

RISHIMUKH

VOL - 19 | ISSUE - 2 | ₹60/-

The Art of Living Magazine
FEBRUARY 2018



Ancient *Love*

Yogic Sunbath boosts Vitamin D

Toxicity: The Road to Disease

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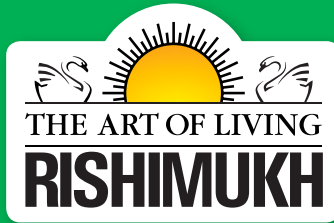
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EDITORIAL



There is the story of a Lizard clinging to the ceiling who staunchly believed that the ceiling would come crashing down if she moved away. Are we also like this lizard, thinking that we are the sole cause of things happening, and if we were not there, there would be a breakdown, a catastrophe. What is it that makes us forget that the world existed before and will continue to exist even after us? We are just passersby traveling through this road of life. Things are not as they appear to be! Whatever does not exist appears as though it exists. **मिथ्या** (illusion) is incapability of understanding things as they really are.

If we really think that things revolve in the world because of us and will cease without us, then we are giving ourselves undue credit. From the perspective of this creation, we are mere tools in the hands of a bigger power, but the mind and intellect makes us believe that we are indispensable. And it is this same mind and intellect that limits us or expands us. We are limited by our knowing, as it doesn't allow us to expand beyond the known. But, is the knowing governing us or is this creation run by a higher intelligence, in which is embedded the seed of all knowing? As long as we are in maya, we are unaware that we are in **मिथ्या**. The moment we realise that everything is **मिथ्या**, there is an immediate

awakening in our consciousness. **मिथ्या** is because of this wrong understanding of the truth.

Everyone is looking for a love that never dies, such a love that stands the time – the old, ancient, strong, powerful love - the Divine Love! Our cover story this month talks about ancient love – a love beyond relationships, a love that transcends and includes all relationships. Ego does not want to do something which is easy. It wants to do something which nobody has done before. Transcend your ego, for it doesn't let love flow is the Knowledge of the month.

“Maha Shivaratri is the day when the **मिथ्या** touches the earth. The consciousness, the aura or the ethereal world touches the earth element on the day of Maha Shivaratri. It is the wedding of the material with the spiritual.” Please join us for the Maha Shivaratri celebrations on 13th February, 2018 at the Bangalore Ashram. This is also a time to get in touch with the **मिथ्या** that is deep within us.

Happy Shivaratri to all our readers.

Jai Gurudev,
Rajeev Nambiar,
editor@artoflivingmagazine.com

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RISHIMUKH

Monthly Volume 19 Issue 2
The Art of Living Monthly Magazine

Dedicated to | Ancient Wisdom
| Universal Love | Human Values

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Printed and Published by K. Narayanan
for and on behalf of :
Vyakti Vikas Kendra India, No.19,
39th 'A' Cross, 11th Main,
4th 'T' Block, Jayanagar, Bangalore - 560041

Printed at Thomson Press India Ltd, 18 - 35, Milestone,
Delhi-Mathura Road, Faridabad - 121007, Haryana.

Published at:
Vyakti Vikas Kendra India, No.19,
39th 'A' Cross, 11th Main,
4th 'T' Block, Jayanagar, Bangalore - 560041

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Total number of pages = 68 (including cover pages)



“The concept that
things should be a
certain way causes
pain in the mind.
The cause of distress
is set concepts in
the mind.”

@srisri

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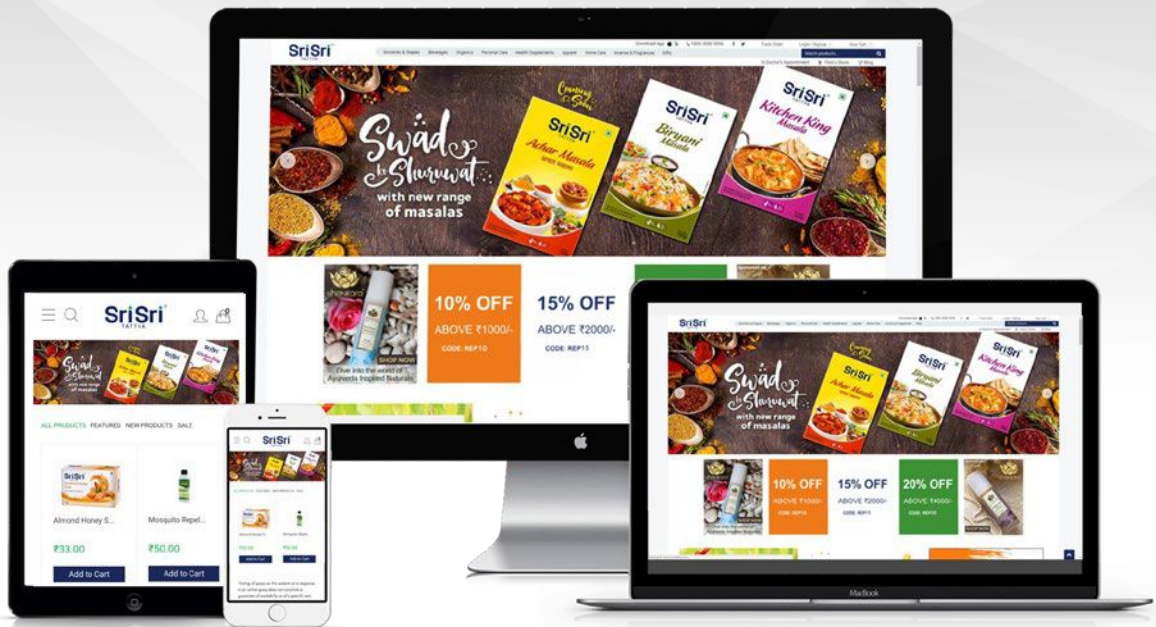
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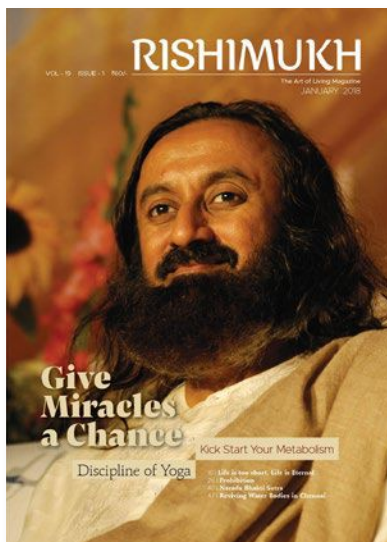


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Dear Editor & Team,

Kudos to all of you for the creation of new look of Rishimukh. It is very useful with the index mark on each Page. Thanks to you and your team.

Further, all the articles are very useful for the readers, especially knowledge of the month by Guruji and Yoga & Meditation.

Jai Gurudev
- T V Madhusudan
Mumbai

Excellent magazine with informative articles. Keep doing what your doing and I will be a long time happy subscriber from here on.

- Ramesh Nair, Maharashtra

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Shiva is the meditative aspect of the entire Universe. Shiva pervades the entire Universe. He is in every atom of the Universe. He has no form but is in every form.

The whole creation is the dance of Shiva; whole creation is the dance of consciousness, one consciousness, and one seed. The one seed, one consciousness danced and manifested into a million species in the world. So this infinite creation is the dance of Shiva.

Shivratri is when the manifest and unmanifest celebrate their union. The One which is so unmanifest, intangible and abstract, manifests in the manifestation, in the concrete.

HAPPY
MAHASHIVRATRI





Ancient *Love*

Compiled from discourses by Gurudev Sri Sri Ravi Shankar



You have gone through every experience and still you have come out the same, shining, innocent, pure and untainted. That is why you are the ancient love and being in the spiritual path means uncovering that ancient love.



Ancient love is the love beyond relationships. Often our love is in terms of some relationship: father, mother, brother, sister, husband, wife and friend. A master and disciple is also a relationship. But ancient love transcends and is inclusive of all relationships. It is not against any relationship, but transcends and includes it all. Any relationship brings limitation. Ancient love is unlimited it is beyond limitations.

Often, one experiences love at first sight and as time passes it decreases, decays, becomes hatred and disappears. But ancient love never decays. It keeps growing for ages.

In our lives love has a great mortality rate and it dies very young. It is only for few days, weeks, months, years and it dies. In society, love is never a tree, it's just a seasonal crop. All the letters and exchange of gifts happens over a short period and then finishes. When the same love becomes a tree with the manure of knowledge it becomes ancient love that grows from lifetime to lifetime. It keeps growing bigger, wider and stronger.

This is how our own consciousness is. You are that love. And you are ancient. You are not limited to this present body, name, present form and relationships around you. You may not know your past, your ancientness, but just know that you are ancient, that's good enough. You have gone through every experience and still you have come out the same, shining, innocent, pure and untainted. That is why you are the ancient love and being in the spiritual path means uncovering that ancient love. In that state, you are me! You are not separate from me, not different from me, you are me. And whatever I am that is

what you are. There is no relationship, you are me and I am you and yet there are all relationships and that is ancient love. Does it make any sense? If it does or doesn't, still it's the same. If it makes sense, then it's good. If it doesn't make sense, then also it's good. It's wonderful!

This is it. Stop looking for anything. The more you look, you will only find misery. Anything more you look for is going to take you away from home. When the search stops, the goal begins. The goal has not even begun; realize that you are in the goal. Search was necessary to get here.





When the search stops, the goal begins. The goal has not even begun; realize that you are in the goal. Wherever you are right now stop the seeking right there. Relax into the fulfillment which is your very nature.

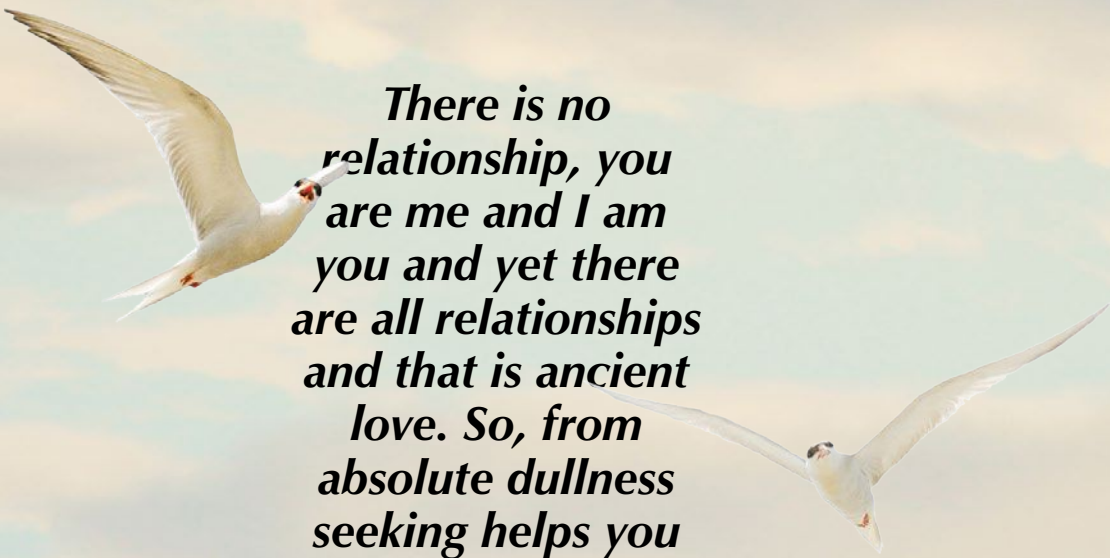


Once you have got here, drop your search, just rest, relax and become hollow and empty.

Usually when you are fed up, you say, "I give up". So, after the search, you are anyway going to give up. Then give up right away before the search! If you could get by your own searching, then what you got is not what you are looking for. If your teaspoon can hold the entire ocean then that is not the ocean. You searching with your little mind and you think that this searching of the little mind here will realize the divine. If it does, it's a hallucination. This little mind cannot contain the infinity. So the searching can go on forever and finally you will say, "Oh I am fed up. I give up". I tell you instead of running all around like that give it up right away. That is called surrender.

Surrender is giving up the search for truth. You have always heard of it the other way around, to search and seek the truth. But I am telling you stop seeking. You have to look for water in the desert, but when you are standing in water, in the spring and if you are still looking for water you will only move away from the spring. The water is sprinkling in your mouth and you are looking somewhere else. You are wet, your clothes are wet, your head is wet but your throat is dry. It will remain thirsty as long as your mouth is open elsewhere; when your eyes are searching for something else.

Wherever you are right now stop the seeking right there. Relax into the fulfillment which is your very nature. There are two different paths. One is seeking and another is devotion. Seeking and searching should ultimately bring you to a place of helplessness. When you become so helpless you give up and then



There is no relationship, you are me and I am you and yet there are all relationships and that is ancient love. So, from absolute dullness seeking helps you to come on the path. Once on the path you drop the seeking and let go, surrender and relax into the ancient love that you are.

devotion begins. When devotion begins and you surrender then you have it right there.

People think it's a big compliment to call someone a seeker of truth. Yes, for someone it may be a compliment but for us it's a state of compassion. A seed has a covering, a husk around it and when you soak it in water it bulges and sprouts. When it sprouts, the husk drops itself. Seeking is necessary to begin on a path. But once you are on the path, if the husk doesn't give up it cannot sprout. If the husk around the seed is very tight and doesn't open up, then the seed cannot sprout. So, from absolute dullness seeking helps you to come on the path. Once on the path you drop the seeking and let go, surrender and relax into the ancient love that you are.

The love of the divine is ancient and it has such patience that it waits for ages for you to come back to it. It lets you play for some time, lets you get into mud and get

messy. There is good soap and detergent waiting to clean when you are back home. Ancient love is not judgmental and does not punish you. God has been thought of as, someone

sitting up there as a judge and on the judgment day he is going to give rewards for your good merits and punishment for bad actions. That doesn't indicate love. This any judge, any businessman or any distributor can do. Then God is one who is just duty-bound. If so, then why worship God? Why to bother about God? Your merits will give you good fruits and demerits will give problems. You can just look into your merits and demerits and not bother about God!

There is no judgment and no punishment at all. No teaching a lesson to you either. It's all just a game, a play. That is ancient love. Love knows only to play, not judge. Realize every moment that it's all a game, all fun, though it does not appear to be fun sometimes. If you don't understand any of this, never mind!



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On the Path!


What is the difference
between a tourist
and a pilgrim?

Gurudev Sri Sri Ravi Shankar
November 03, 2000
Jamshedpur, INDIA

Both are on a journey. Where the tourist satisfies the senses, a pilgrim is in quest for the truth. A tourist gets tired and tanned, while a pilgrim sparkles with spirit.

Every move a pilgrim makes is done with sacredness and gratitude, while tourist is often preoccupied and unaware.

A tourist compares his journey with other experiences and place, and thus is not in the present moment. But a pilgrim has a sense of sacredness so he tends to be in the present moment.



Most people in life are just tourists without even being aware of it. Only a few make their life a pilgrimage.

Tourists come, look around and take pictures in their minds, only to come back again. But pilgrims are at home everywhere - they are hollow and empty.

When you consider your life to be sacred, nature waits on you.

*Are you a tourist
or a pilgrim?*

Excerpt from the Book 'Celebrating Love' by
Gurudev Sri Sri Ravi Shankar



Transcend your Ego

Excerpts from discourse by Gurudev Sri Sri Ravi Shankar

Ego is 'not being natural' – not feeling at home, and not having a sense of belongingness. This is what creates tension and problems in you, it makes you stiff, it makes you suffer, and brings tears to your eyes. Ego doesn't let the love flow. Ego is separateness, wanting to prove and possess.



Isn't Ego essential?

Ego is essential up to a certain stage of growth, but then it must be transcended.

