

Editors Welcome

Om Gurudevaye Namaha

Salutations and prostrations to the Divine Embodiment of Love, our Beloved Swami Murugesu Maharishi, and to the Light of our lives, Swami Shankarananda Maharajji.

Gurur Brahma,

Gurur Vishnu,

Gurur Devo Maheshwarah

Gurur Saakshaat Para-Brahma,

Tasmai Shri Guruve Namah

The Guru is Brahma (The God of Creation)

The Guru is Vishnu (The God of Sustenance)

The Guru is Shiva (The God of Annihilation)

My Salutation to such a Guru, who is verily the Supreme God

In this month's editorial, we are blessed with the words and well wishes of our Master, Gurudeva. Enjoy this divine inspiration and focus on God. Make God the most important aspect in your life and experience what it will do for you! Here are many tools, from questions asked after service to advice from the Bhagavad Gita, to encourage you to move beyond your physical self and find that space in the *atma loka*. Use it in your daily life and remember that this entire universe is God and You.

In reverence to the Master always

Praneshri

“Dearest Immortal Selves

All you need to remember in this life is that you are all human beings. Therefore do not at any time say that certain things are beyond your capacity. Being a human being can accomplish anything you wish for.

Nature has given you the best gifts ever to be given to any creature on earth. Nature has gifted you with intelligence, will power, determination and the power of discrimination. Begin by having trust in yourself and in your self-effort. Have a happy mind, always remember a happy mind is the source of all possibilities, enthusiasm, courage and self motivation. With a happy mind you lack complaints. God created you in His own image, therefore you can do just about anything because you are not just an image of God but a replica of God. If God is the creator, then you have creativity. If God has beauty, then that beauty is you. If God means love, then that love is you. So you have the power to do just about anything.

On the Guru Purnima, 15 July 2011, and Ashtami make a promise to yourself that you are able to do just anything therefore you have no obstacles.

OM”

Today I came here from joyous union, I live here in Divine union. I will leave here in sacred union with my maker. Pass on to everyone you meet this day.

Swami Shankarananda Maharajji



Contents

The Importance of Managing...	3	ABC of Hinduism	4
Focus on Gurudeva	5	Youth Poetry:	7
The Life of Nelson Mandela	8	On the Road to Enlightenment	10
At Your Service	11	MahaLingam Abishegam	12
Kid's Corner	13	How I met my Gurudev	14
Book Review: God is for...	15	The Chronicles of Puglananda	16
Going Green for God	17	18 Tamil Siddhars: Dhanvantri	18
Too busy for our children?	19	Gita for the Youth	20
A Tribute to Gurudeva	21	Divine Delights: Paneer	23
Gayathri Peedam Calender	24		

Birthday Wishes

Premananda and Satyananda 15th

Hemrisha 20th ; Justin 23rd ; Hitesh 23rd

May Our Divine Mother shower Her choicest blessings upon you!

Special Happy Birthday to our Most Awesomest Gurudeva for the 15th! Thank You for being our Father, Mother, Friend, Guardian Angel and most of all, our Hero! We love You always!

Spiritual Darlings

Age: 3-15: Hemrisha



Age: 14-25: Avishna



WIN A GRAND FOR TEN RAND

Win a Grand for Ten Rand is an ongoing fundraising initiative to help with the funding of selected maintenance projects. Buy tickets from devotees for R10 each to stand a chance of winning

R 1 0 0 0 0

The draw will be on Pournami night. June's Winner is *Tina Moodley*. Congratulations and bless you for donating your R1000 winning towards tiling the main shrine.



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The Importance of *Managing Spirituality in Daily Life*

Yogiraj Pranananda

Managing spirituality with daily life has become a major challenge for most spiritual aspirants in the modern times. Work in modern ages has become more demanding in sadhakas lives and as result sadhana and consequently spirituality has suffered. It has thus become necessary for the sadhaka to skilfully adapt himself to the circumstances he is living in. In this regard there are few important points the modern sadhaka should be aware of.

