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Amrit Chintan

Amazing Progress Through A Blend of Burning Desire & Focused Effort

Many people have made amazing progress in diverse fields through the strength acquired from burning desire and the resultant swift eagerness. Influenced by keen desire, many people with lean and thin bodies transformed themselves into strong wrestlers by strictly following rules of diet, exercise, self-control and discipline. World famous heavyweight champion Sandow used to be physically very weak during his childhood, and usually remained sick. But on the onset of an intense desire to become a strong man, he started exercising regularly, combined with control over diet and life-style; and he was metamorphosed into a wrestler who could challenge the world. Master Chandgi Ram, a well-known wrestler from India, severely suffered from cough, cold and fever up to the age of 21 and thus had a frail body. He even used to suffer from frequent fits of fainting. But when he focused on strengthening his body and started doing hard exercises regularly, his body was totally transformed. There are countless such examples which establish that men make amazing progress in diverse fields, by a blend of profound desire, concentration, and acute eagerness.

- Pt. Shriram Sharma Acharya

If it's very painful for you to criticize your friends — you're safe in doing it. But if you take the slightest pleasure in it, that's the time to hold your tongue. - Alice Duer Miller

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Don't believe your friends when they ask you to be honest with them. All they really want is to be maintained in the good opinion they have of themselves. - Albert Camus

Who Will Save This Society From All-pervasive Malnourishment?

There are many problems plaguing the society, but the cause of all of them is just one – moral malnourishment. Problems are discussed by everybody, be it – violence, murder, suicide, molestation, corruption or any other issue of varying magnitude and the ensuing problems. Whenever a problem arises in the society, it is discussed everywhere from the street to the Parliament. The issue is blown up to such an extent that one does not get to hear of anything other than the current issue. But when the chaos settles down and efforts are directed towards arriving at a solution, everyone takes refuge in bringing out a new law to tackle the issue. Whenever there is a new problem, a new law is proposed, as though each problem is a compulsory question in the examination which definitely finds its right answer in framing a new law. Ever since the country has gained independence, this question and answer session has been in vogue. Neither do the questions stop cropping up, nor are successful solutions found.

Several decades after achieving independence, this issue has to be tackled from an entirely new standpoint. We respect the law but what about its limitations? There was a recent incident in which a family of eight people in Rajasthan ate poisoned *laddoos* when they did not get the *darshan* of the Deity. Among them, five met with instant death while three of them had to dangle between life and death in the hospital. They resorted to this extreme step because they did not get the *darshan* of Lord Shiva. The lord did not appear in front of them and so they decided to go to the Lord by killing themselves. If this is not enough, they even recorded a video of this entire incident. Such a thing as this happened because our society is suffering from all-pervasive malnutrition. The thought process that keeps a society healthy is sorely missing. The thought process of the masses is neither based on logic nor wisdom. What is left is nothing but evil traditions, blind faiths and deadly superstitions.

What can be described as the condition of a society in which a so-called god-man preaches to people that if they eat *chutney* with *samosa*, they will get the grace of God? Or something like, 'You have not eaten *Jalebi* today and hence God is angry with you and his grace is not flowing towards you.' The truths of spiritual life have been in scientific subjective experiences ever since the ancient times of Indian culture. Forgetting scientific spirituality, isn't it ridiculous if people resort to searching for God in *chutney*, *samosa* or *jalebi*? What kind of a society is this, which is clinging to these blind faiths? What can be said of a society which throws stones at a mentally ill woman instead of providing her medical help, thinking that she is a witch?

**The most beautiful discovery true friends make is that they can grow separately
without growing apart. - Elizabeth Foley**

Yes, this will be termed as moral malnutrition, where issues are created out of temples and mosques; caste becomes a basis for casting a vote; culprits get elected to parliamentary positions. A society that is plagued with the tradition of Sati, child marriages, harassment of women, child labor, bonded labor, adherence to blind faith, can never be called healthy or civilized. What is the reason for this? The bottom line is that we have probably tried finding solutions to our problems either from the judiciary or the economy. We have completely ignored the degenerate social system. Be it a problem related to an individual or the family, we tend to knock at the doors of judiciary. We look for happiness in the financial system that bestows prosperity and wealth, in spite of the truth that we have tasted failure in looking up to both these systems for solutions for the past several decades.

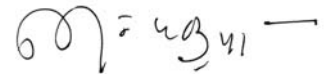
We will succeed in getting social harmony and happiness only when we all strive towards making our society healthy and well-nourished. What nourishes a society? The society is nourished adequately when there is - healthy thought process, empathetic and logical dialogue, healthy traditions, and customs that lead towards a prudent life style. A healthy society is one which comprises of families that are brimming with caring cooperation and mutual understanding. A society which incorporates empathy and creativity is truly healthy. If the situation is in contrast with what has been described above, then the society will definitely succumb to malnutrition. It is very clear in today's context that there is definite absence of mutual cooperation. Nobody wants to live with anybody else. God only knows, what fear is driving them away from one another!

We are not discussing of any one particular village or city, the entire society is like this. A weak and ill society is injecting a tendency to end one's life in the face of problems. There are some who are ending their lives, while there are others who are trying to kill others. If this situation is not handled while there is time, it will lead to absolute despair and hopelessness. Our society has been taking a really strange turn, where children have no freedom to conduct experiments. Their paths and goals are already fixed. It is as though there is no place left for freedom of choice and creativity. Day and night, we are living among people whose thought processes are such that - someone is planning to kill an unborn child, while there is another who is contemplating of suicide, while there is someone who is waiting for early death of his parents. There are people who can stoop to any level of turpitude to earn money.

Who are these people and what kind of a society is this? Such people or society can definitely not be termed as healthy. Just like we are seeing advertisements in TV channels focusing on preventing malnutrition, similarly we have to awaken the consciousness of the public to fight against societal moral malnutrition. If we can achieve a healthy society, we can create the stepping stone for a healthy body, clean mind and a civilized society. Pandit Shriram Sharma Acharya gave the

A cynic is not merely one who reads bitter lessons from the past, he is one who is prematurely disappointed in the future. - Sydney J. Harris

slogan of '21st Century - Glorious Future' ever since he fought for the Independence of the country. He opined that we have to establish a society in which nobody commits suicide, nobody kills another person, neither should anyone burn himself to death nor should they be killed in the womb. Can such a society be created? Yes! It can definitely be done. But to achieve this, we have to collectively work towards it. When an individual transforms himself, he will change his family and as a result, the society will get transformed. A healthy and nourished society will become the basis of glorious future in the 21st century.



(Pranav Pandya)

One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door. Instead of a meal he asked for a drink of water. She thought he looked hungry so brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe you?" "You don't owe me anything," she replied. "Mother has taught us never to accept pay for a kindness." He said, "Then I thank you from my heart."

As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strong also. He had been ready to give up and quit.

Several years later that woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease. Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room. Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day he gave special attention to the case.

After a long struggle, the battle was won. Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it; then wrote something on the edge and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She began to read the following words:

"Paid in full with one glass of milk"

Signed, Dr. Howard Kelly

I like dreams of the future better than the history of the past. - Thomas Jefferson

Enrich Your Memory

Blame it on the busy schedules, stresses of life, life-style, adulteration or deficiencies in food intakes, forgetfulness - sudden loss of memory, lack of concentration, etc, seem to have become common complaints these days among not only the persons in their 50 or over, but also among many youths and children. This article throws light upon basic functional aspects of memory and presents some practically viable methods of improving memory. – **Editor**

Power of retention and efficient retrieval of knowledge is an important component of intellectual functions. If all the memory of past experience and acquired knowledge is wiped out, one would practically become like a newborn baby. Level of our knowledge is indicative of our intelligence to some extent. This is more important in case of mastering any professional skills or scholarly domains. A good teacher, lawyer or doctor, etc is required to have sound and substantial knowledge of his field (discipline) and also to possess sharp memory to make best use of this knowledge as and when necessary.

Amnesia or lack of memory is considered a mental deficiency or disease in general. In the normal course, whatever knowledge is perceived by the brain with the help of the sense organs and conscious mind - gets imbibed in the uncountable subtle layers of the receptor cells (neurons) in the brain. The more active and sensitive these cells, the finer would be the assimilation of knowledge. 'Recording' on the dry and thick cells is blunt and unclear. If we draw a line in wet clay, it would create sharp and stable mark. However, doing the

same on a rubber sheet would be of no use -- the line so drawn would be very light and it would disappear after a short while, as soon as the elastic surface regains its original form. The lighter impressions on memory are not lost totally but remain dim and stored in the inactive layers of memory and cannot be retrieved unless specific efforts are made to activate those hidden or dormant regions of memory.

When we try to recall something, the conscious energy of mind stimulates bio-electrical currents of brain towards the associated memory layers and activates those layers of memory where the corresponding pattern or knowledge or information has been stored. If the receptor cells are less sensitive, the bio-electrical flows are not received or recognized by them and no retrieval of memory is possible. A broken needle of gramophone cannot play any record of whatever good quality. The flaw or weakness of the neuronal signals may also be the cause of lack of memory, as very weak or defective bio-electrical impulses would not activate even the sensitive cells, which contain sharp 'recordings' of memory.

Against the assault of laughter nothing can stand. - Mark Twain

As the waves of ocean gradually diminish and continuously give rise to new waves, in the same way the assimilated stock of memory, if not used or activated, gets pushed back into the unconscious layers of mind leaving space for registration of new information and new knowledge. This process also leads to delayed recalling or forgetfulness. This natural phenomenon is essential because if we would have remembered each and every bit of past experiences, events and information, we would have gone mad or it would have been impossible for us to notice what is happening in the present moments.

Some people are endowed with supernatural or exceptionally sharp memory since birth. This is largely attributed to the positive effects of – the *samskāras* assimilated during the past births and the corresponding awakening of the spiritual power of their unconscious mind. Everybody cannot possess such extraordinary memory as a natural gift. One's inner character, as conditioned in the previous and present lives, plays a subtle but key role in orienting the natural development of his mental potentials. Natural intellect also depends upon the *samskāras* of the parents and upon the environment in which one is born and brought up. However, given a normal brain and memory, we can always endeavor to sharpen it by rigorous training and practice.

Forgetfulness does not imply total loss of memory. Whatever is ever recorded in our memory is never lost completely. It is only dumped in the 'backyard' of the memory unit if we do not use or recall it for long. Suppose you had read a book with keen interest some

ten years ago but never got an opportunity to do so again or discuss, read or write about it since then, you are most likely to have forgotten it by now. However, if you read it again, you would grasp it more rapidly and remember it better than someone who has similar memory and is reading it for the first time. This is because the shattered pieces of associated portions of memory get re-linked during the second reading and activate retrieval of corresponding knowledge.

How well the acquired knowledge or impressions of perceptions are recorded in our memory depends upon our alertness, interest and engrossment. When you go for a stroll in some garden, you may see a variety of trees, plants and flowers. If somebody asks you to describe "What types of flowers and trees you saw?" -- you are most likely to recall only a few of them. Next day when you go to the same garden, you would be more alert. If you wish to give more precise answer to that person, you would carefully look at each plant and types of flowers and try to remember their names; because of subtle doubt of forgetting them, you would again repeat the list. This will store the above information firmly in your memory. Because of their concern about history-examination, students might remember the year in which king Akbar or George-I was born though, they might forget the birth-dates of their own brothers and sisters. This illustrates that our willingness and attention play major roles in retention of memory.

We all know that every action requires some energy. The natural cycle of birth and death is

God, our Creator, has stored within our minds and personalities, great potential, strength and ability. Prayer helps us tap and develop these powers. - Abdul Kalam

also based on the principles of action- reaction and energy consumption and transformation at physical and subtle levels. A steam engine requires thermal energy from coal. Cars and airplanes gain energy from petrol and diesel... and so on. Greater the power or force required for an activity, the larger will be its energy consumption. Memorizing and recalling are among the important activities of human brain, which, being the sole regulator of enormous range of bodily and mental functions, naturally requires maximum amount of vital energy.

Concupiscence and uncontrolled indulgence in sexual activities results in severe loss of semen and the vital power of *prāṇa*. This in turn reduces the supply of vital energy to various organs including the brain and gives rise to mental weakness. Dr. Paroval remarks that -- "About 97% of the patients suffering from psychological disorders and weaknesses like insanity, amnesia, aboulia, aggression, mental lethargy or dementia, etc, are those who were licentious and have had sexual diseases of one kind or the other due to erogenous excitations or excessive loss of semen...". The problems of white discharge, weakness of genitals etc are usual signs of sexual disorders. People suffering from such diseases often also complain of headache or heaviness of head, giddiness, insomnia, dullness, mental fatigue, whizzing in ears, etc. This happens due to lack

of sufficient supply of vital energy to the brain. How long would a flame glow if the oil of its lamp flows down from a hole at its bottom?

