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A Brief Life Story of His Holiness Sant Sri Asaramji Bapu

Saints and holy men alone are the real assets to any nation. God Himself takes birth in the form of saints to establish the special mode of Dharma required for the welfare of the world at a particular point in time.

At present, His Holiness Sant Sri Asaramji Bapu fits the above definition to the core, Whose life itself is a guiding light of all of us to follow. Here are some facts about His Life:

Birth Date: Vikrama Samvata 1998, sixth day of the dark fortnight of the month of Chaitra, as per the Gujrati calendar (sixth day of the dark fortnight of the month of Vaishakha as per the Hindi calendar), i.e. Thursday, 17th April, 1941.

Birth Place: Berani village in the Nawab district of Sindh.

Mother: Revered Ma Mehangiba.

Father: Hon. Shri Thaumalaji.

Childhood: Full of supernatural miracles right from His birth, followed by a brilliant and lustrous student life.

Youth: A strong sense of detachment, sadhana, and marriage.

Wife: Lakshmiddeviji.

Period of Sadhana: Left home and travelled through jungles, mountain caves, and many holy places in pursuit of God-realization.

Spiritual Master: His Holiness Sri Leelashahji Maharaj.

Self-realization Day: Vikrama Samvata 2021, on the second day of the bright fortnight of the month of Ashwina. He was transformed from Asumal to Sant Sri Asaramji Maharaj.

Public Welfare Objectives: Returned home to relieve mankind of their sins, diseases, sorrows and sufferings, and to bless them with spiritual happiness.

Son: Shri Narayan Sai.

Daughter: Bharati Devi.

Noble Activities: More than 300 ashrams, 1275 Shri Yoga Vedanta Seva Samities and 18000 Bal Sanskar Kendras are spread worldwide providing material and spiritual service to society by helping people to experience divine bliss through the practice of Karma Yoga, Jnana Yoga and Bhakti Yoga.

Preface

The way a child's character is moulded, and the values and habits taught to him during his early childhood, eventually form the basis of his future life. It is very essential to teach noble traits to children so that they can attain all-round excellence in life. By following the footsteps of heroes like Subhash Chandra Bose, saints like Ekanathaji, or the noble ones devoted to their parents like Shravana Kumara, our children can become great men. We all know how positively Gandhiji's life was influenced by the play 'Harishchandra', which he happened to see during his childhood!

Good traits can be taught to kids in a playful manner. A child is like a delicate young plant which can be made to grow in any direction. If a young child is inculcated with good traits, he can grow into a large banyan tree, competent enough to preserve the glory of Indian culture.

Students are the future of India, the glory of the world, and the pride of their parents. Hidden in them is a great treasure, a veritable storehouse of infinite capabilities. To uncover that treasure, we need to inculcate good traits in them, build their character and acquaint them with the true glory of Indian culture. His holiness Sant Sri Asramji Bapu has been elaborating on these subjects from time to time. Based on those elaborations, this material has been compiled and presented in a simple and lucid language under the title 'Bal Sanskar'. We hope that this book would prove beneficial to both parents and children alike.

With humble greetings,

Shri Yoga Vendanta Seva Samiti

WHAT DOES BAL SANSKAR KENDRA MEAN? DO YOU KNOW?

Ba	: The place where Bapuji's beloved Balakas (children) study.
L	: That which makes you Lakshyabhedhi (the one who hits his target).
San	: That which makes you guardians of Sanskriti (Indian culture and heritage).
S	: That which makes you Swadhyayee (one who studies the scriptures) and Swashrayee (Self-reliant).
Ka	: That which makes you Karyakushala (efficient).
R	: That which polishes your life in a Rachanatmaka (constructive) manner.
Ke	: That which makes you brave as a Kesari (lion).
N	: That which makes you Nyayapriya (a lover of justice).
Dra	: The place where you are taught to make your heart Dravibhuta (melt in love) and your will power strong (Drdha).

Prayer

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः।
गुरुर्साक्षात् परब्रह्म तस्मै श्री गुरवे नमः॥

**Gururbrahma guruvishnuh gururdevo mahesvarah I
Gurursaksat parabrahma tasmai shriguruve namah II**

Meaning: 'Guru is Lord Brahma (the Creator), Lord Vishnu (the Protector) and Lord Shiva (the Destroyer). He is the eternal Brahman in flesh and blood. I bow down to that great Guru.'

ध्यानमूलं गुरोर्मूर्तिः पूजामलं गुरोः पदम्।
मंत्रमूलं गुरोर्वाक्यं मोक्षमूलं गुरोः कृपा॥

**Dhyanamulam guormurtih pujamulam gurohpadam I
Mantramulam gurorvakyam moksamulam guroh krpa II**

Meaning: 'Guru's body is the root of meditation. The feet of the Guru are the root of worship. The teaching of the Guru is the roots of all mantras. The Grace of the Guru is the root of Salvation.'

अखण्डमण्डलाकारं व्याप्तं येन चराचरम्।
तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः॥

**Akhandmandalakaram vyaptam yena caracaram I
Tatpadam darsitam yena tasmai sri gurave namah II**

Meaning: 'Prostrations to the Guru, Who shows the truth contained in the word 'That' (in the Supreme statement 'That Thou Art'), who pervades the whole universe of moving and unmoving creation in the form of the Undivided Infinite.'

त्वमेव माता च पिता त्वमेव त्वमेव बन्धुश्च सखा त्वमेव।
त्वमेव विद्या द्रविणं त्वमेव त्वमेव सर्वं मम देव देव॥

**tvameva mata ca pita tvameva; tvameva bandhusca sakha tvameva I
tvameva vidya dravinam tvameva; tvameva sarvam mama deva deva II**

Meaning: 'You are my mother; You alone are my father. You are my kinsman; You alone are my friend. You are knowledge; You alone are wealth. O Satguru! O God of gods! You alone are my all in all.'

ब्रह्मानन्दं परमसुखदं केवलं ज्ञानमूर्तिं
द्वन्द्वातीतं गगनसदृशं तत्त्वमस्यादिलक्ष्यम्।
एकं नित्यं विमलमचलं सर्वधीसाक्षिभूतं
भावातीतं त्रिगुणरहितं सदगुरुं तं नमामि॥

**Brahmanandam paramsukhadam kevalam jnanamurtim
Dvandvatitam gaganasdrsam tattvamasyadilaksyam I
Ekam nityam vimalamacalam sarvadhisaksibhutam
Bhavatitam trigunarahitam sadgurum tam namani II**

Meaning: 'I offer my humble obeisances to Sri Satgurudeva Who personified the Bliss of Brahman; Who is the Giver of Supreme Happiness; Who is knowledge consciousness personified; Who is beyond the pairs of opposites (happiness and sorrow, heat and cold, etc.); Who is Subtle and All-pervading like the sky; Who is the One' meant by the Supreme statements such as 'तत्त्वमसि' Tattvamasi (THOU ART THAT), ETC. Who is one and eternal, pure and constant; Who is a witness to all intellects. Who is above all mental conditions and beyond the three gunas (sattva, rajas and tamas).'

Worship of Ma Saraswati

Mother Sarasvati is the goddess of learning. After praying to the Guru, children should offer prayers to Ma Sarasvati.

या कुन्देन्दुतषारहारधवला या शुभ्रवस्त्रावृता
या वीणावरदण्डमण्डितकरा या श्वेतपद्मासना।
या ब्रह्माच्युतशंकरप्रभृतिभिर्देवैः सदा वन्दिता
सा मां पातु सरस्वती भगवती निःशेषजाड्यापहा॥

**Ya kundendutusalaharadhavata ya subhravastravrta
Ya vinavaradandamanditakara ya svetapadmasana I
Ya brahmacyutasankaraprabhritibhirdevaih sadavandita
Sa mam patu sarasvati bhagavati nihsesajadyapaha II**

Meaning: 'Goddess Sarasvati, Who bears a pure and white complexion like the jasmine flower, the moon, or a snow flake; Who wears spotless snow-white clothes and Who has a magnificent veena (lute) in her hand; Who is seated on a white lotus, Whose praises even Lord Brahma, Lord Vishnu and Lord Shiva always sing and Who removes all laziness and inertia; may She always look after me.'

शुक्लां ब्रह्मविचारसारपरमामाद्यां जगदव्यापिनीं
वीणापुस्तकधारिणीमभयदां जाड्यान्धकारापहाम्।
हस्ते स्फाटिकमालिकां च दधतीं पद्मासने संस्थितां
वन्दे तां परमेश्वरीं भगवती बुद्धिप्रदां शारदाम्॥

**Suklam brahmavicasarasaramamadyam jagadvyapinim
Vinapustakadharinim abhyadam jadyandhakarapadahm I
Haste sphatikamalikam ca dadhatim padmasane samsthitam
Vande tam paramesvarim bhagavati buddhipradam saradam II**

Meaning: 'She won is glowing in Her white complexion, Who is the Supreme essence of Self-enquiry, Who is All-pervading; She Who is holding the veena (lute) and the sacred book in Her hands, Who saves us from all fear, Who destroys the darkness of ignorance, Who seated atop a lotus flower, holds a rosary of crystal beads in one hand; She Who endows us with wisdom-I bow down to such Goddess Saraswati, the Primordial Supreme Mother Divine.'

The Glory of Satguru

The 'Sri Ramacharitamansa' says:

'No one can cross the ocean of samsara without the Guru, Even though one may be an equal of Lord Brahma and Lord Shiva.'

The term 'Satguru' does not mean a mere teacher or instructor. A teacher or instructor gives us partial knowledge of the material world only; whereas the Satguru blesses us with the Knowledge of our own real Self, which negates all attachments, frees us from the influence of sorrow, and enables us to realize God Himself. This knowledge can be attained through the Satguru's grace alone. Therefore, one should cultivate an aspiration for this knowledge.

Kabirji Say,

'Should the Lord and perfect Master both appear together, at Whose feet should I then prostrate myself?

It would be my Master's feet, for He it was Who showed the invisible Lord to me.'

There is a big difference between a Guru and a Satguru. 'Satguru' is One Whose mere presence and darshana reminds us of our forgotten Supreme Self, our Shiva Consciousness. In His eyes we find kindness, love and care-freeness. His words go deep into our hearts, and when we are with Him, our jiva-consciousness, vanishes, and we begin to realize the divine potential hidden inside us. When we take shelter in Him, we are prepared to destroy our ego. Such a Satguru, besides filling us with courage and valour, also awakens our self-confidence before showing us the right path so that we may successfully tread it. Thus He makes us turn inward to embark on a journey towards God, which brings eternal peace and supreme fearlessness. It has been said by one blessed with the Satguru's grace:

'If one has met a Satguru, it does not matter if he meets God or not. If one has worshipped the Satguru, it does not matter whether he worships anyone else or not. If one has served the Satguru, then making pilgrimages or observing vows matter not. If one loves the Satguru, it does not matter whether he loves the Lord or not.'

Daily Routine

- ❖ Children should get up before sunrise. After getting up they should pray to the Lord, and then gaze at their palms chanting the following:

कराग्रे वसते लक्ष्मीः करमध्ये सरस्वती। करमूले तु गोविन्दः प्रभाते करदर्शनम्॥
ब्रह्मार्पणं ब्रह्म हविर्ब्रह्माग्नौ ब्रह्मणा हुतम्। ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना॥

**Karagre vasate laksmih karamadhye sarasvati I
Karamule tu govindah prabhate karadarsanam II**

Meaning: 'Ma Lakshmi, the Goddess of wealth and prosperity, lives at the tip of my palms, the middle part of my palm is home to Ma Sarasvati, the Goddess of learning, and at the bottom thereof dwells Lord Krishna. Therefore one should always look at their palms in the morning.'

- ❖ After taking bath, they should practice pranayama, japa, meditation, trataka, and read the Bhagavad Gita.
- ❖ Then they should pay their respect to their parents and other elder.
- ❖ Yogasanas should also be practiced regularly.
- ❖ Before studies, children should sit in meditation for a while. This helps in learning and memorizing the subject easily. Study every subject with full concentration.
- ❖ Wash your hands and feet before taking a meal. Chant the name of God in the following manner:

ब्रह्मार्पणं ब्रह्म हविर्ब्रह्माग्नौ ब्रह्मणा हुतम्।
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना॥

**Brahmarpanam brahma havibrahmagnau brahmana hutam I
Brahmaiva tena gantavyam brahmakarmasamadhina II**

- ❖ 'The act of offering oblations is Brahman, the oblation is Brahman, it is offered by Brahman in the fire that is Brahman; thus he whose mind is fixed on acts dedicated to Brahman must verily attain to Brahman.' (The Gita 4.24)
- ❖ Means should be had with a cheerful mind. One should refrain from consuming packaged foods and food-stuffs sold by the road-side vendors. Green vegetables should form a part of one's regular diet.
- ❖ Children should attend school regularly and devote full attention to their studies. Assignments given by the teachers should be finished regularly every day.
- ❖ In the evening at sandhya time, one should practice pranayama, japa and meditation, along with the study of the scriptures and other elevating literature.
- ❖ Avoid staying awake till late in the night, and sleep with your head placed towards the east or south. This helps one live longer. One should go to sleep remembering the Lord's name.

Early Morning Water Therapy

Get up before sunrise every day, rinse your mouth, and before cleaning your teeth, drink 1 ¼ litres (about four large glasses) of water kept overnight. (children may do by consuming just one-two glasses of water as per their capacity). Do not eat or drink anything for around 45 minutes afterwards. You can wash your face and clean your teeth after drinking the water. Drink water only after a gap of two hours after any meal or breakfast while undergoing this therapy.

Early morning water-therapy helps remove diseases of the hearts, liver, stomach, intestine, and several other ailments like head-ache, stones, obesity, diseases due to disorders of Vata, pitta and kapha. It makes the mind efficient and sharpens the intellect. It improves and luster and agility of the body.

Ways to Boost Your Memory

There are several ways through which children can improve their memory. Some of the best methods are as follow;

(1) Bharamari Pranayama :

Method: Bring both hands toward the sides of the head keeping the fingers near the ears. Take a deep breath and close both the ears with the index fingers so that no sound can be heard from outside. Then close the lips and make a humming sound through the nose like that of the bee. Remove the fingers after exhaling completely.

Benefits: Scientist have discovered that making such a humming sound while doing Bhramari Pranayama causes vibrations in a section of the brain. These vibrations activate the brain transmitters to help form beneficial intra-body chemicals-Acetylcholine (excitatory) and Dopamine (inhibitory), which boost the flow of the intra-cerebral electric current developing the memory power. This pranayama eradicates diseases of the brain. As such one should perform 8-10 such Pranayamas everyday in the morning.

(2) **Saraswatya Mantra Diksha:** Initiation into Saraswatya Mantra by a competent Satguru, regular japa and performing an anushtana of this mantra boosts children's memory in a miraculous way.

(3) **Libation to the Sun:** Take some water in a copper vessel and stand at a clean place facing the Sun a little after sunrise. Pour the water slowly in a continuous stream by holding by vessel high above the head with both hands. If you look at the edge of the vessel from where the water is flowing, you will see the reflection of the Sun as a small dot. By concentrating on that dot you can see a ring of seven colours surrounding it. Sun is the lord of intellectual prowess. Therefore, offering libation to Sun at sunrise sharpens the intellect.

- (4) The practice of chewing five-seven tulsi leaves after sunrise with a glass of water also helps boost children's memory. Milk should not be taken immediately but at least one hour after eating tulsi leaves.
- (5) Instead of studying till late at night, one should get up early in the morning and read after meditating for five minutes. This helps in memorizing whatever one reads.

Pranayama

The meaning of pranayama is prana+ayama. Prana means the life force and ayama is its control. So Pranayama means controlling the breathing process (the life force).

In allopathy, 'virus' is considered to be the main cause of illness, in naturopathy, it is 'antigens' and in Ayurveda it is 'ama rasa' (the undigested chyle that remains in the body when the food is not properly digested). Similarly, in 'Prana Therapy', the chief cause of disease is considered to be a weak prana. A weak prana weakens the organs of the body and they fail to function properly. Blood circulation in the body depends on this prana; therefore, its weakening in turn slows down the process of blood circulation. With the blood supply becoming low, the body cells gradually become weak and die; and when the heart doesn't get enough blood supply, toxic elements build up inside the body producing different diseases.