The intention of a worm is to fly high, but it winds itself into a cocoon; it does just the opposite of flying. But then, it comes out of the cocoon as a butterfly and flies high. In the same way, at the age of two, you get into an egoistic shell, and you grow in it.

Once you cross a certain age, then you realize that all that you went through as a teenager, all the uproar and emotional upheavals, all that has dropped from you, and you have started smiling from a different space. You have become mature. At this time, the ego has to be dropped, and it drops if the growth is balanced and perfect.

If our growth is imbalanced, then our mental growth does not go beyond the age of 15 or 16. You may have come across many people who have grown physically, but their mind is still stuck between 15 to 20. This is a fact. You know, how school going children say – 'My teacher is better than your teacher', or 'My mother is better than your mother', 'My things are better than your things' – don't you see this. There are people who stick on to this even as they get older. There are so called 'mature people' in high positions who say – 'My country is better than your country', 'My State is better than your State'. If you listen carefully, you can see such smallness in people's attitudes. I tell you, this is not essential.

Ego creates this fear in you – what will the other think about me? Are they respecting me or not? Ego gives importance to someone else's thoughts, which are, anyway momentary. Ego needs the other to be there. Alone in yourself, your ego falls off. That is why a very egoistic person is either very comfortable being alone, or very uncomfortable being alone. They want

someone else to express their ego, or because they are so tired of expressing all the time and nothing worked, and so they like to be alone. If you are natural, you don't mind if there are people, or if there are no people, because you are the same.

How to transcend the Ego?

Now, don't try to eradicate or erase the ego. Just be aware of it and just let go. Just don't do anything about it. Trying to erase the ego becomes a problem.

Mullah Nasruddin went to Calgary. There he was honored in a very big way, but none of his friends was there to watch that, and unfortunately no one had a tape recorder or a video camera.

People were giving so many compliments and praising Mullah while Mullah was combing the whole crowd to see if there was someone from Turkey – from his home town, or anywhere nearby. He thought, even a German would do! He even asked on the mic, "Are there any Germans here?" Nobody raised their hands.

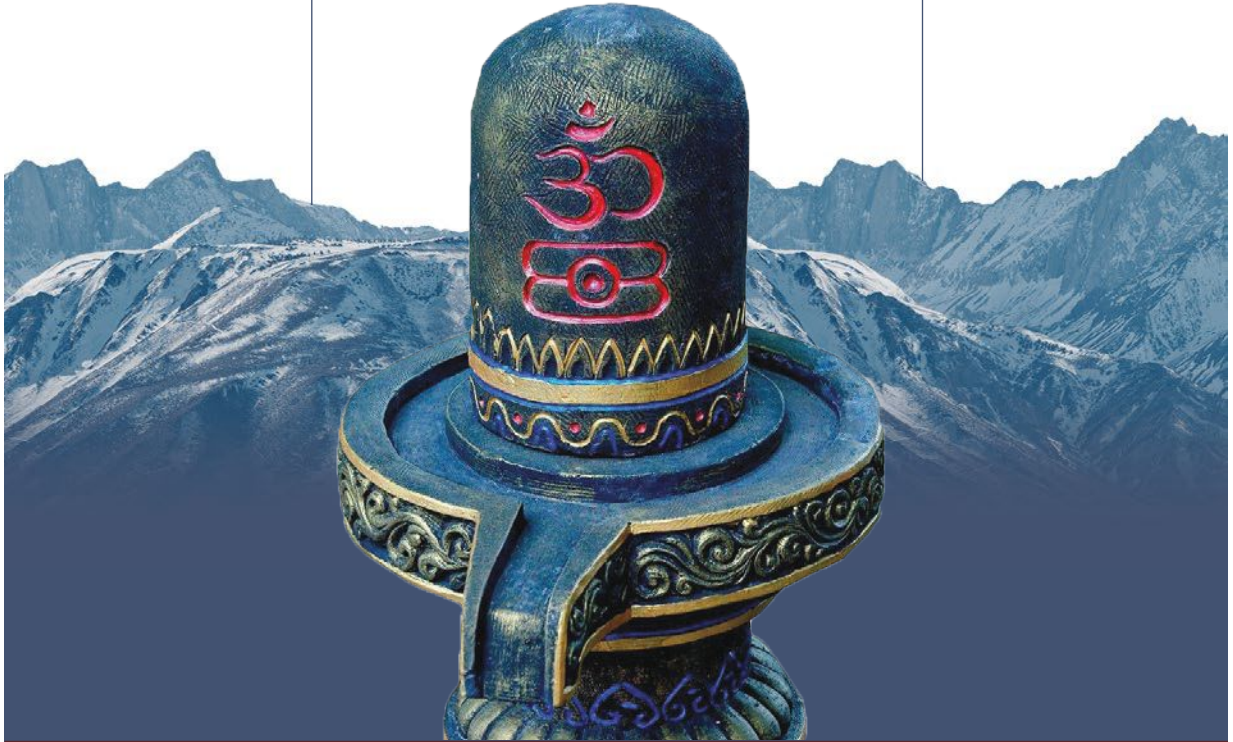
Then he asked, "Anyone who is French?" No one raised their hands.

Suddenly, Mullah became very sad, He said, "I am so unfortunate, all this honor and praise and not a single person from my home town to hear this." Ego wants recognition. That too, recognition from people with whom you want to show-off. In an unknown place, when strangers compliment you, you don't value it much.

Such an Ego needs to be superseded, or transcended. You have to go further. The cocoon has to be broken and you have to come out with flying colors. That is going back to the innocence, that is going back to the Self.



Q & A



Gurudev, you had said, that during Shivaratri, the divine comes closest to this planet. Please elaborate.

Sri Sri Ravi Shankar: No, it is not like that. The whole planet is the Divine. What I had said was that on Shivaratri, the Shiva Tattva touches the Earth, meaning the Shiva Tattva becomes so alive, that one is able to experience it much more strongly.

There can be so much misinterpretation in knowledge like this! Imagine what might happen, after 500 years. People may not recognize the Art of Living then! (Laughter) Luckily, due to technology we can save and store all this, later we can correct or challenge someone saying, 'No, that is not how it was said!'

When Shiva is formless, why do we worship the *lingam*?

Sri Sri Ravi Shankar: You must understand what *lingam* means, *lingam* means identification. When a baby is born how do you know whether the baby is a boy or a girl – only through one part of the body, everything else looks the same. Just the genitals tell you that, 'this is a boy or this is a girl.' Similarly, to identify something which is infinite, they had a stone which in itself will tell you that it is a symbol of Universal energy, the formless. So, *lingam* is an identification. Genital is also called *lingam* because through that you identify, but that is secondary. Simply '*lingam*' means an identification, so they kept a stone or a crystal, and said that it was an identification of the inexpressible, that which is infinity.

There are Pancha Bhoota temples around India that are dedicated to Lord Shiva. What is the significance of these temples?

Sri Sri Ravi Shankar: There are five elements that form this creation: Earth, Water, Fire, Air and Ether, and these five things are also called lingam because they signify or tell you that there is something beyond. The un-manifest consciousness is represented by the Earth, so the Earth is a lingam – means the Earth is an identification and a sign of the infinity. Water is the sign of infinity. You look at the mountain, the mountain tells you that there is some power. So, all the five elements remind you that there is consciousness that creates orderliness.

If you see any stone, there are patterns in the stone and there are colors in the stones. Stones are so fascinating. There is orderliness in that and this indicates that there is consciousness. Water has life and memory, have you heard about water having memory? Google this and you can know about the many experiments that reveal that water has memory; water is alive. Water indicates super consciousness.

Similarly, fire tells you there is consciousness. Air reminds you of the divinity, of the Shiva Tattva. Similarly, space tells you there is a supreme power. So, all these five elements in the planet take you towards something which is un-manifest because the five elements are manifest, that is why they are called lingam.

Anything that points towards something big, something that is inexpressible, something that is intangible, truth that is beyond all expressions is expressed in the five elements.

Scientists discovered many things like all planets, distance between the Sun and Earth, etc., which are already

mentioned in our Hindu scriptures. Is there a mention anywhere about black holes in our Vedas?

Sri Sri Ravi Shankar: Yes, there is the Nasadiya Sukta in the Vedas that says that, in the beginning there was darkness covered by the darkness, and from there came water.

You know, every generation has had some knowledge. The ancient knowledge that we hear today, when people went into deep meditation they simply downloaded it, it was there in the atmosphere.

See, usually people think Shiva is a person, he was there some 10,000 years ago or 15,000 years ago. This is completely wrong. Shiva never walked on this planet because Shiva had no body. Shiva means energy. Shiva had no form and he never had a family and he never walked on the planet, Shiva is just energy. Shiva is a principle that is eternal, that is beyond time and that eternal principle is guiding everybody.

Shiva is the Guru since ancient times and has been teaching everyone because He is part of everyone's consciousness.

Shiva is truth, beauty and consciousness which is benevolent, which is auspicious. It is the consciousness which brings benevolence to everyone. Shiva has been depicted in blue. Blue means sky. Unless there is a form, you can't relate to it and so the ancient people depicted it in an outline of a person in blue and called it Shiva.

They put the bull as his vehicle. Bull means 'righteousness': when you feel righteous, when you are free from guilt, you are able to experience deep peace. Anyone who has guilt deep inside them, who is not righteous, who are thick-skinned cannot experience the subtle beauty that is Shiva.



Yoga Vasistha

- Dr. Arun Madhavan

THE RAM GITA - THE CREST JEWEL OF VEDANTA

Freedom from sorrow and suffering is possible only when conviction arises that world appearance is unreal. Such conviction arises when one studies the Yog Vasistha with diligence. If he doesn't, true knowledge will not arise in him even in millions of years.



Yoga Vasistha carries more depth and meaning than any other spiritual text one may have ever read. It has wide appeal to seekers especially those who wish to reconcile science and spirituality. It provides a way to transcend sorrow, separation, fear, restlessness and death; and to live peacefully in the world. Just as inspiring Ramayan is to a devotee, Bhagwad Gita to a man of action, Ram Gita reveals the ultimate truth for seekers of liberation.

Freedom from sorrow and suffering is possible only when conviction arises that

world appearance is unreal. Such conviction arises when one studies Yog Vasistha with diligence. If he doesn't, true knowledge will not arise in him even in millions of years. But even with the highest intellect, Vasistha's exposition is difficult to comprehend. It is comparable to the Himalayas, though within the reach of all, yet their lofty peaks baffle the attempts of even the keenest in expedition.

Origins

With his return from a tour of holy places,

there was an unaccountable, sudden change in young Prince Ram's appearance and behavior. He sat silent and motionless absorbed in thought as though in a state of indifference. He was frustrated with the nature of life, human suffering and was left with disdain for the world. King Dasarath was concerned and felt that dejection was an open-invitation to a host of miseries.

Sage Viswamitra however found that Ram's condition was not the result of delusion; it was full of wisdom and dispassion; it pointed to enlightenment. He declared 'O Ram, there is but one person who can remove the doubt from thy mind, and that is the Omniscient Vasistha, who knows the past, present, and the future. He is the Guru of all mankind.'

Ram was thus extremely fortunate in receiving wise counsel from such elders – father Dasarath, Sages of eminence like Viswamitra and above all the spiritual preceptor of the Raghuvansh family, Sage Vasistha.

Greatest leaders who thrived through emotional issues

In the historical context of India, some of the greatest leaders had faced deep emotional challenges. Chatrapathi Shivaji Maharaj was once so overcome with dispassion that after one discourse, he threw aside his sword with scabbard, his tiger claw and shield. He removed his turban and fell at the feet of Sant Tukaram saying:

"Of what use is this worldly life? It is but like the dream of a daydreamer. Of what use is it to fight the enemies hiding in stone forts? What of the enemies who are within us? Enough of this fighting. I shall become a Haridasa and serve you"

At this phase, Shivaji was counseled by Sant

Tukaram and Swami Samarth Ramdas. They brought him back on track to complete his life mission.

M. K. Gandhi was guided by Shrimad Rajchandra at a crucial time of his life to ultimately emerge as a Mahatma. In the West we have Presidents Abraham Lincoln and John F. Kennedy, Civil rights leader Martin Luther King, Jr. British Prime Minister Winston Churchill who all thrived through emotional issues.

The conversation

In the opening phase of his conversation, Ram placed deeply insightful observations on life before his Guru. To cite a few:

What use is there of our living here when we are all born to die?

Life is momentary. It is a doll in the hands of death.

Our mind is restless and it never finds lasting repose in anything.

Our desires are insatiable and always jump from one object to another.

The body is an abode of disease and suffering.

Our enjoyments are the source of our own pain. Our own senses are our enemy. The splendour of all objects is ephemeral. There is nothing in life in which a sensible man can find solace! The whole existence is a mere mockery!

In his response, Vasistha brought home his wisdom, especially the doctrines on the mind through similes, metaphors and no less than 55 interesting, illustrative stories.

...to be continued



Conflict

- Vinod Menon, Board Member, Sri Sri University, Odisha



This has reference to an article in the Indian Express Newspaper of Kochi on 25th Jan 2018. The title is “Prejudice is the biggest challenge that we face today”. I became thoughtful. Can we improve the of our lives if we get the expertise to resolve conflicts? The article is interview of Gurudev Sri Sri Ravi Shankar. But I needed to take a closer look. So, I did a deep dive into the possibilities of conflict resolutions.

The pointers are, too many positions, stubbornness and adamancy. Prejudice is one among them. But how to discover solutions? It is most difficult to get the listening of another person. Adversary is very deeply locked into their stance. There is almost no elbowroom to negotiate. Somebody has to relent and give in or even give up. The adversary must be persuaded and convinced that your intentions are squeaky clean, that you come with no grudge or sense of revenge that you have included benefits for the interest of adverse opinions also. Oppositions must be convinced that

you have no personal axe to grind. No sinister plan or selfish motives. Then you get the ears from the opposition. Stress, misunderstanding, insecurities and lack of communication are factors that contributes to conflicts. These conditions can choke the mental skills. The clutter in mind fuels more conflicts. So breathing techniques, meditation and yoga can bring clarity to mind. The good mental skill needed is the ability to establish goodwill and cordiality among people. People has insecurities. Some are petrified about their future. They need assurance. How equipped are you to offer any solace and calm to the burning minds?

There is no guarantee that the adversary will read you correctly. Though you may intend well, yet the adversary constructs his own inferences. Though you speak well, yet opposition may derive their own meanings. Your gesturers can all get wrong interpretation. Misunderstanding is the common reason to create a divide among people. It is important to be cautious, when

you transact, interact and speak to each other. Once a misunderstanding is developed, then it is very difficult to reverse. Take care that misunderstanding does not get rigid setting in minds of adversary.

Very few people have skills to want, appropriately. Many want random and haphazard benefits. Their need for profit does not correspond to activities. Therefore they become stressed. Stressed people will inevitably fuel and spark conflicts. All people have many wishes and desires. But it is evident that all of your wishes will not come true. All our prayers may not get a favorable response. The events and situations simply move on and go on, with no connection to our plans. Then how to get freedom from stress?

When will we get the skill to align and correspond our protocol with inevitable manifestation? Study the actual functions and realities? Actions that do de-stressing is the solution. In stressed conditions, you accidentally burn bridges between people and communities. How to get the learning to build bridges of friendliness among warring factions and combative sectors? Suspicion of betrayals and high-handedness and over reach of your briefing are causes of stress. You can choose to tone down and slow down on your negotiations and bargains. Then perhaps, adversary will begin to listen to what you have to say. Cool down your aggression in gambling for more prominence. You may assert your views but ensure that you are not seen as arrogant. Conflict resolutions need much research. And certainly, resolutions of conflicts are not limited to books of justice and legislation. Much subjective and emotional lessons can be drawn from all cases, where conflicts are resolved.

