participate** in a debate — Have a rational discussion among the members of Your family along with outsiders
- Learn** a new language like Spanish or French to enlarge Ur horizon
- Wake up** early — Be an early raiser, U will find that U have more time at Ur disposal to get things done
- Spend** more time outside — Head outside to become more active and enjoy the world around you — keep your mind open &

Take these steps to make things a ^{bit} better at work

46th week
318-937

14

76

Be organised

Make things easier on yourself

November

living a more organised life - At work & home

Let U don't find enough time how to improve up

Make friends with your co-workers - build inner net

So coalesce with ur co-workers rather than be more. Call up to the

improve your writing skills so that U are sound in

intelligent & persuasive

COLLABORATE - Don't go alone - Ask for help & help in re

Keep ur inbox empty - simplify by clearing out as much as

Leave work @ at the door. Don't bring off the work home - U will stress

Join a professional Assn. - Network with others in your field

for fun & career advancement

Ask for a raise to feel better about ur work & ur pay check

improve ur resume by giving a face lift & seek a new posi

improve ur system - if U feel disorganised life - take charge by or

Start ur own business - One of the best ways to improve ur

to go into business urself & get involved into ur community

Don't forget to vote - impact your community's future

Donate unused items - instead of holding a garage

Give away books to school - & clothing to shelters -

Support a charitable endeavor either with ur spare money

Be a coach & inspire young lives while having some fun

Visit ur library & take its advantage to broaden your

& improve urself & get greener & change ur life for the better

Work to help cut ur carbon emissions & promote neighbor

improve ur gas mileage by driving slowly & coast

Turn off ur lights & electronic on power consumption

Get reusable water bottles rather than use over & over again

Reduce your trash & fill it in landfills for plants

Buy local & organic foods & support ur health

Adjust your thermostat & give a break to ur heater &

stop using plastic bags - reduce ur impact & save our

Take shorter showers & save precious water in ur daily

Get a good night's rest by sleeping a minimum 8 h

U can't have a happy & productive life if U are tired all

(Yogic concept)

46th week
319-046

1.

NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	30	31					1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29

a story of 4-YOGIS

The first was a
Bhakti Yogi

The second was a
JNANA Yogi

The third was
a KARMA Yogi

The fourth was
a KRIYA Yogi

One day my grand father told us as we are walking with a distance of 25 kilometers from Nellore to Mungagapadu. The Bhakta's emotions ruled his heart & so

He let's his head rule over everything else. He ruled everything with intelligence & reason. He was not the emotional kind of person.

He was a workaholic who feels that there is no without work. He believes in saying "work is worship" & work is the only way to seek God's favours.

He feels that work, devotion & emotion are all. Everything around us is cosmic energy. When an action, thoughts, words or deeds was directed to the transformation of the self & the world, then it is called as Kriya. Nothing would be right in its place.

Consolidating all these temper & emotions, my grand father said that they could never pull on together; nor could they do anything, though they were born in the same family & living together.

Surprisingly, one day they were sheltering in the same forest area doing different errands like grazing the cattle or picking up fruits or collecting medicines or doing some wood-cutting from trees.

Suddenly it started raining & all of them fled to the nearest shelter place which happened to be a Shiva temple supported by four wooden pillars which were in a dilapidated condition with a leaky roof.

[5] for Surrender to God implying your mind-body to God
We must try to bring all these six elements of FH to God
within us & make everyday a Thanksgiving to God
Before sleeping every night think of all pleasant things, & every
all +ve things U discussed & about all good people U met & thank
I think of all unpleasant things also & give thanks to God about
because of the unpleasant things U have reasons to pray for

10 Steps to Success

(PROS WORLD)

NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3		30	31					1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29

① SELF-BELIEF BELIEF in GOD

Success begins in the mind & no man
Dont underestimate you can pos
So go ahead full faith in GOD & bel
You can surprise ur self with ur

② clarity of vision

Greatest achievers in world are goal
know exactly what they want best
give it your best shot

③ Setting Right

goals: Ur goals should be real &
neither too easy nor too difficult
Something middle & easy to

④ Be focussed

If sun's rays are focussed on paper
the burn the paper. So focussing on
objective will enhance the intensity

⑤ NO Shortcuts to Success

Divide Ur goals into small
Divide Ur annual plans into monthly plans
& see how simple things can be a