Even in practical life one can see that a person with a strong life force is less prone to diseases as compared to one with a weak life force. By practicing pranayama, the yogis of India used to live healthy life over thousands of years, a fact mentioned in several scriptures of Sanatana Dharma. In yoga therapy, medicines are thought to be an external treatment, whereas pranayama is considered an internal treatment, and so is termed as the basic medicine.

The Jabalyopanishad says that pranayama is the destroyer of all afflictions.

The life force is present in different amounts in different parts of the body. A disease is cured by moving the life force from where it is high in the body to where it is low. Pranayama has a very important role in awakening the dormant powers in the body and in developing the life force.

❖ **Benefits of Pranayama:**

- (1) Deep inhalation during pranayama opens the closed pores of the lungs and increases resistance to diseases. It also helps purify the blood, the veins and the mind.
- (2) A regular practice of 10 pranayama during each of the three sandhyas for forty days increases cheerfulness, improves the health and also sharpens the memory.
- (3) The practice of pranayama destroys sins. As hard work destroys poverty, so also pranayama destroys sins.

❖ **THE CHIEF PARTS OF PRANAYAMA**

- (1) **Rechaka** : Exhalation
- (2) **Puraka** : Inhalation

(3) **Kumbhaka** : Holding the breath. To hold the breath inside is called antarakumbhaka and to hold it outside is called bahirkumbhaka.

❖ Some useful pranayamas for students

(1) **Anuloma Viloma Pranayama**: Sit in Padmasana, Siddhasana or Sukhasana. First of all, exhale completely through both the nostrils. Then close the right nostril with the right thumb, and with ease, take a deep breath through the left nostril. Hold the breath inside for as long as you can. Close the left nostril with the middle finger and slowly exhale through the right nostril. Exhale completely, and then hold the breath outside for as long as you can comfortably do so by closing both the nostrils. Then inhale through the right nostril and after holding it in for some time exhale slowly through the left. Hold the breath outside for some time after exhaling completely. That completes one Pranayama.

- In Pranayama, the time proportion for inhalation, retention, exhalation and staying without breath should be in the ratio of 1:4:2:2, i.e. if you take 5 seconds to inhale, then hold it in for 20 seconds, exhale over a period of 10 seconds, and stay with your lungs empty for 10 seconds. This is the ideal ration, which can gradually be attained through regular practice.

(2) **Urjayi Pranayama**: This pranayama provides us with extra Urja (energy), that is why it is called Urjayi Pranayama. Its method is: Sit down in Padmasana or Sukhasana and do Moolabandha by contracting the anus. Then breathe rapidly in such a way that the nostrils, throat and chest get a thorough exercise. Next, breathe as deeply as possible through both the nostrils and fill the entire region up to the navel with air. Hold the breath in for about a minute or so and slowly exhale through the left nostril. Do ten repetitions of Urjayi Pranayama. This cures ailments like colic (sharp pain in the stomach), and sexual diseases such as spermatic disorders, nocturnal ejaculation, leucorrhoea, etc.

Importance of Meditation, Tratak, Japa, Mauna, Sandhya and Mantra

Significance of Meditation

नास्ति ध्यानसमं तीर्थम्। Meditation is the greatest pilgrimage.

नास्ति ध्यानसमं दानम्। Meditation is the greatest Jat.

नास्ति ध्यानसमं यज्ञम्। Meditation is the greatest (yajna).

नास्ति ध्यानसमं तपम्। Meditation is the greatest penance.

तस्मात् ध्यानं समाचरेत्। Therefore you must meditate daily without fail.

Get up before sunrise, complete the early morning routine and take your bath. Then sit in padmasana on a warm woolen or jute mat. Keep the picture of the Lord or the Guru in front of you. Light a lamp, and burn a dhoop or agarbatti. Then place both hands on the knees in jnana mudra. Do trataka for some

time by concentrating on the Lord's or the Guru's picture. Then close the eyes and visualize the picture in the ajna chakra. Take a deep breath and hold it in for some time, then exhale slowly while deeply chanting 'हरि ॐ' While inhaling, feel that you are inhaling virtues, devotion, healthfulness, delight and happiness. And while exhaling practice auto-suggestion: 'I am exhaling greed, worries, diseases, fear and the like.' Do this seven times. Sit with a calm mind for five-seven minutes after the meditation.

Benefits: This makes the mind peaceful and calm, increases concentration and memory power, sharpens the intellect, keeps the body healthy, eradicates all affliction, one experiences supreme peace and can even establish contact with God.

Tratak

Trataka helps improve concentration very much. Trataka means to keep looking at one object without distraction. Trataka is extremely useful in improving children's memory. The method of doing trataka is as follows:

Paste a piece of white paper on a cardboard about one square foot in size. Mark a circle in its centre equal to the size of a rupee coin. Leave a small dot the size of a sesame seed in the centre of this circle. And colour the rest of the circle in black. Colour the dot in the centre yellow, and then place the cardboard on the wall so that the circle is in a straight line with your eyes. Sit before the cardboard at the same place and same time every day. The cardboard should be three feet away from your eyes. The eyes should be fixed on the yellow centre of the circle without blinking.

Sit for 5 to 15 minutes to start with. Initially you might feel a burning sensation in the eyes. But do not worry. With practice, you can gradually sit for half an hour at a stretch, which helps tremendously in improving concentration. Then you will be able to memorise whatever you read. Alternatively, you can also use the Moon, picture of the Lord or Guruji, Swastik, "ॐ" or the flame of a lamp as the object for trataka. Trataka on the picture of your tutelary deity or Guru is especially beneficial.

The importance of Japa

In the Gita, Lord Sri Krishna says: यज्ञानाम् जपयज्ञो अस्मि। 'In all kinds of yajnas, I am the japa-yajna.'

The 'Sri Ramacharitamansa' also says:

'The Lord's name is the only redeeming factor in this Kaliyuga. Those who do japa of the Lord's name transcend the ocean of sansara.'

What does 'Japa' mean? Ja=Liberation from janmas (repeated births), Pa=Destruction of papas (sins).

That which destroys all our sins and frees us from the cycle of birth and death is called japa. Japa is the art of making contact with the Almighty Lord. Supreme peace is experienced in the gap between two thoughts. The longer the gap, the greater of peace. Japa is an extremely useful tool to attain that state. That is why it is said : अधिकम् जपं अधिकं फलम्। 'More the japa more the fruits.'

Silence (Mauna): An excellent way of conserving energy

Etymologically, “Mauna” consists of Ma+U+Na. Ma=Mana (the Mind), U=Utkantha (intense desire) and Na=Nakara (negation). Thus, to negate the worldly desire of the mind and merge it with the true nature of God is what is really meant by Mauna.

Mauna is a great tool to practice restraint on speech. A man uses a lot of energy in his speech; just as much as he does when he uses his other sense organs.

By restraining his speech man can develop his power. Mauna helps a lot in the development of man’s hidden powers. It is necessary to practice Mauna to conserve the energy within. There is a saying that there are nine virtues in keeping silent. These nine virtues are as follow:

- (1) You won’t speak ill of anybody.
- (2) You will be saved from telling lies.
- (3) You won’t make enemies.
- (4) You will not end up in a situation where you have to apologize to someone.
- (5) You won’t have to repent for your words.
- (6) You won’t waste time.
- (7) You won’t be bound by any task.
- (8) Your knowledge will remain a secret and your ignorance, hidden.
- (9) Your peace of mind will not be disturbed.

Views of great men about Mauna:

“Mauna is an unfailing tool to develop one’s hidden powers. I have not come across any other tool as simple as this for the development of one’s potentials.”

-His Holiness Sant Sri Asaramji Babu

“In the company of the wise, silence is an ornament of the ignorant.”

-Bhartrihari

“To speak is a beautiful art. Mauna is an even greater art. Sometimes Mauna prevents several mishaps. Nothing is as helpful in controlling anger as Mauna. Therefore, one should remain in Mauna as long as possible.”

-Mahatma Gandhi

Trikal Sandhya

The period between 10 minutes before and after sunrise, noon and sunset is called Sandhi Kala (Transition period). The Sushumna nadi which is located between the Ida nadi the Pingala nadies is also called the nadi of spirituality. The flow of its current remains directed upwards during a Sandhi Kala, therefore the practice of pranayama, japa and meditation during this period gives greater benefits.

One should perform Sandhya during the three transition periods of the day, i.e. dawn, noon and dusk. One who performs Trikala (three times) Sandhya, earns a tremendous amount of religious merits, Trikala Sandhya is performed through the practice of pranayama, japa and meditation. You can also listen to cassettes of satsanga delivered by saints during this period. A regular routine of performing Trikala Sandhya is very useful for spiritual advancement. One who does Trikala Sandhya never has to worry about his livelihood The practice of Trikala Sandhya cures even the most incurable of diseases. It develops strength, luster, intelligence and life force. Even our rishis as also Lord Sri Rama, Lord Sri

Krishna, etc. used to perform Trikala Sandhya. Therefore we should also make it a point to perform Trikala Sandhya regularly.

Significance of Mantra

Mantras are the words or phrases that endow one with the power of reflection, (i.e. produce one pointed concentration of the mind) and when chanted they eliminate all kinds of fear and provide all-round protection. Some mantras and their powers are described below:

- (1) **Hari ॐ**

The Chanting of “ह्रीं” ‘hrim’ has a beneficial effect on the liver, and if ‘ॐ’ is chanted along with “हरि” ‘Hari’ it produces a positive effect on all the five sense organs. The humming of ‘हरि ॐ’ ‘Hari ॐ’ For seven times produces vibrations in the Mooladhara Kendra, and several disease causing germs are destroyed.
- (2) **Rama**

रमन्ते योगीनः यस्मिन् स रामः। ‘Wherein the Yogis remain obsessively absorbed, is Rama.’ The Supreme Consciousness which lives in each and every pore of the body is ‘राम’ Rama. Chanting of ॐ राम... ॐ राम... every day for one hour increases immunity to diseases, purifies the mind, removes dejection, despondency and mental debility, thereby endowing one with good physical health.
- (3) **The Surya Mantra :**
ॐ सूर्याय नमः।
om suryay namah

The Chanting of this mantra gives good health, longevity, strength and ojas. This mantra cures all problems of the body and the eyes. The enemies can do no harm to one who chants this mantra.
- (4) **The Saraswatya Mantra:**
ॐ सारस्वत्यै नमः।

The chanting of this mantra brings knowledge and sharpens the intellect.
- (5) **The Lakshmi Mantra:**
ॐ श्री महालक्ष्म्यै नमः।

The chanting of this mantra brings wealth and destroys poverty.
- (6) **The Ganesha Mantra:**
ॐ श्री गणेशाय नमः।
ॐ गं गणपतये नमः।

The chanting of these mantras destroys all the hurdles to the accomplishment of a task.
- (7) **The Hanumana Mantra :**
ॐ श्री हनुमते नमः।

The chanting of this mantra provides strength and ensures victory.
- (8) **The Subrahmanya Mantra:**
ॐ श्री शरणभवाय नमः।

The chanting of this mantra brings one success in all works. It also eradicated the ill influences of evil spirits.
- (9) **The Saguna Mantra:**
ॐ श्री रामाय नमः।

These are Saguna mantras, which first lead to realization of the Saguna God (God with form and attributes) and in the end help one realize the Nirguna God (God without form and attributes).

ॐ नमो भगवते वासुदेवाय।

ॐ नमः शिवाय।

(10) Moksha Mantra:

ॐ, सोऽहम्,

शिवोऽहम्,

अहं ब्रह्मास्मि।

These are mantras for attaining salvation and Self Realization.

Surya Namaskara

Significance: Our sages have combined matras with physical exercises to develop a wonderful mode of worshipping the sun. It is called Surya Namakara (Salutation to the sun). It consists of 10 asanas. There generation, maintenance and enhancement of our physical energy depends on the sun. Those who take a sunbath and worship the sun, always remain healthy. Surya Namaskara has a positive impact on our blood circulation system, respiratory system, digestive system, etc. It helps eliminate the cause of many diseases. Regular practice of Surya Namaskara enhances physical and mental agility, besides sharpening the intellect and the memory.

Gardner Ronnie, a western scientist, has said: "The sun, in itself, is an excellent medicine. It helps cure disease like cold, cough, pneumonia and even leprosy."

Doctor Sole has said: "Nothing in the universe has such tremendous healing power as that of the sun."

In the morning, after completing the daily routine and taking your bath, stand on a blanket or piece of hessian facing eastwards. Stand in the Siddha position with folded hands as shown in the picture below, close your eyes filling your heart with devotional love and meditate on Lord Adinarayan (Lord Vishnu) while mentally chanting the following verses:

ध्येयः सदा सवितृमण्डलमध्यवर्ती नारायणः सरसिजासनसन्निविष्टः।

केयूरवान् मकरकुण्डलवान् किरीटी हारी हिरण्मयवपुर्धृतशंखचक्रः॥

Dhyeyah sada savitrmandalamadhyavarti narayanah sarasijasanasannivistah |
Keyuravan makarakundalavan kiriti hari hiranmayavapurdhrtasankhacakrah ||

'One should always meditate upon Lord Narayana Who abides in the solar orbit sitting in the lotus posture, Who is wearing armlets, large ear-right, a necklace and a crown, Who holds the conch and the discus and has a body brilliant like gold.'

(The Aditya Hridaya: 138)

आदिदेव नमस्तुभ्यं प्रसीद मम भास्कर। दिवाकर नमस्तुभ्यं प्रभाकर नमोऽस्तु ते॥

Adideva namastubhyam prasida mama bhaskara |
Divakara namastubhyam prabhakara mamostu te ||

'O Primordial Deity Surya Narayana ! I bow down to You. O the Deity Who gives light to us! Be pleased with me. O Lord Divakara ! I bow unto You. O shining Divinity! My salutations unto You.'

After this prayer, with hands folded and head bowed, pay obeisance to the Sun God clearly chanting the first of the thirteen mantras of the Sun God 'ॐ मित्राय नमः।' –Om Mitraye Namah'. Then perform each of the ten postures one after another as shown in the pictures. This makes one Surya Namaskara. This cycle has to be repeated for each of the thirteen different mantras of the Sun God, which are as follows”-

1. ॐ मित्राय नमः। ॐ mitraya namah I
2. ॐ रवये नमः। ॐ ravayae namah I
3. ॐ सूर्याय नमः। ॐ suryaya namah I
4. ॐ भानवे नमः। ॐ bhanave namah I
5. ॐ खगाय नमः। ॐ khagaya namah I
6. ॐ पूष्णे नमः। ॐ pushne namah I
7. ॐ हिरण्यगर्भाय नमः। ॐ hiranyagarbhaya namah I
8. ॐ मरीचये नमः। ॐ maricaye namah I
9. ॐ आदित्याय नमः। ॐ adityay namah I
10. ॐ सवित्रे नमः। ॐ savitre namah I
11. ॐ अकीय नमः। ॐ arkaya namah I
12. ॐ भास्कराय नमः। ॐ bhaskaraye namah I
13. ॐ श्री सवितृ-सूर्यनारायणाय नमः। ॐ sri savitrsuryanarayanaya namah I

The Siddha position: Keep the heels and the toes of both feet together. The body should be erect, with the gaze fixed on the tip of the nose. Both palms to be joined in salutation with the thumbs touching the chest. Together.

First position: Raise the hands above the head in the same salutation posture. Keep the hands straight and the elbows stretched. The head and the upper body should be bent backwards. Gaze should be fixed at the base of the palms. Legs should be straight and knees stretched. Inhale while attaining this position.

Second Position: Bend forward without bending the elbow. Both hands and feet should be straight with knees and elbows stretched. Both palms. Should touch the ground beside the feet. The forehead should be touching the knees and the chin should touch the breastbone. Exhale while coming to this position.

Third position: Take the left leg straight backwards, its toes and knee should be touching the ground. Right knee should be bent forward. Both the palms should be as before. Arms should be straight and elbows stretched. Shoulders and head are to be held back with an upward gaze. Inhale while taking the left leg backwards.

Fourth position: Take the right leg back upto the left leg. Both hands and feet should be straight with the heels touching the ground. Knees and elbows should be straight with the hips raised upwards. Head should be pulled towards the knees with the chin touching the chest. Heels, hips and wrists should form a triangle. Gaze to be fixed towards the knees. Exhale while pulling the hips up.

Fifth position: Sastanga Namaskara. The forehead, chest, both palms, both knees, toes of both the feet- all these eight parts of the body be should above the ground with the elbows drawn towards each other. The breath that had been exhaled during the fourth position should be held outside.