Firstly spiritual practice is not only intention but attention. Sadhana even if performed for 5 minutes should be performed with great concentration and devotion. Secondly sadhana levels should be attainable. Every sadhaka should be aware of the constraints governing his life and should practice to a level of that is not physically impossible to attain. Thirdly there is no bad time for sadhana. Even though sadhana may be ordinarily performed at a certain time and in a certain place, nothing stops you from meditating in a park or beach while enjoying your surroundings. Fourthly, the sadhaka should constantly seek to expand and intensify his spiritual sadhana. Every year the sadhaka should seek to increase his spiritual practice and improve his concentration levels while practicing sadhana.

A fifth rule is that one's life practices in the form of eating, sleeping, conversing and conducting himself in life should be in harmony with his sadhana and his goal of self realisation. One cannot be a glutton and expect to be successful in sadhana as gluttony is incompatible with goal of self realisation. A sixth point to note is that obedience and respect for the Guru is the equivalent if not greater than the effect of sadhana practice. Guru should be regarded as God, and his word should be taken as gospel in a spiritual context. The Guru's advice regarding sadhana should be carefully adhered to. A seventh and final point to note is that sadhana should not be performed with an attachment to the result but rather in the mode of surrender. Even the subtlest of attachment acts as an obstacle to spiritual realisation.

Spirituality encompasses sadhana (spiritual practice), upasana (expelling vices from ones thoughts) and aradhana (making best use of one's labour, time and money). Time is always a tough issue for those who are working, however if one is able to plan himself such that he may even work one hour selflessly for the good of humanity, he would of successfully started performing aradhana.

By consciously choosing to remain in the company of holy people and spiritually elevating books, upasana can also be integrated successfully into ones busy schedule. The combinations of all three dimensions of spirituality provide the sadhaka with an integrated, holistic acceleration on the spiritual journey.

In conclusion I would like to say that managing spirituality with one's daily life can be a brutal challenge. Yet when one looks at the lives of great ones, one can't help but think that it was their adversities that made them stronger and greater in life. Gandhi, would not of been a great leader if he did not develop a great deal of courage or patience, Swami Vivekananda would not of been that illumined sage if he didn't spend hours and hours in meditation every day. Therefore embrace the challenge because it can only make you stronger in time.

ABC of Hinduism

Extract from *The Science of Self Realisation* RE Davis

Initiation Latin *initium*, beginning from *inire*, to go in. A new beginning. A rite of passage into a body of knowledge and the company of adherents of that knowledge.

Inspire To be inspired is to be guided, affected or aroused by divine influence.

Intellect The faculty of discrimination or discernment

Intuition Direct perception without the aid of the senses.

Karma An influence that can cause effects to occur. Accumulated mental conditioning and influential subliminal tendencies and urges comprise one's personal karmic condition (which is of the mind and not of the true Self).

Focus on

Swami Shankarananda Maharajji

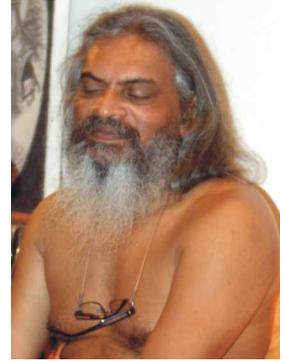
Swami Shankarananda Maharajji was named Thanijalum Veeragava Moodley at birth, which was at nine o' clock on the morning of July 15th, 1953, and during the Nakshakra of Pooram. Swami was born in Stanger, a small town on the North Coast of kwaZulu-Natal, South Africa. At birth, his hair was long and thick, almost the length of his 1.3kg body and which, for convenience sake, was cut short just half an hour after he had been born.

As a young boy, Swami spent his early years in Port Shepstone on the South Coast of KwaZulu-Natal, and moved with his parents Veeragara (Henry) and Rajmah Moodley, to Shakaskraal at the age of five, to stay with his maternal grandparents. His father worked as a bartender and Swami describes his him as being 'a pleasant and humble individual who showed love to all people he met and always looked out for the best for his children.'