Protection of the body fluids from loss due to sexual indulgence or erogenous excitation is the most important step towards the maintenance and sharpening of memory. Sincere observance of chastity enhances vitality and keeps the brain and mind energetic. Other remedies and means of enriching mental health are like applying fertilizers or hoeing the soil near a plant while observance of chastity is comparable to irrigating it.

"Perfection through dedicated practice" -- is a universal truth of life. Creativity of the inner self keeps it vibrant and energetic with the vital charge of *prāṇa*. Mind and body can also be kept healthy and youthful by regular exercises in proper order. Using the intellectual potentials through appropriate mental exercises is another important means for enhancement of mental powers -- including memory. We present below some such exercises or modes of sharpening the memory:

- (i) Take a pack of cards and select five cards of the same color. Look at these cards carefully about five times then close the eyes and remove one of these cards at random. Now open the eyes and try to recall which one is missing. If you are

No one in the world is afraid to speak the truth. Everybody is afraid to face the consequences after the truth is told! This is why most powerful evil people escape the "LAW" by their strategic secret threats to the affected people.

The future is something which everyone reaches at the rate of sixty minutes an hour, whatever he does, whoever he is. - C. S. Lewis

unable to recognize rightly, look at the cards again and repeat. In case you are able to identify the missing card correctly, repeat the exercise on another set of five cards. Being successful for several times, attempt the game with another set of cards while looking at them only four or lesser number of times before removing a card. On having practiced successfully with five cards while looking at them just once, try repeating the game with six cards. Continue increasing the number of cards and reducing the times of exposure. After regular practice for several days, this game should then be played with cards of different colors. It is a simple but effective exercise for activating the otherwise dormant memory.

(ii) Take a picture or painting that depicts several items in different shapes of a single color. Look at it carefully for about one minute and keep it away; then recall what all you saw and write down the list of items. Compare this list with the original picture. If you had forgotten more than 60% of the items, increase the duration of the first exposure till your list starts matching almost completely with the picture. Having performed well this way with several different types of scenes,

gradually reduce the time of exposure and practice till you are able to recall correctly what you saw at first sight lasting for about 2 to 4 seconds only. From day one onwards, practice with two to three pictures per day would be sufficient. New sets of pictures should be used every day; comics, magazines, paintings or posters available in your house, work-place or with friends and neighbors can serve the purpose.

After perfecting the above exercise with single colored pictures, try the same on multi-colored ones; successively extend the attempt to recall even the positions and sizes of various items seen. Regular practice for several days would start showing positive effects in terms of improvement of memory.

(iii) Collect several things, such as - two to four types of pens, flowers, buttons, knives, pins, chocolates etc, at one place. Look at them attentively. Then close the eyes and try to identify -- "What is kept where?". If you are not able to recall all of them in correct order of their location, reduce the number of items. Commence with about ten to twelve items of different types or a lesser number, which enables you recall the positions of each item

Everything about the future is uncertain, But one thing is sure: God has already arranged all our tomorrows...

We just have to TRUST HIM TODAY AND IN THIS MATTER YOU HAVE TO HAVE THE UTMOST PATIENCE!!

Fear not for the future, weep not for the past. - Percy Bysshe Shelley

correctly. Practice with two or three different sets of this type. Increase the number of items gradually till 30 or so. Extend this practice to wider domains of visual perceptions. For instance, just after one look at a garden or group of people try instantly recollecting the number of trees or persons you saw!

Professional burglars have excellent memory of this sort. With the help of a matchstick or torch lit for few seconds, they keenly see the internal design and organization of the spotted house and draw its clear image in their mind. Just with the help of this mental image, they move in the house in dark and perform all operations as easily as if there was light everywhere.

(iv) Similar to those with the visuals, the exercises involving audio-perceptions are also quite essential for sharpening of memory. An easy practice for this is as follows: stand at a noisy place such as an open market or a busy road; concentrate

your mind on a particular type of sound – say that of a car. Listen to this sound reaching you from different directions and different distances. Close your eyes, deepen your concentration on this sound alone and guess about the distance, speed and direction of the associated object and its movement.

This exercise could also be performed with the help of a gramophone or cassette player by listening to the records of chit-chats during a party or that of orchestra music with songs; here again, focus your attention on one particular voice or sound so deeply that everything else would appear in the background and you would be able to recall clearly what you had heard from it. Listen to long complicated sentences just once and try reproducing them in writing. Increase the length and complexity of the sentences or paragraphs gradually as you improve recalling them.

[To be concluded in the next issue with more tips]

America's John Jacob Astor possessed dogged determination to work hard and to maintain honesty. It helped him rise and become one of the leading multi-millionaires of America. Astor actually started his career as a small businessman trading in tea and sandalwood on a small scale. His integrity won him widespread support and cooperation in the business world. Astor kept expanding his business bit by bit which eventually grew into a grand business empire of America. Astor bought a country estate in New York and established permanent headquarter there to manage his ever expanding business. The business he started has now spread across many countries.

In every conceivable manner, the family is link to our past, bridge to our future. - Alex Haley

The Master Endocrine Gland & Extrasensory Potentials

Significant role of the pituitary gland is now well known to neuroscientists. Anatomically, this gland exists inside the brain at the junction where the optical nerves meet to form the optical chiasm. Secretion of a variety of hormones required for controlling the body-functions and behavioral expression of anger, fear, anxiety, depression, cheerfulness, enthusiasm, etc – originates from these extrasensory nuclei. The perceptions of smell, taste or any other experience of the sense organs are also supposed to be regulated from here. Because of such a predominant role pertaining to one's mental and emotional state, pituitary gland is also called the master gland. Location and function of this master gland corresponds to the *āgyā cakra* described in the Indian scriptures on *yoga*.

Scientists have found two valve-like structures (called

functional valves) near the pituitary location; one facing the right and the other towards the left side of the brain. The optical functional area and the sensory areas are located near it in-between the superior and inferior cerebral pedicles (plexuses). Advanced neurosciences research has helped analyze about 17-20% of the structural expansion of the brain. More amazing functions and mysteries are hidden inside the remaining ~80%. Though scientific investigations have not been able to decipher the subtle structure of this 'masterpiece' (pituitary gland) of the brain, experts are optimistic that its detailed knowledge would be able to unravel the mysteries of the internal world of the human brain and rest of the body.

All kinds of sublime energy nuclei (the six *charkas* in the parlance of yoga-science) present in the brain receive stimulation from the *sahasrāra*

(crown *chakra*). An extrasensory 'wonder land' of consciousness-force seems to be present here, which is beyond the grasp of physical instruments. One can experience it and unravel its mysteries only by awakening the otherwise dormant powers of the inner-self. Essential *sāadhanā*-steps to achieve this require controlling of mental agility, restraining extrovert tendencies of the mind, practicing mental concentration and meditation and imbibing the principles of spirituality in all facets of life.

According to ancient Indian mystical texts, the subtle flow of supreme consciousness in this *chakra* connects human consciousness with the cosmic currents of divine consciousness-force. Awakening of this extrasensory 'nucleus of vital spiritual energy' in the human brain is said to activate a latent

It is a thousand times better to have common sense without education than to have education without common sense. - Robert G. Ingersoll

source of divine potentials and complete knowledge of the past, present and future of one's life.

The Indian *rishis* had realized the existence of the *sahasra kamal* (lotus-like domain of the crown *chakra*) along with the six *charkas* and the *brahmāndhra*¹ in the human brain. The *sahasrāra* is described as superior to all the other extrasensory centers (*chakras*) of the subtle energy of *prāṇa*². It is described to exist in the reticular activating system in the brain. The *prāṇic* activity center (bio-electric transducer) of this *chakra* is described to be subtly located in the hollow portion about two inches away from the temples and about two to three inch deep behind the *bhrūmadhya*³. Upon successful completion of the associated *sādhanās*, it is realized as a unique glow of light. According to the spiritual masters of *yoga*, the shape of this effulgent spot appears like that of an inverted umbrella or a bowl and it consists of seventeen principal types of elements (particles) of light. The glow of this spark of divine light is

experienced by the *yogis* as similar to the silver bright effulgence of high-voltage mercury light.

The Chandogya Upanishad describes the state of realization of the *sahasrāra* as – '*Tasya Sarveṣu Lokeṣu Kāsmacāroṃ Bhavati*' Meaning: the *yogi* who has seen (realized) the *sahasrāra* can attain the knowledge of all the sciences. *Sahasrāra* (the crown *chakra*) is the center of the regulatory power of the brain from where the latter controls the activities of the body. It, being the 'core repository' of intrinsic tendencies, is also the source that inspires and governs human intellect, which is the root of the enormous creations and great accomplishments in this world.

If we sharpen the knowledge-acquiring unit of our brain up to the brightest level then we can recall, at will, whatever we had ever heard, seen, read, thought or experienced. Moreover, we can also see or know everything that is read, heard, thought, seen or experienced by others around us so clearly as if a reel of a

film is being projected in front of our eyes. The memory registers of the brain store the visual perceptions like those on a reel at a speed of about one scene per second. More surprisingly, this majestic box inside the skull also contains 'preprints' of the scenes, which a person is going to see in future. This astonishing capability of the human brain, if used completely, can enable one to become omniscient. Each one of us can attempt to realize and activate the hidden powers of the brain and benefit accordingly.

It is said that the soul resides in hidden layers of consciousness in the brain. Knowledge of the journey of the soul, knowledge of the cosmos, and that of the Omniscient Supreme Divine Force are also subliminally inscribed in the inner core of the brain (unconscious mind). Some neuroscientists believe that if there were sensitive instruments to measure and project the millisecond to millisecond activities of the majestic neuronal network in one's brain, then it would be possible to unravel the complete history of his present

“It does not matter how slowly you go as long as you do not stop.” - Confucius

and previous lives. It would then be possible to see in what kinds of *yoni*s (life-forms) an individual soul had appeared and what were its sinful (*pāpa*) actions and what were its morally high, noble, altruist deeds (*puṇya*) in the past or the present life. Awakening of the crown *chakra* links the individual consciousness with the limitless 'ocean' of collective consciousness and endows one with not only this potential, but also activates the supernatural cognitive faculty of 'seeing' the journey of others' souls as well. The *sahasrāra* is like a 'crystal' through which one can get a glimpse of the journey of the soul and retrieve detailed knowledge about the past and the present life. This is the reason why the scriptures of Hindu religion call the *sahasrāra* as *sūtrātmā* -- eternal linkage of the soul with *Brahm* (the Omnipresent, Supreme Consciousness Force).

In the state of dream all the activities of our body are internalized under the control of the ever-active unconscious mind. Many a times the events seen in a dream or experienced subconsciously come true. This signifies the linkage of brain (mind) with the eternal consciousness of the soul, which is constantly inspired by the Omnipresent Supreme Consciousness-Force (*Brahm*) and which is beyond the reach of any sensory perception. The supernatural experiences associated with different faculties of mind indicate the existence of a supreme source (of its power) which is absolute and which can never be bound within the limits of time and space. Einstein had accepted the existence of the absolute power of consciousness. He had even attempted proving its eternity through his theory of relativity.

Scientific experiments on rats and monkeys have helped in understanding the neurophysiology of their motor control. In human beings, the complexities are so intricate even at the level of simple physiological activities that much of these autoregulatory mechanisms and functions of the brain still remain the topics of research. Its automatic control of the sensory perception is more complicated. The brain experiences (as pain) the injuries of a leg or any other organ. The eyes weep but the sorrow is felt by the brain (mind). The body moves but it is the brain that worries about the hindrances along the path. The hands use tools but it is the brain that enables them to do so. Whatever one thinks, does, believes and feels is because of the brain. In essence, the brain characterizes the existence of a human being.