As you know, there are many inhibitors

to bring peace and tranquility. The revolutionaries or rebels or violators in Columbia are called members of FARC. They are accused of murdering many law abiding citizens. But members of organization of FARC, alleged that the elected government is illegal and did corruption and atrocities on its citizens. Therefore, the armed struggle. But the members of FARC struggle are willing to surrender. They are requesting for amnesty and clean entry into mainstream. They need rehabilitation. But other citizens of compliance are refusing amnesty. They want the FARC to be prosecuted and tried in court. "They must be punished for past murders", claims the mainstream. So, what can be the suggestion from Gurudev Sri Sri Ravi Shankar?

He educated the militant group on principles of Mahatma Gandhi. He taught them the tenet of struggle through non-violence. He engaged the Government in discussion. The government also got education on forgiveness. This is the opportunity to express magnanimity, charity and generosity by mainstream citizens. But the group was suspicious. "What if we get busted and killed, after we initiate and pioneer the surrender program"? For that, the international community is monitoring. Your initiating of disarming can be watched and surveilled by other countries. If, in case there is breach from Government of Columbia, then the surrendered people will get sympathy of international committee. This education must have clinched the sentiments of the opposition faction. And has succeeded to bridge the gap.

Gurudev Sri Sri Ravi Shankar dared to engage the people of Kashmir. He visited adversaries. His dialogue with them must have lifted a big burden from their hearts. How else would they have agreed to obey his suggestions. All people need redemptions

for the heaviness that they carry in their hearts, minds and heads - may be the weight of the guilt, as who causes the trauma to others, or as the burden of guilt. Also, is the pressure of the victim. The victim also needs answer to questions that surges in his head. So, here is Gurudev Sri Sri Ravi Shankar with the method of reconciliation.

SRI SRI succeeded to bring together on stage, the grieving families of victims of terrorism. They met with families of perpetrators of terror. SRI SRI facilitated precious handshakes. The inconsolable and unforgivable, testified in front of over five thousand people as audience. Tears of gratitude replaced melancholy of loneliness. SRI SRI is engaged as an arbitrator to the dispute of Ram temple in Ayodhya. A very tight rope walking, only a master can pull it off. The proclamation that building of a new temple of Ayodhya will happen succeeded to pacify the Ram devotees. Compensation to mosque committee was appropriated and apportioned. The logic and rational for settlement, that is 'out of court'; received traction from media. The amplification of a decision founded on brotherhood got many listeners. Respect to the mosque committee by assuring that this is a subordinate and compromised place with reference to holy sites, must have resonated well with all stakeholders. Though the negotiation is not complete, I am fascinated by the intelligence involved in such conflict resolutions.

The justice founded only upon the dictate by British rulers in 1930, must be revisited. This has reference to land owners rules in the hill states of North East of India. Mizoram, Nagaland and its neighboring states has rules that equipped the British to enforce their law with ease in North East of India. But such laws needs a fresh scrutiny, in consideration with the demands of changing demography in Independent India. Here;

the understanding of law and order, and abidance by constitutional justice is held at premium by SRI SRI.

The in-depth analysis of the cases and situation by SRI SRI, and his acumen to discover solution with agreement from all, needs our indulgence. Much to learn from his grandeur of impeccable assessment of pain and gain confirmations. My intention is not to re-broadcast the escapades of SRI SRI into frame of conflict resolution. But I read in the articles in newspapers and see the anchors in television news channels get excited about the conflict resolution skills of SRI SRI. Then I wonder if my study on this subject will be of benefit in all our combative situations. SRI SRI's initiative of communication is remarkable. Do you really understand the profile and pain of adversary? Can you process in your brain, the actual need and necessity of opponent? Devise a method by which adversary will be convinced that you understand him and that you care. I infer that only then the communication is operationable. Let us begin and embark on the path of resolving conflicts.

There is no value in sitting and brooding. Questions that inhibits and corrodes the brain will never end. So, how to resolve conflicts? Generate the will to participate. Move forward and drill to make an opening. Fabricate the rationale to enforce a beginning in discussion. The precise approach and accurate method will become visible in course of time. Get started to practice this new hobby to knit together the consensus of people. Will you equip yourself to begin settling the issues of conflict? This is the way to climb upwards. Can you cut free from the gravity of your past? Break out from your environment and events? Leapfrog into a new space of absolute void and nothing.



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What is *Vairagya*

Excerpts from Gurudev's discourse on the Patanjali Yoga Sutras



The mind gallops towards the world of passion. Whether you keep quiet, close your eyes or open your eyes or do anything it runs towards the sense of sight, smell, taste, touch or sound. This craving for any of these experiences in the mind can stop you from being in the present moment.

And *vairagya* is retrieving your senses back from these cravings and thirst for objects. This is a basic requirement for meditation. Whenever you want to meditate, your mind should be dispassionate. Without dispassion, your meditation is no good. It is useless. It cannot provide you the rest you are longing for.

There are two types of arguments even in this. "The sage (referring to Maharishi Patanjali) has said, you should not have desires. Now you should not say, 'I do not

want any desire' because that becomes another desire. Some people are on a trip to destroy their desires.

That mind which gallops is an obstruction. Any expectation in meditation is an obstruction. One should not crave for any sense object or of any celestial heavenly places that they may have heard. All these ideas are obstructions.

Your desire for pleasure or happiness makes you unhappy. Examine, whenever you are unhappy or miserable, behind that is your wanting to be happy. Craving for happiness brings misery. When you do not crave for happiness, you are liberated and when you do not even care for liberation, you attain love. This is *param vairagya*.

Happiness is just a mere idea in the mind.

You think that if you have something, you will be happy. If you have whatever you want, are you really happy? *Vairagya* is putting a stop for craving for happiness. That does not mean that you must be miserable. It does not mean that you should not enjoy. But only when you retrieve your mind from this craving can you meditate. Then you can still all the five modulations (of the mind) and then yoga happens.

Your dreams and fantasies, just shatter them; offer them in the fire. Burn them down! What great happiness do you want to have? How long can you have it? You are going to be finished. It is all going to end. Before this earth eats you up, become free. Free yourself from this feverishness that is gripping your mind. Free yourself from this craving for happiness.

Look into every craving that you have closely, carefully and remember, you are going to die. Are you craving for sweets? Okay, have them. What else do you crave for? Beautiful scenes? Okay, keep looking at the scenes. How long can you go on looking? You see the best of places and after a few moments you see that your eyes are tired and you close them. What more craving can come up in you? Sex? How much sex can you have? Have it, finish it. Then you will see that there is nothing in it. A few moments later and the body will look like a styrofoam.

All these substances (meaning object of senses) have limitations, but your mind is not ready for limitations. It wants unlimited pleasure which the five senses cannot give you. It is impossible. You simply get burnt down over and over again.

Now, without blaming them, skilfully handling the objects of senses and bringing the mind to the self is dispassion, *vairagya*. Often people who have dispassion keep

blaming the world, blaming the objects of senses, are afraid of the objects of senses and keep running away from them. They think it is a big temptation. **How can something tempt you if you are not under its control?** This fear of temptation is the worst.

Once you know the nature of your being as total bliss, as total pleasure, even the fear about the *gunas*, fear about the world, fear about the senses vanish. This is *parama vairagya*, the supreme type of dispassion. Not being scared of or running away from the world, but being in the world completely centered.

The three *gunas*, *sattva*, *rajas* and *tamas*, come into our life in cycles. When *sattva* comes there is alertness, knowledge, interest and joy in everything. When *rajo guna* comes, desires, selfishness, restlessness and sadness come. When *tamo guna* comes, delusion, attachment, lack of knowledge and lethargy come. These three come in life turn by turn. But one who is centered will watch, witness and just move through them very naturally, innocently, without being averse to it.

What happens when aversion comes? Whatever you are averse to you stay with it and whatever you crave for, you continue to crave for it. You allow the craving to continue. Without craving or aversion, moving through the *guna* is pure skill and that is yoga.

Yoga karmasu kaushalam – skill in action is yoga. Yoga itself means skill. Skill to live life, skill to manage your mind, skill to deal with your emotions, skill to be with people, skill to be in love and not let love turn into hatred. Everyone loves in this world, but that love does not stay too long as love. It becomes hatred, almost immediately. But yoga is that skill, that preservative that maintains love as love through out.



Yogic Sunbath boosts Vitamin D

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Bhujangasana



Shavasana



Trikonasana

The human body is a complex machine that requires its daily quota of minerals and other essentials in order to function properly. With a constantly evolving and hectic lifestyle, it becomes a daunting task to keep a check on these daily essentials. Eventually, we end up missing out on most of them and harm our body. While the lack of a lot of these vitamins and minerals can be meted out through fortified food and supplements, Vitamin D stands out as an exception here.

The skin produces Vitamin D naturally when it is exposed to sunlight and hence is also referred to as the Sunshine Vitamin. The human body needs an uninterrupted exposure to sunlight for at least 10-15 minutes everyday to make sufficient amount of Vitamin D. This duration may vary depending on the region where you stay

and also on the pigmentation of your skin.

Get More Sunshine Vitamin

Time is of the essence in today's life. So, instead of taking just a 15 minute sunbath everyday, people must use their time wisely. Rolling out a yoga mat in the sunshine and reposing in your favorite postures can be one of the alternatives. Practicing yoga outdoors is very refreshing and also recommended by experts. Doing yoga outdoor keeps the body fit and also uses this time to replenish Vitamin D, a perfect win-win situation. Here are a few simple yoga asanas that can aid in boosting Vitamin D levels.

Vrikshasana (Tree pose)

The Tree pose strengthens the legs, opens the hips and relieves the body of sciatica. It also brings balance and equilibrium to the mind.



Veerabhadrasana (Warrior pose)

The Warrior pose strengthens and tones the arms, legs and lower back. This posture is highly recommended for people with desk-bound jobs.

Trikonasana (Triangle pose)

The Triangle pose strengthens the legs, knees, ankles, arms and chest. It also improves digestion and reduces back-ache, stress and anxiety.

Ardha Matsyendrasana (Sitting half-spinal twist)

The Sitting half-spinal twist makes the spine flexible and improves the supply of oxygen to the lungs.

Bhujangasana (Cobra pose)

The Cobra pose tones the abdomen and strengthens the entire back and shoulders. It

also reduces stress and fatigue.

Shavasana (Corpse pose)

The Corpse pose leaves the body in a deep and meditative state of rest, thus rejuvenating the body. End your yoga routine by lying down in this posture for a couple of minutes.

Sun-Block: Do You Need It?

In the past two decades, sun-blocks have come to be seen as an effective way to stop UV rays from harming the skin. While these sunscreen lotions or sun-blocks are effective to a great extent, applying them hampers the creation of Vitamin D. It would be ideal if you practice yoga outdoor early in the morning without applying any sunblock. The intensity of sunlight is comparatively less in the morning and so you'll be safe from the harmful UV rays.

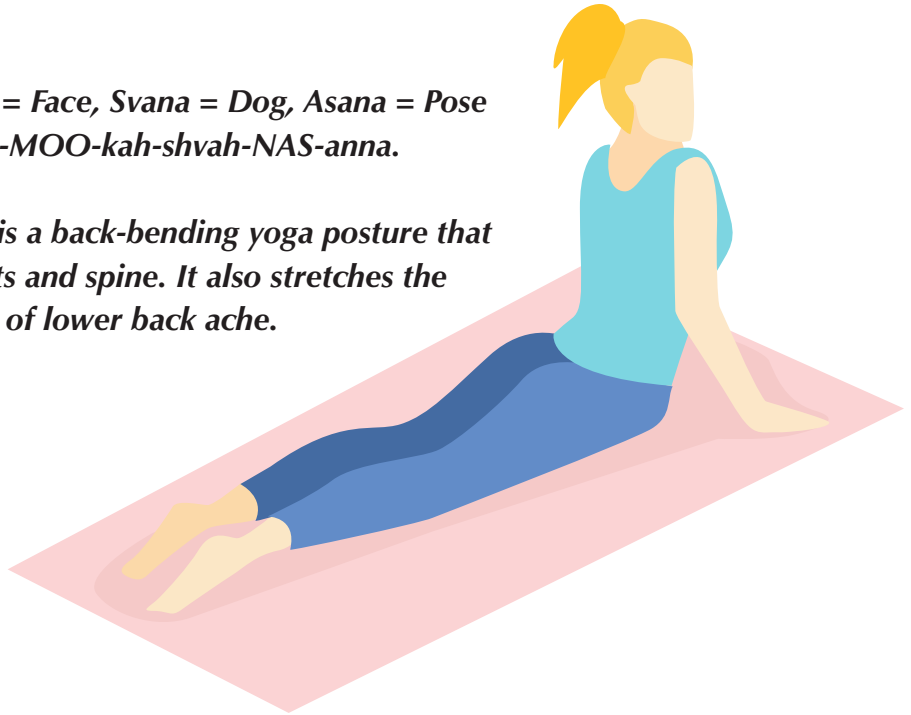


Upward Facing Dog Pose (*Urdhva Mukha Svanasana*)

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*Urdhva = Upward, Mukha = Face, Svana = Dog, Asana = Pose
Pronounced as OORD-vah-MOO-kah-shvah-NAS-anna.*

Urdhva Mukha Svanasana is a back-bending yoga posture that strengthens the arms, wrists and spine. It also stretches the back and relieves the body of lower back ache.



HOW TO DO THIS POSE

- Lie flat on your belly with the top of your feet facing downwards. Your arms should be stretched down the length of the body.
- Bend your elbows and spread your palms beside the lowest rib.
- As you inhale, press your palms firmly on the mat and slowly lift your torso, hips and knees off the mat. The entire weight of the body should be resting on the palms and top of the feet.
- You may look straight ahead or tilt your head slightly backwards.
- Ensure that your wrists are in line with your shoulders and the neck is not strained.
- Stay in this pose for a couple of breaths.
- As you exhale, slowly lower your knees, hips and torso back on the mat.

BENEFITS

- Stretches and strengthens the back, thus relieving the body of lower back ache.
- Most of the body weight is borne by the arms and wrists, thus strengthening them.
- This yoga pose helps improve the body posture and also stimulates the abdominal organs.

CONTRAINDICATIONS

Avoid doing this posture if you suffer from Carpel Tunnel Syndrome or a back injury that is aggravated due to extension. Pregnant women should also refrain from doing this asana. Follow up *♯* after this is Adho Mukha Svanasana (downward facing dog posture).



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Nadi Shodhana Pranayama

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Nadis are subtle energy channels in the human body that can get blocked due to various reasons. The Nadi Shodhan pranayama is a breathing technique that helps clear these blocked energy channels, thus calming the mind. This technique is also known as *Anulom-Vilom pranayama*.

Cause of Obstruction in the Nadis:

- Nadis can get blocked on account of stress
- Toxicity in the physical body also leads to blockage of nadis
- Nadis can get blocked due to physical and mental trauma
- Unhealthy lifestyle

What Happens When these Nadis are Blocked?

Ida, Pingala and Sushumna are three of the most important nadis in the human body.

When the *Ida nadi* (left nostril) is not functioning smoothly or is blocked, one experiences cold, depression, low mental energy and sluggish digestion, blocked left nostril. Whereas when the *Pingala nadi* (right nostril) is not smoothly functioning or is blocked, one will experience heat, quick temper and irritation, itching body, dry skin and throat, excessive appetite, excessive physical or sexual energy, and blocked right nostril.

How to Do: Alternate Nostril Breathing Technique

- Sit comfortably with your spine erect and shoulders relaxed.
- Place your left hand on the left knee,

palm open to the sky or in *Chin Mudra* (thumb and index finger gently touching at the tips).