Of his mother he said, 'she was a loving but stern individual with a stubborn character.'

The eldest of four children (two brothers and a sister), Swami grew up having to be an example to his siblings and, although his family weren't overly spiritual, they took part in many ritual prayers and he was encouraged to light the lamp every afternoon. He loved going to the temple and was fascinated by devotees experiencing states of trance, and amused by their facial gestures. On returning home after such occasions he would find himself doing the very same thing with his brother Steve, for entertainment.

Today Swami describes the occurrence of his first real experience of God while attending a Kavady Procession in Tinley Manor during 1962, as follows: "We arrived at the temple, having walked since 4.30 in the morning from my grandparent's house in Shakaskraal, all the way to Tinley Manor along the railway line, playing various games along the way. When we reached the temple area, I became transfixed at the gates and the only colour I could see was yellow. The whole area was divinely bathed in yellow. Amongst the Kavadies were chariots, all beautifully decorated. What a beautiful sight! Even the clothes the devotees wore were yellow. Bhajans started and the entire temple was charged with divinity. Everywhere devotees were jumping, running and dancing in total transcendence. I remember watching in amazement as, for the first time, I witnessed hooks being pushed through the skin of some of the devotees, waiting in anticipation to see if there would be any blood, but there was none."



Intrigued by this spectacle, young Morgan decided to try the same thing at home later that day, by using office pins, which he pushed through the skin of his hand, hurting himself. He suffered for four days afterwards, but was certain deep within that he would one day perform the same feat (which he did later for a number of years). One day, at about the age of thirteen, while attending an Amman Pooja; young Thaniajalum witnessed a black fowl being slaughtered for sacrifice. While watching the ritual he had an experience during which his head was involuntarily turned away from the scene, and over which he had no control. This caused the teenager to become weak and confused so he decided to leave the prayer and go home to sleep. When he awoke he was filled with an inexplicable divine happiness, and from that day on no longer attended any ritual prayer involving sacrifice.

At the age of fourteen, Swami experienced and spoke to God, during which time he would manifest convulsions. This strange behaviour incited his parents to take him to hospital, where he was admitted and diagnosed as having a mental disorder. Although his parents had wanted their eldest son to become a doctor, he adamantly insisted on following a spiritual path. On two occasions He had to undergo electroconvulsive mental therapy, which was unsuccessful, but he was forced to continue his schooling nevertheless, having to deal with his 'condition' as best as he could.

After matriculating, Swami went to the United States to study at the Herald Engineering College in San Francisco, U.C.S.F. Returning to South Africa after graduating; he worked for a local paper mill company monitoring the paper weight. During 1982 he married Tammy Govender and over the following ten years, four new souls were introduced to the world, two sons and two daughters.

During the period that followed, our Swami was employed by a number of companies and promoted to supervisor, opened and closed two businesses, and excelled in his position at a large retail firm. Despite all of this, he was increasingly aware that something was lacking in his life, but couldn't quite establish exactly what it was until something happened to change things.

On the 15th June 1988 Swami Shankarananda was assaulted by two African men who hit him repeatedly with a sharp object, badly cutting his right hand in the process as he raised his arm to protect his face. Swami tells us, "at that moment I thought about Shri Hanuman Baba, and suddenly the attackers began running away, looking back at me in fright, as if they had seen something they couldn't understand". Swami was admitted to hospital and pronounced dead-on-arrival. Bu God's Grace Swami recovered, after which he accepted a resignation package from his employer.

During 1994, Guru received some books by a living saint he had never met, Swami Murugesu Maharishi, and two years later, in 1996 he found himself travelling to Sri Lanka to meet his master who initiated him into the Swami order. Later during 1999, Swami Shankarananda was also initiated into Kriya Yoga by Yogiari SAA Ramaiah during his visit to South Africa.