“India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend, and the great grandmother of tradition. Our most valuable and most instructive materials in the history of man are treasured up in India only.” - Mark Twain

“An idea that is developed and put into action is more important than an idea that exists only as an idea.” – Lord Buddha

Indian Philosophy and science of yoga are focused on the in-depth knowledge and realization of the four facets of the inner self – *mana*, *buddhi*, *citta* and *ahamkār* - hidden in the sublime functional cores of the human brain. The *rishis*, the visionaries of this eternal knowledge, had discovered the principles and methods of acquiring absolute knowledge and attainment of ultimate bliss by the realization of the subtle streams of *prāṇa*. They explain in the Dhyānbindu Upanishad (Hymn nos. 103-106) that –

*Kapāla Kuhare Madhye
Caturdwārasya Madhyame |
Tadātmā Rājate Tatra
Yathāvyomni Divākarḥ ||
Kodaṇḍadwaya Madhyatu
Brahmrāndhreṣu Śakti Ca |
Swātmānam Puruṣam
Paśyenmanastatra Layam Gatam
||
Ratnāni Jyotisnanādam Tu
Bindumāheśvaram Padam |
Ya Evam Veda Puruṣaḥ
Sakaivalyam Samaśnute ||*

Meaning: In the inner core of the forehead lies the center of the four doors of the sensors of eyes, ears, nose

and mouth. There one hears the eternal music -- resembling the sound of a divine peacock — entering in the *brahmarāndhra* from the cosmos. Like the sun in the sky, the soul is gloriously placed at the top of the inner brain. Below the *brahmarāndhra*, deep in the *bhrūmadhya*, there exists the reflection of its power. One should realize the existence of the Self in this inner core of the brain. The eternal glow and sound of the Omniscient,

If India must retain its identity and perform its allocated role in the world, our first need would be for the youth of India to learn to contemplate – contemplate on all topics, independently, deeply and in an unbiased manner, strongly crushing all fanaticism.
- Sri Aurobindo

Omnipotent, Supreme, Soul (God) exists there in a sublime form. One who knows this can attain the divine state of ultimate peace, bliss and knowledge.

Modern science has not yet been able to unfold and analyze the existence and activities of the unconscious mind. As research in this direction advances in collaboration with that in the fields of subtle sciences (of yoga and spirituality), the role of *sahasrāra* would become clear and recognized as the source of linkage of the individual self with the Supreme Self.

Through dedicated experiments on the subtle science of yoga and spirituality, our *rishis* (ancient Indian sages and spiritual yogis) had unraveled the existence and principal role of the *sahasrāra* in association with the six *chakras* and the *brahmrāndhra* as the intrinsic invisible regulator of the (human) brain. Different *sādhanaś* of spiritual experiments and *yoga* were devised by them so that every human being could realize and benefit by the immense

“The earth is enjoyed by heroes”—this is the unflinching truth. Be a hero. Always say, “I have no fear.” – Vivekananda

power of his/her brain through sincere practice of these *sāadhanās*. It is unfortunate to note that the people of the later ages could not pursue the dedication, disciplined and ascetic life essential for the *sāadhanās*, and instead preferred materialistic gains and luxuries. Even the simple practices of *japa* (repetition) of *mantras* and *dhyān* (meditation) could not find place in the daily lives of most people. This had led to a severe discontinuity that gave rise to the near total disappearance, in the present era, of the most advanced branch of complete knowledge (of the conscious and the transcendental mind) accessed by our sagacious ancestors.

We must note that we can enjoy a truly accomplished and blissful life only by maintaining health, happiness and peace of mind. Measures based on psychological, physiological and other scientific aspects could be useful in positively conditioning the mind provided they are focused at the sublime powers and faculties of consciousness. The mind, being a sublime faculty of the brain, is a source of expression of the inner self; it is the source of one's existence and identity of the individual self. Whatever be the potential or talent of a person, its seed resides in his brain. The development of personality of an individual depends upon the level of his

conscious mind and the quality of its subtler (subconscious and unconscious) entities. We cannot know ourselves, not even our body, without knowing our brain up to the deepest depth.

Notes (Glossary):

1. *Brahmarāndhra*: Sublime inlets in the upper layer of the cerebrum for the reception of cosmic (consciousness) energy through dedicated spiritual experiments of *Yoga Sāadhanās*.
2. *Prāṇa*: Vital spiritual energy.
3. *Bhrūmadhya*: Mid point between the eyebrows deep inside the brain.

Trust is like a STICKER.

Once it is removed, it may stick again,

But NOT as strong as it holds when you first applied it..!

Always take care of relations.

That's why they say; when you are in doubt "SILENCE" is the best policy.

People of little understanding are most apt to be angry when their sense is called into question - Samuel Richardson

It Is Not Circumstances, But Determination That Leads To Achievement Of The Goal

It is quite common to realize ones dreams when adequate resources are present. But it is extraordinary for someone to realize his/her dreams in the absence of resources and in the midst of extremely unfavorable and challenging circumstances. When one is determined to achieve what he wants, even God cannot trample on his dreams; on the contrary He eventually provides cooperation and protection to the courageous. Those who know how to put their resources, intelligences and time to judicious use, will never taste failure. Success will always kiss their feet.

There are some people who have set an outstanding example of hard work and success; those who have never been deterred by struggle and challenges; nor have they ever complained of lack of resources. They accepted the numerous challenges that came their way and showed immense courage and unwavering faith till they reached their goal. A perfect example of such strength and determination is Shivkumar. Shivkumar is a student of IIM. He managed to get into this esteemed institution owing to his hard work and talent; but inability to meet the expenses of the institute became a problem for him.

Shivkumar tried hard to solve this problem and tide over his financial crisis. The problem was daunting and he was unable to find a way

out of it. He got an idea of earning some money and contacted people who distribute newspapers at the doorsteps. A deal was struck and he got the job of distributing newspapers over houses located in a 10 km area. This was a tough challenge for an IIM student but he accepted it.

Shivkumar somehow managed to arrange for a cycle and distributed newspapers in the entire stretch of 10 kms from 4AM to 7AM. With this arrangement, he managed to meet his daily expenses and fees. After this, he completely dedicated his time towards his studies. In the course of this routine, Shivkumar had to face criticism and ridicule from the students who came from affluent family backgrounds. But this did not deter him. This goes to show that that one can tide over extremely challenging circumstances with hard work and determination. Presently Shivkumar has job offers from multinational companies but he has resolved to devote himself to help meritorious students who are unable to afford good education.

One other person who stands out in this context is Narish Rajput. He had to face dire circumstances and opposition from his own family. His courage and confidence enabled him to emerge out of these conditions successfully and made him believe that success is bound to come if one does not give up.

The most successful people are those who are good at plan B. - James Yorke

Narish's mother passed away due to lack of money and it was the same reason why he could not enroll for IAS coaching. Narish put his best efforts and studied at home. Unfortunately, during this time he lost his job too. He had to face mounting challenges at each step. There were moments when he felt like giving up but the very next moment his self-confidence assured him that these challenges could be overcome if he focused on his goal without losing hope. He told himself not to worry about the end result and concentrate on how he could make best use of his present time. He resolved to offer himself completely. It is this grit and determination that has led him to be selected to the IAS cadre. Narish says - "Challenges come our way so as to make us stronger. We should never be afraid of them. In fact, we should face them with courage and confidence."

Another such story is of IAS Komal Praveen Bhai Ganratra. Her life was far more challenging and scary. Komal was married into an ordinary family. Soon after marriage, greed for dowry made her in-laws family ill-treat her. She had to face extreme difficulties and torture. She was later thrown out of the house. She spent the following five years of her life as someone tortured for dowry. In the midst of these fearful circumstances Komal made up her mind to do something creative so that there is a meaning to her life and that she can be a

source of inspiration for others. Komal decided to prepare for IAS exams. She put her entire energy and talent towards achieving this goal. She thought of nothing but her goal 24 hours of the day - whether she was awake or asleep. She was determined to achieve her goal. When her in-laws came to know of this situation, they began to criticize her viciously. She had to listen to all sorts of comments from various people. Innumerable efforts were made to extinguish the flame burning inside her. They however did not succeed in breaking Komal's resolve. On the contrary, she resolved to put her heart and soul in reaching her goal. As a result of this, she did succeed in getting into the IAS cadre. Those who criticized her were the first ones who came to congratulate her.

It is not surprising if someone blessed with all the resources emerges successful, but those who face hurdles in life and come out successful are like 'Lotuses that blossom in muddy waters'. Nobody can stop those with firm resolve, ready to strive and brimming with confidence. Such people are capable of paving their path in the midst of a storm and are able to steer their sinking ship of life and bring it to the shore. They accept lack of resources, continuous struggle and insurmountable challenges with a smile and proceed towards their goal with unwavering faith. Such people are blessed with success.

Speak what you think today in words as hard as cannon-balls and tomorrow speak what tomorrow thinks in hard words again though it contradict everything you said today.

- Ralph Waldo Emerson

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us. - Helen Keller

Blessing & Assurance – I

Shriram becomes father

It was the afternoon of a day in August 1932 when Gopinath from Anwalkheda had come to Agra Central Jail to meet his friend Shriram and was sitting in a waiting room of the jail. People were taking turns to come and meet their friends and relatives in that room. Political prisoners had the freedom to meet visitors outside their cells. Gopinath's name was announced by police attendant and he said - 'Your relative Shriram is waiting in room number twenty three. Complete your meeting in ten minutes. Note that you will not get more time than this.'

In room number twenty three Gopinath saw Shriram seated along with some other political detenus. He was busy talking to them and it did not appear as though he was waiting for Gopinath. The moment he heard footsteps, Shriram got up and hugged

his friend. Gopinath was overcome with emotions and could not speak when he saw Shriram dressed as a prisoner. His eyes were filled with tears and before he could gather himself, Shriram asked several questions about the welfare of his friends and family in the village. Gopi could not say anything more than 'all is well'. After a while, when he was able to compose himself, he said - 'Brother, I have some good news for you.' Shriram looked at Gopi and was waiting for him to complete the sentence. Gopi said, 'I have become an uncle. Bhabhiji (Shriram's wife) and nephew are doing well. Taiji has asked you to suggest a name for the baby.'

Shriram was happy to hear the news. He was elated to hear the news that he had become a father, but instead of expressing his joy, he chose to keep quiet. He closed his eyes and silently recited

Gayatri Mantra. He opened his eyes and said 'OM' and again assumed silence as though he was repeating the Gayatri mantra one more time. After a few moments, Shriram said, 'Give him the name OM! Omprakash.' After having chosen the name, Shriram, with the permission of the police attendant, got some jaggery and distributed it to all those sitting near him including Gopi. Thus was celebrated the birth of his son.

He continued to talk of several things with Gopi. The attendant came and announced that the visiting time was over. Gopinath got up looking as though he was trying to gather his belongings although he hadn't any luggage. He somehow had the feeling that he had not spent enough time talking to his friend. The surge of emotions was so strong that he did not want to get up and leave. It was as

No one can make you feel inferior without your consent. Never give it.

- Eleanor Roosevelt

though he wanted to linger on for some time more under the pretext of gathering his belongings. But he could not do it for long. Shriram assured him and said, 'I will come out soon. It is just a matter of one-and-a-half to two months. After that, we will all work as before and shout the slogans of 'Victory to Mother India.' Saying that he will try again next week, Gopinath got up. He had only eaten a very small portion of the jaggery that Shriram gave. He had saved the rest of it in his palm and said, 'All of us will share and eat this in Anwalkheda.' By the time he completed this sentence, his eyes were filled with tears. Shriram's eyes also were wet and he tried hard to evade looking into Gopinath's eyes. He hugged Gopi and patted his back. Then Shriram walked back into his cell and Gopi also went his way.

Home, when Shriram was in jail

There were twelve other people in the Central Jail. They were either his associates or well-wishers. Among the people in the room, two were close to him.

Some visitors had come to meet them, too. After Gopinath left, Shriram began to think about his home. He realized that conditions at his home had become tense and worrisome due to his participation in the freedom struggle. His home was a spacious mansion with farms, servants etc. but all these had to be managed by Taiji singlehandedly. In the joint family, there were other brothers and relatives, but no one was capable of shouldering any responsibility. Shriram was the light of the family and he carried lot of responsibility. But much of his time was spent in the freedom struggle, *sadhana* and *swadhyay*. He hardly had any time left for familial responsibilities. When he was sentenced to jail for six months, it had a very bad effect in the village. People began to say, 'We had tried to caution him earlier itself. Who has been able to win against the British Raj? Even the Sun does not dare to set under their rule. How can anyone pull the curtains of their rule? Mattji was mad with patriotic fervor. When he comes after serving the

sentence, he will himself mend his ways.'

Durga Shankar, an uncle in relation, used to constantly tease Taiji on his account. He would say, "Now, Shriram will learn some more skills because of which there will be no need to earn to maintain the family.' For the first time, Taiji did not understand his taunt and asked what was meant by it.

Uncle said, 'I am referring to things like stealing, robbing, cheating etc.' Taiji kept a sullen face after hearing this and kept quiet. She was hurt but she consoled herself by the thought that life of her son was not confined to earning means of livelihood for his family, like others and that he was working for the entire nation.

As she was thinking thus, her train of thoughts was interrupted with the fact that her son was in jail. It was not a good thing to go to jail. It spoils the reputation of one's family. The jail is definitely not for 'noble' people. Her inner lament was countered by another set of thoughts -

Always bear in mind that your own resolution to succeed is more important than any other one thing. - Abraham Lincoln

'Lord Krishna was born in the jail. Who has defamed him because of that? Vasudev and Devaki were confined to jail. The *asuras* used to capture and torture many noble souls. Even Gandhiji has been to jail several times.' With such musings, she fell asleep. After this incident, his uncle threw tantrums several times but Taiji was not at all affected by them. She got busy in managing both the house and the agriculture farms in Shriram's absence.