Sixth position: Knees and thighs should touch the ground. Hands should be straight, elbows stretched, and the upper body raised up. Head should be bent backwards with the gaze fixed upwards. Waist to be pulled towards the palms with the toes held firmly in place. Spine should be brought in the shape of a bow. Inhale while lifting the body up.

Seventh position: This position is a repetition of the fourth position. Waist raised upwards. Both the hands and legs should be straight. Both knees and elbows stretched. Both the heels should be touching the ground. Head pulled towards the knees. Chin touching the breastbone. A triangle is formed by the heels, the hips and the wrists. Exhale while getting into this position.

Eighth position: Bring the left foot forwards and place it in between the palms as before. Keep the right toe and knee resting on the ground. Gaze upward. Inhale while coming into this position. (In the third and eighth positions change the leg to be taken backwards and forward in every Surya Namaskara).

Ninth position: This position is a repetition of the second position. Bring the right leg forward and place it near the left foot as before. Both the palms should be touching the ground beside the feet. The forehead should be touching the knees with the chin touching the breastbone. Both the hands and the legs should be straight. Both knees and elbows stretched. Exhale while coming to this position.

Tenth position: This is same as the initial position. Entire body should be straight. Heels and toes of both the feet should be touching one another. Gaze to be fixed on the tip of the nose. Both hands should be joined in salutation, with the thumbs touching the chest. Take a deep breath. Thus one Surya Namaskara is completed through the above ten positions. This tenth position itself becomes the initial Siddha position for the next Surya Namaskara.

Yogic Chakras

Chakra: Chakras are the centres of spiritual powers. These chakras cannot be seen with the physical eyes as they belong to the subtle body. However, they are correlated with the nerves and neuro-centres of the physical body, and are indicated with reference to them.

There are seven chakras in our body and their position are as under:-

- (1) **Mooladhara Chakra:** Near the lowest point of the spinal cord next to be anus.
- (2) **Swadhisthana Chakra:** In the area below the navel
- (3) **Manipura Chakra:** At the centre of the navel.
- (4) **Anahata Chakra:** In the heart.
- (5) **Vishuddhakhya Chakra:** In the throat.
- (6) **Ajna Chakra:** Between the two eyebrows.
- (7) **Sahasrara Chakra:** On the upper part of the head where the shikha (lock of hair) is kept.

Some Useful Mudras

After bathing early in the morning spread a blanket and sit in padmasana if possible, otherwise in sukhasana. Take five-Ten deep breaths and exhale slowly. The, with a calm mind, do the following mudras using both hands. In case of need, you can the following mudras using both hands. In case of need, you can do them anytime.

THE LINGA MUDRA

Method: Cross fingers of both hands and hold them tightly, while keep the inside thumb upright.

Benefits: This mudra generates heat within the body, removes cough and cold, besides destroying the phlegm.

THE SHUNYA MUDRA

Method: Bend the middle finger inwards and touch it above the nail with the fleshy base of the thumb. Keep the rest of the fingers straight.

Benefits: Cures earache. In case of deafness or pus formation in the ear, this mudra should be performed for 4 to 5 minutes.

SURYA MUDRA

Method: Bend the ring finger and touch it above the nail with the thumb. Keep the rest of the fingers straight.

Benefits: This mudra is an excellent tool to remove the unwanted fat and obesity from the body.

JNANA MUDRA

Method: Touch the tip of the index finger with that of the thumb. Keep the other three fingers straight.

Benefits: This mudra is extremely beneficial for mental disorders like insomnia or excessive sleep, weak memory, anger, etc.

The practice of this mudra improves concentration during worship, meditation and prayers. This mudra should be practiced for 30 minutes every day.

PRANA MUDRA

Method: Touch the tips of the little finger and the ring finger with that of the thumb. The other two fingers should be kept straight.

Benefits: This mudra boosts the life force and guards the body against diseases. It is extremely effective against eye disorder and improved the eyesight as well.

VAYU MUDRA

Method: Bend the index finger and make the upper part of its first phalange touch the fleshy base of the thumb. The remaining three fingers should be kept straight.

Benefits: It is beneficial in joint pains, paralysis, palsy, hysteria, etc. The practice of Prana Mudra along with this mudra gives quick benefits.

APANAVAYU MUDRA

Method: Place the tip of the index finger on the base of the thumb and touch the tips of the thumb to the tips of the middle and the ring finger, while keeping the little finger straight and spate. This position

is called Apanavayu Mudra. If one immediately resorts to this mudra in case of a heart attack or sudden pain in the chest, it can even avoid an imminent heart attack.

Benefits: It provides quick relief in heart ailments like uneasiness, bradycardia, tachycardia, gradual impairment of the heart, etc.

Regular practice of this mudra cures flatulence, obesity, restlessness of the heart and the entire body. This mudra can be performed for 20 to 30 minutes every day as per the requirement.

Yogasana

Regular practice of Yogasana helps maintain a healthy body and cheerful mind. Some of the main asanas are described below:

- (1) **Padmasana:** In this asana, the legs are positioned in such a way as to form a lotus (Padma or Kamala). Hence it has been termed Padmasana or Kamalāsana. Practice of Padmasana boosts enthusiasm, makes one cheerful, adds shine to the face, brings about excellent development in the intellect, and helps reduce obesity.
- (2) **Ugrasana/Padmaschimottanasana:** This is the best of all asanas. It increases one's height and reduces obesity. It removes weakness, helps all systems of the body to function properly, and eliminates diseases. This asana also strengthens celibacy.
- (3) **Sarvangasana:** Since the whole body is lifted up from a supine position, it is termed Sarvangasana (Sarvanga means all parts of the body). Regular practice of Sarvangasana tones up the digestive fire and prevents the skin from sagging. It also prevents the loss and graying of hair. It improves intellectual power and cures eye ailments and brain disorders.
- (4) **Halasana:** In this asana the shape of the body become like a plough (hala), hence the name halasana. This asana cures liver disorders and helps develop the chest. Blood is purified as the breathing becomes smoother and faster, while the body receives more oxygen. Besides curing throat pain, stomach ailments, rheumatism, etc. it reduces stomach flab, gives relief from headache, and make the spine supple.
- (5) **Chakrasana:** In this asana, the body takes the shape of a wheel (Chakra) and hence it is called chakrasana. It purifies the spinal column and allow the nadies of the body, thereby activating the yogic chakras. It cures paralysis and removes physical debility. This asana strengthens various parts of the body namely head, neck, back, stomach, waist, hands, feets, knees, etc. It guards the body against joint pains and improves digestion, besides removing unwanted fat form the stomach and keeping the body upright.
- (6) **Matsyasana:** Matsyasana in Sanskrit stands for fish. In this asana the body shape becomes like a fish, therefore it is called Matsyasana. This asana, done in combination with Plavini Pranayama enables one to float in the water for a long time. Matsyasana makes the entire body strong. All the afflictions of throat, chest and stomach are cured. Eyesight is improved. Bowels remain clear. Toxins accumulated in the intestines are flushed out. Blood circulation is stimulated and thereby skin diseases are prevented. It cures asthma and cough besides reducing abdominal fat.
- (7) **Pavanamuktasana:** The practice of this asana releases Pavana (wind) form the body. That is why it is called Pavanamuktasana. Regular practice of Pavanamuktasana reduces abdominal fat. Flatulence is eliminated and the stomach becomes healthy. It gives relief in constipation and helps improve memory. Those who do a lot of mental work, such as doctors, lawyers, writers,

students and those who engaged in some sedentary job like accountants, businessmen, clerks, etc. should perform Pavanamuktasana regularly everyday.

- (8) **Vajrasana:** Vajrasana means a strong position. This asana is called Vajrasana as it enhances the digestive power, sexual power and muscle power. The practice of this asana after meals promotes digestion. The food gets digested very quickly. Constipation is removed and all stomach disorders are eliminated. Vata related ailments of the waist and legs are cured. There is improvement in memory. Vajranadi, the nadi that regulates the flow of sexual energy is strengthened.
- (9) **Dhanurasana:** In this asana the body looks like a bow (Dhanusha) with its string pulled and hence it is called Dhanurasana. It alleviates chest pain and the heart become strong. All the diseases of the throat are cured, while the voice becomes sweet and the face, good looking. Eyesight is improved. Digestive power and appetite are increased. Abdominal fat is reduced.
- (10) **Shavasana:** In the final stage of Shavasana all the parts of the body as well as the brain are made to find complete rest by ridding them of all conscious efforts.....Since this position looks like a Shava (corpse), this asana is called Shavasana. Shavasana should be done in the end for 3 to 5 minutes to remove the strain brought on by the other asanas. This asana increases the blood flow in the veins, whereby fatigue is completely removed. This strengthens the nervous systems and increases mental power.
- (11) **Shashakasana:** Shashakasana is highly beneficial for the muscles of the pelvic region. It regulates the functioning of the sciatic nerve and the adrenal gland, and alleviates constipation and sciatica. It helps control anger, enables healthy development of the pelvic region, and removes sex-related problems.
- (12) **Tadasana:** What causes loss of sexual energy? When intra-abdominal pressure increases, it leads to loss of sexual energy. Reasons for the increase in this pressure are as follow: (1) Over-eating (2) eating frequently (3) constipation (4) flatulence due to the consumption of Vata generating food items like potatoes, cluster beans, lady's finger, etc. and also due to consuming fried food (5) sexual thoughts generated by movies and magazines. Due to the increase in abdominal pressure, the life force descends to the lower centres and reaches the Mooladhara Kendra which results in ejaculation. This kind of pressure also causes hernia. The practice of Tadasana takes the life force to the upper centre's, which provides immediate protection to men against loss of sexual energy; and to women, in their problem of leucorrhoea. (For detailed information about asanas and Pranayama please read the book 'Yogasana' published by the ashram in Hindi and various other languages.)

Inspiring Line

Inspiring lines for developing enthusiasm, fearless and awakening the life force lying dormant in children's live.

A powerful storm can wreck the ships,
A powerful man can challenge the storms,

The world has not the power to stop me.
The world owes its existence to me, not I to it.

Cheerfully should we bear the burden of life.
The troubles on the way should we meet with a smile.

Obstacles are immaterial to those that march forward,
Difficulties could never deter the determined travelers.

I am not a touch-me-not plant, which shrinks from a touch.
Nor am I a child who is frightened by the bogeyman.

Leave the past to the past, what is done is done,
Complaining is like chasing a bullet from a gun.

O thou crying at thy own sorrow, learn to smile instead.
Be prepared to shed tears for the sorrow of other.

The joy in feeding is far greater than in eating.
Learn to be of help to others in thy life.

‘Seat your brows or have a sound sleep;
The boat of life will sail on, whether you laugh or weep.’

‘Make yourself so great that God will ask you,
O son, now tell me, what exactly will really please you?’

Couplets

For filling children’s lives with pious qualities

With folded hands, I respectfully bow and place my head at thy feet. Please grant me Knowledge and devotion O Supreme Lord of all that is.

I am your child O Lord! I know not yoga or meditation. May I always be blessed with Guru’s grace-grant me this dedication.

The Lord’s name in this Kaliyuga, destroys fear and evil intentions, He attains success everywhere, nanak, who does jap day and night.

Never be lazy, for laziness is an enemy cruel.
It depletes your knowledge, strength and intellect.

Tulsi says-friends of adversity are knowledge, modesty and discrimination; Supported by courage, good deeds and truthfulness; while reliable is God alone.

March onward patiently, and all your tasks will be fulfilled of their own.
The mango seed doesn’t bear fruit, on the same day it is sown.

No austerity is greater than truthfulness; no sin, worse than falsehood.
The Lord abides in a truthful heart, which is honest and straightforward.

Do not expand your activities too far, limit your desires.
Disappointed they left even who built great empires.

This body is a poisonous creeper; the Guru is an ocean of nectar.
Even in exchange for your head, if you gain the Guru, It's a good bargain.

Live in the word, like the tongue in the mouth-so says Tulsi.
Which never gets oily, though it consumes oil and ghee daily.

When we came into the world, we cried and the world was glad.
Let us depart with such good deeds, that we rejoice and the world is sad.

Fulfill not my wishes O Lord! I am but an ignorant fool.
Verily in Your wish, O Lord, does lie my actual good.

As per Tulsi-sweet words spread happiness all around.
This is the magic mantra; utter not harsh words ever.

Cows, elephants, horses and jewels – all such wealth you mind.
Are mere dust before 'contentment', that is the best wealth you would find.

Swerve not from your goad, firmly follow the saint,
Success is bound to be at your feet sooner or later.

Chanting of Shlokas

The goal of human life can be attained by putting the following shlokas into practice. Therefore children should learn these shlokas by heart use them in their daily lives.

**Geetayah slokathena govindasmrti kirtanat I
Sadhudarshanamatrena tirthakotiphalam labhet II**

Meaning: By merely reading the shlokas from the Gita, remembering Lord Krishna, doing Kirtana and having darshana of saints, one can earn merits equal to that earned by going on millions of pilgrimages.

**Udyamah sahasam dhairyam buddhih saktih parakramah ;
Sadetai yatra vartante tatra deva sahayakrt II**

Meaning: A person, who has these six qualities – enterprises courage, patience, intelligence, strength and bravery in his life; is helped by God (the Supreme Soul).

Dhanya mata pita dhanyo gotram dhanyam kulodbhavahl

Dhanya ca vasudha devi yatra syad gurubhaktatah

Meaning: Blessed are the parents of one whose heart is filled with devotion to the Guru; blessed is his lineage, his descendants, and also blessed is the land where he lives.

Ajnanamulaharanam janmakarmanivarakam I Jnanavairagya siddhyartham gurupadodakam pibet II

Meaning: One should drink the holy water in which are washed the holy feet of the Guru (i.e. follow the teachings of the Guru), who destroys the root of our ignorance, and the karmic bondages of our past lives, and helps us to attain the illuminating knowledge, besides past lives, and helps us to attain the illuminating knowledge, besides developing our sense of discrimination and dispassion to perfection.

Abhyam sattvasamsuddhirjnan yogavyavasthith I Danam damasca yajnasca svadhyayastpa arjavam II

Meaning: Fearlessness, purity of heart, fixity in Yoga of Knowledge, charity, control of the senses, yajna, study of the scriptures, austerities and straightforwardness-these are the marks of one endowed with a divine nature.

Abhivadanasilasya nityam vrddhopasevinah I Catvari tasya vardhante ayurvidhya yaso balam II

Meaning: One who always serves the elders and pays due respect to them, is blessed with all four-a long life, knowledge, fame and strength.

Learning through Numbers

Remember these precepts numbered one to ten.
Adapt them in your lives, to be great men.

- (1). One –God is one: Gold ornaments may be different in sizes and shapes, but the gold in them is the same. Similarly, God takes various names, and forms like Rama, Shyama, Shiva; but in essence, He is One and verily our own Real Self. The number ‘One’ Teaches us this.
- (2) Two-Mind is of two kinds; (1) Pure and (2) Impure. A pure mind thinks of getting up early in the morning, engaging oneself in japa, meditation and kirtana, always speaking the truth, never stealing, etc; while the thoughts that occurs in the impure mind are getting up late, lying, stealing, abusing, insulting elder, etc. Children should always act on the thoughts of the pure mind only. This is the message of number ‘two’ to us.
- (3) Three-Perform the three Sandhyas: One should perform the three sandhyas One should perform the three sandhyas daily in the morning, noon and evening. In sandhya, we chant Hari Om and engage in pranayam, japa, meditation, etc. Even Lord Rama and Krishna used to perform sandhya. Children should perform sandhya everyday. This is the meaning of number ‘three’

- (4) Four- Get ready for Yoga: There are more than 84 asanas. The one who does even a few of these asanas regularly, gets tremendously benefited in terms of physical and mental health. We do not have to depend on doctors if we practice yogasanas. Therefore, do yogasanas daily. This is what the number 'four' teaches us.
- (5) Five- There are five elements of nature: This body of ours belongs to the nature, which is made up of five elements, namely; ether, fire, air, water and earth. After death, the body merges with the five elements, but our indwelling soul (Atman) does not die because it is deathless. The number 'five' reminds us that we are actually the Conscious Soul and not the body.
- (6) Six- Be fearless: Fearlessness is life, fear means death. Children should always be fearless. They should not be afraid of chant om with a deep intonation to become fearless. If you experience horrific dreams, read the Bhagvad Gita with full devotion and faith, and keep it under your pillow with a peacock feather inside the book. This is what number 'six' teaches us.
- (7) Seven-Kick the bad habits: Children should stay away from bad habits like telling lies, stealing, slandering, chewing Pan Masala, watching films and TV serials that pervert the mind, and bringing home and filth of fashion under the influence of media publicity. This is what number 'seven' has to tell us.
- (8) Eight – Read the Gita everyday: Children should read the 'Srimad Bhagvad Gita', the holy scripture of Hindu religion, everyday. It is the Ganga of Knowledge that has come from the holy lips of the Lord. By reading the Gita one finds his self-confidence increased and sins destroyed. The Gita provides answers to all problems of life. Therefore, one should read the Bhagvad Gita daily. This is the message of number 'eight'.
- (9) Nine- Experience your Divine Self: In our life, we have many experiences such as pleasure and pain, respect and disrespect, gain and loss, etc. However, the goal of human life is to experience, 'I am not this body, but the Conscious Soul'. This is the essence of life brought to us by number 'nine'.
- (10) Ten-Remain engrossed in the bliss of Atman. God is all bliss and peace; not sorrow, worry or remorse. Therefore we should always be cheerful. 'To be always equanimous and cheerful is the highest form of devotion to God.' If we are to follow this teaching of Pujya Bapuji, we should not lose the peace and bliss of our mind, no matter how bad or painful a situation may be. We should always remain even-minded and cheerful. This is what number 'ten' teaches us.