- Place the tip of the index finger and middle finger of the right hand in between the eyebrows, the ring finger and little finger on the left nostril, and the thumb on the right nostril. Use the ring finger and little finger to open and close the left nostril and thumb for the right nostril.
- Press your thumb down on the right nostril, breathe out gently through the left nostril.
- Now, breathe in from the left nostril and then press the left nostril gently with the ring finger and little finger. Removing the right thumb from the right nostril, breathe out from the right.
- Breathe in from the right nostril and exhale from the left. This is one round of Nadi Shodhan pranayama.
- Complete 9 such rounds by alternately breathing. After every exhalation, remember to breathe in from the same nostril from which you exhaled.

Benefits of Nadi Shodhan Pranayama

- Excellent breathing technique to calm and center the mind.
- Works therapeutically for most circulatory and respiratory problems.
- Releases accumulated stress in the mind and body effectively and helps relax.
- Helps harmonize the left and right hemispheres of the brain, which correlate to the logical and emotional sides of our personality.
- Maintains body temperature.



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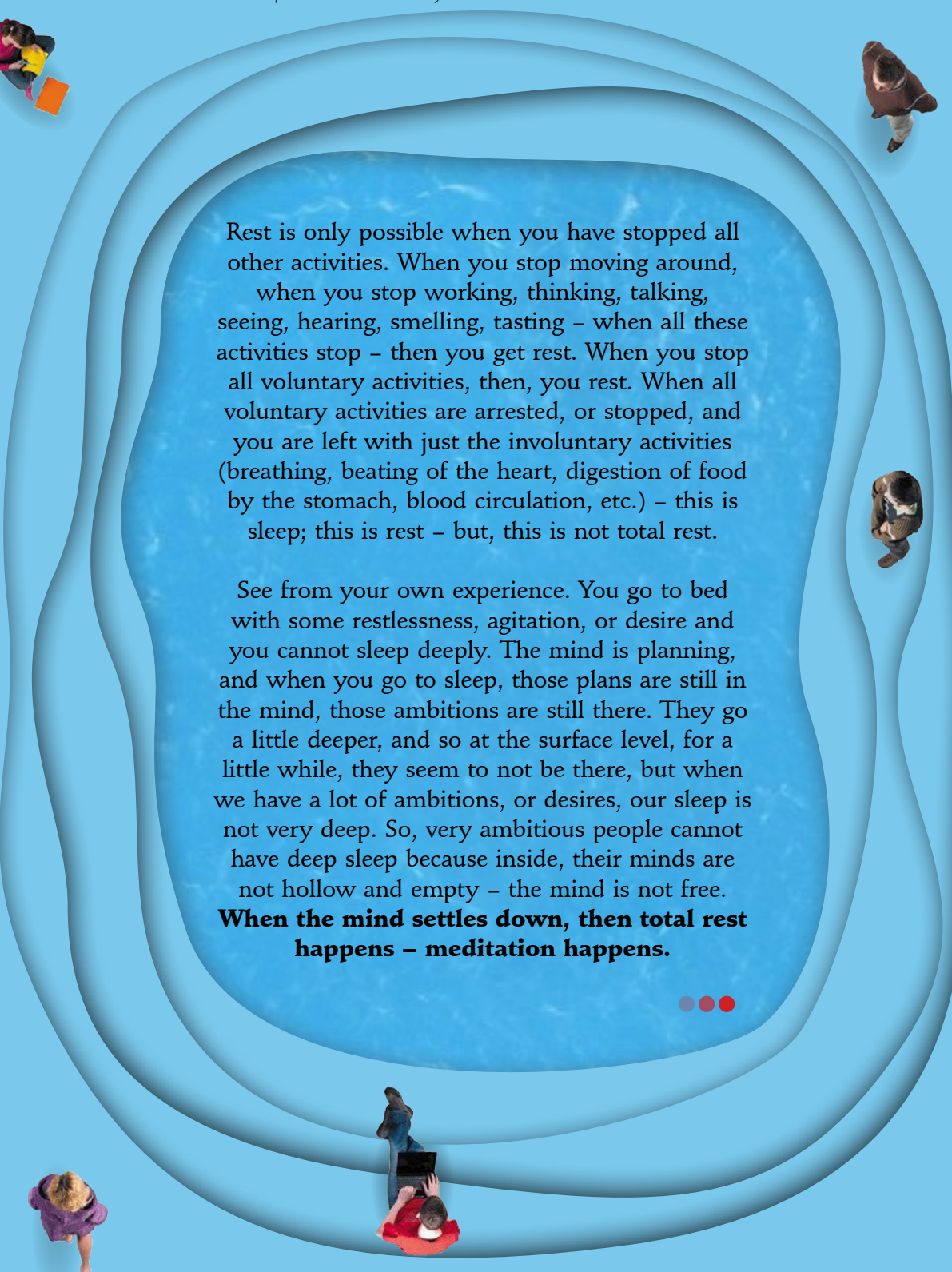
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When is rest possible?

Compiled from talks by Gurudev Sri Sri Ravi Shankar



Rest is only possible when you have stopped all other activities. When you stop moving around, when you stop working, thinking, talking, seeing, hearing, smelling, tasting – when all these activities stop – then you get rest. When you stop all voluntary activities, then, you rest. When all voluntary activities are arrested, or stopped, and you are left with just the involuntary activities (breathing, beating of the heart, digestion of food by the stomach, blood circulation, etc.) – this is sleep; this is rest – but, this is not total rest.

See from your own experience. You go to bed with some restlessness, agitation, or desire and you cannot sleep deeply. The mind is planning, and when you go to sleep, those plans are still in the mind, those ambitions are still there. They go a little deeper, and so at the surface level, for a little while, they seem to not be there, but when we have a lot of ambitions, or desires, our sleep is not very deep. So, very ambitious people cannot have deep sleep because inside, their minds are not hollow and empty – the mind is not free.

When the mind settles down, then total rest happens – meditation happens.



Nothing can intoxicate you like love

Excerpts from Gurudev's discourse on the Narada Bhakti Sutras

Being centred, being 100% in activity and rest. That is the way to be in divine love.



There is nothing that can intoxicate you like love. And all the intoxication that people use is to be in that love, is in the search for that love but they are searching for it in the wrong place. It is the frustration, the non-fulfilment that makes one go for intoxicants. What happens when you are intoxicated? The 'two' disappears; the 'other' vanishes. When the other vanishes, then you are at ease and

love is that which gives you that ease, that comfort.

Divine love intoxicates you. Just knowing divine love, you get intoxicated, spellbound and wonder-struck. When we are miserable, we ask many questions, "Why this, Why this?" When the questions turn into wonder, love arises. Love does not give rise to more



questions, it is the answer to all questions. Love is not a path. Love is home. Love brings you back home. Love is not an act or an action. It is a result.

Then the next question arises, "How can I have it? That's what I want. Then the Rishi says : Love cannot be an object of desire. When desires cease, then love can be felt, experienced. Don't make love an object of desire. What is desire? Desire simply means, 'not now, not this; something that is in the future.' (meaning what you have now is not enough and you want more.) Desire causes feverishness and love has a cooling impact.

Don't make love an object of desire or the goal of your desire. When desires calm down, you realise that love is right here - Now. That is why Buddha said that desires are the cause of sorrow and misery. Love is the goal of all desires, and when you cannot have it, experience or achieve that love, then hatred and anger arise. The desire for love brings all other imperfections, like frustration. Whether fulfilled or unfulfilled, desire brings frustration. This is the nature of desire. Love cannot be achieved by just desiring it because it is the cessation of desire. It is the source or goal of all desires.

Then what is that cessation? How does one stop that? - By taking a break from all activities, whether worldly or spiritual, whether religious or material. It is being centred in both activities. There is a feverishness to do something, to achieve something. You say, "I don't want anything material," but then that could switch over to wanting to achieve some spiritual merit, or bliss or some state of consciousness. See, you are still holding on to the desire and the action, but it has shifted from the material to the more ethereal, non-material. Our mind is so tricky.

You cannot leave activity just like that.

So what can you do? If you are 100% in an activity, then you become free from the activity. You are able to rest from that activity. This is what we don't do. Being 100% in an activity centres you. Desire is not being involved 100% in action. Suppose you want to drive and go to Los Angeles then you just drive and go; but if you just sit and keep thinking about it, it creates feverishness. This is desire. Desire is chewing on to something and not swallowing it, not acting on it. Those activities which you have to do, do them and rest. Those which you don't need to do, leave them and rest.

Let go and be centered. However important an activity is, are you able to let go of it in a moment? If you are able to then you will see that it does not bother your mind and it increases your efficiency. It is your attachment to an activity that makes that activity suffer, whether it is spiritual or material. Your obsession to act and your inability to retire and repose in the Self brings you frustration. Do anything 100% and you will be able to drop it effortlessly. This ability to let go comes to you. Often you let go of things when you are frustrated. When you can drop and quit in a moment, without getting frustrated, then yoga happens; you have retired back to the Self. When you hold onto things and activities, then that holding on creates frustration and that is what desire does.

Desire is trying to hold on to air in your fist. How much air can you hold in your fist? The more you tighten your grip, the lesser air you can hold. Love is like the vast sky and the sky cannot be held in your fist. You have to open your palms. When you open your palm the entire sky is there in it, and if you hold a mirror in your hand you can have the sun, the moon - everything. A small palm can hold the sun but not a fist. Being centred, being 100% in activity and rest. That is the way to be in divine love.





Prahlada heads the list of Bhaktas (devotees) and is an exemplary example in the path of devotion.

There once lived a king named Hiranyakashyapu who did severe *tapas* (penance) to Lord Brahmadeva.

Brahmadeva, impressed with the *tapas* of Hiranyakashyapu, appeared before him and said "O child! Ask Me your desire and I will grant it". Hiranyakashyapu believed that, this body is eternal and satisfying

physical senses itself is bliss. Hence, he asked Brahmadeva; “Swami! I must have no death.” Brahmadeva said, “Son, this is against the rules of Creation. Ask any other boon”.

Hiranyakashyapu then asked “Either on land, or water, or fire, or air, or sky or by animals or humans or *deva-daanavas* or *yaksha* or *kinnera* or *siddha* or *vidyaashara adi praanis* (any celestial beings) or by any weapons, during day or night, I must never get death. Also, I must always have victory in war, I must get more power than Indra, the King of *Devas*, and be the King of the three worlds.”

Brahmadeva replied, “No one has ever asked such boons previously. But since you have done *tapas* and impressed Me, I am granting you this boon. But be wise and rule.”

Hiranyakashyapu’s wife Leelavati during her pregnancy lived in a place where she would hear the great Sage Narada. Leelaavati always thought high and listened to the *puraanas* (ancient vedic text) recited by Narada. One day, whilst Narada was describing the greatness of the Divine, Leelaavati slept, but Prahlada, who was in her womb was listening intently to all the stories. Thus, even before Prahlada was born, he got spiritual knowledge from Narada. Prahlada was born on an auspicious day and the *Devas* (Gods) showered him with blessings.

The boon gave Hiranyakashyapu a lot of power, so he lived recklessly and ruled ruthlessly. But his son Prahlad would chant Lord Vishnu’s name all the time and during all his activities. Hiranyakashyapu was very angry with Prahlad’s devotion to Vishnu and wanted his son to worship no one, but himself. But Prahlad continued in his devotion to Vishnu and his father continued to harass him to change his ways.

Angered with Prahlad’s devotion, Hiranyakashyapu once had him thrown in boiling oil, but Prahlad came out unscathed! Yet, another time, Hiranyakashyapu had the boy thrown from a cliff, then into a fire. But each time, Prahlad was unscathed. This made the king even angrier.

One day, he asked Prahlad, “You say that your God will protect you. Can you show me where He is?” Prahlad said, “God is everywhere.” Prahlad was standing next to a pillar, so the king asked, “If your God is everywhere, is He in this pillar?” Prahlad replied, “Yes.”

Upon hearing this, the king got very angry and broke the pillar into half. The very next moment, Vishnu emerged from the pillar in the *avatar* (form) of Narasimha, half human and half lion! It was neither day nor night (twilight time) when this happened. He lifted the king and took him to the threshold of the palace such that, it was neither inside nor outside the palace. There, he placed the king on his lap and killed him with neither metal nor wood, but his claws!

The Bhakti (devotion) of Prahlada is eternal. Though he was child and his father tortured him so much, he never thought about anything other than Lord Vishnu. Hence Maha Vishnu protected him. Prahlada heads the list of *Bhaktas* (devotees) and is an exemplary example in the path of devotion.

Thus even though Hiranyakashyapu asked for a vow, that made it difficult to meet death, he forgot the fact that God is more powerful than his pride and ego, thus leading to his downfall.



Commitment or convenience

Excerpts from talks by Gurudev Sri Sri Ravi Shankar



Seva is not something that is done out of convenience. **“Oh this is convenient for me, I will do this.”** It is not Seva. Seva gets you out of the ‘I’. Out of the problem. Then what remains is joy. But, if you are doing Seva just for joy, then it is not Seva.

In knowledge you know you will never lose. Seva only brings everything back to you. So, there is a law in nature in which the giver will never lose. You scatter and you gain. Your palms open, the whole sky is in your palms. If you hold tight, then what is there in the palm? Very little.

You have to renew commitment again and again and again. So, you are committed and you take it for granted, afterwards the whole commitment goes into the background, withers away. Then, you recommit yourselves.

For any project to happen, for service to flow in the world, big hearts are needed and only big hearts can make this successful, can feel that everyone is mine and do some work for them. Just giving charity to people is of no use but giving knowledge, getting people to stand on their feet would be very, very useful to them.

Happiness has nothing to do with the

wealth or prosperity. You would see that in some of the third world countries, people may be very poor but the joy and the smile on their faces is something unique. Now, if these two opposites are not there, it will dry out the compassion and all the beautiful qualities in human beings. There is a problem somewhere, that problem somewhere brings up the compassion in you and service in you. **Just imagine a world where no one is suffering, everybody is same, then what about service? What about compassion? What about love, expression of love? This will not be there at all.**

I am not advocating suffering, it is a very delicate balance. The suffering of somebody is to bring about the compassion, love and service from, within you. In Ethiopia, there was famine. That brought a lot of people into their love and service. Else the celebrities who would not have thought about service, poured themselves into it. Millions of dollars of food grains and supplies were flown there. So, I see it as complementary and the existence, it is not justifying the suffering, please note that! I see that it is there, and it complements, it does something good somewhere else. It brings up, kindles a lamp of compassion elsewhere. It has its purpose in the Creation of God.



Dharma Sthambha Yojana

R

“A portion of your earnings given in service,
brings abundance” ~ H. H. Sri Sri Ravi Shankar

R

A

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28,679 Saplings Planted in Punjab

Seva Times

A study on global air pollution by US-based institutes claims that India's worsening air pollution caused some 1.1 million premature deaths in 2015 and our country now rivals China for being among the highest air pollution related health issues in the world. One of the most effective ways to combat air pollution is tree plantation.

Volunteers of The Art of Living in Punjab launched the "Trees for the Future" campaign to ensure a cleaner, greener, and healthier Punjab. Between June 30 2017, and September 12, 2017, 124 tree plantation campaigns were organized and 28,679 saplings were planted. Deviating from the current trend of planting ornamental trees, 80% of the trees planted were fruit-bearing trees which would not only provide us with a healthier environment but would also provide food to our feathered friends. Volunteers have also been given the responsibility to ensure the proper growth of these plants. Under the "Trees for the Future" project, children who completed a Balchetna Shivar planted trees in Kahhmatti village. Each child has been entrusted with the care of a tree and their name board has been placed in front of the tree they have adopted.