We will be careful from now onwards

After this spell in jail because of participation in freedom struggle, behavior of Shriram's relatives changed considerably. He came to know this by interacting with those who visited him in the jail. It was Shriram's friends and co-workers who primarily came to visit him in the jail. His family members and relatives visited him rarely. His Mama (maternal uncle) had come twice and he suggested that they appeal to the government for releasing him early. Shriram refused this advice saying - 'I have not been arrested for a reason for

which one has to feel ashamed. I have been caught working for my motherland's freedom. Many people have happily gone to the gallows for this cause. Then, why should I be eager to get out of jail?'

His uncle had appreciated his nephew's emotions. But there was a subtle reason behind his suggestion. He said - 'A person gets bound by remaining in jail. If you were outside, you could do more for the country. Do not think it to be cowardice to come out.' Shriram said - 'I would not agree to come out by giving a bribe. When I come out, I will be more careful. I will be more wary than I was before and will not let a situation come in which I will have to come to jail again.'

Shriram came out after completing his jail term of six months. It was the month of November and the festival of Diwali had passed. Taiji had celebrated that Diwali with a strange mindset. She was sad that her son was in jail. But her grandson had arrived and it was a matter of joy. On the day of Diwali, Taiji was

playing with the kid and said, 'Let your father come. I will teach him a lesson.' What could one explain to a 3-month old babe about what she meant by that sentence. Even her daughter-in-law did not understand the import. She could interpret its meaning only when her husband returned home.

Defining the future course of action

When Shriram returned from Agra Central Jail, he was surrounded by his friends and associates on his way back home. Separation for several months had overwhelmed them with love and emotion. They failed to realize that his mother and wife would also be waiting to meet him; also that he would be eager to see his newborn son. Oblivious to these sentiments, his friends kept him surrounded for about two hours. Even Shriram did not realize that he was being awaited by his family. They spent their time discussing about future course of action; how they should plan the next stage of the struggle; who would play what role etc.

"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." - Reinhold Niebuhr

His friends asked him to share his experiences in jail. How did he feel? What was the daily routine? How was the mutual relationship between the jail-mates? Shriram postponed answering such questions not because he did not want to answer them but because planning the future course of action was more important. He kept pushing away questions about his experiences in the jail more than five – seven times. When his friends insisted on knowing the details, he said – ‘I will tell the story of the jail in greater detail some other time. It is not about just a couple of incidents. There are several things to talk about. To share all those will need many hours. Now, we should think of our future plans of action.’

Talks about his time spent in jail

Still, he did speak about his experiences in jail. One such topic was about whom he remembered the most while in jail. Shriram replied – ‘I used to remember everyone. But the life there was so busy that I was totally absorbed in those activities. I did not miss

anyone too much. Most of my time was spent in reading and writing. Leading political prisoners in jail were given several comforts. Even newspapers were delivered to them. I got an idea to invest some time in learning English. There was no means for writing. Neither was there a pen nor paper. I then got an idea to write with a piece of charcoal on the iron basket. I began to learn from the old issues of ‘Hindustan Times’ and took help from revolutionary friends or from officers in the jail. In this way I learnt English alphabets. In two months, I gained enough knowledge to read a newspaper. After that, my knowledge improved with constant practice.’

His friends began to ask about some incidents in the jail. He did not remember anything off hand. Gangasharan said – ‘O K! Don’t tell us much. But do tell us about one incident which made you forget about everyone.’

Shriram went down the memory lane. He was quiet for sometime and then got back with an incident in the jail. When he was arrested

and taken to the central jail, among the people who attracted him, one was a *sadhu*. His name was Raghavdas. He was an *upasak* (worshipper) treading the path of devotion. Instead of *Swami*, he preferred to be addressed as Das Raghav. If someone addressed him as *Swami*, he would request with folded hands – ‘*Swami* (Master) is only one and that is the Lord Almighty. I am just his *Das* (servant). Hence it will be appropriate to call me *Das*.’ People were hesitant to call him ‘*Das*’, hence they called him ‘*Baba*’ or ‘*Maharaj*’. Shriram began to address him as ‘*Bhagatji*’ – *Bhakt* Raghavdas.

Rescuing the life of the ailing, who is suffering from diseases, is greater in all proportions to even the most magnificent grand sacrificial ceremony, in which large amounts of oblations are given.

- Mahabharat

“A man only becomes wise when he begins to calculate the approximate depth of his ignorance.” - Gian Carlo Menotti

What Are The Super Powers That You Must Possess?

Each one of us wants high happiness index, peace of mind, mature character and success in life; but most of us do not really strive to achieve these goals. Out of those who struggle for their goals a very few are able to make things happen. The difference between successful and unsuccessful people is the difference between the level of Inner Power both the categories possess in their brains and the level of Power they exert to achieve what they want to achieve. In general, the Inner Powers consist of following seven categories and the intellectuals who possess all these mental muscles can accomplish a great deal in most of the fields of life:

1-The Power of Focus:

There is a story which tells that during the bird shooting session, the instructor asked each shooter what he is looking at. One candidate said, I am looking at the flock of birds, another said, I am looking at the tree where birds are about to sit; however one shooter said that I am looking in the eyes of one of the flying birds! This is the power of focus which means that one has to concentrate all of his energies on one goal and do not let any obstacles change his attention. Don't let your mind get distracted from your goal. Don't let wayward thoughts spoil your plans. Always keep in mind, what you focus on increases so don't let the seeds

of negativity get nourished in your brain. Use Zoom-In and Zoom-Out tool to strengthen your Power of Focus.

2-The Power of Vision:

A fast pace horse running in the wrong direction will never reach its destination. Instead it will cause misleading ripple effect to its followers too. The Power of Vision depends on your thoughts, your awareness about field, your comprehension capabilities and your caliber to visualize the future. It is important to understand that thoughts are the seeds for your character because thoughts give birth to actions which become your habits and constitute your personality and consequently your destiny. Empowering your thought process involves staying away from negative thoughts, trying to be part of the solutions instead of problems with less criticism and more optimism. Secondly, empowering your awareness level involves meeting with learned people and watching relevant documentaries (*Satsang*). Make it a habit to read good books / magazines (*Swadhaya*) and to watch news daily to improve your vision. Once you develop the Power of Vision, your comprehension levels will be as deep as a sea; your thoughts will fly as high as sky and your strategies will be as solid as rocks.

“The next best thing to being wise oneself is to live in a circle of those who are” - C.S. Lewis

3-The Power of Now:

People make plans but they don't execute them. They keep thinking and keep waiting for the 'right' moment to kick off their plans. This 'right' moment never comes. The right moment is Now. The best way to make your dreams come true is to wake up and act. This is understood that planning is important. However if you keep wasting your time in the name of planning, you will end up as a failed person. Break down the big target into smaller tasks and start implementing one by one, starting today. Don't waste your time as your idea might get implemented by someone else. You might have more tough circumstances with more complications tomorrow. You might have to bear the burden of additional responsibilities; so Now is the time to take action. Now is the time to make a difference. Now is the time to make things happen. Remember, your thoughts will not take you anywhere if you don't implement them. So take action Now!!!

4-The Power of Positivity:

Successful people possess a positive mindset. To develop this power you must shield yourself from negativity. Remember that being positive will give you the freedom to look forward instead of looking backward. If you keep wandering in the past with negative thoughts you will not be able to proceed towards your goals. Positive people are part of solutions not part of problems. Positive people convert risks into opportunities. They have the sense of gratitude. They believe in skills not in luck. If you want to build this power, try staying away from negative-minded persons, make the habit of joining the company of good people, read wisdom quotes and keep yourself in a positive environment.

5-The Power of Analytics:

Being analytical helps in many ways; for example, breaking down bigger problems into smaller tasks, considering the issue from wider and multiple angles, evaluating the options

Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the Contest was to find the most caring child.

The winner was:

A four-year old child, whose next door neighbour was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there.

When his mother asked him what he had said to the neighbour, the little boy just said, 'Nothing, I just helped him cry.'

“When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps.” - Confucius

from 'Needs and Wants' perspective, differentiating between urgent and important tasks and eventually working on things which matter the most. Whether you want to analyze large data at work, or you want to purchase a new mobile set, resolve a technical issue or handle a conflict in family or work, analytical skills help you a lot.

6-The Power of Flexibility:

Mostly people think the other way around; in fact being flexible doesn't mean being weak; instead it portrays your powerful personality trait that you care about others and respect the difference of opinion. It is said: "Better to bend than to break" so the more flexible you are, the more you will be able to manage stress which will strengthen your thought process. Keep your ego aside and listen to the perspective of others. Keep your mental doors open and be flexible in changing your plans. Be adaptable to situations because sometimes U-turn in life is fine to take. Don't get disheartened. Remember, "God takes men to deep waters not to drown them but to cleanse them".

7-The Power of 'Implosiveness':

Great people are not explosive at all. They are cool at mind and heart. They are not oversensitive and reactive in nature. When a tragic situation triggers their anger, they analyze it from logical, emotional and ethical angles and then respond in order to improve the situation and not vice-versa. So you must believe in the fact that reactive nature will reduce your friends and increase your foes.

Empower your personality with these seven super-powers and gain ultimate heights in life. Remember, success is not a destination, it's a journey. For this journey, there are no escalators so you must take the ladder passage, which means you have to take a step-by-step approach to reach the top. If you are in doubt at any stage, just take the next small step and notice the consequences. If all is fine, go ahead; if something goes wrong, take a step back and re-assess your direction.

[Received with thanks through email]

A smile directed at a stranger, a compliment given to a friend, an attitude of laughter, or a thoughtful gesture can send ripples that spread among your loved ones and associates, out into your community, and finally throughout the world. You have the power to touch the lives of everyone you come into contact with. The momentum of your influence will grow as your ripples move onward and outward. Those ripples will become a tidal wave of positivity.

"Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." – Lord Buddha

Siddhis (Supernormal Powers) Should Never be misused

Gayatrisadhaks get glimpses of several divine powers as a result of this *sadhana*. *Siddhis* (supernormal powers), which can be achieved by *yoga* or any other *Sadhanas* can be equally achieved by *Gayatrisadhana*. *Sadhak's* spiritual awareness increases with the progress in *sadhana* done with faith, devotion and humility. Impurities covering the soul are removed, internal purity develops and *sadhak's* soul begins to shine in its original amplitude and brilliance.

When a thick layer of ash envelops a burning piece of coal, it loses its burning power. It can be touched. But when this covering of ash is removed, blazing heat flares up from the burning charcoal. This fact applies to the soul also. Ordinarily, people are overwhelmed by worldly attachments. They are deeply engrossed in carnal tendencies. This is like a curtain of illusion on account

of which the heat, light, brilliance of the soul cannot shine forth. When a person becomes self-introspective, removes inner impurities and cultivates inner piety he is ready for self-realisation. Individual soul is part and parcel of the universal and transcendental Divine. It contains all the elements, virtues and powers which are found in God. All the characteristics of fire are found in a spark. A spark has the potentiality to flare up and become all-engulfing fire. When impurities covering the soul are removed, divine light shines through the soul.

Eight *siddhis* and nine *riddhis* are famous. In addition to these there are innumerable big and small *riddhis-siddhis* which manifest and develop as soon as *sadhak's* *sadhana* attains maturity. Although no separate efforts are needed for the attainment of a particular *siddhi*, they

automatically manifest just as on attaining the age of youthfulness its symptoms manifest themselves. *Gayatrisadhak* attains the state of a *siddhi* gradually. The following signs are clearly perceptible in persons who are engaged in *Gayatrisadhana* with faith and devotion for a long time.

- (1) Magnetic personality, lustre in eyes, force in speech and brilliance, sobriety and steadiness are visible on the face of such a person. Persons coming in his contact are instantly influenced by him and gladly offer to do his bidding.
- (2) The *sadhak* feels within himself presence of divine brilliance. He feels that a new power is working within him.
- (3) He takes interest in noble deeds and has an aversion for viciousness. He feels sorry and sincerely repents if he commits any

“A friend is someone who knows all about you and still loves you.” - Elbert Hubbard

mistake inadvertently. He does not get puffed up in moments of success and prosperity nor does he lose his balance in the hour of calamity and crisis.

- (4) He has an inkling of coming events. In the beginning it is just a hunch but gradually he acquires exact knowledge of future events.
- (5) His curse and blessings materialize. If he is painfully hurt and curses anybody such a person is bound to face calamity. If he is pleased with and blesses someone from his heart the person so blessed is bound to be benefited.
- (6) He can read the thoughts of others. Nothing can be concealed from him. He can see with inner vision the virtues, defects, thoughts and conduct of a person.
- (7) He can implant his thoughts in the mind of other persons and can convey his messages to persons in far off places without the help of any material medium of communication.
- (8) Atmosphere around him is calm, and pious. Persons sitting close to him feel

wonderful peace, piety and righteousness.