Marks of an Ideal Child

A child is basically simple, guileless, innocent and a natural beloved of the Lord. Indicators of their hidden greatness can be seen in children right from their early childhood. Such qualities make into an 'Ideal child'. These qualities are as follows:

- ❖ He is quiet by nature: He does not lose his temper even in the face of extreme difficulties, and despite all decisions going against him.
- ❖ He is enthusiastic: Whatever he does he does it to the best of his ability. He is not afraid of a failure.
- ❖ He is truthful: He is never afraid of speaking the truth. Yet, he is considerate enough to refrain from speaking a bitter or unpleasant truth.

- ❖ He is patient: He remains steadfastly engaged in his good deeds. He does not lose patience or get discouraged, even if he has to wait for a long time to get the results of his good deeds; and continues to work diligently.
- ❖ He is tolerant: As the saying goes: 'The one who is tolerant is a saint'; so he endures all the pains and sorrows but never complains about anything.
- ❖ He is assiduous: He is never careless in his work. Hence, even if he has to do a particular job over a long period of time, he does not abandon it midway.
- ❖ He has equanimity: He remains equanimous in both success and failure.
- ❖ He is courageous: No matter how many obstacles he has to face in treading the righteous path, in working for the good of the people, in following Dharma, in serving and obeying parents and elder, he does never lose interest at all, but marches forward with determination and courage.
- ❖ He is joyful: He is cheerful in both adverse and favorable circumstances.
- ❖ He is humble: He never shows pride in his physical or mental abilities, or even in any sort of great success; and he never thinks that others are inferior to him.....'Knowledge brings humility'.
- ❖ He is studious: He takes a keen interest in his studies and reads only good books dealing with abstinence, selfless services, good conduct and wisdom apart from his textbooks. He avoids wasting time on trivial and useless books which would surely rob him of these virtues.
- ❖ He is generous: He appreciates the good qualities of other people, and is ever ready to help others in achieving success and finds happiness in their success. He prefers to ignore the faults of others.
- ❖ He picks up virtues from wherever available: Like the honeybee, which gathers the nectar from various flowers and converts it into honey, and ideal child adopts the good qualities of holy men, his friends, and those available in scriptures while ignoring their flaws, if any.
- ❖ He is honest and obedient: He knows honesty to be the best policy. He accepts the advice of his parents and Guru which re of Course beneficial to him as well as to others. He knows that by obeying his elders he earns their blessing, and the blessings in turn provide strength in life. Mind you: The blessings and good wishes of others always accompany us.
- ❖ He is a true friend: He is reliable friend giving selfless love, showing the righteous path to his friends and providing full support to them at the time of need.

**'Make no friends with a deceitful man for he will reveal your secrets.
He pretends to show the way but stabs you in the back.
One, who deceives the Guru or tricks his friend,
A pauper or a leper is what he becomes.'**

The Glorious Cultural Traditions India

Culture is the very soul of a County. Simply immeasurable is the greatness of Indian culture. The customs and traditions of India, which have been there in our society from time immemorial, have a highly philosophical and scientific basis. Some of the major customs are as follows:

Namaskara: The Gateway of Divine Life

Dear Students! Namaskara is an invaluable gem of Indian culture. Namaskara means Namana (bowing), Vandana (adoration) or Pranama (salutation). In Indian culture, Namaskara has a unique place of significance. In western culture people greet each other by shaking hands. While, in Indian culture, there is the ancient tradition of saluting each other by joining both one's hands and bowing the head to the other. This is called Namaskara. Namaskara has various motives and meanings.

Namaskara is an excellent practice, when you bow with folded hands before elders, parents, saints or learned men – your ego melts, and your heart is purified. You happen to shed your ego and become simple and pious within. When you bow in Namaskara, you perform one Yoga Mudra as well.

In Namaskara, you join both your hands and touch the fingers to your forehead. Your eyes are half-closed with the both the hands folded and resting on the chest near the heart. This posture gives you control over your thoughts, restrains your tendencies and reduces your arrogance. You surrender yourself into the hands of faith, and in return you gain other people's confidence. This posture enables you to be one with all creation; all notions of duality disappear.

A man of humility is loved by all. The act of showing respect is as cool and soothing as the sandalwood. It brings peace, happiness and a sense of contentment to both. Only by becoming thinner and light than even air, i.e. by shedding the weight of the ego, can we become truly great, and it is Namaskara which helps us to accomplish just that.

When our ego bows down before a 'competent' person through Namaskara, it gives rise to a sense of self-surrender as well.

The importance of Namaskara has been recognized in all religions. Christians bow their heads with their hands on the chest. Buddhists too bow their heads. In Jain religion as well, salutation involves bowing of the head, but Namaskara of our Vedic religion is simply unique. Both hands join together to form a closed circuit which stops the aura and life force from escaping. This kind of salutation is much more beneficial than shaking hands with each other, which actually causes loss of life force; and if one person has some infectious disease, the other person may become affected too.

Tilaka Increases Intellectual and Spiritual Power

On the forehead between the eyebrows is the centre of discrimination and power. Yogis call this centre 'ajna chakra' i.e. the centre of dominion. It is also called the 'shivanetra' or the 'centre of auspicious thoughts'. A tilaka of sandalwood paste or vermilion on this spot helps promote the power of discrimination-(right thinking) or the ajanashakti. Therefore, in Hindu religion, a tilaka is applied on the forehead before the performance of some auspicious rite. Millions of people have seen His Holiness Sant Sri Asaramji Bapu applying a tilaka of sandalwood paste to His forehead before delivering satsang. Women predominantly live in the world of emotions and implicit faith. Hence, in order to enhance their judgement, the rishis instituted this tradition of applying tilaka for women. Most women's minds remain in svadhithana and maniupura centre. These centres are associated with fear, emotions and imagination. The rishis have instructed that women should constantly keep a tilaka applied on their foreheads so that they are not carried away by these emotions and imaginations, and their shivanetra,

the centre of thoughts or judgement, is developed. There have been several great women like Gargi, Shandili and Anasuya, to name just a few, in the Hindu religion. A woman represents a great source of power-the 'Mother-Power'- which gives birth to brave heroes, great men, great thinkers and even saints who have the ability to lead people to God-realization. This Mother-Power is today being prohibited from applying tilaka to their foreheads by some schools in India. How long with the Indian continue to tolerate such oppression? How long will the Indians go on falling prey to such conspiracies after all?

Deepaka

Symbols and signs play a highly important role in human life. A flame lit in an earthen lamp has a great meaning in Indian culture. The lamp gives us the message to dispel the darkness of ignorance and attain the Knowledge absolute. The earthen lamp represent the human body made of earth, while the oil represents the life force. The lamp gives us the message that with his life force, man should work hard to remove the darkness from the world and spread the light of Knowledge. By lighting a lamp in the temple during arati we pray to God, "O Almighty Lord! Please remove the darkness of ignorance from our minds and spread the light of knowledge. O Lord! Lead us, from utter darkness to Your Divine Light."

This verily is the real purpose even behind lighting lamps for the worship of goddess Lakshmi on the dark new moon night of Diwali. At home, we also light a lamp near the holy Tulsi. Even an important function or assignment is started with the lighting of a lamp alone. A virtuous and noble son is called Kula. Deepaka (the lamp of the clan). Our Vedas and holy Scripture also say; "O Lord! Lead us from darkness to light, from death to immortality." This again is the idea behind the famous arati son 'Jyot Se Jyot Jagao', i.e.. "Light the lamp within me with That of Thy Knowledge O Lord!" This is the glory of Indian culture.

Kalasha

Hidden behind each and every custom and symbol of Indian culture is some mysterious truth that is beneficial to humanity. One such symbol is Kalasha. Mango leaves are placed on a Kalasha or pot, etc. and a coconut is placed on top during the auspicious ceremonies like marriage and other religious celebration. This Kalasha is never kept empty, but filled always with milk, ghee, water or grains. Only a filled Kalasha is used even in the ritual of worship. The Kalasha too is worshipped.

Kalasha is an important symbol of our culture. Our body is also like the Kalasha or earthen pot. There is life in it. Life also means 'water'. A body without life is a corpse and is considered inauspicious, so also an empty Kalasha is considered inauspicious. Moreover, mere breathing is not life. That alone is life in the real sense which has in it the virtues of knowledge, love, enthusiasm, sacrifice, valor, high moral character, courage, etc. Similarly, the Kalasha is considered a sign of good luck only when it is filled the milk, ghee, water or food grains. A filled Kalasha symbolizes auspiciousness.

Indian culture considers the Kalasha to be a sign of good luck, giving the message that one should strive to bring the virtues of devotion, knowledge, love, enthusiasm, strength, sacrifice, patriotism, etc. into one's life.

Swastika

Swastika symbolizes the pious goodwill of Indian women. The word Swastika is made up from the syllables "Su" and 'As'. 'Su' means good, favorable and auspicious, while 'As' means existence or power.

Thus, Swastika represents the Supreme Sovereign power that brings goodness and well-being. The 'Swasti Mantra' is chanted before commencing any auspicious activity.

**Swasti na indo vrddasravah swasti nah pusa visvavedah
Swasti nastarksyo aristanemih swasti no brhaspatirdadhatu**

'May Indra, who is of great fame and glory, bring us good luck and well-being! May Pusha, the god of universal knowledge, do good to us. May Lord Garuda, whose weapon never fails, be kind to us. May Lord Brihaspati be pleased with us.'

The Swastika was created by our rishis thousands of years ago. Its horizontal and vertical lines clearly demonstrate that the one and only non-dual Brahman is pervading the whole of the universe. The vertical line of Swastika means the jyotirlinga, the Divind Phallus, while the horizontal line means the expanse of the universe. The four arms of Swastika represent the four arms of Lord Vishnu Who feeds all creatures in all four directions with His four hands.

Swastika is our ancient religious symbol. It is the symbol of join strength of the power of the gods and the noble intentions of humans. Swastika represents goodwill for the all-round well-being of all creatures.

In Germany, Hitler's Nazi party used the Swastika as its party symbol. The tyrant Hitler killed millions of Jews. When Hitler was defeated, all the Jews imprisoned under the sentence of death were set free. It was only natural that the hearts of the Jews were filled with extreme hatred towards Hilter and his Nazi party. Also, it was equally natural that the symbol of the Nazi party would stir up memories of those cruel scenes in their hearts. The sight of Swastika should have brought fear into the minds of Jews and weakened their life force. But despite this psychological truth, Dr. Diamond's experiments showed that the sight of the Swastika boosted the life force of the Jews as well! So great is the stimulating power of the Swastika.

In the Indian cultural tradition, Swastika is drawn with vermilion on auspicious occasions like wedding, Chhatthi (the auspicious ceremony on the sixth day) of a newborn child, Diwali, worshipping of account book, etc., and also at the entrance to houses and temples. We pray with faith and devotion to God, "O Lord! Let this task be accomplished without any obstacles, and let all grains, clothes, wealth, etc., coming into our house, be pure (righteously earned)."

The Conch

There are two types of conches (shankha): Dakshinavarta and Vamavarta. It is the a matter of very great luck and divine fortune to come by a Dakshinavarta Shankha. Goddess Lakshmi Herself lives with the possessor of such a conch. It pacifies all the three doshas of vata, pitta and kapha. It is pure and one of the Nava Nidhis. It helps protect against harmful planetary influences, eliminates poverty, and cures tuberculosis, effect of poison, emaciation and eye disorder. The conch that is as white as a moonstone is considered to be the best. A conch with impurities is not very effective. It can be used for medicinal purposes only after due purification.

The great Indian scientist, Jagadishchandra Bose, proved through experiments that the sweet tone of a conch destroys harmful bacteria within the range of its sound. It is for this reason that there has been a long tradition of blowing the conch in temples both in the morning and evening.

Blowing the conch in the evening drives away ghosts, evil spirits and demons. Harmful bacteria proliferate in the evening and cause diseases. Hence, blowing the conch at that time destroys the bacteria, and thus is extremely beneficial to health.

The blowing of a conch proves beneficial in dumbness, while shankha bhasma (ash of the conch shell) is a very effective medicine for enhancing facial glow, strength, digestion and appetite; as also against respiratory diseases, cough, chronic fever, hiccups and stammering.

The meaning and Significance of 'ॐ'

'ॐ' is composed of three syllables: A+U+M + the half syllable (...). The first syllable 'A' represents the material or cognitive world; 'U' stands for the subtle world and 'M' for the causal world. The half syllable (...) stands for the Supreme Consciousness That provides support to the three worlds without Itself being affected by them.

'ॐ' bestows spiritual power. The chanting of 'ॐ' drives the life force upwards. When chanted seven times, it helps eliminate disease causing germs from the body as well as sadness and dejection from the mind. That is why the scriptures praise 'ॐ' and the rishis have placed 'ॐ' at the beginning of every mantra, whether it is to worship Lord ShivaOm namah sivaya, Lord Ganapatiom ganesaya namah. Lord Ramaom ramaya namah and Lord Krishnaom namo bhagavate vasudevaya or even for Goddess Gayatriom bhurbhuvah svah tatsaviturvarenyam bhargodevasya dhimahi dhiyo yo nah pracodayat. This "om" is placed at the beginning of every mantra.

Patanjali Maharaj has said:"'ॐ'" (the pranava) is the audio expression of the Supreme Soul, His natural sound.

Even the Russian scientists were amazed at the results of experiments they carried out to unravel the mystery of 'ॐ'. They were using a sensitive instrument that could separately record what a person thought as well as what he said. For example, if one said 'Ka' outside while thinking 'Ga' inside, both 'ka' and 'Ga' were recorded on separate screens of the machine. If one did not say any word outside but just thought something inside, that too would be recorded on the internal screen, with the external screen remaining blank.

However, "om" was the only word which, regardless of whether only said or thought, would get recorded both on the internal and the external screens of the machine.

"om" is thought to be the greatest name representing God. Even Muslim, while praying 'Allah ho Akbar....' During Namaz, have an undertone of "om" in it. Sikh religion also uses the word "om" in 'eko omkar satinau'. The first volume of 'Sri Guru Granth Sahib', authored by Guru Nanak himself; and the 'Japuji Sahib' Starts with 'eko omkar ("ॐ") satiname....'

The Tricolor

Our national flag stand for unity, integrity and pride. This flag is dearer to the Indian people than even their lives. They are prepared to make any sort of sacrifice in order to protect the honour and glory of this flag. The history of this flag contains many stories of great sacrifices and zeal.

Our national flag has three colours. The topmost colour is saffron, which represents courage, self-denial and sacrifices. This colour inspires us to cultivate these qualities in our lives. The middle colour is white, representing selflessness, truth and purity, and so inspires us to be truthful and courageous and fight evil. At the bottom is green, which stands for the prosperity and life of our nation. This colour inspires us to develop agriculture and industry to remove poverty from our country.

How to Achieve Success in Exams?