⑥ Take Risks

NO RISK no gains - life comes
stand still. Only if U take chance U
move ahead in yr

⑦ Take the Initiative

Those who take initiative go ahead
life. Proactive people don't wait for
they make it happen & say JUST

⑧ Never hesitate to Struggle

No one can climb a hill by
"Struggle hard" is the key

⑨ Own responsibility

Failure to hit the target is not the
Only those who own responsibility can ex

⑩ Never give up

Only those who failed, lose the target
Success demands extraordinary
of perseverance. & never give up. k

21

47th week
325-040

Meaning

November

Wednesday

One who looks like the HIBISCUS Flower,
SON of KASYAPA, FULL of RADIANCE, Foe of DARKNESS
One who dispels Darkness and all sins,
I prostrate before the SOORYA BHAGAWAN

The one who has the HUE of CURD and SEEBERGS,
one who emerges from the milky Ocean,
Chandra, who adorns Shiva's head, I prostrate ^{before} the CHANDRA BHAGAWAN

The one who is the SON of Bloomi Devi
one who has the luster of LIGHTNING
one who has shakti in his HANDS & ^{the} auspicious
I prostrate before the ANANTARAKA KUNJA BHAGAWAN

The one who is dark like the BUD of PRYAN
one who is unequalled in beauty & INTELLIGENCE
The SON of Chandra, and one who is kind & peaceful
I prostrate before the BUDHAN

The one who is the GURU of the DEVAS & RUS
The one who is radiant & Intelligent
The LORD of the Three worlds,
I prostrate before the BRUHASPATHEE

NAVA GRAHA GAYATRI MANTRA

NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	30	31					1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29

47th week
326-039

Pran
Mantra

MANTRA

JAGAT KUSUMA SANKHASAM
KASYPADGYAM MAHA DHYUTHIM
THAMOURIM SARVA PADMA GHANAM
PRANATOSHMI DIWAAKARAN

2) Jadhvi Shankha TUSHARAABHAM
KSHEERU DAARNAVA SAMUDRABHAVAM
NAMAHNI SASINAM SOMAM SAMBHORA MA
BHOSH

3) DHARANEE GARBHA SAMBHOUTHAM
UIDYOT KANTIM SANAPRABHAM
KUMARAM SHAKTI HASTANCHAM
TAM MAN GALAM PRANAMAM YAHAM

4) PRIYANGU KAKAA SYAANAM
ROOPENA PRITHIMAM BUDHAM
SOMYAM SOWMYA GUNOPETHAM
TAM BUDHAM PRANAMAM YAHAM

5) DEVA NAANCHAM RUSHEENANANCHAM
GURUM KANCHANA SANNIBHAM
BUDDHI BHOUTAM TRILOKESAM
TAM NAMAMAMI BRUHASPATHIEM

23

Friday

47th week
327-038

November

⑥ The one who has the Purv of the DEW, LOTUS
High priest of ASURAS, &
The one who preaches the SHASTRAS,
& prostrate before the - SUKRAACHARYA..

⑦ The one who is Blue,
The one who is like Charcoal
The one who is the SON of SORAYA &
The one who is the brother of YAMA
The one who is born to Chaya & SORAYA
& prostrate before the - SANEESEWARA

⑧ ARDHA KARYA (The one who has half body, that
and is full of Valour and courage and
one who opposes Chandra & SORAYA without fear
& prostrate before the - RAHUL.

⑨ The one who looks like PALASA FLOWER
The one who is the King of the stars and
The one who is fierce from it is scary & angry
& prostrate before the - KETHU.

10) Whoever chants this Geetham written by VYASA MAHARISHI
Night or Day, will be rid of all obstacles in his life

Man or King whoever chants this will be rid of Bad
and will be blessed with unlimited riches and Health.
12) They will be rid of bad effects of any Curses

NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	30	31					1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29

47th week

328-037

HEMA KUNDA HRINAA LAABHAM
 DITYANAM PARAMAM GURUM
 SARVA SINISTRA PRAVAKTA RAAM
 BHARALAYAM PRANAMAM YAM

NEEZANJANA SAMAA BHAASAM

RAVI PUTRAM YAMAAERAJAM

CHAYAA MAARTHANDA SAM BHOTHAM

THAM NAMAMI SAMAISCHARAM

ARTHA KAYAM MAHA VEERYAM

CHANDRAMITHYA VIMAR DHANAM

SIMHIKA GARBHA SAM BHOTHAM
 THAM RAHUM PRANAMAM

THAM RAHUM PRANAMAM YAHAM.