The project is a CSR initiative of Madhav Alloys Private Limited. Rajesh Jindal, director of this project, says "We take so much from the environment, it is also our responsibility to do something for the environment. Just as we are getting fresh air to breathe, we should also ensure that our future generations will have fresh air to breathe. Since lack of trees is causing environmental pollution, I thought we should take the responsibility for

improving our environment and launched the "Trees for the Future" project.

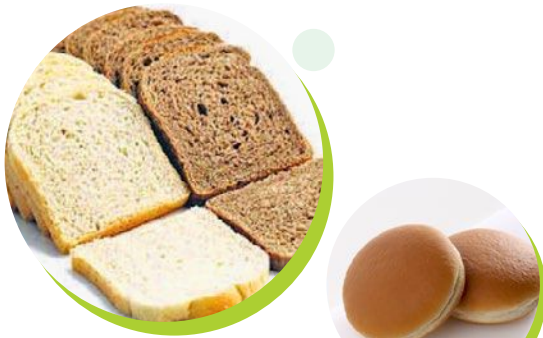
Success Story: Barren Roads Turn Green in Jalalabad

As temperatures soar and the Earth swelters in the long drawn summers, trees are the only hope for our planet. Inspired by Gurudev's vision of reviving a green earth, volunteers of The Art of Living, Jalalabad chapter, duly supported by the municipal corporation, took an initiative two years back to adopt Civil Hospital Road and Ramlila Chowk Road to turn them into green roads. The saplings have now grown into 7-8 feet tall trees enhancing the beauty of these roads. "The Government spends a lot of money but results are not visible. It is only when public and social organizations start supporting these projects that results become much more visible," says Ms. Mamta Valecha, President of the municipal council.

Mr. Rishu Doomra, a resident of Civil Hospital Road says, "Plantation is very easy but the real task lies in taking care of these plants. When these youngsters started I had a notion that these people would just click photographs and leave, but with the tireless efforts of these volunteers, the trees are providing shade and oxygen for this 600 meter long stretch." These trees not only provide oxygen but also enhance the beauty of the city roads. As these trees grow bigger, the temperatures on these two roads will remain 2-3 degrees lesser than other parts of the city. Moreover, inspired by the efforts of the organization, many individuals and social organizations have also adopted other parts of the city for plantation."



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The Ayurvedic Detox Diet

- Kaushani Desai

The time between winter and spring is the ideal time to do detox program, to allow your body to release the toxins that may have built up over the winter.



Avoid Ama-producing foods

Ama is the product of incomplete digestion – it represents sticky toxic matter that can clog the channels of your body that carry nutrients to the cells and waste out of the body. Since cleansing is done to clear *ā* (toxins) out of the body, you'll want to stay away from foods that build more *ā* in the body. From the ayurvedic perspective, leftovers, and “dead” foods such as processed, packaged, canned and frozen foods all create *ā* because they are very hard for your body to digest.

Non-organic foods; genetically modified foods; foods grown with chemicals, pesticides and chemical fertilizers; and foods with chemical additives also introduce toxins

into your body and are better avoided.

Avoid heavy dairy products such as cheese or yogurt, deep-fried or oily, heavy desserts, foods that contain refined sugar, bakery products, and fermented foods as these are harder to digest and create *ā*.

Eat Ama-reducing foods

Vegetarian foods that are light, warm, cooked and easily digestible. Roti, freshly-made light soups and dals, organic cooked vegetables and millets. Moong dal pacifies all three doshas and is nutritious, yet easy to digest.

Certain fruits, vegetables and spices are especially helpful during cleansing.

- Fruits: In general, most sweet juicy fruits are excellent cleansers.
- Vegetables: Eat lots of cooked leafy greens, cabbage is also helpful.
- Grains: Light yet nutritious whole grains such as barley and millets such as amaranth and small helpings of unpolished rice are recommended. Kanji, made by boiling Red rice with lots of water, is an excellent hot beverage and helpful for flushing toxins out of the body through the urine.
- Spices: Ginger, turmeric, coriander, fennel and fenugreek help open up the channels of the body and support the flushing of toxins via the skin, urinary tract, colon and liver. Add spices to soups and dals as they cook, or sauté the spices in a little ghee and add to dishes when the cooking process is completed.
- Buttermilk, made by combining less amount of fresh yogurt (1 tbsp) with more water (1 glass) and digestion-boosting spices

(black salt, cumin seeds, black pepper and rock salt) is an excellent lunch time beverage.

Choose foods according to your body type or imbalances

Ayurvedic Doctor recommend your constitution and your imbalances. This is particularly during cleansing to help regulate your digestive fire (agni).

Drink plenty of hot water through the day

Warm water helps flush toxins out of the body through the urine. To derive healing benefits from the water you drink, add detoxifying spices to the water.

After the 45 days of cleansing are over, take a few days to gradually introduce heavier foods and ease back into your regular diet. This is also the perfect time to start taking Rasayanas. Now that the channels of your body are clear, your body will make maximum use of the overall healing benefits of these tonics.



MOONG SOUP

Ingredients	Amount
Green gram	2 tbsp
Curry leaves	5-7 leaves
Cumin seeds	1/4 tsp
Hing	2 pinch
Ghee	1 tsp
Rock Salt	1/2 tsp or as per taste
lemon juice	1 tsp
Coriander leaves	1 tspy

Procedure:

- Soak moong for 6 hours.
- Cook it and grind it with water into a fine puree strain it .
- In a pan add ghee and heat it up. Add cumin seeds, hing and curry leaves.
- Add 2 cups water and boil it for 1 minute add moong puree.
- Add salt, chopped coriander leaves and let it cook for 1 minute. Turn off the gas.
- Mix lemon juice and stir well. Soup is ready to be served.



GREEN STIR FRY

Ingredients

Amaranth leaves
Spinach
Cauliflower leaves
Ginger, grated
Garlic, finely chopped
Spring Onion
Salt
Black pepper

Y Y Y Y

- Procedure:**
- Finely chop all vegetables.
 - In a pan add ghee and ginger, garlic.
 - All green leaves, salt and black pepper.
 - Cook for 3 to 4 minutes and serve.



BARLEY BLISS

Ingredients

Ingredients	Amount
Barley	1 cup
Cabbage grated	1/4 cup
Spinach, finely chopped	1/2 cup
French beans	1/4 cup
Cumin seeds	1/4 tsp
Turmeric	2 pinch
Cinnamon crushed	2 pinch
Hing	1 pinch
Cloves	3 pieces
Ginger	1/2 tsp
Rock salt	As per taste
Water	3 cups
Ghee	1 tsp Y Y

Y Y Y Y

Procedure:

- Soak Barley in water for 8 hours.
- Chop french beans finely and steam it for 15 minutes.
- In a pan add ghee, cumin seeds, hing, turmeric, grated ginger, cinnamon and crushed cloves.
- Add cabbage and cook it for 3 minutes
- Add water, barley and salt, cook it till barley get cooked properly.
- If needed add more water, and spinach.
- Once the barley gets cooked turn off the gas.
- Add steamed vegetables and serve it.



Toxicity: The Road to Disease

- Dr. Suresh Shottam



It would be unthinkable for anyone to go for decades without cleaning their houses or drive thousands of kilometers without an oil or filter-change in their cars. Yet, most of us go through our entire lives without cleaning out the 190,000 Km of piping inside our bodies even once!

Most experts agree that toxicity should be a primary health concern in the modern world filled with chemicals, pesticides, heavy metals, air and water pollutants. Adding to this, is the fact that we overuse pharmaceutical drugs; eat lots of sugar and other refined foods.

Diseases of Toxicity

Cancer and cardiovascular disease are two of the front runners, followed by arthritis, obesity, allergies and skin problems. Headaches, fatigue, pains, coughs, gastro-intestinal problems and a weakened immune system can all be related to toxicity in one way or another.

What is Toxicity?

Toxicity can occur on two basic levels: internal and external. Internal toxins are acquired through normal everyday metabolic functions of the body. External toxins are acquired from the environment through breathing, ingestion or physical contact.

Internal Toxins

The body's various activities, such as digestion, repair and movement, produce toxins as by-products that need to be eliminated. Some of these toxins are known as "free-radicals." When free-radicals are not eliminated or neutralized, they can cause irritation or inflammation of the cells thereby interfering with the body's normal functions. The buildup of internal toxins can also give rise to opportunistic parasites and yeasts. This leads to a weakened immune system, resulting in a dramatic loss of energy and focus. Negative emotions and stress can also generate bio-chemical toxicity.

External Toxins

Most of the toxins that exist in our food and water originate in the air: industrial heavy metals, pesticides, insecticides, etc. Add to this automobile exhaust fumes and you have overwhelming waves of pollution! Chemicals in our diets pose major health risks; eg: Cadmium can cause kidney disease. Lead, a well-known poison, is found in prepared foods, fast foods, certain fats and oils. Drinking water is a major source of toxins, like Mercury.

Toxins Can Make You Fat

When chemicals and toxins are allowed to build up in the body, they are stored in fat



cells. The more toxins that need to be stored, the more fat the body manufactures! Any attempt at weight loss without first getting rid of the toxins will lead to failure, leaving you puzzled and frustrated.

Detoxify

One can easily avoid these pitfalls through regular detoxification or cleansing. There are many ways to detoxify. Some of them are complex, requiring the help of a naturopath skilled in 'detox' procedure. However, you can perform a simple 'detox' in the comfort of your own home. Follow these simple guidelines and you will reap the benefits.

The 7-Day Cleansing Program

For the first 3 days go on a vegetable juice regimen. (You will consume as much vegetable juice as you need, as often as you need and not feel hungry).

If you feel like eating some solid food, eat only fresh, raw vegetables while drinking plenty of the vegetable juice.

The vegetables you should use for juicing are: Green leafy vegetables such as spinach, tops of carrots and beets, broccoli, cabbage, wheat grass, green beans, etc.

As far as possible, leave the skin intact.

Do not consume any fruits during this period!

(Note: Wash all vegetables in a diluted solution of potassium permanganate or hydrogen peroxide by soaking for 15 minutes and washing off. Use only distilled water for juicing and drinking during this period. Drink plenty of water through the day. Do not add salt to your juices.)

After the 3-day juice regimen, follow these guidelines for the next 4 days:

- Do not eat any processed foods
- Eat only whole, fresh foods
- Eat only fruits, vegetables (cooked or raw), raw nuts (almonds and walnuts) and raw seeds (sunflower, pumpkin, etc.)
- Avoid all grains (substitute with sprouted pulses such as moong dal)
- Do at least 30 minutes of vigorous exercise per day to sweat out some of the toxins (the skin is also an important organ of elimination)
- Drink lots of water throughout the day.

Following this simple procedure twice a year will ensure a clean bio-system, free from the maladies of modern living. A life of health and boundless energy awaits you!



Does door's position affect the inmate's life?

- Dr. Nishanth Thoppil



In total, there are 64 energies pervading all over the world. In vedic vaastu shastra, there is a concept of the 81-division 'VAASTU PURUSHAMANDALA'. If we divide the plot into 9 multiple of 9 parts, we get 81 parts. If we take the outer circle of 'VAASTU PURUSHAMANDALA', we get 32 equal parts. These 32 parts represent 32 devas (GODS) which may have positive or negative effects on the inmate's life.

Vaastu Tips while Constructing Doors and Windows

1. As per Vaastu, the windows and doors of your house must, at all times be in even numbers such as 2, 4, 6, 8 etc. whilst avoiding 10. In addition, also ensure that it stays in multiples of 8.

2. According to Vaastu, your main door should be free of any obstructions, such

as plants, big trees, staircases, poles etc. In addition, your door should not have a temple directly in front of your main door. Similarly, any picture or depiction of God should not be behind the outer side of your door.

3. Doors should be adorned with auspicious decorative items, such as Ganesha, Om, Laxmi, and Swastika pictures.

4. Doors and windows should be placed opposite to each other, so that both the positive and negative cycles are complete. This is done to enable the proper flow of air, thus facilitating cross ventilation between rooms. Moreover, it also allows for the adequate transmission of light from room to room.

5. While zeroing in on the ideal material for your main door, you should always opt for

Teak, as it is undoubtedly, the best material used in the construction of doors and windows.

6. If your house comprises of two main gateways, opt for a combination of doors in the direction of East with North and West, West with North and East. However, the direction of South and West/East should be avoided, since it is considered inauspicious.

7. Similarly, while choosing windows, the windows on the North wall should be more inclined towards the Northeast while also being long and wide. This enables air and essential morning light to filter through without obstruction and circulate within the house.

8. Additionally, any windows placed on the East sidewall should be inclined more towards the Northeast while maintaining a long length and width, for the same reason as listed out above.

9. The main entrance door of two houses or apartments facing each other should not open outwards towards each other as this is considered to be extremely ominous.

10. Windows pointing towards the Southwest direction should be avoided at any cost as the harmful, hot & penetrative ultraviolet rays of the sunlight are projected maximum in this direction. Hence, having fewer openings in this direction are advisable.

11. One important factor to be considered for each and every house is the circulation of the air at all times. Air should be allowed to freely enter and exit your premises whilst ensuring that the flow is at regular intervals. If at all, there is a presence of stagnant water in your premises, having an insufficient flow of air within your house can promote the growth and development of harmful virus and bacteria. The resultant stagnant air arising out of this may not be suitable for

the house inmates. Proper ventilation, thus ensures happy and healthy living.

12. All the windows in your house should ideally be of uniform and consistent shape while also being proportionate in height and size as well. Moreover, doors and windows should be rectangular in shape. Avoid having fancy shaped and irregular sized doors, as they are considered inauspicious.

13. Avoid placement of doors in the centre of a wall. It should ideally be far away from the centre, whilst taking care not to place it in the extreme corner.

14. Automatic doors should be avoided at all costs. They are said to affect the health of children.

15. Doors and windows should be devoid of any damage or cracks. If any damage or cracks are found, they should ideally be replaced urgently, as it is considered to be extremely inauspicious.

16. If your door or windows make noise or creak while opening or closing, they should be repaired or replaced as soon as possible. If not, it could result in unnecessary quarrels in your house.

17. As per Vaastu, a doorway facing the eastern direction is regarded as extremely favorable. However, any entry in the southern direction is considered highly unsuitable. Similarly, avoid constructing windows or doors facing the southwest corners of your house, or for that matter, facing any property.

Nature has an inbuilt system of her own growth. These systems are the core knowledge of Vaastu Shastra. If we follow this, we can develop our career naturally, without any struggle. The flow of energy always brings abundance. Let us be with the flow.



Eastern Medicine

- Acharya Ratnananda



Acharya Ratnananda (Pitaji) was a renowned Vedic Scholar from Bangalore, India. His educational background - a mix of academic studies at a Christian Institution, and ancient scripture study at home - gave him a clear and enlightening sense of both Eastern and Western thought. Pitaji was the father of Gurudev Sri Sri Ravi Shankar.





“Disease” means “lack of comfort”, and medicines are given to get back the comfort. The ways of getting back this basic right are varied and dissimilar in the Eastern and Western medicine. Eastern medicine is more ancient than its Western counterpart. India and China are the pioneers of many traditional, preventive and curative medicines/methods, which are time-tested, logical and scientific. A few other systems like Egyptian medicine and Greek medicine were mostly empirical and could not stand the test of time and science. Hence, they gradually faded away.

Eastern medicine is comparatively much older than the other systems. According to Prof. Dr. Arysio Names dos Santos, Federal University of Minas, Brazil, large groups of people from the southern portion of India migrated to South America, more than eleven thousand years ago, carrying with them coconut, banana and medicine.

Apart from other evidence, the Peruvian language of “Gurami”, which is very close to one of the south Indian languages, gives proof of this fact. From old Indian classics and ruins of Mohen-jodaro and Harappa, it is found that surgical operations, such as transplantation of complete heads, heart and other limbs of the body were carried out by doctors, thousands of years ago.