As the exams close in, students tend to become more and more tensed and worried. But they should not be worried at all. With full faith in their own efforts and in God's grace, they should prepare for the exams while keeping calm and cheerful. They should always be confident of their success, and for that they must keep in mind the following things

- ❖ In their student life they should regularly practice jap and mediation along with their studies, and more importantly so during the exam days.
- ❖ During the examinations, study calmly and cheerfully; not with a tensed mind.
- ❖ Before starting the paper, the student should reverentially remember his tutelary deity, God or Gurudeva without fail.
- ❖ They should first read the entire question paper with full concentration.
- ❖ Then they should attempt the easy question first.
- ❖ The answers should be written in a neat and clean handwriting.
- ❖ If you do not know the answer to some question, do not get nervous. Pray to the Lord or Gurudeva, having a firm faith that you will surely be able to answer those question as well. While remaining fearless within, rest in peace remembering the Lord for a minute. Then attempt those questions and gradually you will be able to answer all the questions.
- ❖ Do not study till late in the night. The practice of getting up early in the morning and studying after bath and meditation greatly helps in quick learning.
- ❖ The habit of chewing 5-7 leaves of Tulsi on an empty stomach early in the morning and drinking a glass of water straight after greatly helps improve the memory.
- ❖ The practice of offering arghya to the Sun accompanied by the relevant chanting also helps improve memory.
- ❖ Regular jap of the Saraswatya Mantra brings miraculous improvement in the memory power.
- ❖ Practice of Bhramari Pranayama and Trakata also improves concentration and memory. For Bhramari Pranayama and saraswatya Mantra, students should participate in the 'Vidyarthi Tejaswi Talim Shivar' (Students' training camps) conducted by the Ashram.

The Ideal Mode of Spending Holidays

After almost one year's hard work, students get some one and a half months' summer vacation, which gives them ample opportunity to do some good, to think and take stock of things. But it has been observed that students often waste this precious time watching TV, cinema, etc., or in reading obscene and useless books. Those who waste their lives; but one who uses his time sensibly, excels in life. Therefore, one should prudently utilize one's time and ability in worthwhile pursuits and activities. Blessed are those students who elevate their lives by putting their time to the best possible use.

- ❖ You should teach your junior students. Tell them good, instructive stories. To tell younger children along with their friends the stories of your devotees like Dhruva and Prahlada, and the tale of the previous birth of Narada, the son of a maid-servant, as described in the 'Srimad Bhagawata', is helpful towards God-realization. 'The Knowledge that liberates is the true Knowledge.'
- ❖ With the help of your friends, organize a cleaning campaign in your street, locality, etc.
- ❖ Visit backward areas to educate the people there and make them aware of our great saints and sages.
- ❖ Serve the patients in hospitals. Karo Seva, Mile Meva (render selfless service and you will be rewarded).
- ❖ Keep the company of students who are better educated and more competent than you. Recreate and discuss studies with them only.
- ❖ Do not give up your studies during a vacation. One should continue to study for a certain period of time every day.
- ❖ Give your best to the cause of promoting our divine Indian culture.
- ❖ Sharpen your discriminative insight by visiting ancient, holy and historical places.

How to Celebrate Your Birthday?

Children are extremely fond of celebrating their birthday and are naturally full of enthusiasm on that day. But even on that momentous day, in slavish compliance with the British culture, we like to inculcate the traits of that culture in our children by celebrating their birthday in the British style; and thus are actually doing a grave injustice to them, to ourselves, to the country as a whole and also to our culture.

We order a 'cake' on our child's birthday and fix candles on it equal to the number of years completed by the child. Then they are lit and subsequently blown out. Just imagine how foolish this idea is! When we should be lighting lamps, we are blowing them out instead! Rather than eating clean food, we delight in eating a cake made inedible by spraying spit on it while blowing out the candles. Instead of feeding the poor, we waste money organizing expensive parties! How strange our society has become!

Much better would it be to teach our children to celebrate their birthday in keeping with our own Indian culture and tradition, so that the present generation may grow into dignified Indian citizens instead of Englishmen.

- ❖ Suppose it is the child's eleventh Birthday. Take some unbroken grains of rice, color them with auspicious substances like turmeric, vermilion, gulal, saffron, etc. and make a swastika with them. Then put 11 small lamps on the swastika representing the years completed, and one bigger lamp to mark the commencement of the twelfth year. Then the elders in the house should light these lamps and the child show bow down to them and take their blessings.
- ❖ Instead of wasting money on parties, teach the child pious practice of spending money for charitable causes by inspiring him to distribute food and clothing the poor and orphans.
- ❖ Teach children to develop the habit of charity rather than that of accepting gifts, so that they develop the propensity of giving rather than expecting from others.
- ❖ We should cultivate in them the virtue of feeling and thinking for the nation, by encouraging them to undertake activities that are beneficial to the nation life planting of trees, etc.

- ❖ On this day, children should look back upon the past year evaluating their good as well as bad deeds. Whatever good thing they did they should offer them to the Lord; and forget their bad deeds making a resolve not to repeat them again in future and to take the path of righteousness instead.
- ❖ Parents should fill their child with courage and let him resolve that in the coming year he will make good progress in his studies, spiritual practices, righteous deeds, truthfulness, and honesty; and so prepare himself that he may bring fame and glory to his parents and the country in the future.
- ❖ If we celebrate our child's birthday in the above manner, we will have the satisfaction of making him culturally rich, even if we are unable to provide him with much material wealth. Thus we can make our children such sweet flowers that they would spread fragrance not only in their own homes, but also in the neighborhood, city, state, country, and all over the world.

Useful Rules for Good Conduct in Life Code of Conduct

Our rishis and munies have laid down certain codes of conduct on the basis of religious philosophy and human psychology. A strict observance of these rules make one's life happy, radiant and lustrous. Therefore, it is the duty of every child to follow these rules'

- ❖ You should address your elder with respect. However, you can be moderately informal while addressing your equals and juniors. Treat your equals how you would like to be treated yourself.
- ❖ It has been stated in our scriptures that paying obeisance's daily to the Guru and the elders, and serving them selflessly. However, one should not salute them while one is engaged in eating, bathing, defecating, brushing teeth, etc. or while carrying a corpse for cremation; and the same applies if the person whom you are saluting is engaged in any such act. Sashtanga Dandavat Pranama is the best way of paying your respects to someone.
- ❖ You should show respect to your elders by standing up and saluting them on their arrival. You should take your seat only after they are seated.
- ❖ If for some reason your parents are unable to give you something you want, then you should not insist on getting it and become rebellious. Never should you retort to them either.

Benefits of Virtues	
Virtue	Benefits
On developing good thoughts and making noble	Things begin to happen as per our wishes.

resolves early in the morning during Brahmamuhurta...	
Prayer	Purifies the heart and develops generosity.
Meditation	Calms down the wandering mind and increases spiritual power.
Bhramari Pranayama	Enhances the power of concentration. Enhances memory power.
Mauna (silence)....	Develops the inner powers and strengthens the will power.
Regular attendance to Bal Sanskar Kendras...	Vices and shortcomings are destroyed and there is a general development in personality.

Some useful Tips for Life

- ❖ Keep your surroundings clean and tidy.
- ❖ Trim your fingernails and toenails regularly. Do not allow the nails to grow long or be filled with dirt.
- ❖ One should not have a haircut on day other than Wednesday and Friday. A haircut on Monday reduces one's devotion to the Lord Shiva. Also, those having sons should not have a haircut on this day. It is entirely inappropriate to have a haircut on a Tuesday. It could even cause one's death. A haircut of Wednesday bring you wealth. A haircut on Thursday causes loss of wealth and prestige. A haircut on Friday brings gain and fame. A haircut on Saturday can cause death. Sunday being the day of the Sun god, having a haircut on this day causes loss of wealth, wisdom and righteousness.
- ❖ Monday, Wednesday and Saturday are the best days for massaging oil on the body. If you want to save yourself from harmful planetary influences, it is advisable to apply oil on the body one on these days. Before applying oil on the body, you should first smear your navel and the nails of your fingers and toes well with oil.
- ❖ Keep your feet uncovered as far as possible. Stroll barefoot on the grass for a while early in the morning. Do not cover your feet with socks during the summer.
- ❖ High-heeled or narrow-soled shoes are injuries to health.
- ❖ Powder, snow and other cosmetic items destroy the natural beauty of the skin making it dry and ugly.
- ❖ Very tight clothes, those made from synthetic fibers like nylon, and gaudy, flashy, and dark colored dresses are harmful to physical and mental health. Tight-fitting clothes deprive the body pores of fresh air and obstruct blood circulation. Over-tightening of the waist with a belt causes formation of gas in the stomach. Loose-fitting cotton clothes are the best for health.
- ❖ Do not drink water, wash hands and feet, or bathe immediately after taking a walk, it is very harmful to do so. First let the perspiration dry up. Rest for at least 15 minutes. Then drink water after washing your hands, feet and mouth. When the atmosphere is very hot, eat some jiggery or sugar candy before drinking water so as to avoid getting a sunstroke.
- ❖ Do not read vulgar and obscene books. Read only such books as will increase your wisdom.
- ❖ Do not ever steal.
- ❖ When you borrow something; keep it safe and return it immediately after your purpose is fulfilled.
- ❖ Know the value of time. Do not waste time in useless talks and pursuits. Be regular and punctual in your work.

- ❖ Be self-reliant. It strengthens your will power.
- ❖ Always speak the truth. Never tell a lie out of temptation or fear.
- ❖ Do not bully the younger or weak children, or anyone for that matter. Help others as best as you can.
- ❖ Be a master of your mind not a slave to it. Do not ever become selfish in order to fulfill your petty desires.
- ❖ Do not scorn or make fun of anyone. Do not speak or hear ill of anybody.
- ❖ Do not be scared of any person, situation or difficulty. Be brave and face them with courage.
- ❖ What you say, and what you wear says a lot about you. Those who wear showy, fashionable clothes, who use strong scented oils or perfumes and keep themselves glamorous are considered to be immoral and depraved by noble people. Therefore you should let simplicity rule your lifestyle and dressing. Clothes should be clean and simple. Never wear clothes with picture or names of film actors and actresses. This will save you from bad influences.
- ❖ Torn clothes can be used after repairing, but they must be clean.
- ❖ A man is known by the company he keeps. Therefore give up bad company and spend time with good people. Avoid those considered bad, even if you do not find any vice in them.
- ❖ Do each and every work with utmost care. Do not neglect any task considering it to be petty or small. Be punctual in every work. Do not start another activity without completing the first. When you get used to being punctual in your work, even difficult tasks become easy. Pay due attention to your studies. Study not just to pass the exams, but to acquire a thorough knowledge of the subject. Study the holy Indian scriptures regularly, and try to understand what you read. When in doubt, don't hesitate to seek help from the wise or elders.
- ❖ Do not ever make fun of the blind, hunchbacked, or handicapped people. Be more compassionate towards them instead.
- ❖ If you can guide the one who has lost his way.
- ❖ Do not read letter addressed to others.
- ❖ When you visit someone's house, do not touch their articles and possessions. If necessary, ask permission before doing so, and do not forget to put the object back in its place.
- ❖ Do not spit or urinate indiscreetly, or drop litter anywhere, whether it be in a bus, train compartment, dharmashala, temple, public building or any other public place. Do not make them dirty in any way. Strictly follow the rules of a particular place.
- ❖ Always walk on the left side of the road (in India). Do not spit onto your right while walking, spit on the left if you must. Do not stop in the middle of the road to talk to someone. Move on to the pavement for that. Do not walk with hands on each other's shoulders. Give way to elders coming from behind or from the opposite direction. If there are thorns, pieces of glass or pebbles on the road, remove them.
- ❖ Serve the poor, helpless and needy to the best of your ability, but avoid taking service from others as long as you can do without it. Do not ignore anyone.
- ❖ Never show disrespect to any country's flag, national anthem, religious books and great men. Give them due respect. Do not criticize any religion.
- ❖ If any of your family members, neighbors, or friends is unwell, or in some kind of trouble, you should visit him regularly, consoling and offering him all possible help.
- ❖ If you are someone's guest, make sure that they do not have to make any special arrangement for you. Praise whatever food, etc. you are given before consuming it.
- ❖ Do not waste water. Don't ever leave the tap running or lights switched on unnecessarily.

- ❖ Do not scratch the table with a knife, etc. Do not scribble all over with a pen or pencil. Do not write on the wall.
- ❖ Do not leave books open. Do not stand on books nor use them as pillows. Show special reverence towards scriptures and touch them only when you have duly sanctified yourself. Do not wet your finger with saliva to turn the pages of a book.
- ❖ To scratch the ground with your hands or feet, breaking twigs, frequently touching the head, fumbling with the shirt buttons, twisting the clothes, swaying the body to and fro, and snapping fingers are the signs of a weak temperament and hence must be given up.
- ❖ To put your finger, pencil, knife, pin, needle, key or cloth into your mouth, picking your nose, splitting straws with hands or teeth, biting nails, plucking eyebrows-these are all bad habits. Give them up immediately.
- ❖ Never dip your fingers in drinking water, milk, any other drinks.
- ❖ Do not sit on the seat or bed of people either superior or inferior to you.
- ❖ Never insult, make fun of or listen to any negative remarks about God, the deities, the Vedas, Brahmins, Sadhus, Holy men, Guru, Pativrata women (those devoted to their husbands), ascetics, or those engaged in yajna.
- ❖ Inauspicious clothes and words should be avoided by all means.
- ❖ Do not speak without clear knowledge. Engage in any activity only after knowing the full truth about it. Be true to your work. Always meet your commitments whether it be for meeting someone or carrying out a certain task at a specified time. Never be late in this regard.
- ❖ Pray to God regularly. There is nothing that can provide as much mental strength as prayer.
- ❖ Never wish to have the things belonging to others. Be happy and cheerful in what you have already.
- ❖ To safeguard your eyes, never read in a light that is either dazzling or dim. Both are equally harmful. You should not read with the light falling directly on the pages of the book either. Do not read while lying down, bending forward, or keeping the book very close to the eyes. If you do Jalaneti, your eyesight will not become weak, and even a weak eyesight can improve to become normal.
- ❖ The simpler the food and lifestyle, the healthier they make you. The more importance you give to fashion or to your palate, the more it will spoil your health.
- ❖ If students follow the above rules along with a proper daily routine, they can be sure of scaling great heights in the ladder of success.

Stories for Children

The Miraculous Impact of Obeying the Guru

When Srimad Adi Shankaracharya lived in Kashi, every morning he would go for a stroll on the banks of the River Ganga. One morning a youth on the other bank saw him walking on the opposite bank. From there, he saluted Shankaracharya. Shankaracharya signaled the young man to come over to his side of the river. The young man thought to himself, 'Since I have paid respect to this sadhu, I have become his disciple; therefore, to reach the other side is like a Guru's command for me. But there is no boat, and I don't know how to swim either. What should I do?' Then he thought, 'In any case I have died a thousand times already, so what would it matter if I die once more while going to see my Guru? It is my duty to obey the command of my Guru.' The next moment he jumped into the river, and lo! The Guru's infinite

compassion and the disciple's firm determination to obey the Guru's command produced a miracle. Wherever the youth stepped in the water, a lotus would bloom to hold his weight, and slowly putting one step after another the youth reached the other bank where his Guru Shankaracharya was standing. Because of his firm determination in following the Guru's command and the lotus flowers (Padma) appearing at every step to support his feet (pada) this disciple came to be known as Padmapadacharya.

The moral of this story is that if the disciple follows his Guru's command with determination, diligence and honesty, then even nature become favorable to him. As such, children should always obey their parents and Guru.

Power of Concentration

Once Swami Vivekanandji came to Meerut. He was a voracious reader. As instructed by the Swami, Akhandananda used to bring him books from the local library. Once the Swami asked him to bring the works of Sir Johan Lubbock, and so Akhandananda would bring them one volume a day. The Swami would finish a volume in a day and return it the next day saying that he had read it. The librarian argued with Akhandanand saying that in one day the Swami could not have read it, and remarked that he was only a making a show of reading the volumes. On hearing this, the Swami himself went to the librarian and said, "Sir I Have mastered all those volumes! If you have any doubt, you may put any question to me about them." The librarian then tested Swamiji in many ways, and to his great astonishment found that Swamiji had a thorough knowledge of it. The Swami replied, "I never read a book word by word. I read sentence by sentence, sometime even paragraph by paragraph in a sort of kaleidoscopic form." While reveling the secret of his astounding memory, he emphasized the need of concentration, which is possible only through medication and control over the sense. Children aspiring to progress in any field must practice meditation and trataka.

