

Julus Nara
(జులుసు నార)

Composed by (రచన):

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1) వదలాలి వదలాలి
దుర్గుణాలు వదలాలి
పెంచాలి పెంచాలి
సద్గుణాలు పెంచాలి

Vadalali Vadalali
Durgunalu Vadalali
Penchali Penchali
Sadgunalu Penchali

2) సాధించాలి సాధించాలి
మనసు పై విజయము
చేయాలి చేయాలి
దుష్ట సంహారము

Sadhinchali Sadhinchali
Manasu pai Vijayam
Cheyali Cheyali
Dushta Samharam

3) చేయాలి చేయాలి
ఇంటింటా యజ్ఞం
రక్షించాలి రక్షించాలి
పర్యావరణం

Cheyali Cheyali
Inti inti Yagnam
Rakhshinchali Rakhshinchali
Pariyavaranam

4) ఆచరించాలి ఆచరించాలి
అష్టాంగ యోగం
బాగుపడాలి బాగుపడాలి
అందరి ఆరోగ్యం

Aacharinchali Aacharinchali
Ashtanga Yogam
Bagupadali Bagupadali
Andhari Arogyam

5) ఎగరాలి ఎగరాలి
ఓమ్ జండా
వెలగాలి వెలగాలి
వేద జ్యోతి

Yegarali Yegarali
AUM Jhanda
Velagali Velagali
Veda jyoti

Stanza 1:

Vadalali Vadalali
Durgunalu Vadalali
Penchali Penchali
Sadgunalu Penchali

Analysis:

- This stanza initiates with a call for active personal transformation, urging individuals to eradicate negative qualities (**Durgunalu**) and cultivate positive virtues (**Sadgunalu**). The repetition of "Vadalali" emphasizes the ongoing effort required for this spiritual and moral growth, reinforcing the importance of continuous self-improvement.

Stanza 2:

Sadhinchali Sadhinchali
Manasu pai Vijayam
Cheyali Cheyali
Dushta Samharam

Analysis:

- Here, the focus shifts to achieving mastery over one's mind (**Manasu pai Vijayam**), essential for spiritual elevation and ethical conduct. The imperative "Sadhinchali" directs individuals to diligently pursue this mastery, while "Cheyali Cheyali" underscores the necessity of performing righteous actions. "Dushta Samharam" emphasizes the simultaneous eradication of evil tendencies, promoting inner purity and societal harmony.

Stanza 3:

Cheyali Cheyali
Inti inti Yagnam
Rakhshinchali Rakhshinchali
Pariyavaranam

Analysis:

- This stanza advocates for active engagement in spiritual and communal practices. "Cheyali Cheyali" emphasizes the proactive participation in rituals (**Yagnam**) within every home (**Inti inti**), fostering spiritual unity and familial cohesion. "Rakhshinchali Rakhshinchali" highlights the responsibility to protect and sustain (**Pariyavaranam**) the environment, promoting a holistic approach to ecological stewardship and ethical living.

Stanza 4:

Aacharinchali Aacharinchali
Ashtanga Yogam
Bagupadali Bagupadali
Andhari Arogyam

Analysis:

- This stanza underscores disciplined spiritual practices and holistic well-being. "Aacharinchali Aacharinchali" stresses the importance of cultivating discipline and adherence to moral principles. "Ashtanga Yogam" encourages the practice of the eightfold path of yoga, promoting physical health, mental clarity, and spiritual growth. "Bagupadali Bagupadali" advocates for the attainment of comprehensive well-being (**Andhari Arogyam**), encompassing the health and harmony of oneself and others.

Stanza 5:

Yegarali Yegarali
AUM Jhanda
Velagali Velagali
Veda jyoti

Analysis:

- This concluding stanza invokes profound spiritual symbolism and aspirations. "Yegarali" calls for the elevation of consciousness and spiritual awakening. "AUM Jhanda" symbolizes unity and divine presence, urging individuals to align with higher spiritual truths. "Velagali Velagali" emphasizes the elevation and enlightenment through spiritual practices. "Veda jyoti" illuminates the path of wisdom found in ancient scriptures, guiding towards spiritual realization and universal harmony.

Overall:

- **Structural Coherence:** Each stanza progresses logically, moving from personal transformation and ethical conduct to communal rituals, holistic well-being, and spiritual enlightenment.
- **Clear Imperatives:** The use of imperative verbs ("Vadalali", "Sadhinchali", "Cheyali", etc.) emphasizes the active engagement required in spiritual and moral pursuits.
- **Holistic Integration:** Highlights the interconnectedness of personal growth, communal responsibilities, and spiritual aspirations, promoting a balanced and purposeful life.