Eastern medicine aims at treating both, the disease and patient, while Western medicine chooses to treat only the disease, mostly to cure patients of illnesses. Eastern medicine may be taken both by patients and healthy

people. Also, Eastern medicine is less expensive and does not produce toxic side effects.

In India, Eastern medicine has a unique diagnostic procedure, unknown to other systems. It is called “Medical Astrology”, which helps to identify the source, course and possible remedies of several ailments. Many traditional Indian doctors practice it.

Medical Astrology co-relates several houses of the zodiac to the different limbs of the body and specific ailments that may affect them, according to the nature and transit of planets. To some, this may appear to be a fantasy, but anyone with an unbiased mind will not fail to appreciate the logic and rationale behind this science.

Indian Ayurveda and Siddha systems of medicine have methods of purification and renewal of the living cells in the metabolism, called “Pancha Karma” or the “Five-Fold Renewal”, leading to a biological “reversal of ageing”, which is unknown to other systems of medicine.

The essence of existence lies, not in the attractions that it may offer, through expectations, but more in the enlightenment that it may provide, through experiences. Discipline promotes habits and habits promote convention.

Information is useless if it does not promote knowledge and knowledge is useless if it does not promote action.



The Sri Sundararaja Perumal temple in Tamil Nadu

- Srikanth

A temple of Lord Vishnu in Thiru Anbil, Tamilnadu is visited by many devotees throughout the country. Read on...



The Sri Sundararaja Perumal temple is a very ancient temple and one of the hallowed 108 Divyadesams of Lord Vishnu. This temple is located in the town of Thiru Anbil and is about 20 kms from the city of Thiruchirapalli in the Indian state of Tamil Nadu. The glory of this temple has been described in the 'Divya Prabandha', the medieval literary work of the Vaishnavite Azhwar saints between the 6th-9th centuries A.D. The specialty of this temple is that Lord Vishnu here appears in His Shayana (reclining posture) on Ananta Sesa (divine serpent). Lord Vishnu is popularly glorified by names such as '*Vadivazhagiya Nambi*' meaning the "One with a beautiful shaped body" and '*Sundara Raja*' meaning the "One who is the King of all beauty", in this temple!

Lord Vishnu is worshipped as Lord Sundararajan and His consort Goddess Lakshmi is worshipped as Goddess Sundaravalli in this temple. The word 'Anbu' means 'Love' in Tamil language. The town of *Thiru Anbil* (also known as Prema Puri) is the holy abode of Lord Sundararajan, who is

the very personification of divine love! There are inscriptions in this temple which state that Lord Sri Sundararaja Perumal gave His divine darshan to Lord Brahma and Maharshi Valmiki at Thiru Anbil!

As per the temple legend, once Lord Brahma, the creator of the World was filled with pride, as He created all human beings on Earth. Lord Brahma thought that He was the most handsome being in the entire Universe. Lord Vishnu came to know of the attitude of Lord Brahma and decided to teach Him a lesson. Lord Vishnu cursed Lord Brahma to be born on Earth. On Earth, Lord Brahma in the form of a mere mortal, started to pray to Lord Vishnu for relief from the curse. Lord Vishnu appeared as a handsome young man in front of Lord Brahma. Lord Brahma was awed to see the splendour and glory of that young man. Lord Brahma enquired the young man of His true nature. Then, Lord Vishnu revealed his true form to Lord Brahma, as Lord Sri Sundararaja Perumal! Also, Lord Vishnu instructed Lord Brahma that physical appearance is only temporary

and a really beautiful person should be good at heart!

The Sri Sundararaja Perumal Temple was built by the Medieval Cholas in the late 8th century AD. The Kings of the Vijayanagara Empire and the Nayaks of Madurai had also made significant contributions towards this temple. As per the temple records, it is said that King Sundara Chola of the Chola dynasty was a staunch devotee of Lord Sri Sundararaja Perumal. The King used to pray to Lord Sri Sundararaja Perumal in this temple every time before he went to any battle and always emerged victorious, by the grace of the Almighty Lord!

The Sri Sundararaja Perumal temple is a vast temple complex and is located on the banks of river Kollidam. This temple has a three-tiered Rajagopuram (main temple tower) which faces the Eastern direction. The sanctum of this temple also faces the East and has the sacred image of Lord Sri Sundararaja Perumal in a reclining posture on the divine serpent Ananta Sesha. The devotees get transported into another world when they witness the glorious image of Lord Sri Sundararaja Perumal. Such is the celestial beauty of the Lord that mere words fail to describe His glory. The devotees experience immense joy by having the darshan of Lord Sri Sundararaja Perumal in this temple! The images of the Lord's consorts, Goddess Sridevi and Goddess Bhoodevi are present in the sanctum. The 'Utsava Vighraha' (festival Deity) is lovingly called as Lord Vadivazhagiya Nambi, and is flanked by Goddess Sridevi and Goddess Bhoodevi, in a sitting posture. The precincts around the Sanctum of this temple have the shrines of Lord Vishwaksena, Lord Lakshmi Narayana, Lord Yoga Narasimha, Lord Venugopala, Lord Hanuman and also, the twelve *Azhwars* (Vaishnavite saints).

The *Thirtham* (sacred pond) of this temple is called Mandooka pushkarni. As per the Temple Mythology, once, the illustrious Sage Manduka was performing a severe penance in this region under water. The Sage had special powers to reside both in land and in water. Sage Manduka was absorbed in meditation and did not observe Sage Durvasa who came there to visit him. Sage Durvasa waited for a long time to meet Sage Manduka. After some time, sage Durvasa got irritated and cursed Sage Manduka to become a *mendakam* (frog). Sage Manduka realised his mistake and begged Sage Durvasa to pardon him and relieve him from the curse. Sage Durvasa explained to Sage Manduka that the curse was on account of the sin that he committed in his previous birth. Sage Durvasa further said that Lord Vishnu would appear before him and relieve him from the curse. Sage Manduka continued his penance under water, praising Lord Vishnu. Then, Lord Vishnu appeared before sage Manduka in the form of Lord Sri Sundararaja Perumal and blessed him. Sage Manduka was relieved of the curse and regained his human form. Sage Manduka sang the glories of Lord Sri Sundararaja Perumal and thanked the Lord immensely for saving him. Henceforth, this temple came to be called as 'Manduka Puri' and the temple pond came to be called as 'Manduka Thirtham'.

The Sri Sundararaja Perumal temple grandly celebrates 'Vaikunta Ekadasi' during the Tamil month of *Margazhi* (December-January) and the 'Theerthavari' festival during the Tamil month of *Maasi* (February-March). All devotees of Lord Vishnu should visit this temple in the town of Thiru Anbil in Tamil Nadu and have the darshan of Lord Sri Sundararaja Perumal, the abode of all divine beauty and auspiciousness!



Krishna left this planet on 13th February, 3031 BCE

- D.K.Hari & D.K.Hema Hari

Krishna after having lived a purposeful life on this planet, decided to depart.

According to legends, having accomplished the purpose of His birth, Krishna was reclining under a Pipal tree when He was mistakenly shot at, by a hunter, Jara, in His heel.

This incident took place near Prabhas Patan, Somnath. Krishna had retired to Prabhas Patan after advising His people to leave Dwaraka.

Jara – Hunter or Old Age?

In the legends, a hunter by name Jara, who was looking for a catch nearby, mistaking the heel of Krishna, to be the mouth of a deer, shot his poisoned arrow at Krishna's sole, thus setting the stage for Krishna to leave His mortal coils.

The word "Jara" in the Samskrt language also means old age.

So, was the poet instead implying that old age, Jara, had hit Krishna and He therefore



decided to leave His mortal coils?

We see the word "Jara" being used in the context of 'old', in the native tribes of Andaman islands in India, considered to be amongst the oldest tribes of the world. They are called Jarawa, implying 'the very old tribe'.

The Date Krishna Departed

The respected Samskrt scholar, late Dr. K. Srinivasa Raghavan, has culled out the star position at the time when Krishna departed from this earth.

The moon was transitioning between the stars Uttara Bhadrpadra and Revati.

Incorporating this input, Dr.Narahari Achar has identified this significant event to have taken place on 13th February, 3031 BCE.

Age of Krishna

This date for Krishna's departure fits well in the correlation with the Mahabharata text and dates for other events during that time. We have seen that the date of birth of Krishna is 27th July, 3112 BCE.

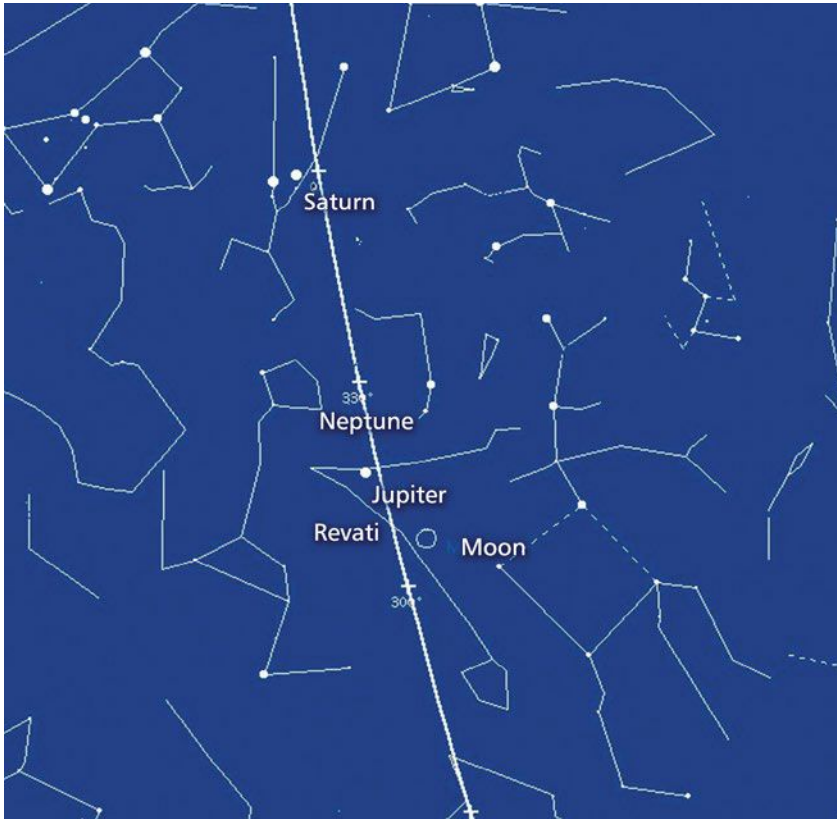
The difference between these two dates is about 81 years.

So, using Archaeo-Astronomy we see that Krishna had spent 81 years on this earth.

36 years later

Krishna's age at the time of the war was 45 years as we have seen earlier.

From the date of His departure, we note that Krishna was 81 years of age then.



Sky chart of 13th February, 3031 BCE

Thus, Krishna had lived for 36 years after the war as mentioned in the text.

But we have heard people say that Krishna lived for 125 years. How do we reconcile this date with this 125?

Krishna's Life Span - 81 or 125 Years?

From where stems the belief that Krishna lived for 125 years?

The relevant quote –

*yadu-vamśe vatīrnasya bhavatah purusottama
śarac-chvyatamiyāya pañchavimsādhiprabhokam*

*"A century and 25 years more have elapsed Oh Lord,
since you appeared in the race of Yadu."*

- Bhagavata Purana, 11th Skanda, 11-6-25, Gorakhpur Press

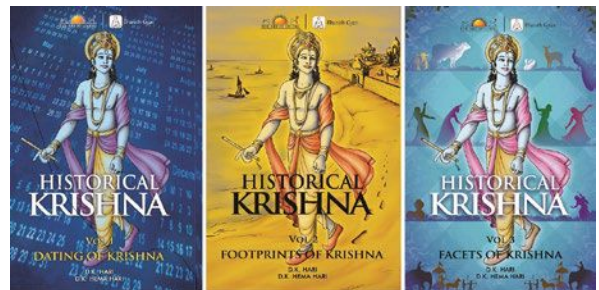
When we analyze this statement carefully, we find that it does not state that Krishna lived for 125 years. It only states that Krishna had taken birth in the race of the Yadus, 125 years before this verse was composed.

We have seen the date of birth of Krishna to be 27th July, 3112 BCE. 125 years from thence would be 2987 BCE.

This could well have been the year of the compilation of that portion of the text, Bhagavata Purana and the authors would have mentioned it thus, which is indeed right from their time of writing.

Purana Updation

While Veda Vyasa compiled the Purana during his lifetime, these Purana were regularly kept up to date by subsequent generations who continued to incorporate



events of their lifetime and passed them down as the various Purana and Upa Purana, to help us learn about the events, life and thoughts of those times.

More on the historicity of Krishna in our trilogy, Historical Krishna.



Gurudev enthuses youth in Davangere



On January 13, 2018, Gurudev Sri Sri Ravi Shankar today addressed thousands of youths and their parents from over 20 colleges at Bapuji Institute of Engineering & Technology (BIET) in Davangere. The event also saw the participation of chairmen, principals and faculty of leading engineering and medical colleges in the region. Dr S. Shivashankarappa, ex MLA, ex MP, ex Cong Minister; Guru Siddana Gouda, Ex-MLA, Jagalur; B.S. Umapati, owner of B.S.Chenna Basavappa & Son and R.L. Ramanand, President, BEA Association, were among the dignitaries present on the occasion.

Addressing the gathering, Gurudev Sri Sri Ravi Shankar said, "Four things are important in life - Yukti (Logic), Bhakti (Devotion), Shakti (Strength) and Mukti (Freedom). You need all four to be successful in life." He also urged everyone to collectively work for the upliftment of the nation.

Organized by The Art of Living's Davangere chapter, this interactive event was a part of Gurudev's relentless efforts to encourage and

enthuse the youth of the country to realize their full potential.

Before arriving at Davangere, Gurudev interacted with over 2500 villagers and farmers at Gadag and addressed 2000 farmers at Kampli.

The Art of Living has been running diverse social projects in Karnataka, including river rejuvenation, waste management, skills training, de-addiction, free education, and women empowerment. Thousands of rural youth have been given leadership and vocational trainings to empower them to become positive change agents in their communities.

As part of its river rejuvenation project in Karnataka, Art of Living has built 7000 recharge structures along Kumudvathi, Vedavathi and Palar river basins to enrich groundwater levels and sustain the flow of rivers in Karnataka. Lakhs of people across 1500 villages will benefit from this project.



Sri Sri's Sister Bhanumathi Narsimhan shares untold stories of Gurudev in her new book “Gurudev On the plateau of the peak”



Bhanumathi Narsimhan has been the closest witness to her brother Sri Sri Ravi Shankar's extraordinary life. Her latest offering is already an Amazon best seller, "Gurudev-On the Plateau of the Peak" was released on 11th January, 2018, in which she weaves together fascinating and hitherto

untold stories replete with humor and precious insights of their growing up years and all that followed. A book that promises to be a treat for those who are curious about the relatively unknown years of Gurudev.

A beautifully written biography of the most celebrated spiritual leader of our times, this book seamlessly weaves heartwarming stories from Gurudev Sri Sri Ravi Shankar's childhood and growing-up years with his philosophy on God, love and existence along with his sustained peacekeeping endeavors and efforts towards women empowerment and inter-faith harmony,' says. Debasri Rakshit, managing editor for mind-body-spirit books at Westland Publishers Private Limited.

About her association with Sri Sri, Bhanu Didi as she is lovingly called says; she has always followed him, first unknowingly as a child and later with knowledge, though his words and his steps have always guided her.