Nothing is Impossible

"Impossible is a word to be found only in the dictionary of fools" – is the famous quote of Napoleon Bonaparte of France. Although born in a poor family, he rose to become the emperor of France from the grade of an ordinary soldier through his powerful determination and strong perseverance. Another example of such a strong will power is that of Sant Vinoba Bhave.

Once, during his childhood, Vinoba was chatting with other children in the neighborhood. Each one of them was naming one of his ancestors who had been a saint. Every child managed to name a saint who belonged to his lineage. Finally, when Vinoba's turn came he said nothing at once, but after having firmly decided in his mind, he declared to his friend that if none of his ancestors had become a saint. He resolved to become a saint and wholeheartedly made great efforts to achieve his goal, through his determined perseverance; his did finally become a great saint.

There is the result of firm determination and hard work. Therefore, first remove all your weak and negative thoughts and then start working hard with a firm determination towards a lofty goal, you already have an infinite treasure of power within your own self. Success will definitely be at you feet if you just put in effort.

Sri Rama In Childhood

There are many temples of Lord Sri Ram in our country. Do you know about Lord Sri Rama's early childhood?

King Dashratha was Rama's father and his mother's name was kaushalya. His brothers were Lakshmana, Bharata and Shatrughna. Rama had a great personality. He was peaceful, patient and sober right from his early childhood. He used to pay regards to his parents every day, and would never disobey them. He served in the Ashram of Guru Vasishtha from his very childhood. Both Rama and Lakshmana listened to satsang on Self-Knowledge from their Guru. They would perform sandhya regularly at the three designated time of the day in obedience to the Guru's instruction. In sandhya, they used to perform Pranayama, japa, and meditation, regularly. Greatly pleased with their service and obedience, Vashishtahaji blessed them with the nectar gift of Self-Knowledge

The interactive satsanga between Guru Vashishta and his young disciple-Sri Rama is regarded as a great scripture even today. The name of that great scripture is 'Sri Yogavasishtha Maharamayana'.

Young Sri Rama, on account of having been imbibing the nectar of Self-knowledge right from his childhood, was absolutely fearless. That is why Maharshi Vishwamitra took Rama and Lakshmana with him at a very young age. These two brave lads provided protection to the saints and sages by killing fierce and mighty demons that troubled them. Rama was always engaged in obeying the commands of his Guru and his elders. At his father's command, he relinquished the throne and went to live in the forest for 14 long years. That is why it is said in the 'Sri Ramacharita Manasa':

"It has been the ruling principle in the clan

Of Raghu to sacrifice their life than break a promise."

Sri Rama is worshipped as 'God' because he possessed such great virtues in his childhood and was blessed with the benign grace of his Guru.

Child Dhruva

King Uttanpada had two wives. One of them was Suruchi whom he favoured over his other wife, Suniti. Both queens had one son each. Once Suniti's son Dhruva came to sit in his father's lap. Suruchi immediately pulled him out saying,

"If you wanted to sit in your father's lap, you should have taken birth from my womb. Dhruva went crying to his mother and related the whole story to her. His mother gave him the most appropriate advice, "Son! This throne does not last forever: But if you have darshana of Lord you can attain the eternal throne." His mother's advice was appealing to Dhruva. He immediately made a firm resolve and went to the forest to perform intense sadhana. Even when he came across dangerous animals on the way he was not scared. Then he met the divine sage Narada. Surprised to see a five-year old boy in the dense forest, Naradaji asked him the reason. Dhruva related the whole story to Naradaji and expressed his ardent aspiration to attain God.

Naradaji advised Dhruva, "you are still too young to do spiritual practices in the forest; the severe heat and cold will be too much for you. Better return home." But Dhruva was determined. Impressed with his firm resolve and intense desire to realize God, Naradaji gave Dhruva the mantra **ॐ नमो भगवते**

वासुदेवाय "ॐ namo bhagwate vasudevaya" and blessed him saying, "Son! Do japa of this mantra by sincere faith. The Lord will definitely be pleased with you." Dhruva began to perform intense sadhana.

He endured all natural adversities such as heat, cold and rain, and while standing on one leg chanted the mantra given by Naradaji.

Struck by his fearlessness, determination and intense sadhana, Lord Narayana appeared before Dhruva and said: 'Ask for something son! What do you want? I m pleased with your tapasya. Ask for whatever you life.' Dhruva was overjoyed to see the Lord before him. He bowed to the Lord and said: "O Lord! I want nothing but a firm devotion unto You." The Lord was all the more pleased and said: **तथास्तु** Tathastu (So be it). Along with the gift of a strong devotion to Me, I bless you with one more thing that a start in the evening sky would be known by the name of "Dhruva", and the world will always regard and remember you for your firm determination." Even today. Such was child Dhruva, and such was his strong faith and devotion. If even the five-year-old Dhruva could please the Lord, why can't we? All we need is a firm faith and a strong devotion to God. Therefore, Children should do mantra japa daily with love and faith.

Brave Sons of Guru Govind Singh

Fateh Singh and Jorawar Singh were the sons of Guru Govind Singh, the tenth Guru of the Sikh religion. In the Anandpur battle, Guruji's family got separated from one another. He eventually found his two elder sons, Ajit Singh and Jujhar Singh, but his two younger sons, Fateh and Jorawar, and his mother, Gujaridevi were still missing.

After leaving Anandpur, Fateh and Jorawar travelled with their grandmother crossing through forests and over mountains to a town. At that time Jorawar was only seven years and eleven months of age, while Fateh was just five years and ten months old. In this town, they met a Brahmin named Gangu who had one served Guru Govind Singh as a cook for twenty years. Upon seeing Mata Gujaridevi, he at once requested them to come to his house and since he was their old servant, Mataji agreed.

There were some gold coins in Mata Gujaridevi's belongings. Seeing which Gangu was over some with greed. He stole the gold coins at night, and did not stop at just that. Greed is as insatiable as it is vile. Desires can never be fulfilled, they just keep on multiplying. Gangu's greed has swelled. In the hope of a reward, he went to the nearby Murind police station and informed them that Guru Govind Singh's mother and his two sons were hiding at his place.

The police officer in charges sent some constables to Gangu's house and got Gujaridevi arrested along with the kids. They were kept in Murind jail overnight and taken to the Nawab of Sarhind the next day. Meanwhile, Gujaridevi had been inspiring the children by narrating the brave stories of their grandfather, Guru Tegh Bahadur, and father, Guru Govind Singh.

At Sarhind, they were kept in a well-ventilated tower of the fort without food or water. All through the night, Mata Gujaridevi kept inspiring the children to be brave and have strong faith in their religion. She knew only too well that the first thing the Mughals would do is to force the children to convert to Islam. Both the children promised their grandmother that they would not let their father and family's name become stained, and would remain loyal to their religion.

The next morning, the soldiers came to take the children away. The children respectfully touched their grandmother's feet and left after taking her blessings. When the children were brought before Nawab Vazir Khan, they both roared like lions chanting, "Wahe Guruji Ka Khalasa, Wahe Guruji ki Fateh." (a war cry of the Sikhs meaning 'pure are the sons of the Guru, and victory will be on their side only.')

All the courtiers were amazed by the fearlessness of these lion kids, even while surrounded by enemies on all sides. The Nawab's heart too melted seeing these dagger-wielding little warrior clad in saffron clothes and turbans. He said to the children:

"Inshah Allah (God is great)! You look very cute and I do not feel like punishing you. Children! I want to cherish you like the Nawab's children, but there is only one little condition that you give up your religion and convert to Islam."

The Nawab began to tempt the children in many ways. He thought that it would not be very difficult to win them over. Obviously, he had forgotten that these were no ordinary young boys. But the most worthy sons of Guru Govind Singh himself. He had forgotten that the blood flowing in their veins belonged to that brave person, who had first inspired his own father to give up his life for the sake of dharma, and then spent his entire life for the same cause.

After hearing the Nawab's tempting offers, the brothers fearlessly replied, "Our religion is more precious than our lives to us. We will never give into your tempting offers to give up our religion, for the sake of which our ancestors did not hesitate to sacrifice their lives. This is simply impossible."

The Nawab's first move had fallen flat. The children didn't fall prey to his sweet, tempting words. Next, he made his second move. The Nawab thought that because they were small children, he might be able to get them to convert through intimidation. He said to the children, "You have insulted the court. If I want, I can inflict severe punishment on you, but I am giving you one more chance. There is still time. If you want to stay alive, convert to Islam or else..."

Even before the Nawab could finish his statement, these brave little children roared back, "Nawab! We are the grandchildren of Guru Teghbahadur who sacrificed his life for the sake of dharma. We are the sons of that Guru Govind Singh who famously said, 'I will make an Eagle fight the sparrow; I can make one fight one Lakh and twenty-five thousand'. Each soldier of his can make 1 Lakh and 25 thousands of your slaves bite the dust, and His very name sends shivers down the spine of your empire. You are trying to scare us with the threat of death. We once again say that our religion is more precious to us than our lives. We can sacrifice our lives but not our religion."

At that moment the court minister Suchchananda said, "Okay, if you were released now, what would you do?"

Jorawar Singh replied, "We would build an army and fight to drive the cruel Mughals out of this country."

"And if you were to be defeated?"

Jorawar Singh replied firmly, "Defeat has absolutely no room in our life. We would not be defeated; we would be either victorious or martyrs."

These heroic words of the children annoyed the Nawab. He told the Quazi (law officer) "These boys have insulted the court and said they will rebel against the Mughal empire in the future. What punishment should be given to them?"

Quazi: "These boys are the enemies of the Mughal Empire and are not ready to accept Islam. Therefore, they should be bricked up alive."

After the wicked Nawab and Quazi had decided the cruel punishment, the boys were sent to their grandmother. The children enthusiastically narrated the entire episode to their grandmother. The grandmother was immensely pleased with the bravery of the children, and hugging them closer to her hear she said: "My children! You have upheld the honors of your father."

The next day both the children were handed over to the executioners of Delhi Government, Shishal Beig and Vishal Beig. The boys were taken to a spot where masons started building a wall around them. Gradually, the wall came up to their ears. At that moment the elder brother Jorawar looked at his younger brother Fateh for the last time and tears trickled down his eyes.

On seeing this condition of Jorawar, the Quazi who had been closely supervising the operation was very pleased. He thought that the children must be scared seeing death staring them in the face. He seized the opportunity and said to Jorawar, "Children! There is still time. If you convert to Islam, you will be forgiven."

Jorawar thundered back "Stupid Quazi! I am not afraid of death. My brother came into this world much after me, and is privileged to sacrifice his life for the sake of dharma before me. I did not have this good luck even though I am older than him, this is the reason why I am crying."

Everybody present there was stunned to hear such words from the seven-year-old. Shortly, the wall was completed and the two brave young crusaders were buried. The wall was razed after some time. Both the children were lying unconscious, but the cruel executioners killed them in that state anyway.

In the history of no other country can one find an episode like this showing such bravery from two young children aged five and seven. Jorawar and Fateh were separated from their father and had fallen into enemy hands. At a tender age they had to face such an enormous crisis. First, they were tempted in many ways, and then mercilessly tortured to give up their religion. However, these two brave young children remained resolutely wedded to their religion till their very last. Blessed are such children having absolute faith in their dharma.

Better Is death In the Discharge of One's Own Duty

Every human being should have a firm faith in, and deep respect for his own dharma. Lord Sri Krishna has also said:

श्रेयान्स्वधर्मो विगुणः परधर्मात्स्वनुष्ठितात्। स्वधर्मे निधनं श्रेयः भयावहः॥

'Better is one's own duty though devoid of merit, than the duty of another well discharged. Better is death, in one's own Duty; the duty of another is fraught with fear.' (The Gita: 3.35)

This incident occurred during the reign of Shah Jahan.

Thirteen year old Hakikat Rai used to read in a small Madarsa (Muslim School) of Sialkot. One day some of the children ganged up and abused Hakikat. To start with, he kept his cool. For Hindus are basically tolerant by nature. But when these bullies started abusing Hindus along with their gods and goddesses, the valiant child could not bear the insult against his religion.

Hakikat Rai said: "Enough is enough. I have tolerated my own insult, but if you speak a single word against my religion, Guru or God, then I will not tolerate it. I too have a tongue, and I too can retort."

Then the bullies challenged him, “Just try doing that and we shall teach you a lesson.”

So Hakikat also said a few bitter words to them, which made the Mullas and Maulavis very angry. They started looking for an opportunity to set him right. Hakikat was alone, while they were many, and it was also the Mughal rule in those days. Eventually, Hakikat was taken prisoner.

The Mughal rulers sent a message to Hakikat saying, “If you read the Kalma and convert to Islam, you will be set free, otherwise you will be beheaded.”

Hakikat’s parents were crying outside the prison, “Son! Take up the Islamic faith. We would at least be able to see you alive.”, -but the brave Hakikat Rai said:

“Would I not die after becoming a Muslim?”

Parents had to agree: “Well of course, death is certain.”

“Then I would prefer to die in my own religion. As long as I am alive, I will not convert to any other religion.”

Amazed at Hakikat’s determination, the cruel rulers tried to intimidate him in many different ways, but it all had absolutely no effect on the brave teenager. The entire state authority failed to make him shift from his resolve. The Mughal rulers tried to win him over by temptation in many ways, but this too had no effect on that intelligent and courageous boy.

Finally, the Muslim rulers declared, “On so and so date, Hakikat Rai will be beheaded in public.”

Amazingly, thirteen-year old Hakikat was not at all afraid of the shining sword in the hands of his executioner. At that time he remembered the teachings of his Guru, ‘Whom will this sword kill? It could kill this body made of the five elements, but I have been born in many other bodies before and have faced death many times. Then how can this sword kill me? It cannot. I am the immortal Soul.....a part and parcel of the Supreme Soul. How can the sword kill me? ॐ... ॐ ...ॐ

When Hakikat was contemplating this Knowledge given by his Guru, the cruel Quazi ordered the executioner to strike the blow. The executioner raised up the sword, but seeing the innocent young boy his conscience was shaken. He could not keep hold of the sword, and his hands started to tremble.

The Quazi said to the executioner, “What are you doing? Are you no more interested in your job?”

Then Hakikat picked up the sword and handed it to the executioner. Thereafter, he closed the eyes and started to meditate on God, “O timeless Lord Supreme! Like the snake shaking off its old skin, I will be discarding this mortal body. Give me the love of Your lotus feet, so that I need not be born over and over again and become a slave to the senses. Now please keep me in the shelter of Your loving grace..... I am Yours.....You are mine.....Oh Lord.....Oh Supreme Lord!’ Just then the executioner struck his sword severing Hakikat’s head from his body.

Hakikat Rai sacrificed his life at a tender age of 13 for the sake of his religion. He sacrificed his body rather than his religion.

Guru Tegh Bahadur said, “Listen O blessed Sikhs! It is better to lay down your life than abandon your religion.....”

Hakikat Rai vindicated these words in his life.

He laid down his life for the sake of his religion, but his sacrifice went on to inspire millions of young men all over India with the same passion, 'We would lay down our lives for the sake of religion, but would never give in to another religion. We would rather die of hunger in our own religion than accept the religion of others.'

It is through the sacrifice of such brave men that we have won our freedom. We all have to watch out and stay alert, so that the influence of bad habits, fashion and movies may not make us lose this precious freedom which was won at the cost of millions of lives.

Cold Drinks: Enemies of Teeth and Bones

Do you know that the soft drinks available in the market that you like to drink are extremely harmful to your teeth and bones? The pH value of these soft drinks is normally around 3.4, which is enough to decay teeth and bones.

Our bones stop growing at around the age of 30. After that our bones start decaying depending on how much acidity is produced by the food we eat.

There is nothing healthy in these soft drinks. They contain a large quantity of sugar, carbolic acid and other chemicals, but contain hardly any vitamins and minerals. The normal temperature of our body is 37° c, but a soft drink is much lower-sometimes as low as 0° c. Such a big difference between the temperature of our body and that of the soft drink does surely have an extremely harmful effect on the digestive system. As a result, the food consumed remains undigested causing wind and bad breath which gives rise to many other diseases.