- (9) He can donate a part of his *tapasya*, age or power to anybody and the beneficiary gets benefited without making any effort. Such a person can do *shaktipat* (transfer his divine powers to others).
- (10) He sees flood of divine light of different colours in dreams as well as while awake and during meditation and hears divine sounds. Some celestial power and presence appears to be his constant companion and playmate. He gets marvellous divine experiences through the influence of this presence.

These are some tangible signs of advanced progress in *sadhana*. Besides, there are some indirect indications of *siddhis* like *anima*, *laghima*, *mahima* etc., which are described in *yogashastras*. Such a person is sometimes capable of performing acts which appear marvellous, supernatural and amazing.

One has to be very careful during the delicate period of appearance and development

of *siddhis*. When the period of adolescence comes to an end and youthfulness sets in, new vigour is born in the body. The mind becomes enthusiastic, playful and passionate during this period. If this mentality is not controlled, raw energy or vigour starts dissipating and the person becomes devoid of youthfulness, weak and useless. In *sadhana*, too, the stage of beginning of *siddhi* is such a stage when the *sadhak* feels within him an upsurge of divine energy and in his enthusiasm, he wants to flaunt his superiority before others by exhibition. If this happens and the raw energy is mis-spent before it obtains maturity, the *sadhak*, on account of misuse of *siddhi*, becomes hollow and empty.

This world is being regulated by the principle of *Karma* of sowing and reaping. Living beings entangled in the ties of their actions lead a life according to well-settled principles of nature. True service of humanity lies in inspiring people towards righteous actions, in encouraging them to learn fortitude in the face of

“The only true wisdom is in knowing you know nothing.”- Socrates

disaster. This is spiritual service. Material help should be extended to solve immediate difficulties. If people who have deviated from the path of their duties are made prosperous by using spiritual power, such people will become all the more idle and indolent. Therefore, best service lies in inspiring them to imbibe virtues and wisdom. To divert one's spiritual power for enhancing material prosperity of others amounts to exhausting one's spiritual powers in cheap exhibitionism. Far-sighted spiritual masters do not crave for cheap worldly respect and praise.

But the trend in the society these days is almost the opposite. People have made worship, spiritual pursuits, meditation etc. as a means of gaining worldly power and pelf. They worship and make pledges and offerings to God for getting success in gambling, lottery etc. Their only object is to get money by hook or by crook. Such persons do not acquire spiritual enlightenment and power. Even if they get it, it is soon lost on account of its misuse in improper acts and

their future is bleak. An incompetent person can never be endowed with powers by which he can do harm to others.

It is altogether prohibited in spiritual *sadhana* to use *tantrik* methods of using *mantra* power for killing an adversary (*maran*), for sorcery (*mohan*), for bringing distraction in man's mind by incantations (*uchchatan*) or for bringing a person under complete sway (*vashikaran*). It is also prohibited to know secret conduct and ideas of a person and to make them public and thus bring him into disrepute. Displaying wonderful feats and make people believe that he is a divine soul (*siddha*) is strictly prohibited for a *Gayatrisadhak*. Nothing can serve the people at large better than the work of disseminating true knowledge which alone is important and by which a *sadhak*, rendering service with least resources, can feel celestial joy and make his life a blessing for himself and others. If, on the other hand, he indulges in exhibition of miracles, the source of his power will dry up; he will lose spiritual wealth and become empty in a

short time. Such persons do more disservice than service to the people, because, although they are able to attract people towards them, this does not last very long.

Keeping these facts in view, I strongly caution all my readers and followers not to disclose their *siddhis* and keep them strictly secret. They should not disclose their miraculous experiences to anybody except their most reliable bosom friends. If necessary, guidance in such matters can also be sought from the author of this book. It is the utmost responsibility of *Gayatrisadhaks* not to misuse in the least the divine powers which they have achieved. I caution with all the emphasis at my command that no *sadhak* should commit violation of this injunction.

[Excerpts from 'Superscience of Gayatri' {English abridged version of 'Gayatri Mahavigyan' (in Hindi) by Pt Shriram Sharma Acharya}, revised edition, 2004, Published by Yug Nirman Yojana, Gayatri Tapobhoomi, Mathura]

"The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly." - Lord Buddha

How can One Lead A Successful & Progressive Life?

Every human being desires a successful and progressive life. Almost everyone tries for this to the best of one's abilities, but not everyone attains the desired success. The surest route to success is the enhancement of human virtues. Therefore, in order to enrich one's life, it is necessary that these virtues are actually adopted in practice. It is true that by reading books of wisdom and by listening to good preachers one gets a new direction in life, but the real benefit of this wisdom is attained only when one imbibes it in his day-to-day living. In the absence of action, thoughts alone have no great relevance. To refine our lives we have to pay sincere attention to our conduct. Listening to discourses and studying good books gives us inspiration to refine our ways, but just acquiring this as information does not help till it is actually put into practice. Without practice, our state will be the same as that of a donkey carrying a load of gold. The donkey cannot make any good use of what it is carrying, neither can it buy anything good to eat nor does the gold enhance its prestige in the society. The precious gold remains just a heavy burden and a source of pain till it stays on its back.

The knowledge that is acquired through books and discourses cannot be of any great benefit. Of whatever knowledge we have acquired, if

we can put even a small part of it into practice, our life can get transformed. On the other hand, if we keep filling our storehouse of knowledge, but our conduct remains low-grade, we shall not be benefitted. Swami Vivekanand once said - "To transform our life there is no need to memorize all the scriptures. Even one great thought, if adopted in practice, can transform our life.'

Human life is invaluable. Though we are born with limited time and resources, if we utilize them properly our life can become meaningful. What to make of our lives is completely in our hands. It is surely possible to transform our disorganized life of today to an organized, progressive life of tomorrow. There is no need to be ashamed, or feel sad and unhappy over the past mistakes. True repentance means to never repeat those mistakes. If we dislike the errors of our past, and are hopeful of our future then it is necessary to start living an organized life today itself. That auspicious time is here, today, and this moment itself when by deploying our acquired knowledge to practice we can attain eminence in our lives.

To gain entry on the path to an eminent life we should begin to cultivate good qualities right away. Humility, courtesy, smiling demeanour, softness in speech, empathy, love

"Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart." - Mahatma Gandhi

and affection for others: these virtues are worth adopting and practicing. By adopting these we uplift the quality of our lives and at the same time we cast a positive influence on others too. These seem difficult to adopt in the beginning but with continuous practice all this becomes quite effortless.

It is not necessary that like great men, the feelings of love and empathy for the whole mankind gets evoked in a beginner's heart right at the beginning; and if we believe that only when our hearts get filled with pious love for all, we shall express it, then we are wrong. This is like some one saying, "I shall enter water only when I have learnt swimming." How can one learn swimming without practice? Swimming can be learnt only by entering the water and practicing to swim. This is true in the context of good qualities too.

To smile without condition,
To walk without intention,
To give without reason, and
To care without expectation,
Are the beauties of any Relation!
That's the start of a righteous life.

Until we start practicing them and bringing them into our daily routine, we shall remain far away from them. The true benefit of knowledge is attained only by putting it into practice. By developing the habit of displaying good qualities, there is no harm done to anyone; rather, benefit is caused to all. By presenting ourselves as one with good qualities, good thoughts and good actions, we will be greatly benefited. We must take inspiration from the tiny lamp which has only a small initial capital in the form of oil, but that does not cause it any resentment. Till the time it glows it spreads its light with its head held high, and helps all present nearby to do their work under it.

We must reflect on ourselves with a firm decisive mind in this way: we have many good qualities in us, and we are enhancing them further day-by-day. It is a well known fact that whichever object we contemplate upon again and again begins to get attracted to us on its own. We must disregard our weaknesses and encourage our positive traits. We may have many flaws and weaknesses; the only way to rid ourselves of them is to put the might of all our goodness and virtues against them. For example, if we are beginning to get angry over something, we should practice to put that out of the mind and think of something that gives happiness, and we should practice to speak gently at that moment. We will see that quickly the anger will get under control. If someone tells us not to think of a particular object during meditation, our attention will definitely get diverted towards the object. What we normally do not think of, if we try to prohibit ourselves from thinking about, it would inevitably draw

"Face the brutes." That is a lesson for all life—face the terrible, face it boldly. Like the monkeys, the hardships of life fall back when we cease to flee before them. – Vivekananda

us. This is exactly true about our weaknesses too. If we try to suppress them, they would spring back with double the strength. So an easy way to gain control over our weaknesses is to begin adopting good qualities and virtues. The easiest way to make others yours is through truthful admiration or genuine praise. Everyone likes appreciation, whether he is a child or an adult, rich or poor, known to us or a stranger. Anyone can be won over through admiration. For this we need to first understand and recognize others' talents and good qualities. We must learn the art of recognizing and appreciating the qualities of others. Everyone has some good qualities; there is no individual who has no good qualities at all. However bad a person may be, even he would have some good qualities. The real need is to identify and express them. We should never be miserly in praising others; whenever we find good qualities in someone we should appreciate them openly. And we don't need to go too far to practice this art. We can start right from our homes. We should not hesitate in admiring the good qualities of our brothers, sisters, sons and daughters. If someone has earned success, however small that may be, we should not miss the opportunity to congratulate him. We must lavishly praise qualities of our spouses, specially their devoted service to the family, their hard work and their sacrifices. This appreciation will get reflected

back to us as more affection and respect. The medium of expressing our appreciation towards our elders is to be grateful. For whatever help and support we receive from our elders we must express our gratefulness towards them. If some one has shown us some favour or has helped us, then we can repay some of the favour then and there itself through simple words of gratefulness like 'I am thankful to you', 'I am indebted to you' etc. All this may seem like an ordinary matter, but in our own experience we shall realize that a strong belief in appreciating others has not only spiritual benefits, but also many more practical benefits. This is an unfailing method to get rich, to attain affection of others, to become a leader and to win over strangers and even enemies. In the words of PanditShriram Sharma Acharyaji, this could be also stated as - 'Listen to others' advice and pay respect'.

Every human being desires that others should love him, respect him, and he should become a source of inspiration to others. Rather than spending our energy in useless pursuits, it is necessary that we cultivate virtues, so that our personality gets more and more refined and we begin to rightfully deserve others' affection. This is the true and the only solution to all our problems and the simplest way to attain success in our lives.

If a drop of water falls in a Lake, its identity is lost.
If it falls on Lotus leaf, it shines like a Pearl.
Drop is the same; but the company matters.

Ego is the only requirement to destroy any relationship. Be a bigger person; skip the "E", and let it "go". - Unknown

Does Your Success Satisfy You?

Everybody wants to be successful. Success gives rise to satisfaction, and satisfaction makes our life seem more meaningful. This satisfaction stems from underlying uniqueness exhibited by an individual. An individual can achieve success by setting and attaining goals that complement his/her unique strengths and traits.

Everyone has his own yardstick for measuring his success. In the eyes of the world, success is defined by "what a person has", but in reality it is measured by "what a person is". Normally, when something we desire comes true, then we start thinking of ourselves as successful individuals. But it is commonly observed that people still don't become truly happy. People believe that those who are successful are happy. But a deeper observation will find it to be not true. Success becomes a

burden for people after sometime.

New desires take shape in our minds every day. We try to fulfill those desires and believe that once we fulfill a desire, then we will be truly happy. But, once that desire is fulfilled, again a new sense of dissatisfaction overtakes us.

It means that in the modern world, we are becoming more successful but our sense of satisfaction is becoming lesser. Our outer achievements keep increasing but our inner happiness keeps decreasing. A person's uniqueness gets lost in his outer success.

If success makes life meaningful, only then it will give a feeling of contentment. The biggest desire of life is to be meaningful. If life does not feel meaningful then even huge successes are worth nothing to a person. Meaningfulness is related to the underlying unique nature

of a human being. Meaningfulness is achieved when a person's uniqueness is expressed. Meaningfulness implies - contentment, happiness, and to feel alive.

Every individual is unique and nobody else can be what he/she is. We should set our goals based on our unique traits, strengths and abilities. We should set goals which express our uniqueness. When we are able to express our uniqueness then we will truly feel happy after getting successful.

Following points are important to achieve happiness and satisfaction:

1. Self-Confidence: Those who trust themselves can accomplish any task. Self-confidence is the first key to success. A person should have confidence in himself and believe in the power of his *aatma* (the innerself, soul). We should believe that our *aatma*

The first form of happiness is sound health; one should partake nutritious, balanced food to keep the body healthy. So it is essential to maintain the health of the mind and body simultaneously. - Rig Veda

is a part of all-encompassing *Paramatma* (the Supreme Soul) and we are connected to *Paramatma's* omnipresent powers. We can find a way to channel *Paramatma's* powers in ourselves to accomplish our task.