Born on January 11, 1958, in Papanasam, Tamil Nadu, in the same house where Gurudev was born two years earlier, she

points out that the Sanskrit name for sister is 'Sahodhari' or one who shares the womb. "Just the thought that I shared the same womb as him fills me with gratitude and my life continues to be a journey of gratitude and joy from moment to moment!" she says.

The book throws light on some of the most interesting questions related to Gurudev's life that a large number of people have wanted to know, where did his journey begin? What made him step into apparently unresolvable conflicts of political and communal nature? How did he straighten out trust deadlocks among people and communities and nurture belongingness even among outcasts, militants, rebels and prisoners? What was the origin of the popular breathing technique-Sudarshan Kriya and why has it worked for the teeming millions? What makes Gurudev go about serving the millions, unmindful of cynics, naysayers, and critics?

Gurudev Sri Sri Ravi Shankar is a renowned global spiritual and humanitarian leader who has spearheaded an unprecedented movement that empowers, equips and transforms individuals to tackle challenges at a global, national, community and individual level with the objective of creating a stress free and violence-free society.

In the book, Bhanu Didi shares an interesting incident. Once Gurudev was doing some spiritual practices and she peeped through the keyhole to see what he was doing. She was taken aback by what she saw. To know what happened next, grab a copy of this Amazon bestseller.



@SriSri Sri Sri on Twitter



Sri Sri Ravi Shankar @SriSri · Jan 30
People from across South East Asia gathered in Hong Kong to experience knowledge and deep meditation as part of the Vigyan Bhairav discourse.



Sri Sri Ravi Shankar @SriSri · Jan 24
The mind has a tendency to doubt the positive things in life. Doubt the negative and put your trust in the positive.

258 2.9K 5.8K

Sri Sri Ravi Shankar @SriSri · Jan 22
Do not let adverse situations leave impressions in your mind and take your happiness away. Shrug them off and stand tall.

261 2.8K 5.8K

Sri Sri Ravi Shankar @SriSri · Jan 21
Led the @ArtofLiving Happiness Program in New Delhi, as part of the 'Happiness Mahotsav'. Over 8,000 people experienced the Sudarshan Kriya in person, while another 12,000 from 6 states in India participated via webcast.



Sri Sri Ravi Shankar @SriSri · Jan 21
The @ArtofLiving will work with @AICTE_INDIA and @NSDCINDIA to train 30,000 youth in various skills and incubate social enterprises.

SriSri Rural Program

73 1.4K 2.6K



201 1.8K 3.7K

Sri Sri Ravi Shankar @SriSri · Jan 27
Gave talks, over the last two days, on the ancient Vigyan Bhairav texts at the University of Madras in Chennai, Tamil Nadu.



Sri Sri Ravi Shankar @SriSri · Jan 18
Conducted a meditation and addressed all the scientists and employees of the @isro Satellite Center (ISAC) in Bengaluru, Karnataka. The Director, Dr. M. Annadurai, took me around and showed me their great achievements.



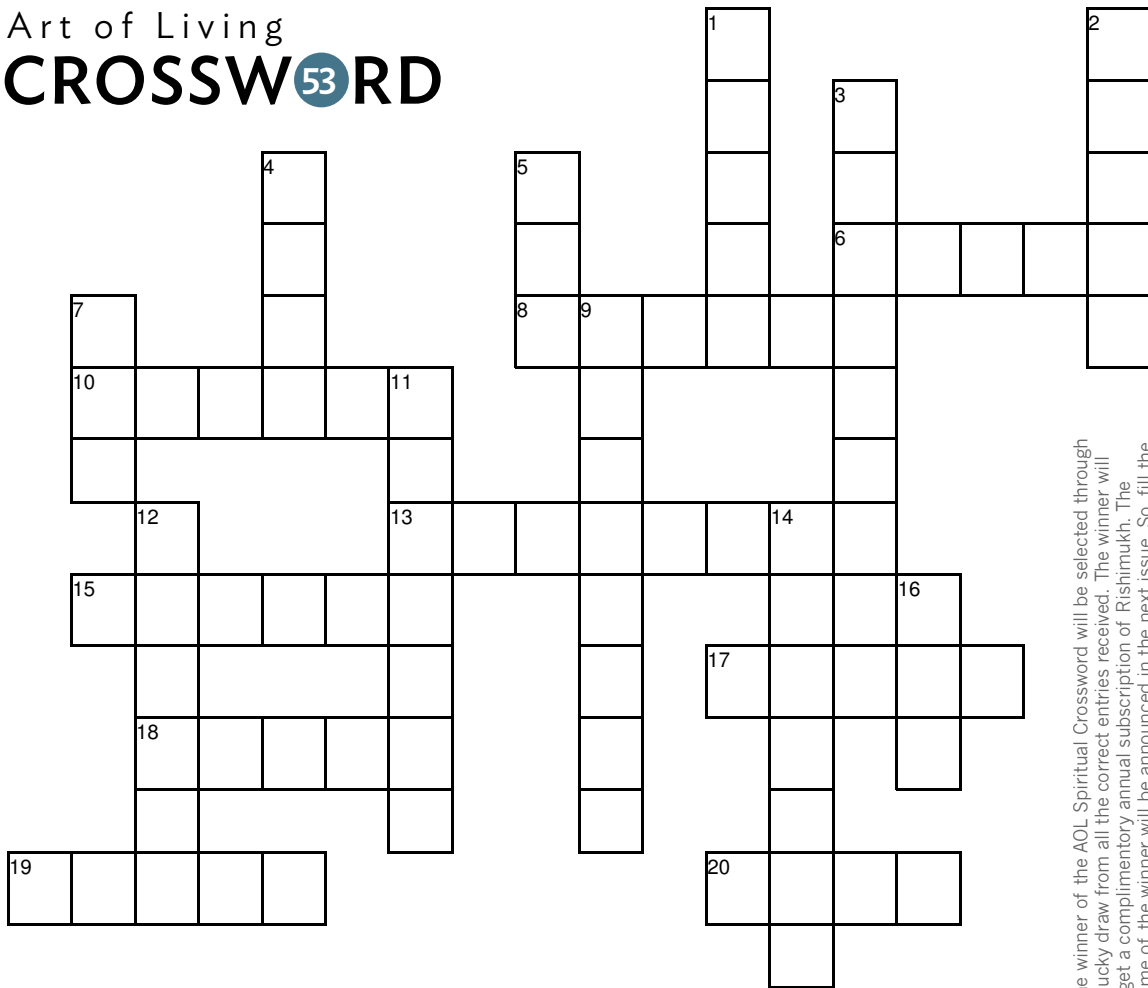
The Art of Living
125 1.5K 3.5K

Sri Sri Ravi Shankar @SriSri · Jan 25
When individuals become peaceful, communities become peaceful. When world leaders have a broad vision, world peace is a possibility.

171 2.3K 4.6K



Art of Living CROSSWORD⁵³



The winner of the AOL Spiritual Crossword will be selected through a lucky draw from all the correct entries received. The winner will get a complimentary annual subscription of Rishimukh. The name of the winner will be announced in the next issue. So, fill the Crossword, Scan it and Email it to editor@artoflivingmagazine.com with your name and complete address.

ACROSS

6. Longing
8. When you see the ----- in yourself, you will see the ---- - in everyone
10. Do not do something to ----- which you don't want --- --- to do to you.
13. A holy place is where ----- walk, ----- sit and ----- think, that is a holy place.
15. Secret connector to Self !
17. Friend of Knowledge
18. ---- level Existence
19. Benevolence
20. Do not try to ----- . You cannot force yourself to -----

DOWN

1. Bhakti, Shakti, -----, Mukti
2. The only way to be untouched by events is to see the whole phenomenon as a ----which is passing.
3. There is a power in the universe which loves you more than your ----- did and which is taking care of you. Simply relax!
4. Consciousness is made up of ----- elements
5. A devotee's glory is so much more than ---- himself
7. Is life real?
9. Transformation can happen only through understanding and not by ----
11. With ---- comes abundance
12. Guruji is sometimes addressed as -----
14. Love is both ---- & Existence
16. ---- Gurudev

Answer (January 2018 Crossword) Across: 3. life, 4. woken, 6. best, 9. worries, 12. philosophy, 13. powerful, 15. awareness, 16. dream, 18. cycles, 19. love, 20. transform **Down:** 1. wisdom, 2. beauty, 5. faith, 7. smile, 8. knowledge, 10. separated, 11. confusion, 14. only, 17. angry

THE NEW SUNDAY EXPRESS
MAGAZINE

JANUARY 7 2018 SUNDAY PAGES 12

LIVE THINK FEEL ENGAGE EXPERIENCE BELIEVE READ FLAUNT WATCH

SRI SRI RAVI SHANKAR

THE ART OF LOVING



From a carefree child to a reneger often found in company of sages, on the Plateau of the Peak - The Life of Sri Sri Ravi Shankar, penned by the spiritual master's youngest sister Bhanumathi Narasimhan, is an intimate account of his life. Exclusive excerpts.

BOOK EXCERPTS

Papa was a student of Hinduism and a devotee of Sri Sri Ravi Shankar. He was a student of the guru who was a student of the guru who was a student of the guru... [The text continues with a detailed account of his childhood and early spiritual experiences, mentioning his parents, his first guru, and his journey towards enlightenment.]

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3 Day PMKVY RPL Yoga instructor orientation organized
Early Times Report
JANMEL Jan 27 - A 3-day PMKVY RPL Yoga instructor orientation programme was held in Bangalore. The programme was conducted by Sri Sri Ravi Shankar's Gurukul Kangri, Yoga Teachers' Association (GTA), Bangalore. The programme was attended by 150 participants from across Karnataka. The programme was conducted by Sri Sri Ravi Shankar's Gurukul Kangri, Yoga Teachers' Association (GTA), Bangalore. The programme was attended by 150 participants from across Karnataka.

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Like a flowing river
This week's life is a message says Bhanumathi Narasimhan who has written the book 'The Art of Loving'.

...the guru who was a student of the guru... [The text continues with a detailed account of his childhood and early spiritual experiences, mentioning his parents, his first guru, and his journey towards enlightenment.]

Four Peace Mantras For The Year 2018

Sri Sri Ravi Shankar
A question that is often asked is whether we can make this world a more peaceful place. Yes, it is a possibility and all it requires is a little intention, attention and commitment to manifest it. Each one of us has the potential to create an oasis of assurance and security around. When people exercise this power to be beacons of peace, then it can create waves of positivity, joy and celebration across the planet.
The start of a year is the best time to make a new beginning. We need to shake off our despondency and look at life with renewed energy zeal and enthusiasm. We need to have the right tools to be happier and spread it to people around us. Here are four simple and easy to follow mantras that can help us:
1. Inner peace is the key to outer

peace: Only a wealthy person can share wealth with others. Similarly, we need to recognise that a wealth of deep peace is within our own being. Usually, we expect the outer world - boss, spouse or anyone else - to behave in a certain way that we feel peace inside. However, it is the other way around: the more we are connected to the peaceful core within, the more peace will manifest around. Our vibrations are more powerful than we think them to be and can even help influence others.
2. Success is the by-product of inner peace: Peace is neither the mere absence of conflict nor is it about being passive and inactive. It is a bubbling positivity which brings about unending enthusiasm. It forms the foundation for being effective in the world around us.

When the mind is quiet the intellect becomes sharp, emotions become light, behaviour becomes endearing and our life becomes a celebration. These are the manifestations of deep peace and are key ingredients for success. It is a state serene dynamism - calm on the inside, energetic on the outside!
3. Take charge of your peace of mind: Peace is our true nature, but we still have to make the choice to access it. We need to spend just a few minutes a day to practise some breathing exercises and be with ourselves in silence and meditation. This can bring about a beautiful depth to our personality and give us the strength to gain over situations. Only one person can make this happen in our life and that is YOU.

4. Be cool, it's all going to pass: To sustain inner peace, knowledge about life is very important. We may find meditation very peaceful, but when we open our eyes and mix with people, we come back to the same old pattern. A question that often arises is, 'Should we never get upset, should we always be smiling?' No! We do get upset, fight and argue but we can also snap out of it in an instant. We can do it like it's all a play and see that it doesn't stick to our minds. Every state of mind is temporary and changes with time and space. Remembering this aspect can help us relax and calm down.
May this New Year bring peace, happiness and fulfillment to everybody and may each one be a beacon of bright hope and optimism to those around them and to the world!
Follow Sri Sri Ravi Shankar at speakingtree.in



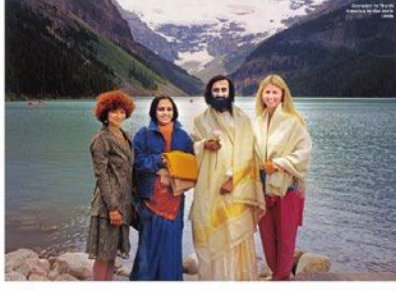
the speaking tree
personality and give us the strength to gain over situations. Only one person can make this happen in our life and that is YOU.

2 THE SUNDAY MAGAZINE

SRI SRI RAVI SHANKAR

LEAD STORY

On the mountainside, Shankar was looking for the replacement of people from 1950s... [The text describes a spiritual gathering on a mountain peak, where Shankar is seen in a meditative state, surrounded by devotees.]



Although it was cold, there was much warmth around us, being covered to the neck by the rain. The devotees from Roatan received Shankar, a white, elderly in a pool of water. The raindrops glided on their faces as brightly as their sparkling eyes. A lone dove flew from the tips of their fingers as they gratefully moved around.

...the guru who was a student of the guru... [The text continues with a detailed account of his childhood and early spiritual experiences, mentioning his parents, his first guru, and his journey towards enlightenment.]

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NEWSCOPE

THE RISE AND RISE OF THE 'SPIRITUAL' ECONOMY

The new tribe of spiritual gurus-turned-entrepreneurs is tapping the world-wide rejection of processed foods; global wellness industry pegged at \$3.4 trillion

GURBIR SINGH

LEST we forget, 2017 was also the year of godmen. Yoga and spiritualism have come a long way. Thirty years ago, for the westernised elite, it was associated with outlandish sadhus in the Himalayas and 'Hare Ram' was a fad that the Hindus pursued with Maharishi Yoga. Today spiritualism is going through a renaissance and yoga is the new route to both mental and physical wellness.

Tantrics and godmen have always had a place in the economy. Earlier, they had sold products like amulets and herbal concoctions. But these are small change compared to the current multi-billion dollar market for 'organic' products of daily use like soaps, branded 'atta' and noodles.

The new tribe of spiritual entrepreneurs is tapping the world-wide rejection of processed foods and the new focus on health. The wellness industry worldwide is estimated to be worth \$3.4 trillion, and three times the size of the pharmaceutical industry.

THE PATANJALI STORY

No one has succeeded in growing the 'spiritual economy' as Baba Ramdev has. Brand Trust Report India has declared Patanjali as the most attractive brand in India among 10,000 brands vetted in the study. From yoga guru, Baba Ramdev has moved rapidly to become the third-largest producer of fast moving consumer goods (FMCG).

His company Patanjali Ayurved Ltd claims to have doubled sales from ₹5,000 crore in FY16 to ₹10,216 crore in FY17. With a range of products

including soaps and toothpaste, atta, hair oils, amla juice oil, biscuits and noodles, Patanjali hopes to cross ₹20,000 crore in sales in FY18. Ramdev's marketing has focused on India's ten for (discounting grandmother's natural remedies. Patanjali is said to have surpassed the revenue of other FMCG majors such as

Shankar of the 'Art of Living' fame. He has announced that his wellness brand Sri Sri Tattva will target a turnover of ₹500 crore by FY20 through three formats of retail stores - Mart, Wellness and Home & Health - offering a range of FMCG products, prescription medicine and Ayurveda items. The company plans to roll out

midday meal contract for government schools. There are muted protests among other FMCG giants that they are not on a level playing field.