PHALASA PUSHA SANKASHAM

TARAKA GRAHA NASTAKAM

ROWDRAM ROWDRAATMAKAM EIHORAM

TAM KETHUM PRANAMAM YAHAM

Sti Vyasa Mukhod Geetham | Yak Patteth Susmaahi
 Diwaa waa Yadiwaa Rathwa Vigna Santhir Bhaveshya

Nava Naaree: Nrupanancha | Bhaveth Duh Shapna Naag
 Aishwarya Mathilam Theshaam Aarogyam Pushti Van
 Graha Nakshatraja: Peedlaah TASIKARAGNI SAMUDRA

NOVEMBER						
S	M	T	W	T	F	S
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DATTATREYA

DECEMBER						
S	M	T	W	T	F	S
30	31					1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

JAYANTHI

48th week
331-034

2nd 8847

POURANI

(20th Dec 2010) 2

Dattatreya is the character of Knowledge, Existence & Joy & is celebrated on 20th Dec as a symbol of BLISS.

Dattatreya is depicted with three heads (Past, Present & Future) & three arms (representing past, present & future).

+ His 4 dogs (embodiments of the four Vedas) which follow the Lord as "Hounds of Heaven" protectors of truth. They help the Lord in hunting & finding pure soul.

+ Cow named after KAMADHEENI, since grants those wishes & desires of all those who seek the LORD. She grants all their material & spiritual wishes.

+ Always stands before AUDUMBARA Tree divine called celestial wish-fulfilling tree (Seed of Life).

+ Rotating Disc Chakra (no beginning or ending always rotating like the universe & always in a flux). He uses this Chakra to destroy all kinds of Karmic bond.

+ Japa Mala on his Right hand, with which he counts his devotees, liberating them one by one, by counting.

+ Water Pot (Sargol) in the left hand to hold the nectar of pure wisdom, with which he removes the thirst of the soul for knowledge & liberating them from the endless cycle of life & death.

Many bless his devotees saying "I am DATTA the Great LORD".

Whoever meditates on me don't swirl in the ever-recurring Curved muddy existence."

Avatars include (Shiva, Vishnu, etc.);

NAMASKAR

NOVEMBER

DECEMBER

48th week

333-032

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
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S	M	T	W	T	F	S
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23	24	25	26	27	28	29

The word "Namaskar" is derived from the root "nam" which means paying obeisance (नमः) or salutation in respect. It means to say "Let you are superior to me in every way by doing Namaskar to a Saint or DEITY, unknowingly their spiritualities are impressed upon one's mind & consequently we start emulating them, thus aim to change ourselves for by increase in humility & by we receive the highest command of enhancement of spiritual dimension. SATHA component from the process of reduction of ego & show By doing Namaskar to deity/saint, we make spiritual progress. subtle frequencies emitted by them.

Yellow Individuals of the same age group: Do Namaskar by joining the tips of the thumbs on the Anahat-chakra center of the body. This type of Namaskar increases the spiritual richness of human. Sakti frequencies from the universe are attracted by the fingers (which act as an antenna) & transmitted to the entire body, thus the body activates the solar energy of the embodied soul. In addition, by doing Namaskar to each other in folds, the frequencies of the blessings are also transmitted.

Let to the correct method of doing NAMASKAR to GOD :-

- While paying obeisance to GOD, bring both the palms together with space in between the fingers to awaken spiritual energy.
- After joining hands, one should bow down to head forward.
- While tilting the head forward, one should place the thumbs on the mid-brow region & try to concentrate on the feet of the GOD/DEITY.
- After that, instead of bringing down the folded hands, immediately they should be placed on the mid-chest region for a moment in force a way that the wrists touch the chest; then only the hands should be brought down.

Key tip science: 1) The fingers should not be stiff as it leads to decrease in Sakti. The joined fingers act as an antenna to assimilate the energy from the space between the palms in this respect. 2) After joining palms, bow down to touch the thumbs to the mid-brow region to display a Bhavag Surrender.