In an experiment, a broken tooth was kept in a bottle of soft drink and then it was sealed. The tooth was to be removed from the bottle after ten days for observation, but it could not be found! It had totally dissolved in the soft drink. If such a hard and strong thing like a tooth can get destroyed by the acid in a soft drink, imagine what it must do to our soft, delicate intestines in which these soft drinks remain for hours during the process of digestion!

Dangerous Effects of Tea & Coffee

The harmful effects of chemicals found in tea and coffee:

(1) Caffeine:

- a. Decrease in energy levels and efficiency.
- b. Loss of calcium, potassium, sodium, magnesium, etc. and decrease in vitamin B levels.
- c. Increase in serum cholesterol levels leading to a risk of getting a heart attack.
- d. Digestion is weakened. This results in constipation and piles.
- e. Increase in blood pressure and acidity.
- f. Insomnia
- g. Headaches, irritability, mental tension
- h. Damages liver and kidneys.
- i. Decrease in sperm count. Seminal fluid becomes thinner decreasing fertility.

- j. Disturbs the normal sleep of the baby in the womb which makes it behave abnormally after birth.
 - k. The ability to conceive decreases in women who are heavy tea or coffee drinkers.
 - l. Too much tea consumption during pregnancy leads to the new-born child suffering from insomnia, agitation and restlessness. At times, such children soon die after birth due to difficulty in breathing.
 - m. Causes rheumatism, arthritis, gout, skin diseases, etc.
- (2) Tannin: Causes indigestion and constipation. Harms the liver leading to lack of energy and laziness. It also makes the skin dry.
- (3) Theanine: Leads to psychosis and a feeling of heaviness in the head.
- (4) Cyanogen: Causes insomnia and serious problems like paralysis
- (5) Aromatic oil - Harms the intestines.

Heavy consumers of tea become victims of diabetes mellitus, giddiness, throat afflictions, blood impurity, dental problems and weakness of the gums. Hence, it is wise to abstain from drinking tea or coffee.

Children's Jaws Are Shrinking Due to Modern Food Habits

The craze for fast food is one the rise in society today. Fast food is being consumed in many households because of a busy lifestyle or just plain laziness. Several researchers have proved that fast food, soft drinks, chocolates, etc. are harmful to health and hence should not be consumed.

The researchers at the 'Indian Institute of Ayurvedic Science', New Delhi, conducted a survey which led the head of Dentistry Department of the institute, Dr. Hariprakash, to say that fast foods, chocolates and soft drinks which are starting to become part of children's diet, are seriously harming their teeth. The exercise that their jaws and teeth should normally get from chewing the food is now getting reduced day by day. The effect of this is that the teeth become crooked and climb over each other. And their jaws start to shrink.

As per another survey carried out in India, nearly 60-80% of school children and 94-98% of elderly people are suffering from dental problems.

Dr. Hariprakash said that the diet of children should contain such fruits and food items as require thorough chewing. The changing food habits, fashionable lifestyle, and growing carelessness do sound an alarm bell for health.

"As is the food, so is the mind", is the famous saying. Therefore, save your family from fast food etc. made from impure ingredients and in an unhygienic environment.

Cosmetics Contain the Silent Screams of Slaughtered Innocent Animals

'Cosmetics' or 'make-up', is a term that is known to almost everyone. Women especially like to use cosmetics to make themselves look beautiful, but now-a-days even men are not far behind in this race.

Packaged in attractive bottles and cases, the different types of oils, creams, shampoos, and perfumes that are currently available in the market, have hidden in them the silent screams of thousand of dumb and innocent creatures. Many animals are killed only to make the human skin look more beautiful! Yes, this the reality behind these cosmetic items.

Here are some of the methods cosmetic companies use to produce their scent:

- (1) In the making of a perfume, a cat-like wild animal names 'Bijju' is severely beaten. Upset by the severe beating, the cat produces an aromatic substance from its genitals, which is promptly scraped up using a sharp knife. Then many different perfumes are prepared by adding different types of chemicals to it.
- (2) Guinea pigs, a variety of the rat family, are used to test the sensitivity of men's after-shave lotions and are killed in the process.
- (6) The beautiful eyes and liver of the loris monkey, a smaller species belonging to the lemur family, are used to make cosmetics. Similarly, to produce the fragrance called 'castorium', a rat-sized animal called 'beaver' is kept hungry for 15-20 days, tortured in many ways and finally put to death.
- (7) To satisfy the sense of smell in men, an animal of the cat family called 'civet' is enraged and driven to madness so much that it eventually loses its life. Then its stomach is slit open to remove a gland which is then attractively packaged and showcased in cosmetic shops.
- (8) Shampoos which contain many different kinds of chemicals are tested on the beautiful, tender eyes of rabbits. Blood comes out of the eyes and it dies writhing in pain.

Moreover, animal fats, several petrochemicals, artificial perfumes, ethyl alcohol, geranice, phenyls, citronella, hydroxycitronene, etc. are used in other cosmetic items like collyriums, creams, lipsticks, powders, etc. These can cause skin diseases like allergy, eczema, white patches (leucoderma), etc.

This, however, is only a tiny glimpse of the whole problem. The full story is simply beyond common belief.

Ice-Creams Sold In the Market: Dangerous and Inedible

Out of all the ingredients used in the making of ice-creams, there is not a single one that does not have a harmful effect on our health. Gases are the largest ingredients. Other ingredients are water that is neither boiled nor filtered (30 percent), animal fat (6 percent) and sugar (7 to 8 percent). All these are enemies that vitiate our physical and mental health.

Besides, several other chemicals are also added to ice-creams that are nothing less than poison. Examples are pepperoni, ethyl acetate, butraldehyde, Emil acetate, nitrate, etc. It is worth nothing that the chemical pepperoni is also used as a pesticide. The ethyl acetate gives a pineapple flavor to the ice-

cream, but the dangerous gas it gives off can cause terrible diseases affecting the lungs, the kidneys and the heart. Similarly, the other chemical substances have their own harmful effects.

Ice-cream is manufactured in an extremely cold chamber. First of all, animal fat is hardened and made flexible like rubber so that air can be pumped into it. Then several other harmful substances are added to this fatty mixture to turn it into ice cream. Also, a kind of gum is mixed with the fat to make it sticky and slow melting. The gum is obtained by boiling animal parts like the tail, the nose, the udder, etc. This mixture of so many inedible things is then mixed with phenyl ice and taken to another cold chamber. There it is packed in attractive cartons of different sizes. While transporting it from one room to the other, some ice-cream spills on the floor. Trampled under the shoes of worker it starts emitting a foul smell after time. To hide this foul smell, it is converted to chocolate ice-cream.

Made from such ingredients as we would normally throw straight into the garbage, is it at all worth eating? Beware!

Meat Consumption: An Open Invitation to Serious Diseases

A research carried out at Mount Zion University of California showed that, 'Base' (an alkaline substance) is needed to digest the acid present in non-vegetarian food. If there is not enough to this 'base', the liver takes it from the bones which are made of 'base' and calcium. Eventually, this causes erosion making the bones smaller and weaker. Therefore, non-vegetarians are more likely to suffer from a bone fracture. As a result, the university has now recommended a vegetarian diet.

After a lot of study and research, the scientist have concluded that eating meat can produce many serious diseases like cancer, cardiac disorders, skin diseases, leprosy, stone and diseases related to the kidney.

After carrying out a series of experiments, Dr. Benz has declared, "Meat consumption plays a key role in producing negative traits like anger, arrogance, passion, imprudence, cruelty, criminal tendencies and lust. When the animals are slaughtered for meat, they die with feelings of fear, anger, anxiety, depression etc. This is sure to have an impact on the person eating their meat.'

On the basis of several experiments done by the State University of New York, Buffalo, experts have concluded: "Every year some 47,000 + babies are born in the USA carrying many fatal diseases, only because their parent had been meat eaters."

Each and every religious scripture tells of the disastrous effects of meat consumption. Our rishis, saints and wise men have always forbidden meat eating. Now even the scientist agrees with them. If you still want to eat meat and make your future generation suffer from cancer, while making yourself prone to diseases, it is your wish. If you want to lead a disturbed, distressed and tasamic life with a short lifespan, then eat meat; otherwise using all your courage, make a firm resolve today itself to give up meat eating forever.

Are You Consuming Chocolates or The Flesh of Innocent Calves?

Which child does not get excited about chocolates? Chocolates are the most common means of pleasing the children. Chocolates have become extremely popular, not only among small children, but also among teenagers and young men. Recently, there have been reports that the makers of toffees and chocolates are adding objectionable and inedible ingredients to their products. It has been found that certain companies are using even cow fat along with other harmful chemicals.

As per a news item published in the Gujarat newspaper, 'Gujarat Samachar', rennet (a preparation made from the stomach membrane of a calf) is used in 'Kitkat' chocolate manufactured by Nestle UK Ltd. It is well known that 'Kitkat' is extremely popular with children. A lot of the vegetarian families also consume it. Ms. Wall Anderson, Nutrition Officer of Nestle UK Ltd., informed in her letter, "Rennet obtained from tender calves is used in the manufacture of 'Kitkat'. Consequently, it is not fit to be consumed by vegetarians." This letter was published in the international magazine, "Young Jains". Beware of the advertisement of such companies! Nestle Limited advertises on television that their product is made using pure milk. But instead of milk, it contains plenty of flesh from young milk-drinking calves. Such foreign companies that ruin our country's wealth do not hesitate to shatter even our moral principles and traditions. In the name of trade and liberalization, India's sentiment is openly being abused.

A Dutch company 'Vainemali' is selling 'Frutella' toffees all over the country. This toffee contains the dust of cow's bones, which is clearly mentioned on the box. Besides bone dust, there is a mixture of vegetable oil, gum, acetic acid and sugar in this toffee, as mentioned in the formula printed on the box. 'Frutella' toffee is being manufactured in Brazil, and the company's head quarter is at Judea city in Holland. This toffee that is made with harmful ingredients is being openly sold all over the world including India.

Because there is so much sugar in these toffees, tooth decay starts at a very early age and there is also the possibility of diabetes and various throat problems. The mixture of bones and acetic acid can also cause dreadful diseases like cancer.

In 1857, the British tried to destroy our ancient eternal culture by using cow fat in gun cartridges. But brave men like Mangal Pandey thwarted their evil designs by launching a strong protest against them and even sacrificed their lives in the process. Once again this Nestle company is playing with our beliefs, and once again we need brave men like Mangal Pandey to come forward and combat their evil intentions. Writers, patriots and journalists should join hands to fight for this cause. They should teach a good lesson to those with such evil ambitions of polluting our country and its culture. Writers, journalists and publishers should oppose them head-on. Through courage and bravery, good people should strive to serve the Indian society and its divine culture. The attention of the government too should be drawn towards this burning issue.

We can save our culture only by refusing to eat such harmful products. We should make a firm resolve to boycott these products of the companies that are ruining our culture. It is high time we came together and worked shoulder to shoulder for the protection of our rich cultural heritage.

Fluoride Found In Most Toothpastes Invites Cancer...

Nowadays, most of the toothpastes sold in the market contain a chemical called fluoride. This chemical is as poisonous as lead and arsenic. Even if a small quantity of this chemical goes into the stomach, it can cause disease like cancer.

The 'Food and Health Department' of the United States has banned the use of fluoride in medicines. Several cases relating to harmful effects of fluoride have been taken to the courts as well. The 'Colgate Palmolive' company paid the parents of a 10-year-old boy from Essex (England) \$265, because their son suffered from a dental disease called 'fluorosis' using Colgate toothpaste.

A research conducted by the top chemist of the National Cancer Institute of the USA, found that more than 10,000 people die in the US every year due to cancer caused by fluoride.

The presence of fluoride in toothpastes is a cause of concern because it goes inside the gum and cause many dangerous diseases. Small children even swallow the toothpaste, which makes it all the more dangerous for them. Along with Fluoride, powdered animal bones are also used in the manufacturing of some toothpaste.

Our ancestors have been using neem and babul datun for ages. The use of datun generates saliva which is helpful in the digestion of food. It also protects our health against various diseases.

Take Good Care of Your Teeth

As far as possible, do not use toothbrushes and toothpastes available in the market to clean your teeth with. Hard, uneven, and pointed bristles of the toothbrush destroy the natural enamel of the teeth. As a result, the teeth lose their natural shine and begin to decay.

Most toothpastes are not good for the teeth either, and it has been revealed that bone powder is mixed in some of them. Some foreign companies are not only playing a cruel game with the health of consumers, but also breaking the laws just to make money. As per a news item printed in the newspaper, Panchajanya, 17th January 1999, the Indian food & Pharmaceutical Authority send notices to companies 'Hindustan Lever', 'Proctor & Gamble' and 'Colgate-Palmolive' asking them to explain why they had made claim that their toothpastes and shampoos contained medicinal properties, while they are permitted to make claim only about cosmetics.

Such toothpastes and toothbrushes are not only very costly, but also harmful. Through these very products, foreign companies are taking away millions of dollars from India to their country. Therefore, we should limit ourselves to the use of natural, safe and inexpensive products only.

Egg is Poison

At present, there seems to be a big conspiracy to harm the culture and health of Indian people. Because of the misleading propaganda, the use of eggs has become common among many families who previously felt disgusted to even see an eggshell lying on the road just a few decades ago.

Eggs are extremely harmful and even poisonous to our physical system, but unfortunately the media has been praising eggs, and is trying to make them a part of our regular diet.

Even though egg is not a vegetarian food item, it is being termed vegetarian today by the cruel world of commercialism. Scientist at the Michigan University has proved that any egg in the world, whether it is incubated or not, is not lifeless. By recording the 'electric activity' found on the surface of an unhatched egg on a polygraph, scientists have proved that there is life even in an unhatched egg. Egg is not vegetarian, but is the menstrual discharge of hen.

It is completely false and blatant lie that eggs contain protein, minerals, vitamins and all the amino acids necessary for the body in sufficient quantity and that it is easy to digest even for the sick people.

Protein is of course needed to build muscles and cells. Its daily requirement is 1 gram per kilogram of the body-weight, therefore a person weighing 60 kilo would require 60 grams protein every day, but he would get only 13.3 grams from 100 grams of egg. In comparison there is 43.2 grams protein in 100 grams soya bean, 31.5 grams in 100 grams groundnuts, 24 gram each in 100 gram mung beans and horse beans; and 25.1 grams in 100 grams of massoor. Several western scientists have proved that there is much more protein in vegetarian food than in eggs and meat.

Doctor John Mac Dougle who is the director of the 'Lifestyle and Nutrition Programme' of St. Helena Hospital at Deer Park, California, says that there is more protein in vegetarian food than actually required by the body.

After a lot of research on protein in 1972, Dr. F. Ster of the Harvard University came to the conclusion that most vegetarians get more than double their daily requirement of protein from their normal diet. The amount of vitamin 'C' that you would get from eating 200 eggs is available from a single orange. Gram, mung bean and peas have more protein and calcium compared to eggs.

British Health Minister, Mrs. Edwina Curie, warned that eggs could cause death, because there is salmonella poison in them, which is harmful for health. The American Noble laureates, Dr. Brown and Dr. Goldstein, have warned that eggs could cause a heart attack, because they contain a huge amount of cholesterol.

Dr. P.C. Sen of the health Ministry of the India government has also warned that eggs could cause cancer, because there is no fibre in eggs and it contains toxin like DDT.

Egg is the root cause of many deadly diseases. Fibre, which is extremely essential for the body, is completely absent in eggs and other meat products; but it is richly available in green vegetables, wheat, millet, corn, barely, mung bean, gram, peas, sesame, soybeans, peanuts, etc.

Dr. Robert Grass of the United States says that eggs could cause tuberculosis and dysentery, while Dr. J.M. Winkins holds that eggs may give rise to ulcers.

Steel Besterol is a key hormone which is injected into hens to increase egg production. Eggs coming from these hens can cause diseases like breast cancer, high blood pressure, jaundice, etc. in women. This drug also destroys male potency to a certain degree.

Scientist Grass has concluded that eggs can cause incurable skin diseases like eczema and even lead to paralysis.

Now that you have come to know about the harmful effects of eggs from the above opinions of the scientists, it is your moral duty to educate the ignorant people and save them from consuming this veritable poison. Save them from falling prey to the misleading propaganda. One who takes a balanced vegetarian diet does not at all need to take eggs, or any other non-vegetarian item. Vegetarian food is inexpensive, easy to digest and also harmless from the health point of view. A few decades ago, when eggs were not eaten, our elders still used to live a long and healthy life. Therefore we must not be misled by the propaganda of egg producers. We will have to protect our vegetarian culture, by keeping the above facts in mind.