2. Trust in God: Although, self-confidence itself is like having faith in God. But, we should also remember Lord Krishna's statement that he is always present to protect us and accompanies us in every step of the way. Having faith gives an individual positive attitude and enthusiasm to carry out a task.

3. Pledge: Taking a pledge gives strength to an individual. We should take a pledge when we begin a task. Taking a pledge means that we promise ourselves that we will stop at nothing to accomplish a task whatever be the obstructions in the way, whatever criticism we get or tensions we have to deal with. Taking a pledge strengthens our resolve and

makes our will power stronger.

4. Dedication: We should have a firm dedication towards our objectives; dedication which is so strong that it makes us sacrifice everything to achieve our goal. Our goals should also be worthy enough for our complete dedication.

5. Courage: Courage makes us fearless. Only a fearless person can live his life on his own terms. Only a courageous person can dream about success. It is natural to encounter challenges in our lives. We should demolish our fears and march ahead fearlessly. We should always be courageous; whatever be the situation, our determination should never waver.

6. Develop appropriate mental disposition as per the situation: To be successful, appropriate mental disposition should be developed as per the time and situation. Stubborn,

wayward, and restive individuals can never be successful because such persons are prisoners of their own beliefs and thoughts and cannot think beyond them. A person who is free from such negative traits can hear the footsteps of time, accept the situation and utilize the situation to his advantage. That is why, anybody who desires to be successful should keep a positive mindset and cultivate appropriate mental disposition as per the situation. We should face the challenges with the faith that something positive will come out of it. That is why Pujya Gurudev used to say "When mental disposition changes then situation itself changes." In this way, we can achieve true success. We should identify our uniqueness and set goals which complement our unique traits. When we achieve the goals by following these guidelines, our success will indeed bring us true satisfaction and everlasting happiness.

NEVER win people with Arguments, rather defeat them with your Smile!
Because people who always wish to Argue with you, cannot bear your Silence!!

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear. - Lord Buddha

Distinction Between The Self & The Not-Self -3

'You are That'

Therefore, the idea that the Lord is putting forth in the Thirteenth Chapter is extremely valuable: 'You are not body, you are the Self' (*Tat tvamasi*). This thought, this saying is most noble, sublime and holy. We find this idea everywhere in Sanskrit literature: 'You are not the outer cover; you are the pure, indestructible kernel within.' The moment a man realizes that he is That - the Supreme Self - and not the body, a new kind of joy that has never been experienced before will surge up in the mind. Nothing in the world can destroy; nothing is capable of destroying the Self. This subtle thought is implied in this saying.

I am the Self - the imperishable, unsullied element transcending the body. I have been given this body for the sake of the Self. Whenever there is likelihood of that divine element getting sullied, I shall discard the body to prevent that happening. I shall ever be ready to keep the divine flame glowing. I have not come into the world riding this body to demean and humiliate myself. I must have control over the body. I shall use it for the well-being of all. 'Aanandenbharintinhilok' ('I shall fill the universe with bliss.') I shall sacrifice the body at the altar of that great element and acclaim the glory of the Lord. A rich man throws away clothes the moment they are

soiled and puts on new ones. I shall treat the body in the same way. The body is needed for work. When it becomes useless for the purpose, I would not hesitate to throw it away.

This is what we are learning from *satyagraha*. The body and the Self are separate entities. The day a man realizes this truth and its significance, his true education and true development begin. It is only then that he will be able to offer *satyagraha* successfully. Therefore each one of us should imbibe this spirit in our hearts. The body just happens to be a means; it is only an instrument given to us by the Lord. It is to be discarded the moment it ceases to be of any use. We put away our winter wear in the summer; we put away the quilts used during the night when the day breaks. That is what should be done with the body. It is to be preserved as long as it is useful and flung aside when its utility is over. The Lord is hereby showing us the way for spiritual development.

An end to the power of the tyrants

As long as we do not realize that we are distinct from the body, tyrants will continue to torment and enslave and torture us. It is fear that makes tyranny possible. There is a story of a demon who had captured a man. He would make him work round the clock. If he paused a little, the demon would threaten him, 'I shall kill and

Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open. - B K S lyengar

devour you.' The frightened man would then submit meekly. But when the man could stand it no longer, he said, "All right, if you want to kill and eat me up, do so by all means." But was the demon going to eat him up? What he wanted was a submissive servant. Who would do the work if the man were killed? The demon used to threaten the man with death; but the moment the man said, "Well, you may eat me up," tyranny stopped. Tyrants know that people have intense attachment to their bodies; so if you inflict pain on their bodies, they submit and become your slave. Give up the attachment and you will be sovereign. You will be free. You will be all-powerful. Nobody can then exercise authority over you. The very basis of tyranny breaks down. The power of the tyrants hinges on your identification with the body. They threaten and intimidate you because they judge that if they inflict pain on your bodies, you will submit.

When I feel that 'I am the body', others are induced to persecute and torment me. But look at the Cranmer, the British martyr. When he was going to be burnt at the stakes, he said, 'If you would burn me, by all means, do. Here, burn this right hand first, for this hand hath offended.' In the same vein, Latimer said, "Be of good comfort, Master Ridley, and play the man. We shall this day light such a candle by

God's grace in England as (I trust) shall never be put out." Their task was to burn the candle of the body to spread the light of truth. The body is, after all, going to perish one day.

When Socrates was sentenced to death by poison, he said, "I am old. This body anyway would have disintegrated soon. What is so great in putting to death that which is mortal? I fail to understand what is so great in killing a mortal being." The night before he was to drink hemlock, he was explaining to his pupils the immortality of the soul. He was merrily describing the pain he would feel with the spread of poison in the body. When the discussion on the immortality of the soul was over, a pupil asked, "Sir, how should we bury you after your death?" Socrates exclaimed, "How clever you are! Is it that they will kill me and you will bury me? Is it that the killers are my enemies and you are a friend? They will kill me in their wisdom and you will bury me in your wisdom! Who are you, after all to bury me? I shall be there even when all of you are dead and buried in your graves. Nobody can kill me, nobody can bury me. What, after all, have I been explaining all along? The Self is immortal. Who can kill it or bury it? And the great Socrates has indeed outlived all of them; he is remembered even after more than two thousand years.

Getting angry is punishing yourself for the mistakes of others!

It's a natural phenomenon, BUT fizzling out anger fast and to forgive completely without harbored vengeance is the only way out.

Health is a large word. It embraces not the body only, but the mind and spirit as well. - James H West

Faith in the power of the Supreme Self

To sum up, as long as there is attachment to the body, as long as there is fear, a sense of insecurity would continue to haunt you. Would not a snake bite me in bed, would not a thief come and attack me? - Fears like these would not let you sleep even if you shut your eyes. You sleep with a staff near the bed to use it against the thieves if they come. But can a thief not use the same staff to hit you? You are making the staff readily available to him in case he has forgotten to bring one with him! After all, whom you are relying upon when you sleep? During sleep, you are totally dependent on others for protection. It is only when you are awake that the question of protecting yourself arises. Who protects you when you are asleep?

We go to sleep trusting some power; the same power which all the animals trust when they sleep. Even the tiger goes to sleep. The lion, which has enmity with the whole world and which, therefore, constantly looks back with suspicion and apprehension while walking, also

goes to sleep. Had there been no faith in that power, the lions would have had to evolve an arrangement of having a few of them keeping vigil while others sleep! We too go to sleep in the lap of that all-pervading power, relying on which savage tigers, lions, wolves also sleep. A child sleeps in its mother's lap happily and confidently. At that time, it appears as if the master of the world is sleeping. We too must learn to sleep in the lap of the Lord, the all-pervading Mother, with love and trust and the knowledge that we are safe there. We should make ourselves more and more familiar with the power which sustains the whole of our life. We should feel the presence of that power more and more. The more we are convinced of its presence, the more shall we grow. The Thirteenth Chapter gives some indication of the steps needed to be taken in this direction.

[To be continued]

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The whole world needs light. This light is with India alone ... and this is why God has preserved our race despite all kinds of adversities. The time has come now. You are everything, my lion-hearted brave men! You must realize that you have taken birth only for this great task. Barking puppies should not scare you. Never ever be scared, even if sky falls. Stand up and start working! – Swami Vivekanand

The solution to your problem is to see who has it. - Sri Ramana Maharshi

There is Need To Rewrite Our Cultural History

The history of Indian culture is immortal. It is extremely rich and highly developed. The history of our past acts like a lighthouse for our future. It constantly shows us new directions of progress and saves us from straying off along the numerous wrong paths. The progressive steps we take today inevitably emerge through the happenings of the past. So the impression of happiness and sorrows we experienced in the past is clearly visible on the perspective of the future. Our cultural heritage is so pure and illumined that it can help us in overcoming our problems and tribulations of today. For this we need to rescue our history from the burdens and conspiracies of falsehood that have been cast upon it.

Historians believe that a nation that has no cultural heritage cannot remain unconquered. Culture is the life force that flows through

the veins of a nation and culture alone can keep a nation alive and awake. It provides the nation with vitality and energy. A nation with a rich and vibrant culture briskly moves on the path of development adopting novel plans. Historians believe that a rich cultural heritage is the most distinctive feature of Indian history. This is the element that had made India the crown jewel among all the nations. Indian spirit has remained unconquered from ancient times due to this rich cultural heritage, while elsewhere several other civilizations have risen and fallen in the abyss of time. This nation alone has been standing with complete steadfastness from before the rise of human civilizations till today. This is the result of its long history of traditions of extreme sacrifices.

Indian history is a history that is enriched with rare jewels of

virtues like truth, service, acceptance, generosity, valour, sacrifice and so on. It is a history of forgiveness to cowards who have backstabbed. It is a history of sacrifices of the brave for the good of others. Indian history is not a history of invasions. This nation has never inflicted war upon others nor invaded any other country, but yes it has decimated the evil intentions of several of its invaders. Today's tragedy is that we have been burdened with a history that ignores our glorious past. A history that is not ours but of our invaders and we have been shackled in this conspiracy. This is the reason why we are moving away from the golden heritage of our past. Due to a lack of alertness and awareness, and due to our suicidal tendency of copying others, we are being denied the historic knowledge that was ours. We get enamored by our own knowledge only

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. – Unknown

when it is presented in a veneer of western brand name, and so we have lost our history.

The tradition of writing Indian history was quite unique. It always concentrated upon the superiority of tasks and their execution and was not biased by the writers' mentality. But history writing today is primarily based upon western tradition. Colonial Britishers who ruled India had adopted a mentality that was highly self-centered and malicious; this suited their interests well. They despised the uniqueness, richness and freedom in Indian history. If they accepted this they could not have fulfilled their ambitions here. So they had to establish that Indian history is nothing but a series of invasions by marauders. Since they were filled with this attitude they considered it appropriate in their selfish interests to describe the cultured and superior Aryans too as invaders who entered India from Central Asia. Using wrong facts they tried to prove that Aryans first attacked the Harappan civilization of Indus Valley

and that they were not the original residents of India. Unfortunately Indian historians have also based their writings upon this deep conspiracy and the tradition of our grand history has got polluted from there.

Britishers who established their colonies all over the world, conspired hard to establish the supremacy of their civilization over others and they twisted history to suit their liking. They faced great difficulty in doing this for the Indian history because they had to put in a lot of

effort to alter the facts. They carried out many inhuman acts also. Earlier too, Britishers had left no stones unturned to decimate Red Indians who were the original residents of America by carrying out mass massacres and destroying their ancient civilization. Historians proclaim that arrival and expansion of the so-called civilized and developed European civilization into America was in no way decent or peaceful. According to American history, Britishers used to trap hoards of black residents of Africa in nets,

Once Mahavir Swami was in deep state of *samadhi*. A farmer passed by and requested Mahavir – “See these few cows of mine grazing nearby, please keep an eye on them.” Mahavir did not say a word as he was in *samadhi*. When the farmer returned the cows were all gone. He asked Mahavir about the cows and still he did not get any reply. This made the farmer very angry. He shouted at Mahavir – “Cheat! You are a thief”, and came to Mahavir threatening to beat him. Suddenly Lord Indra appeared there and scolded the farmer that, he was Prince Vardhman, who was performing a long intense *sadhana* there. Farmer apologized and left. Now Indra walked up to Mahavir and said – “Sir, you have taken up a long *sadhana*, I wish to stay on here and serve you so that your *sadhana* can be finished without any more hurdle.” Mahavir stepped out of his *samadhi* now and said – “Nirvana cannot be attained with the support, help or power of others. A *sadhak* has to protect himself.” Thus Mahavir rejected Indra's proposal. He neither had any malice towards farmer's ill deed nor any attachment towards Indra's offer of service.