30

Friday Why should I do सूर्योदय before?

A: When an elderly person arrives, the Vata energy young starts rising then he gets up & do Namaskar it returns to normal levels. (सूर्योदय) Hence on arrival from older person, it is custom for the younger individual to do सूर्योदय before.

Q Why should I do सूर्योदय before commencing of?

A: Before commencing of journey after returning from "Namaskar" is one way of surrendering to "God people" facing becoming सूर्योदय, a sense of compassion & creates bhakti in turn activates the 5 Vata energies including Namaskar before? rather the strength of Satva frequency provide leave the house from distressing frequencies in the air.

Why on arrival back, the namaskar will awaken the God principle which could disintegrate the vata-karma particles from around him, which he could have brought along with him.

Q Namaskar to Padukas (Wooden footrests) LEFT 2005 = SHIVA Right 2005

A: by performing सूर्योदय, I will expose the energy of Supreme.

Q Why should I do Namaskar to a dead body? But-Do

A: This is a custom in Kaliyuga in order to involve concept of Satva Component in the embodied soul. reflecting because the body represents GOD & invoking the God for it has no limitations. ~~the~~ Limit a physical body has.

Q Don't do namaskar to a sleeping person?

A: Nor do namaskar to a sleeping person as it is not a good. He can only perform namaskar to a dead person.

Q Touch the temple steps with ~~the~~ Right hand & other hand on the

Q ~~Don't~~ Don't do सूर्योदय LINE Or footrests as it increases S2005 It will do reduce ability to absorb Satva component

Q Don't keep any object in hand while performing namaskar as it will reduce the Satva component to a new

30

Friday

Why should I do सूर्योदय before?

A: When an elderly person arrives, the Vital energy of young plants rising then he gets up & do Namaskar it returns to normal levels (सूर्योदय) hence on arrival of an elder person, it is customary for the younger individual to do सूर्योदय before.

Q Why should I do सूर्योदय before commencing?

A: Before commencing journey after returning from "Namaskar" is one way of surrendering to "God people" facing receiving सूर्योदय, a sense of compassion is created which in turn activates the 5 Vital energies including Namaskar before the receipt of Saksha frequency, from leaving the house. From distressing frequency in the atmosphere.

III) on arrival back, the Namaskar will awaken the God principle which could disintegrate the Raja-Tama particles from around him, which he would have brought along with him.

Q Namaskar to Padukas (Wooden footstools) LEFT शिवा RIGHT शिव by performing सूर्योदय, I can experience the energy of Supreme.

Q Why should I do Namaskar to a dead body? But-

A: This is a custom in Kaliyuga in order to involve concept of Saksha Component - in the embodied soul. reflect because the body represents GOD & invoking the God for it has no limitations. Limit a physical body has.

Q Don't do Namaskar to a sleeping person? A: No do Namaskar to a sleeping person as it is not a god. He can only perform Namaskar to a dead person.

Q Touch the temple steps with right hand & other hand on the

Q Don't do सूर्योदय or footstools as it increases the ability to absorb Tattva component.

Q Don't keep any object in hand while performing Namaskar as it will disturb the mind & the Saksha component to a

21
Friday

51st week
355-010

GARDEN of our daily life

December

Please plant the following type of trees

① Plant - three Rows of PEARS:

- ① Piece of HEART
- ② Piece of HEAR
- ③ Piece of SOUL

② Four Rows of SQUASH:

- ① Squash Gossip
- ② Squash INDIFFERENCE
- ③ Squash GROWBLOWN
- ④ Squash SELFISHNESS

③ Four Rows of LETTUCE:

- LET U BE Faithful
LET U BE Kind
LET U BE Patient
LET U Love one another

④ NO Garden without TURNIPS:

- ① Turnip for Meeting
- ② Turnip for Sorrow
- ③ Turnip to help one

⑤ To include, our Garden should have THYME

- ① Thyme for each other
- ② Thyme for family
- ③ Thyme for friends & relatives

Water the plants freely with patience & cultivation

DECEMBER							JANUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
30	31					1							
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30	31		

51st week

356-009

Who is GOD?

God equals MAN (-) EGO = GOD

If God is a flower, U should feel like a Bee
 that smells its honey; if He is a tree be a creeper
 if He is the sky, be a tiny star that twinkles
 by its reflection against the bright light of
 the sun. Above all, be conscious of the fact that both of you are bound by the same supreme

2) GOD or DEVIL are denizens of one's own heart.
 Where GOD is there, Devil does not dare to exist.