आहार शुद्धौ सत्व शुद्धिः।

‘Purity of food ensures purity of the conscience.’

In 1971, a news item published in ‘Jama’ magazine, said that a regular vegetarian diet can reduce the risk of heart diseases by 60-67%. The reason is that there is a lot of fat (cholesterol) in eggs and other meat products compared to vegetarian food. Dr. Catherine Nimmo of California has also described the harmful effects of eggs in her book ‘How healthy are egg?’

These scientific reports clearly show that we are consuming poison in the form of eggs. Therefore, we should not only strictly keep away from such unhealthy food and save ourselves from deadly diseases, but also inspire others to do the same.

Guthaka-Pan Masala- Another Name of Death

Would you like to put into your mouth dirty things like a lizard or acid which causes a burning sensation? Of course you wouldn’t. But these are exactly the kind of ingredients that go into the making of gutkha and pan masala.

Several researches have revealed that about one-third of all cancer patients in our country are those who consume tobacco products, gutkha, etc. Those who consume gutkha have excessive bad breath, and they also suffer from pyorrhea, tooth decay, etc. due to inflammation of the gums caused by the lime content of gutkha. Gutkha can give rise to dangerous diseases like heart disorders, blood pressure, eye diseases, paralysis and tuberculosis.

Tobacco contains the highly toxic nicotine, which is extremely harmful to the heart, the eyes and the brain. One can suffer a sudden loss of eyesight because of its deadly effects. The blood pressure goes up because of the tension in the brain due to intoxication.

Addiction makes our life hollow and our body, a home to diseases. Intoxicants give a false pleasure in the beginning, but slowly they take away one’s power of discrimination and make him a slave to the habit. Thus, by eventually draining one’s health, it finally takes him to death’s door.

It is normally in the last moments of life that one finally realizes the disastrous effect of these vicious substances. Therefore, O children! While keeping well away from this delusive world of gutkha and pan

masala, strive to elevate this human-life, the priceless gift of God, through charity, kindness, self-restraint and sadhana.

The ILL Effects of TV & Films

What is the reason behind the increase in social crimes in our country? Why the Indians, who used to be ever busy in creative works, are now getting inclined towards destructive activities. What is the cause of such a moral downfall in our people?

The leaders, politicians, the wise and educated people of the nation should find a solution to this serious problem before long. If we fail to do so, we will have to face its severe consequences in the future.

Apart from different other reasons, TV channels, films and other sections of media are largely responsible for this crisis.

Today, the common man is greatly influenced by the means of mass communication, so needless to mention its harmful effects on the young, delicate minds of children who are constantly exposed to the media through watching television, etc.

This is a real life incident that took place in Arora village at the distance of 65 kms from Shivpuri (M.P.) inspired by TV channels and films that are easily available to all nowadays, two servants – Manoj and Ramnivwas aged 16 & 13, kidnapped their master's son Shanu, demanded some money from his father, and then killed the boy. Shanu's dead body was found on 17th January 2002. Both the teenagers later surrendered themselves to the police and confessed their crime. They also admitted that they had been inspired by films to commit this horrible act.

Dainik Jagaran, a newspaper published from Agra (U.P.), reported an incident that occurred on the 21st April, 1999, in Washington, America. Two teenaged school-students armed with guns, stormed into the library of Columbine High School at Denver (Colorado) during the afternoon lunch break, and randomly opened fire killing at least 25 students and seriously injuring 20. After this shooting, the two students shot and killed themselves as well. This terrible, incident, was apparently copied on the lines of the highly action-packed films of Hollywood. It is a tragedy that films are inspiring young people to such evil action. We in India should be extremely cautious of these so-called 'developed' nations and their refined people.

The misuse of TV and cinema is a curse for children. Young innocent minds should be protected from the evils impressions left by the acts of theft, drinking, corruption, violence, rape and shameless behavior. TV viewing has a harmful effect on the eyes, particularly of young children. Therefore, it should be restricted to programs that enhance knowledge, help in spiritual elevation, impart education, or show the magnificent beauty of nature.

Eminent scholar, Dr. Kino Ferriani has written that he had been studying crime-psychology and child-psychology for the last 20 years; and thousands of times he had to accept the bitter truth that 80% of the children could have been saved from becoming criminal-minded, if only their parents had taught them noble traits such as bravery, patriotism and benevolence by providing them with good education, knowledge and high ideals. This could have brought a total transformation in their basic character.

As per a survey, a child usually starts watching TV at the age of three. If there is a cable connection, there will be about 100 channels available. On an average, a child watches TV for five hours a day. By the time a child turns twenty, he would have watched scenes of about 33,000 murders, 72,000 rapes and other obscenities.

One thing is worth serious consideration here that as young lad, Mohandas Karamchand Gandhi had seen the play “harishchandra” only once or twice and consequently became a staunch follower of truth for life. That young boy is even today being worshipped as Mahatma Gandhi. If the play ‘Harishchandra’ could influence young Gandhi to become a great follower of truth and non-violence, then just imagine what would the boy, watching 33,000 murders and 72,000 rapes, become? You may entertain false hopes that your child will become an engineer, a scientist, a noble and competent citizen, or even a saint; but how can one, who watches 33,000 murders and 72,000 rapes, ever fulfill such hopes? This surely deserves a second thought on your part.

Mind you, children are the most worthy assets to the nation. Provide them with such an environment that would make them useful in future for themselves, as well as for the good of the nation. Completely reject all such media which is likely to pollute the minds of your children, who are the future of our great nation. Make sure that your children do not become a nuisance to your and society like those already mentioned. It is the moral responsibility of the parents, the government and the leaders of the nation to take appropriate steps towards saving the younger generation from engaging in evil activities. Under the vicious influence of movies and other media which produces evil thoughts, the young generation is being led into nothing short of a hellish life.

His Holiness Sant Sri Asaramji Bapuji's Message for Students, Parents, Guardian, and Leaders of the Nation.

My Dear Atmans,

The future of our country depends upon the young generation. However, in the absence of proper guidance, today's youth are staying away from the right path. They are reeling under the ill effect of western pleasure-oriented culture and consequently losing their youthful vigor. They are being constantly misguided through Doordarshan, foreign TV channels, cinema, obscene literature and other forms of media. Largely influenced by the western culture, the so called psychiatrist and sexologist, are depraving the young student and ruining their character, self-restraint, and morals by frequently publishing grossly ill-conceived articles in newspapers and periodicals.

The present education system – a legacy of the British colonial regime – is completely indifferent towards moral values. Consequently, today's students start leading an unrestrained and indulgent life even as bachelors. There is also a growing tendency among today's youth to blindly imitate western conduct and manners. Thus they indulge in fashion, impure eating, immoral behaviors, bad company, rudeness, cinema etc, thereby undergoing a gradual degeneration. They are becoming weak and lustful. Their sorry state indicates their complete ignorance about the glory of brahmacharya.

The number of students, both male and female, who thus ignorantly impair their prime source of energy in body and mind (and end up wasting their precious lives in ignominy and debility) is not in lakhs but

corers. They cannot disclose their miserable condition out of shame and suffer silently. They become weak and live in a pitiable condition. Their lives are completely ruined, while they are also deprived of proper physical and mental growth. Such young people are plagued by anemia, forgetfulness and general weakness. This verily is the reason why the number of clinics and hospitals, the use of thousands of different allopathic medicines and injections, etc. are on the rise in our country today. Innumerable doctors have set up their own business, and yet the number of diseases and patients are constantly going up.

What is the main reason for this phenomenon? It is addiction and wastage of semen through immoral, unnatural, and unrestrained sex. Loss of semen leads to loss of immunity and depletion of the life force. If this country is to regain the glory of being Guru of the entire world, if She is to be the polestar of Global civilization and its culture, if She is to appreciate the importance of brahmacharya, and practice it meticulously, exercising constant vigil and self restraint; for it is by virtue of brahmacharya alone that our young generation can bring about a balanced and superior development of their personality. Observance of brahmacharya sharpens the intellect and promotes immunity against disease. One also become enthusiastic and confident enough to set great objectives and achieve them besides developing a firm determination and a strong will power.

It is brahmacharya again which is at the very root of spiritual progress. Our country may make great progress and attain a great deal of prosperity in the industrial, technical and economic fields; but if we are not able to protect and preserve the true wealth of our youth (their youthful vigor), then all material developments will ultimately lead only to destruction; for no social system can run smoothly without self-restraint and purity of conduct. The all round development of India depends entirely on this self-restraint and purity of character of her youth.

Therefore, it is our bounden duty to educate the youth about the measures needed to maintain sexual health and live a disease-free long life, and also about the methods of checking the evil of lust. This duty, if ignored, will bring misery to our society and the entire nation. Observance of brahmacharya alone can ensure a strong and vibrant India.

Select Comments of some students who have benefitted from reading the pious book 'Divine Inspiration;

My Lust was Transformed into Devotion

"My vision became sanctified by reading 'Divine Inspiration' (earlier known as 'The Secret of Eternal Youth' in English) published by the ashram. Beforehand, I would become lustful at the sight of women and girls of my age, but after reading this book I came to know that, 'a woman is not an object of satisfying one's lust, rather she is a power, a lifelong companion who fills the life of a man with pure love and noble sentiments.'" Really, after reading this book 'Divine Inspiration', my lust has been transformed into a sublime sense of devotion."

**-Makwana Ravindra Ratibhai
M.K. Jamod High School, Bhavnagar (Gujrat)**

‘Divine Inspiration’ is not a Book, but an Educative Scripture

‘Divine Inspiration’ is not a book; but an educative scripture that inspires us students to live of self-restraint. Really, by reading this great book, we receive miraculous inspiration and enthusiasm. I have read many such thing in this book as anybody can hardly ever teach or explain to us. No other book has give me such an insight. I bow to those who have been instrumental in the distributikon of this book among the masses. And I extend a thousand salutations to the holy feet of the great Divine Personage Whose benign inspiration and blessings brought this book into existence.

**-Harpreet Singh Avtar Singh,
Class-9, Gov’t High School, Sector-24, Chandigarh.**

Do Not Forget Your Parents

Forget everyone you may,
Forget your parents not;
Favors countless are theirs,
Forget their favors not.

Many stone-idols did they worship for your birth,
Now becoming stone-hearted crush their hearts not.
They forsook their meals to save for your upbringing,
Offered nectar to you, spit venom for them not.

Papered you by fulfilling all wishes of yours
Fulfill their wishes in turn, forget this duty not.
Millions earn you may, that’s greater than parents not,
Without service mere dirt it is, arrogant you be not.
To be cared by your children, be a caring child first,
You reap as you sow, forget this truth not.

She lay in wet so that you may sleep in dry-
Mother, the nectar of love, ever wet her eyes not.
At every step in your life, who sprinkled flowers,
One the path of your benign guides, be a thorn not.
Gone wealth you may regain, can you get your parents again?
For pious vicinity of their holy feet, lose the yearning not.

PRAYER

O Lord, Thou Grantor of Bliss!

O Lord, O giver of Bliss! Bless us with Knowledge.

Deliver us from all vices quickly

O Lord! O giver of Bliss.....

Please give us You benign shelter;
So that we become virtuous!
May we observe Brahmacharya,
Protect dharma be heroic and firm in our vows.

O Lord! O giver of Bliss.....

May we never utter, even in dream,
A slander against anybody,
May we never be jealous,
Even in dream of anybody.

O Lord! O giver of Bliss.....

May we speak truth, never tell al lie,
And develop fraternity.
May we have life divine;
And sing Thy praises

O Lord! O giver of Bliss.....

May we spend life doing philanthropic activities,
May we never indulge in misanthropic activities.

O Lord! O giver of Bliss.....

May such be Thy grace upon us O Lord!

- Our souls be free from delusion,
- Conceit and jealousy.

O Lord! O giver of Bliss.....

May we lovingly seve the elders always,
May we earnestely serve our pious culture.

O Lord! O giver of Bliss.....

May we be more inclined towards attaining yoga and Self-knowledge.

May we become steadfast in the Self and benevolent to one and all.

O Lord! O giver of Bliss.....

O Lord! Don't forget me even if You get lakhs of devotees to serve You.

There are many for You like me, but none for me like You.

O compassionate friend of the poor and lowly! I pray to You, Please listen, O You Who are full of mercy for those who suffer! If I be an unworthy child, You, the father, alone are to blame.

ॐ सहनाववतु सहनौभुनक्तु सहवीर्यं करवावहै।

तेजस्विनावधीतमस्तु मा विद्विषावहै॥

Om May he protect us both (the teacher and the aught) together (by revealing knowledge). May He protect us both (by giving the results of knowledge). May we both have good health. Let what we study be good for us May we not find faults with each other.

Om Peace! Peace! Peace!

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते।

ॐ That is Absolute, and this too is Absolute. This Absolute emanates from the Absolute. On taking the Absolute from the Absolute, what remains is the Absolute.

Om Peace! Peace! Peace!

Glossary

<p>ॐ - the pranava-pronounced as "Aum", it is the monosyllabic personification of the Supreme Being.</p> <p>a-this is pronounced as 'aa' like in archana, which is pronounced as archana.</p>	<p>Manipura Chakra-the yogic centre situated in the navel region.</p> <p>Mooladhara Chakra-the yogic centre situated at the base of the spine.</p> <p>Mudra-certain yogic positions of the fingers.</p> <p>Nadi-a nerve/a channel within the subtle body.</p> <p>Navanidhi-nine divine riches.</p>
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<p>Anushthana-japa of a mantra for fixed number on a daily basis, with a fixed purpose and a fixed duration.</p> <p>Arati-respectful waving of a lamp before a deity or man of honour.</p> <p>Arghya-libation.</p> <p>Ajna Chakra- the yogic power centre in the middle of the eye-brows.</p> <p>Brahmamuhurta – the period of two hours and fifteen minutes preceding sunrise.</p> <p>Babul-the mangrove, acacia tree.</p> <p>Bhakti Yoga- the path of devotion.</p> <p>Chakra-a yogic centre in the subtle body.</p> <p>Darshana-the noble act of meeting a great person or deity face to face.</p> <p>Dharmashala-a rest house for pilgrims.</p> <p>Dhoop-incense stick or powder used during worship.</p> <p>Dosha-disorder of vata, pitta and kapha-the three humours of the body.</p> <p>Gulal-Red farinaceous which Hindus throw at or smear each other with during the Holi festival.</p> <p>Jnana mudra-a post formed by joining the tip of the index finger to that of the thumb.</p> <p>Jnana Yoga-the spiritual path of knowledge to establish union with the Lord.</p> <p>Kapha-biological water humour; phlegm.</p> <p>Kalasha-the rounded top of a temple; an auspicious pitcher.</p> <p>Karma yoga- the spiritual path of selfless action to establish union with the Lord.</p> <p>Kirtana-rhythmic chanting of the lord's name.</p>	<p>Ojas-inner radiance of the body.</p> <p>Padmasana-the lotus posture.</p> <p>Pitta-biological bile humor.</p> <p>Pranayama-breathing exercise.</p> <p>Rajastic-characterized by anger, action, passion, envy, etc.</p> <p>Sandhya-religious acts performed during sandhi kalas, i.e. transitional periods of the day, (dawn, noon and dusk.)</p> <p>Satttav-one of the three qualities of nature characterized by purity and righteousness.</p> <p>Shikha-an extra lock of hair kept ritualistically at the top portion of the head by some Hindus.</p> <p>Svadhishthana Chakra-the yogic centre located between the Mooladhara and the Manipura chakras.</p> <p>Swastika-fylfot, the religious symbol of luck and good fortune.</p> <p>Sukhasana-the easy posture.</p> <p>Sidhasana-the posture conducive to siddhi or spiritual accomplishment.</p> <p>Tamasika-characterized by darkness, lassitude, idleness and ignorance.</p> <p>Tamas-on of the three qualities of nature characterized by darkness, lassitude, idleness and ignorance.</p> <p>Trataka-a yogic practice of focusing the eyes on a single point for a long period of time without blinking.</p> <p>Tulsi-the holy basil.</p> <p>Tilaka-a mark worn on the forehead as a religious practice.</p> <p>Vata-biological wind humour.</p> <p>Yajna-a fire-sacrifice.</p>
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