Are you unselfish? That is the question. If you are, you will be perfect without reading a single religious book, without going into a single church or temple. – Vivekananda

carry them in ships to the huge American continent and release them there. History describes how Europeans used to throw blankets that were used by patients suffering from fatal diseases like smallpox upon Red Indians so that their entire breed was eradicated.

In this light it can be imagined how blasphemous could the Indian history propounded by Britishers be. In fact the conception that Aryans attacked and entered India has been established to be completely baseless. This conception cannot be justified from either archeological or literary point of view. There are several facts that prove this conception wrong and four among them are listed here. The first fact is that Harappan civilization was none other than the famed Vedic civilization which flourished on the banks of river Saraswati. While only three dozen Harappan

remains have been located on the banks of Sindhu River, about 500 remains have been located on the banks of erstwhile Saraswati River. The destruction of Harappan or Sindhu Valley civilization was not due to the so-called attacks by Aryans, but in fact due to the sudden disappearance of Saraswati River around 1900 BC. The historians now describe this civilization as the Saraswati valley civilization in place of Harappan Civilization.

The second fact in this regard is that nowhere in ancient India have any remains of towns been found that indicate attacks made by Aryans, nor any signs of widespread massacres have been located. The mass massacre of Mohanjodaro as described by Wheeler has been proven to be a complete flight of imagination. It has now been established that these areas had to be vacated

due to environmental reasons and drying up of Saraswati riverbed.

The third fact is – all the special animals, objects and symbols etc. which were claimed to have been got from outside by Aryans were present in these areas even before the Harappan civilization. No evidences have been found that would indicate of any Aryan traditions different from the locally utilized objects and local customs.

The last fact is that in the most ancient and grand achievement of human history – the Vedic literature, a clear and vivid picture of Harappan civilization can be found. In fact the immense spiritual and scientific knowledge formulated within the Vedic literature is sufficient to prove that Aryans were highly advanced and superior. The divine revelation of this all-encompassing knowledge was

God always likes to know again and again what you want...

It is not that He forgets your Dreams & Prayers; But He loves to check your passion towards your desire..!

That's why he wants you to have your "Quiet Time" which we call as prayer time with Him every day.

“An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind.” – Lord Buddha

possible only through a suitable medium and Aryans who were ascetic and enlightened were the perfect medium.

Based on these facts, and taking into account the archeological discoveries and geographical, mathematical, literary and linguistic evidences, several intellectuals and litterateurs from India and abroad have concurred that Indian history is extremely developed, subtle and widespread. These include historians like - Jonathan Mark Kenoyer, James Sheffer, K. D. Sethna, K. D. Abhyankar, P. V. Pathak, A. Jaiswal, Shrikant Talgeri, S. Kalyan Raman, B. B. Chakravarthy, S. P. Gupta, B. G. Siddharth, Bhagwan Singh etc. A treatise named 'Chronologies in Old World Archaeology' edited by Robert W. Ehrich and published by University of Chicago Press, USA clearly states that there is a serious need to completely rewrite the history based on attacks by Aryans on Indian subcontinent. According to this famous treatise right from 6500 BC there is a continuity of culture and civilization in India which is based upon

regional and authentic grounds. In this cultural flow there is no discontinuity and there is no possibility of this in future as well. The ancient glow of India's culture has been illumining the world in the history and would continue illumining it in future as well.

Among the old world civilizations the Vedic civilization and culture is the most ancient. The knowledge that was acquired in this ancient civilization is very profound, superior and highly advanced. It has influenced all other civilizations with its torch of knowledge. So in a country that is bestowed with such a grand inheritance to read and believe in history written by invaders is abominable. Rishis of yore who directed the human destiny gave us methods to develop all the aspects of life and took humanity to highest accomplishments. By including such events in the old history our history must be re-written. It is time to present the Vedic knowledge in a new form, which can become a field of research for researchers in history. This

research would provide a lot of courage and support to life and society in general to progress on the path of development.

We need to present a model today that defines the Indian history in an objective manner and explains its practical utility. Thus the history of India would become interesting and accessible to all and would attain the role of a guide. History would then no longer be boring like a burden, nor would we be burdened with false history. Indian history has always enriched the world with great gifts of wisdom and knowledge and it is still equally capable and competent; what is missing is our dedicated and sincere mentality. In fact, we need to awaken to our great and true heritage.

Our HOPES should be like Hair & Nails. No matter how many times they get cut, But they never stop growing. That's why it has been said – "Always hope for the best".

You should do something nice for someone every single day, even if it is simply to leave them alone. – Unknown

Awakening of *Maniṣā* Can Transform Humanity

(Translation of a discourse “Yug *Maniṣā Jāge, To Krānti Ho*”

by Pandit Shriram Sharma Acharya)

“*Om Bhūr Buvah Swah, Tatsaviturvareṇyaṁ Bhargo Devasya Dhīmahi,
Dhiyo Yonah Pracodayāt | |*”

Let us begin with the collective chanting of the
Gayatri Mantra:

Sisters and Brothers,

As the president of the USA, Abraham Lincoln once introduced a tiny woman before the Parliament and acclaimed that this lady had made his dream come true. Several years back, he had pledged in the name of God and his soul to wipe out the curse of the inhuman tradition of bonded labor from his land. Those days the blacks (the Negros) in America were kept as bonded labors and were treated like animals by many of the rich and mighty whites. By and large the laws those days were biased in favor of the whites and used to protect their vested interests.

Harriet Stowe, an ordinary middle-class housewife felt the agony of the blacks through her heart and penned it in a touching novel “Uncle Tom’s Cabin”. Her words, her lively narrations carried such a vivid force, that it churned millions of minds and as many hearts. It not only made the readers cry but also propelled their zeal to protest against the blind laws and oppressors of the blacks. In his

acknowledgment before the parliament, President Lincoln was pointing at this impact of *maniṣā*¹ that was so naturally expressed in Mrs. Stowe’s novel, which triggered historic changes in the American continent.

Was this revolutionary liberation achieved after a battle between the Negros and their oppressors? No, certainly not. The slaves did not have any weapons or power to fight against the resourceful whites. They only had tears and sufferings, which, conveyed through Harriet Stowe’s *maniṣā* in the novel, had fueled the outrage of the White Americans. This consequently gave rise to a civil war among the whites – between the south and north of America, which almost uprooted apartheid and bonded labor from America and helped the blacks get justice and rights.

The call of awakened conscience of a physically short and economically weak woman was so powerful that it not only moved the Americans but also touched and inspired the hearts of readers across the globe. It awakened the human sentiment and sparked immense courage in the masses to fight against the demonic tortures of the tyrants. Abraham

You have to dream before your dreams can come true. - Abdul Kalam

Lincoln had vowed to remove apartheid but he was the head of the 'government of the whites for the whites', he had no law, not enough support to provide due justice to the blacks in his country. Harriet Stowe's book helped achieve what he had dreamt and pledged for the sake of humanity.

Did the print or contents of the book set off the revolution? No, it was the ideology, the sentiment of humanity, the sensitivity conveyed through it that sparked off radical changes in the society. I am not talking about intellectual brilliance, literary talent, scholarship, creative skills, etc. I am talking of the ideology, the depth of compassionate heart, of virtuous spirit. This is what makes *manīṣā* superior to any other skills, talents, or intellectual potentials. *Manīṣā* is that joint faculty of an illumined mind and compassionate heart, which can revolutionize people's thinking and alter the prevailing trends of any society. It is the mother (origin, creator) of history-making ideology.

That way, so many thoughts are published every now and then in the newspapers, novels, and other books. So many thoughts keep popping up in one's mind throughout the day! For example, one minute you are thinking of your work/business, the other moment some thoughts of food, family, friends, entertainment, jealousy, revenge, love and what not? For some time your thoughts may revolve around one theme, moments later your agile mind might get busy thinking of something altogether different. Illusory impressions, imaginations and thoughts do not

constitute any ideology. Ideology is not even simply an expression of some deeper or focused thoughts. It, in fact, pertains to the inner-self. It can revolutionize the course of time; can drive the entire society in its direction. Ideology of a person is most crucial component of his/her culture, society and, also of his/her own life.

Once (sometime in the 1960s) while I was touring Shilong, Dibrugarh in Northeast region of our country as part of our mission's programs, I felt like visiting Nagaland. I wanted to see and meet the Nagas. Those days, many of their separatist tribal leaders were engaged in riots and destructive activities like breaking the railway lines; it was quite a task for the army to control them, as they used to throw sharp arrows hiding in the thick forests. So it was not risk-free to visit that land. However, one of our mission's local members in the Northeast, who was familiar with their language and culture, helped me out. He took me there in his jeep and also assisted me as an interpreter for my communication with the Nagas.

We went to one village where this friend made me sit on a stone-platform under a big tree. About hundred villagers sat around it. My friend introduced me saying - "He is my spiritual guru; he is a saint; he can bless you. So if you have any difficulty, worries, or any wish, then tell him". They looked at me with curiosity. For few minutes they discussed among themselves. Then some of them replied that they have no difficulties, no worries. "We have the skins of dead animals to wear and

All truth is eternal. Truth is nobody's property; no race, no individual can lay any exclusive claim to it. Truth is the nature of all souls. – Vivekananda

protect our bodies. We have the huts made up of dry grass and wood where we rest and sleep. We grow enough rice and get meat and other things from the forest to eat. We don't need anything else. We all live together and enjoy. We are all quite happy, they said; all the others nodded their heads in affirmation. One old man got up and told my friend – 'Ask your swamiji if he required any help from us. If you people are hungry (due to journey) please eat some rice, but don't return empty-stomach from our land. We can also offer some animal skins to wear. We have no scarcity; in fact we have abundant resources to help others'. So, it appeared that their ideology was to live happily with whatever resources are available. I could see that they sincerely followed this ideology, their culture, which had bound them together and formed their Nagaland.

Every society, every culture has some ideology at its foundation. Ideology carves a culture and shapes the way of life. The most precious distinction of the (true) Indian Culture is its ideology, which is aimed at awakening the divinity indwelling human Inner Self. It is this ideology that has produced so many divine incarnations, *rishis* (saints, seers, sages), and great personalities. This ideology has potential that can refine, transform and carve one's character in an ideal mold.

It is not our wealth, materialistic status, climate, or, anything else, it is the heritage of our ideology that is splendid. This ideology, precious adopted by our ancestors had endowed ancient India with so many divine

personalities that this country used to be glorified as the land of gods. It was also likened with heaven. What is the 'definition' of heaven? It is supposedly a celestial paradise where gods reside. It is regarded as created by gods. Well, I do not know where that paradise exists, but I am confident that there can be heaven on the earth; elevated souls (enlightened personalities) can erect heaven on the earth. As saint Emerson said, to different minds, the same world is a hell, or a heaven. He also used to say that if he were sent to the hell, he would create heaven there. This attitude is indeed an example of the ideology of an enlightened mind.

But, what can be said about the status of life and our outlook towards it, today? Today we have adopted a narrow, small, and lowly view and approach to life. Our attitude, our way of thinking has become so mindless, haphazard and inferior that it seems to have ruined our own power of thoughts. We have spoiled the invaluable jewel of human life. We have made this precious life a parasite, astray, and thrown it in the mire of absurdity, infirmity, delusions, blemishes, and vices, in one way or the other. Why did it happen? The cause is only one – ignorance and lack of the guiding light of ideology.

F-E-A-R" has two meanings:

1. Forget Everything And Run...
 2. Face Everything And Rejoice..!
- Choice is ours..!!

All communication problems are because we don't listen to understand; we listen to reply what's already pre-conceived in our mind. - Unknown

Today's civilization appears to be flourishing with a weak, adulterated and opportunistic approach in place of any ideology as such. Or may be, by and large, this is what has become the ideology of today's world. There is no dearth of comforts and (worldly) things for today's man. Sometimes I wonder, whether people would ever be able to eat and digest (consume or use) what all they have gathered or grabbed today! Because of a corrupt and delusive outlook, today's man is greedy and remains eager to accumulate more, despite possessing in abundance. He seems to always

Divine powers were travelling through the sky. They saw a man on the way who bore a lot of bitterness for his family members. He had animosity for his neighbours as well. Once he had a bitter argument with all, and in anger he left them, took sannyas and began to live with monks. Divine powers were curious, so they trailed him. They saw that this man could not live in peace even there and began to fight with other sannyasis also. Then, after a few days he left this group too and began to live alone in the jungle. Owing to his acrimonious nature, here also he would sit in the jungle and throw stones at the wild animals and make their life difficult. The divine forces from the sky smiled and said, "What an idiot! He does not know that peace actually lives within his mind itself. By changing external environment it is not possible to attain peace. If he had changed his way of thinking, he would have attained peace everywhere."

feel deprived of something or the other and therefore wants to have some more. It looks like scarcity and deprivation have embraced him forever. Because of his shallow ideology he has no strength to face the challenges. It appears as though adverse circumstances, poverty, and infirmity have grabbed him from multiple directions.