God rewards U according to the manner in which
 He is conceived or approached. He grants You
 consolation & courage once U are cleansed by His touch.

GOD is the seed } So try to see GOD in everyone U
 Universe is the TREE } See GOD in everything U hand
 impulses } are branches } Live together & Revere each other
 passions }

Intelligence is FLOWER } Recognize GOD in all living things
 Consciousness is FRUIT } GOD sees through all the eyes &
 Love is the Sweetness } feels through all the mouths
 in the fruit. } hears through all the ears
 GOD is the soul of LIFE } Love GOD with all Ur heart
 with all Ur strength

24

Monday

52nd week
358-007Gateways to Heaven

December

In Bhagavad Gita the Lord has elaborated
 Through Arjuna, the Lord exhorts us to cultivate
 The first three verses list out all good qualities (dharma)

1) Non violence (in thought, word & deed)

2) Truthfulness

3) Absence of anger & jealousy

4) Detachment

5) Serenity & purity of mind

6) Aversion to slander

7) Compassion to all beings

8) Freedom from greed

9) Gentleness

10) Repulsion to unrighteous acts

11) Absence of fickleness

12) Courage & patience

13) Forgiveness & fortitude

14) Absence of hatred & contempt

15) Simplicity in living & humility

NOTE

Gateway to HELL

Good & bad qualities but great things
- bad qualities (in sixth chapter)
and we find a list of negative qualities
- Envy

Ignorance (~~Ignorance~~) & excessive pride
Solence

the 2 Anger

injury to others (either things, words, deeds, things)
(2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th)
injury to others behind his back

injury for excessive sense pleasures

Restlessness

betrayal of friendship | help

hypocrisy (dambha)

of conceit

sh or sarcastic speech

ignorance of Dharma

injury beyond one's meaning

is repeat of old / go to temple

action is taking 10 or 11 or 12

Gateway to Spiritual Consciousness

52nd week
360-005

26

Wednesday

December

① Love is the saving grace of all humanity

From the moment a baby is born it is enshrouded in selfish love of its mother. The moment a parent springs into action to save another from peril, he demonstrates a parent's love. When a person looks back on their life, they see only one thing that matters most: that is LOVE pure unadulterated & unconditional. It is the source of compassion. It is the energy of caring for. It is the binding force which holds entire universe together. When those things you know or U simply allow it.

② Love is the gateway to spiritual consciousness. It

activation of Ur spiritual heart is paramount. When we feel spiritual consciousness & continuous inspiration on this state, we expand our lives of life to things more important to the soul. Life can then be seen. Love can heal & how we can spend the time to spend every day in the love & for the wellbeing of others. So let Ur heart - open to love each & every day. You can then feel the vibrant flow of energy within U. Your sense of insight & timing develops to help U to achieve & to succeed easily at the tasks you are faced with.

③ The flow of love is central to life. Without the all

love of the creator which fills the entire universe nothing exists & nothing moves. Even an inch for centuries, humankind has been playing a game where love & human inspiration was blocked off & it is today the tide is turning back & people are opening to this wonderful flow of natural energy.

Remember the LOVE from within, especially in adverse circumstances seem dark & others. Remember that LOVE is the gateway to higher 'seas' of consciousness. When answers can be found to meet the challenge to life as the life presents it to you. Turn into LOVE. It will never let U down. Instead

DECEMBER							JANUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
30	31				1		1	2	3	4	5		
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30	31		

My Solemn Pledge

to GOD + Social Reform

- 1) I regard ~~an~~ THEISM (my belief in GOD) devotion to duty as a pious obligation towards humanity at large;
- 2) I consider my body as the abode
- 3) I will preserve my health through self-restraint and self-discipline
- 4) I will always resort to ethical, spiritual and moral studies & pick relevant moral code for my autobiography
- 5) I recognise my mind as the pivot point of life & always keep it unpolluted
- 6) I will regard my individual interest as subservient to interests of Community
- 7) I will merge my individual interest with the interest of the society & will content myself with common welfare;
- 8) I will always keep good association with