OLD BABAS VS NEW-AGE GURUS

Babas of yesteryear were billionaires many times over, but they were not manufacturers and retailers. Dharendra Brahmachari and Chandraswami of the Congress era had millions of followers as well as politicians funding them. But, the new era spiritualists are for erecting well-oiled corporate machines selling wellness and spirituality products.

While Ramdev has already given the consumer goods giants a run for their money, competition between the established brands and new entrants is likely to intensify with Ravi Shankar too entering the fray.

On the flip side, there are some like the disgraced Gurmest Ram Rahim Singh 'Ismu' who have given a bad name for spiritual entrepreneurs. Ram Rahim had set up not only hospitals and schools, but also retail chain and e-marketing websites commanding a huge market. In January 2016, he had launched a huge marketing blitz, putting on sale 800 products under brand 'MSG'. These included 14 varieties of pulses, dozens of grocery items, and a whole spectrum of salt, ghee, spices, honey, mineral water, and noodles. Many of these products have disappeared and it is not known whether his marketing machinery exists after his conviction and incarceration.

gurbir@newindianexpress.com



Baba Ramdev's rise

Patanjali has reportedly surpassed the revenue of FMCG majors such as Nestle India, Godrej Consumer Products and Dabur, clocking 140 per cent growth rate

Nestle India (₹9,159 crore), Godrej Consumer Products (₹9,134 crore) and Dabur (₹7,681 crore). It has clocked a heady 140 per cent growth rate, in a market where competitors struggle to reach double-digit growth.

THE NEW MARKETERS

The latest to join the race for a slice of the ₹4.3 lakh crore FMCG market is Sri Sri Ravi

1,000 franchised stores by March 2020. Critics say the meteoric growth of spiritual entrepreneurs may not have been possible without government support. A Reuters report estimates that since the Modi government took office in 2014, Baba Ramdev has acquired about 2,000 acres of land at discounts totalling around ₹300 crore. In Uttar Pradesh, Patanjali has bagged a ₹700-crore

ಮುಗರ್ವೀಣೆ ಮರಲಲ್ಲಿ ಅಮೃತ ಮಂಟಪ ಲಕ್ಷಾಧಿಕಾರಿ ಜಾತಿ ಕೇಂದ್ರ ಪೌರಾಧಿಕಾರಿ ಸೇವೆ ಸಂಪನ್ಮೂಲ ಚಾತಿ ರಹಿತ ಭಾರತ: ಮೋದಿ ಆಶಯ



ಮುಗರ್ವೀಣೆ ಮರಲಲ್ಲಿ ಅಮೃತ ಮಂಟಪ ಲಕ್ಷಾಧಿಕಾರಿ ಜಾತಿ ಕೇಂದ್ರ ಪೌರಾಧಿಕಾರಿ ಸೇವೆ ಸಂಪನ್ಮೂಲ ಚಾತಿ ರಹಿತ ಭಾರತ: ಮೋದಿ ಆಶಯ

• ಅಮೃತ ಮಂಟಪ (ಅಮೃತ) "ಇದು ಜನರಿಗೆ ಮೃತ್ಯು ಭಯವನ್ನು ಹಿಡಿಸುವ ಮಾರ್ಗವಾಗಿದೆ. ಇದು ಮರಲಲ್ಲಿ ಅಮೃತ ಮಂಟಪ ಲಕ್ಷಾಧಿಕಾರಿ ಜಾತಿ ಕೇಂದ್ರ ಪೌರಾಧಿಕಾರಿ ಸೇವೆ ಸಂಪನ್ಮೂಲ ಚಾತಿ ರಹಿತ ಭಾರತ: ಮೋದಿ ಆಶಯ

ಇದು ಮರಲಲ್ಲಿ ಅಮೃತ ಮಂಟಪ ಲಕ್ಷಾಧಿಕಾರಿ ಜಾತಿ ಕೇಂದ್ರ ಪೌರಾಧಿಕಾರಿ ಸೇವೆ ಸಂಪನ್ಮೂಲ ಚಾತಿ ರಹಿತ ಭಾರತ: ಮೋದಿ ಆಶಯ

ಮುಗರ್ವೀಣೆ ಮರಲಲ್ಲಿ ಅಮೃತ ಮಂಟಪ ಲಕ್ಷಾಧಿಕಾರಿ ಜಾತಿ ಕೇಂದ್ರ ಪೌರಾಧಿಕಾರಿ ಸೇವೆ ಸಂಪನ್ಮೂಲ ಚಾತಿ ರಹಿತ ಭಾರತ: ಮೋದಿ ಆಶಯ

ಮುಗರ್ವೀಣೆ ಮರಲಲ್ಲಿ ಅಮೃತ ಮಂಟಪ ಲಕ್ಷಾಧಿಕಾರಿ ಜಾತಿ ಕೇಂದ್ರ ಪೌರಾಧಿಕಾರಿ ಸೇವೆ ಸಂಪನ್ಮೂಲ ಚಾತಿ ರಹಿತ ಭಾರತ: ಮೋದಿ ಆಶಯ

ಮುಗರ್ವೀಣೆ ಮರಲಲ್ಲಿ ಅಮೃತ ಮಂಟಪ ಲಕ್ಷಾಧಿಕಾರಿ ಜಾತಿ ಕೇಂದ್ರ ಪೌರಾಧಿಕಾರಿ ಸೇವೆ ಸಂಪನ್ಮೂಲ ಚಾತಿ ರಹಿತ ಭಾರತ: ಮೋದಿ ಆಶಯ

Greater Ammu

CELEBRATION CANNOT HAPPEN WITHOUT SHARING

It is a well known all over the world as a country of oil with the harvest festivals which are celebrated with different names such as Laker, Pengal, and Makar Sankranti. Each region acknowledges the gifts of nature and you thank for a bountiful harvest. These festivals are devoted to mark the arrival of the New Year and spring and relieve people by giving a warm but to the chilly cold weather.

In the southern hemisphere, you must be celebrating Makar Sankranti and not Makar Sankranti. On beginning of 'spring' in Australia, the celebration has been linked to autumn. Makar Sankranti is celebrated when you come from bank water into a pleasant weather. 'Til' or the Sesame is the smallest grain. When people in India die, there is one prayer for the dead. They like Sesame oil & some water and oil them, be content, be content, just do your duty. The children will their parents or other just do the world, it is so big, you move on, the universe is so huge, drop your small earthly desires, we are here to fulfill them, and you become content. This is called 'Sankranti'. 'Pratikraman, prapitram, bhagyam, bhagya' - these times we say 'be content, be content, and be content.' We tell the deceased ones, shall you have any unfinished desires, if you have, drop your small earthly desires, we are here to fulfill them, and you become content. This is called 'Sankranti'. 'Pratikraman, prapitram, bhagyam, bhagya' - these times we say 'be content, be content, and be content.'



ಕೃತಿಯಲ್ಲಿ ದೇವನರ ಸುವಿವರಿಸುವ ಕಾರ್ಯ ಸಹೋದರಿಯಿಂದಾಗಿದೆ: ನ್ಯಾ. ವೆಂಕಟಾಚಲಯ್ಯ ಶ್ರೀ ಶ್ರೀ ಜೀವನ ಚರಿತ್ರೆ 'ಗುರುದೇವ' ಬಿಡುಗಡೆ

• ವಿಶ್ವ ಸ್ವಾತಂತ್ರ್ಯದ ಮೊದಲಿನಿಂದಲೂ ಆರ್.ಎಂ.ಎಸ್.ನವಾಬ್ ಅವರ ವಿವರಿಸುವ ಕಾರ್ಯ ಸಹೋದರಿಯಿಂದಾಗಿದೆ. ನ್ಯಾ. ವೆಂಕಟಾಚಲಯ್ಯ ಶ್ರೀ ಶ್ರೀ ಜೀವನ ಚರಿತ್ರೆ 'ಗುರುದೇವ' ಬಿಡುಗಡೆ. ಈ ಕೃತಿಯು ಗುರುದೇವನ ಜೀವನ ಮತ್ತು ಕಾರ್ಯವನ್ನು ವಿವರಿಸುತ್ತದೆ. ಈ ಕೃತಿಯು ಗುರುದೇವನ ಜೀವನ ಮತ್ತು ಕಾರ್ಯವನ್ನು ವಿವರಿಸುತ್ತದೆ. ಈ ಕೃತಿಯು ಗುರುದೇವನ ಜೀವನ ಮತ್ತು ಕಾರ್ಯವನ್ನು ವಿವರಿಸುತ್ತದೆ.



ಆರ್.ಎಂ.ಎಸ್.ನವಾಬ್ ಅವರ ವಿವರಿಸುವ ಕಾರ್ಯ ಸಹೋದರಿಯಿಂದಾಗಿದೆ. ನ್ಯಾ. ವೆಂಕಟಾಚಲಯ್ಯ ಶ್ರೀ ಶ್ರೀ ಜೀವನ ಚರಿತ್ರೆ 'ಗುರುದೇವ' ಬಿಡುಗಡೆ. ಈ ಕೃತಿಯು ಗುರುದೇವನ ಜೀವನ ಮತ್ತು ಕಾರ್ಯವನ್ನು ವಿವರಿಸುತ್ತದೆ. ಈ ಕೃತಿಯು ಗುರುದೇವನ ಜೀವನ ಮತ್ತು ಕಾರ್ಯವನ್ನು ವಿವರಿಸುತ್ತದೆ.

ಬಿಡುಗಡೆಗೆ ಮುನ್ನ ಲಕ್ಷ ಪ್ರತಿ ಮಾರಾಟ

"ಗುರುದೇವ" ಕೃತಿಯು ಮುನ್ನಲಕ್ಷ ಪ್ರತಿ ಮಾರಾಟ ಮಾಡುವ ಮಾರ್ಗವನ್ನು ತೆಗೆದುಕೊಂಡಿದೆ. ಈ ಕೃತಿಯು ಗುರುದೇವನ ಜೀವನ ಮತ್ತು ಕಾರ್ಯವನ್ನು ವಿವರಿಸುತ್ತದೆ. ಈ ಕೃತಿಯು ಗುರುದೇವನ ಜೀವನ ಮತ್ತು ಕಾರ್ಯವನ್ನು ವಿವರಿಸುತ್ತದೆ.

ಸಂಸ್ಥೆಗಳಲ್ಲಿ ಪ್ರತಿ ಶ್ರೀ ಶ್ರೀ

ಉತ್ತಮ ಸಂಸ್ಥೆಗಳಲ್ಲಿ ಪ್ರತಿ ಶ್ರೀ ಶ್ರೀ ಕೃತಿಯನ್ನು ಮುನ್ನಲಕ್ಷ ಪ್ರತಿ ಮಾರಾಟ ಮಾಡುವ ಮಾರ್ಗವನ್ನು ತೆಗೆದುಕೊಂಡಿದೆ. ಈ ಕೃತಿಯು ಗುರುದೇವನ ಜೀವನ ಮತ್ತು ಕಾರ್ಯವನ್ನು ವಿವರಿಸುತ್ತದೆ. ಈ ಕೃತಿಯು ಗುರುದೇವನ ಜೀವನ ಮತ್ತು ಕಾರ್ಯವನ್ನು ವಿವರಿಸುತ್ತದೆ.

ಸಾಗರವನ್ನು ಟೀ ಕಪ್ಪಿನಲ್ಲಿ ಸಂಗ್ರಹಿಸಲಾಗಿದೆ

"ಸಾಗರವನ್ನು ಟೀ ಕಪ್ಪಿನಲ್ಲಿ ಸಂಗ್ರಹಿಸಲಾಗಿದೆ" ಎಂಬ ಕೃತಿಯು ಗುರುದೇವನ ಜೀವನ ಮತ್ತು ಕಾರ್ಯವನ್ನು ವಿವರಿಸುತ್ತದೆ. ಈ ಕೃತಿಯು ಗುರುದೇವನ ಜೀವನ ಮತ್ತು ಕಾರ್ಯವನ್ನು ವಿವರಿಸುತ್ತದೆ.

ಕಿರಿಯಲ್ಲಿ ಇಲಾಖೆಯಲ್ಲಿ

ಕಿರಿಯಲ್ಲಿ ಇಲಾಖೆಯಲ್ಲಿ ಕೃತಿಯನ್ನು ಮುನ್ನಲಕ್ಷ ಪ್ರತಿ ಮಾರಾಟ ಮಾಡುವ ಮಾರ್ಗವನ್ನು ತೆಗೆದುಕೊಂಡಿದೆ. ಈ ಕೃತಿಯು ಗುರುದೇವನ ಜೀವನ ಮತ್ತು ಕಾರ್ಯವನ್ನು ವಿವರಿಸುತ್ತದೆ. ಈ ಕೃತಿಯು ಗುರುದೇವನ ಜೀವನ ಮತ್ತು ಕಾರ್ಯವನ್ನು ವಿವರಿಸುತ್ತದೆ.

SSRPD conducts 3 day Yoga programme

Early Times Report JAMMU, Jan 5: A three days Yoga instructor course was conducted by the State Rural Development Trust (SSRPD) at NTPD Polytechnic, Miran Saidu. According to press release, the programme was inaugurated by 'Naveen Sharma, SMD'S Para along with Sandeep Gupta, Director SSRPD J&K, Art of Living (AOL) State Coordinator, Dr. Team Group, So. AOL Yoga Teacher, Mahavir Gupta & Yoga Practitioner by lighting the lamp.

and provided the assist of the J&K SSRPD coordination. The NTPD Polytechnic and his team of participants conducted by the State Rural Development Trust (SSRPD) at NTPD Polytechnic, Miran Saidu. According to press release, the programme was inaugurated by 'Naveen Sharma, SMD'S Para along with Sandeep Gupta, Director SSRPD J&K, Art of Living (AOL) State Coordinator, Dr. Team Group, So. AOL Yoga Teacher, Mahavir Gupta & Yoga Practitioner by lighting the lamp.



Participants taking part in 3-day yoga programme in Jammu

YOUNG BITES YOUTH LEADERSHIP TRAINING PROGRAM OF ART OF LIVING J&K CHAPTER CONCLUDES

Young Bites Youth Leadership Training Programme was conducted by the Art of Living Jammu Chapter at the State Rural Development Trust (SSRPD) at NTPD Polytechnic, Miran Saidu. According to press release, the programme was inaugurated by 'Naveen Sharma, SMD'S Para along with Sandeep Gupta, Director SSRPD J&K, Art of Living (AOL) State Coordinator, Dr. Team Group, So. AOL Yoga Teacher, Mahavir Gupta & Yoga Practitioner by lighting the lamp.

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Photo Credit: Kalai Arasan



Weekly Programs

Happiness Program
(entry level program)
Every Friday to Sunday
Sahaj Samadhi Meditation
(entry level program)
Every Friday to Sunday
Part II Program
Every Thursday to Sunday
Silence Retreat
(entry level program)
Every Tuesday to Sunday

PROGRAM DATES

FEBRUARY 2018

Mahashivaratri 10 Days AMP	6 to 15
Mahashivaratri 7 Days AMP	7 to 13
Mahashivaratri 5 Days AMP	9 to 13
Gurupuja Phase II	10 to 12
Sri Sri Marma Training	15 to 18
Prajna Yoga - Junior/Senior (Intuition Process)	24 to 25
Holi Special Intense AMP	28 Feb to 4 Mar

MARCH 2018

Holi Special DSN	1 to 4 Mar
Senior Citizen Special Happiness Program	2 to 4 Mar
Tamil Special Part II	8 to 11 Mar
Prajna Yoga - Junior/Senior (Intuition Process)	24 to 25 Mar

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Online registration web link:
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For detailed program calendar visit:
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