It looks as if the outlook, the aim, the 'ideology' of the entire society has gone wrong. This appears to have driven the whole world into darkness to decline and fall. In one form or the other, corruption, cruelty and negativity are spread widely in every walk of life. The wrongs, the viciousness, need to be eliminated. But how? And how many? As we all know, germs of infection need to be destroyed to maintain healthy atmosphere. But this is not possible without removing the cause of their spread. More important, practical and effective measures to prevent an epidemic are to remove and check the filth in which the germs grow. For example, instead of killing or catching each and every mosquito entering your house, you should better prevent them by keeping your surroundings disinfected, clean and dry. Similarly, in order to eliminate viciousness, you need to uproot the very source of vices instead of attempting to eliminate every vicious person. Even if suppose you succeed in eliminating all the vicious persons today, newer ones will crop up and grow if the root-cause continues to exist and expand.

So what is the solution? How to get rid of the wrongs, of the giant problems faced by humanity today? For this, you will have to first

Dream as if you'll live forever, live as if you'll die today. - James Dean

ponder over to identify the origin, the root-cause(s) of the problems. You will find that the root of all adversities lies in evil mentality. Let us, for example, look at the problems associated with rural development. Fine, suppose that the national planners, the policy makers, chalk out grand schemes to construct new dams and canals, roads, and they encourage and support expansion of cottage industries, launch financial programs to strengthen the economic conditions of rural population, accelerate literacy and healthcare programs, etc. Do you think these will be completed in full swing and bear the envisaged outcomes if even a fraction of people associated with transactions and implementation of these plans are corrupt or inefficient?

Just 'dissect' and analyze the situation and you will see that no amount of resources and efforts would help sustainable improvement of any system or resolution of any problem, if the mentality, thoughts, attitude, intentions, or in short, the 'ideology' of concerned people is not righteous. A matchstick itself burns and ignites other inflammable things coming in its contact. Today's man is similar to it. He is himself burning (in the flames of his vices) and also charring (harming, deluding, adversely influencing) all those who interact with him.

Today, the lives of many of us are burning and spreading the flames to fume others' lives too. Want to see how are you doing it? Just recall, how you behave with your family members, how well and willingly you are fulfilling your duties towards them – especially your dependents? What about your sincerity and efficiency at work place, and your responsibilities, as citizens, towards the nation? Everything appears to be burning in the flames of ego, cheating, vested interests, corruption, cowardice, idleness or some other evils or weaknesses. Everybody is burning. The entire nation is burning in this fire. The source of this fire is, as I told you, destruction of the ideology that cultivates and nurtures human values. Most people even ignore the necessity of ideology and regard it as a hindrance to progress. Wherever there is some respect for it, there too, it is practiced only superficially or in a deformed and incomplete form. Where are the thinkers, the masters who could provide the guiding light of motivating positive thoughts and give righteous directions to mankind?

Notes: 1. *Manīṣā*: An evolved faculty of illumined mind and compassionate heart.
(To be concluded in the next issue)

An egoist is a kind of a maniac. He overlooks others' benevolence and contributions. Even for a work which he has not done, he stakes claims on its success. This further increases insolence. All the people who contributed to the success directly or indirectly feel unhappy and alienated. And the egoist then has to pay a heavy toll when bitterness arises among his colleagues and associates – Pt Shriram Sharma Acharya

You see things; and you say, 'Why?' But I dream things that never were; and I say, 'Why not?' - George Bernard Shaw

Are You Aware Of The Power Of Controlled Mind?

Swami Vivekanand once happened to visit Hyderabad. Swamiji had heard about a Brahmin, who lived there, that he had some mysterious powers by which he could materialize anything anywhere. He was a highborn merchant of repute. Swamiji went to him and requested him to exhibit his miraculous powers. The merchant, however, was bed-ridden with some illness. There is a generally prevalent belief in India that a man's illness disappears if a holy man places his hand on the ailing man's head. The merchant appealed to Swamiji, "Swamiji, if you kindly put your hand on my head, my fever will disappear, and then I can show you miracles". Swamiji agreed to do so.

The man kept nothing but a loin cloth on his body; he had removed all other clothes. As the days were slightly cold, he was given blanket to cover

himself. Quite a large crowd had gathered there. Having covered himself with the blanket, the man went and sat in a corner. Then he said, "Please, give me in writing the names of things that you want me to materialize for you." Everybody did so. Swami himself wrote the names of those fruits which were not produced in that area. To the surprise of all, he produced from the blanket bunches of grapes and oranges in such abundance that their weight was double the weight of that man. All partook of the fruits, which were very sweet in taste. Finally, at Swamiji's behest, he produced about a hundred or more fully-bloomed rose flowers whose petals were wet with morning dew and not one of them was loose or withered.

Endorsing the veracity of this incident, Swamiji writes, "People may consider this as a magical or miraculous

display, but I don't. There is nothing that is not rooted in desire. This was an exhibition of fact. How can the shadow be there if the substance is absent? This was not 'Maya' but truth or fact. It is a proof of the limitless powers of the mind. Our mind is capable of producing anything desired. The mind is internally packed with all the wealth and abundance of the earth. The only condition is that we must handle the mind properly. An uncontrolled mind can not only ruin itself but all others too. This Brahmin from Hyderabad controls his mind, but is ignorant of the basic fact that he is dealing with his controlled mind. Under a delusion he has taken a halt at the limit of miracles. He has failed to recognize that Almighty, who resides within." The miracles and miraculous powers of the mind have been proved in many ways. It is capable of conquering time and space

Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. - Gail Devers

through the force of its imagination.

It is reported about Rabbi Elijah of Lithuania, that in spite of his having some miraculous mental power, he could not turn it to his personal advantage on account of his inability to control it. Reading only once, he had memorized about 2000 books. Being asked to quote from memory any page from any book, he could do so faultlessly. His brain was ever active, so he had to have a book in his hand always and when he had nothing else to do he would start reading.

Harry Nelson of Pittsburg (USA) had also such wonderful mental faculty. He was reputed as "The magician of the Chess Board." He could play with twenty contestants at a time remembering the moves of each of them. Sometimes thus engaged against twenty opponents he would feel some mental fatigue, to remove which he would indulge in a game of cards also.

A German emperor had his big library in Prussia. The librarian Mathurin Bassire had

miraculous memory regarding sounds. Just to test his phenomenal memory, ambassadors of twelve different countries went to him and spoke twelve different sentences each doing so in his own mother tongue. No sooner did they stop, Bassire repeated twelve different sentences of twelve different tongues immediately. The fact was that once he heard the sound of man's voice, it was permanently fixed in his memory. Politician Leon Garobatta of France and Richard Pearson, a learned scholar of Greek, also had such wonderful capability.

There cannot be a measure for the acuteness of the power of the mind. It goes faster than a thousand horse powered engine or even than a rocket. If the mind's capabilities are properly controlled and conditioned, a man can hear quite distinctly every word of the conversation being carried on between two persons thousands of miles apart, and they can be seen as if sitting very near. Not only this, but it is possible to know what goes on in the mind of

persons thousands of miles away. Television and tele-audition are the achievements of a controlled mind. The great sage Patanjali propounding the characteristics of Yoga has said:-

"The meaning of Yoga is nothing else but controlling the tendencies of the mind." A master yogi can do anything. He can achieve the incomparable ecstasy of knowing God (Brahma) or can overawe the people by displaying miraculous feats. Mesmerism and Hypnotism, which are considered base psychic tricks, do not contribute to any spiritual upliftment of him who practices them. For true upliftment, mind should be directed towards spiritual quest. Even if this quest of the inner self cannot be revealed in concrete results, a reasonable person by reading, knowing and hearing about this wonderful power of the mind can surely endeavor to develop in himself this heavenly mental capability.

In India, which is the home of Yoga, one will never experience a dearth of miracles. The westerners are

Life is full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces. Smell the rain, and feel the wind. - Ashley Smith Top of Form

aware of this fact. In this connection a western correspondent's experience is worth noting. He writes, "I was traveling by a river boat in India. As soon as the boat touched a port, an Indian dressed only in a loin cloth boarded the boat with a bundle. He took a coil of rope lying there. Taking one end of it he knotted it and threw it upwards to the sky with all his might. The knot was going higher and higher and the coil below was being unwound of its own accord, and in a short time the whole coil of rope vanished in the sky. A coconut shell was lying nearby. He filled it with water, the amount of which was meager. Yet pouring the water in a pail, he filled the pail to the brim. He repeated this process and filled fifteen pails in a row. Then he chanted something and raised up his hand, the coconut shell disappeared, and when he lowered his hand there was a pail seen in it. Seeing all this we were so amazed, that we could not make out what all that was."

Paul Brunton wandered all over India in search of such

miracles and as a result of what he saw he wrote a book in support of this secret lore. Louis Jackalion, a French magistrate of Pondichery has also written a book on similar lines in which he has praised very much this secret lore of India. What others look up as wonderful miracles or displays of secret lore are considered by the Yogis as a little glimpse of the power of the mind. Though the display of this power is attractive to observe, it is a serious impediment to the ultimate goal of self-realization. The aim of controlling the mind is to know the True Self. By achieving this knowledge man can experience freedom from life's bondage and enjoy bliss of heaven.

In "Ramottartapaniya Upanishad", in the discussion of the capabilities of the mind, it is stated: "The meeting place between the eye-brows and the nose is not only heaven, but something higher than heaven, but it is controlled by nature. Thus knowing Brahma one must worship this meeting point at the time of performing *Sandhya*. The *Sadhak*, who knows that the

point of achieving the unmanifested Brahma is limited to the physical meeting point of the eyebrows and the nose, calls the point as spiritual Kashi.

Mind is the chief means of achieving salvation. Lured by desires, man becomes a slave to passions. Enjoyment of passions does not lead to diminishing the force of passions but on the contrary to augmenting them. The powers of the mind are thus dissipated in such loose worldly affairs. Hence for the realization of the Highest Essence, it is desirable to discard all passions and desires of the mind and to concentrate it on the innerself. The pivotal point of creation and continuation is the mind.

Life is perennially new, but the mind is old and ancient. The dust of the past goes on collecting on it and this layer of dust covers the mirror of consciousness. Only the lure of material things remains active. Thus the mind falls into bondage. For the true experience of living, freedom from mind's bondage is essential.

**Bottom of Form Really great people make you feel that you, too,
can become great. - Mark Twain**

Alexander's Wishes

There is very instructive incident involving the life of Alexander, the great Greek king.

Alexander, after conquering many kingdoms, was returning home. On the way, he fell ill and it took him to his death bed. With death staring him in his face, Alexander realized how his conquests, his great army, his sharp sword and all his wealth were of no consequence.

He now longed to reach home to see his mother's face and bid her his last adieu. But, he had to accept the fact that his sinking health would not permit Him to reach his distant homeland. So, the mighty conqueror lay prostrate and pale, helplessly waiting to breathe his last. He called his generals and said, "I will depart from this world soon; I have three wishes, please carry them out without fail." With tears flowing down their cheeks, the generals agreed to abide by their king's last wishes.

"My first desire is that," said Alexander, "My physicians alone must carry my coffin." After a pause, he continued, "Secondly, I desire that when my coffin is being carried to the grave, the path leading to the graveyard be strewn with gold, silver and precious stones which I have collected in my treasury.

"The king felt exhausted after saying this. He took a minute's rest and continued. "My third and last wish is that both my hands be kept

dangling out of my coffin." The people who had gathered there wondered at the king's strange wishes. But no one dare bring the question to their lips. Alexander's favourite general kissed his hand and pressed them to his heart. "O king, we assure you that your wishes will all be fulfilled, but tell us why do you make such strange wishes?"

At this Alexander took a deep breath and said:

"I would like the world to know of the three lessons I have just learnt. I want my physicians to carry my coffin because people should realize that no doctor can really cure anybody. They are powerless and cannot save a person from the clutches of death. So let not people take life for granted.

The second wish of strewing gold, silver and other riches on the way to the graveyard is to tell people that not even a fraction of gold will come with me. I spent all my life earning riches but cannot take anything with me. Let people realize that it is a sheer waste of time to chase wealth.

And about my third wish of having my hands dangling out of the coffin, I wish people to know that I came empty handed into this world and empty handed I go out of this world."

With these words, the king closed his eyes. Soon he let death conquer him and breathed his last.

There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other. - Douglas H. Everett