Friday

- 9) I will adhere to the values of citizen morality, & righteousness, civility; generosity, spiritual affluence, forbearance, perseverance. Such other virtues as ^{always} my eternal possession. I will ^{always} try to inculcate them in my personal
- 10) I will ~~never~~ allow sloth & idleness to hamper my practice of devotion & service to humanity.
- 11) I will always try to create an atmosphere of cordiality; chastity, simplicity & kindness all around.
- 12) I will always prefer critical discrimination to avoid rigid traditionalism & bias to regions.
- 13) I will always maintain my conjugal fidelity in right earnest for all times to come.
- 14) I will not accord such treatment to others as I would not like to be meted out to.
- 15) My goal of life will not be self-aggrandisement but dedication to selfless service for the good of all.

S	M	T	W	T	F	S	S	M	T	W	T	F	S
30	31	1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31									

- 1) I will always pursue a righteous course and will always rest content with failure rather than wrest success by unrighteous means.
- 2) I will always accept earnings gained through honesty and hard work.
- 3) I believe that true test of a man's character does not consist of success that he secures but in his pious convictions & righteous deeds.
- 4) It will be my sincere endeavour to regularly utilise a portion of my TIME, influence, learning, prowess & WEALTH for the promotion of righteousness in this world.
- 5) I always believe in the maxim that Socrates said "MAN is the architect of his own fortune".
- 6) It is my firm conviction that I can make my life sublime & also raise the moral standard of others around me, thereby a new era will be coming. I fully trust that my pledge ^{for social reform} will come true.

31

Monday

Oh my God, please satisfy ^{53rd week 365 days} and ensure my wishes ^{fulfilled} ^{worthy of me}

1. May I ~~see~~ with my eyes {What is auspicious}
- 2 May I hear with my ears What is Sa
- 3 May I walk with my legs to work seeing
- 4 May I use my hands to help the n
- 5 May I use my brains to explore
- 6 May I use my palms to perform Somy
- 7 May I use my heart to pray ^{my} for you
- 8 May I use my forehead to wear Baba's
- 9 May I use my skin to be free from
- 10 May I use my TOES to toe the line
- 11 May I use my KNEES to kneel before
- 12 May I praise my ~~family~~ deity with my body
- 13 May I worship my family deity
 Mahaksha
 Mahadev
 Mahesh
- 14 May I worship all Navagrahas to give me
- 15 May I live in peace in my environ ^{with all my family}
- 16 May I not be envied & disturbed by any body
- 17 May The all powerful SUN bless me with love

Notes

2013 (AUM)

YEAR PLANNER 2007

The syllable AUM represents Brahman

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
MON 1	It is well known that AUM is used as an Asse					
TUE 2						
WED 3	The priest's chant - make them (400s) hear with					
THU 4	1	1			3	
FRI 5	The priest initiates every action with At					
SAT 6	3	"	3		5	2
SUN 7	4	AUM	4	The same free called Aprahot	6	3
MON 8	5		5		7	4
TUE 9	6	Sandhya	6	3	8	5
WED 10	7		7	4	9	6
THU 11	8	"May I realize Brahman"	8	5	10	7
FRI 12	9		9	6	11	8
SAT 13	10	God is present	10	7	12	9
SUN 14	11		11	8	13	10
MON 15	12		12	9	14	11
TUE 16	13	God is present	13	10	15	12
WED 17	14		14	11	16	13
THU 18	15	He resides in every heart of man or woman	15	12	17	14
FRI 19	16		16	13	18	15
SAT 20	17	Do not confine God to a temple	17	14	19	16
SUN 21	18		18	15	20	17
MON 22	19	Wherever Man is, there God is present	19	16	21	18
TUE 23	20		20	17	22	19
WED 24	21	As he don't realize, he criticise	21	18	23	20
THU 25	22		22	19	24	21
FRI 26	23	To overcome this habit, engage with	23	20	25	22
SAT 27	24	yourself	24	21	26	23
SUN 28	25	When do I adore	25	22	27	24
MON 29	26		26	23	28	25
TUE 30	27	When do I criticize	27	24	29	26
WED 31	28		28	25	30	27
THU		God is present everywhere in everyone		26	31	28
FRI			30	27		29
SAT		So when U criticize others, U criticize yourself		28		30
SUN			29			
MON		When You love others, You love Urself				
TUE						