Since then Swami Shankarananda has founded the Gayathri Peedam in South Africa under the direction of Swami Murugesu and has also formed the Jadatharaya International Institute of Right Living and Yoga to create awareness of the spiritual importance and correct practise of the ancient science of Yoga. Today Swami Shankarananda works as a channel and a mediator between aspirants and the Infinite by holding spiritual talks, workshops and yoga classes, and by distribution of His inspirational writing. It is little known (as Swami in his humility seldom mentions it) that Swami Shankarananda also holds an honorary doctorate in Vedic Astrology, is a Reiki Master and a Lighterian Master, a Justice of the Peace and a Commissioner of Oaths. He is known by devotees and students for His infinite patience, infectious sense of humour, haunting voice and, most of all, Divine Presence and unconditional love that can be felt just by sitting at His feet, all of which Swami attributes to the presence of Swami Murugesu in his heart.

Youth Poetry Contribution

Gurudev

Gurudev, time known you have been praised
For your qualities timely recognized
Your spiritual lark, wisdom is enormous
You are joy for somebody
You are Jesus for somebody
You are Allah for somebody
You are Guru to me

My salutations to my Gurudev Swami Shankarananda Maharajji

Hitesh, 14 years old



The Life of *Nelson Mandela*

Nelson Rolihlahla Mandela was born on the 18th of July, 1918, in Mvezo in the Umtata district, capital of the Transkei, on the Eastern Cape of South Africa.

At the age of sixteen, Mandela was sent to take part in a traditional initiation that was performed by the elders in his village. Mandela passed the test that his elders gave him. Mandela then went onto high school to obtain his high school diploma, and from there he enrolled at Fort Hare University and earned his bachelors degree. During his first year of college,

Mandela was suspended for joining the Students Representative Council which protested a boycott that oppressed South Africans. He was expelled and was told that he could not return to the school, but he finished his degree by correspondence from Johannesburg.

This incident marked his future as a political activist who used non-violent forms of protest as did the late Dr. Martin Luther King Jr. Mandela realized that he had the ability and the courage to fight against racism and oppression against South Africans. He believed in standing up for others who were suffering because of prejudiced laws that were being implemented to oppress all minorities.

Nelson Mandela had many strong views on the advantages of religion and spirituality. He once said, "Religion is one of the most important forces in the world. Whether you are a Christian, a Muslim, a Buddhist, a Jew, or a Hindu, religion is a great force, and it can help one have command of one's own morality, one's own behavior, and one's own attitude."

The 81-year-old former head of the liberation struggle against apartheid said his generation was the product of religious education. It was religious institutions -- Christian, Muslim, and Hindu and Jewish -- which bought land, built and equipped schools, employed teachers and paid them.

He strongly believes that we shall have to reach deep into our faith as we approach the new century as Religion will have a crucial role to play in guiding and inspiring humanity to meet the enormous challenges that we face. Hence, we must recognize the importance of religion to draw once more on those resources of spirituality and innate goodness.

In drawing upon its spiritual and communal resources, religion can be a powerful partner in meeting the challenges of power, alienation, the abuse of women and children, the destructive disregard for our national environment and of HIV/AIDS.

Nelson Mandela is still leading the fight against apartheid with extraordinary strength and resilience after spending nearly three decades of his life behind bars. He has sacrificed his private life and his youth for his people, and remains South Africa's best known and loved hero.

Famous quotes:

A good head and a good heart are always a formidable combination.
Nelson Mandela - Good - Knowledge

Learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.

Nelson Mandela - Challenges - Inspirational - Learning - Courage - Fear - Brave

The greatest glory in living lies not in never falling, but in rising after every fall.

Nelson Mandela - Inspirational - Great - Challenges - Determination.

*The Bhakti path winds in a delicate way.
On this path there is no asking and no not asking.
The ego simply disappears the moment you touch
him.
The joy of looking for him is so immense that you
just dive in,
and coast around like a fish in the water.
If anyone needs a head, the lover leaps up to offer
his.*

- Kabir Das

On the road to Enlightenment with *Patanjali*

Illusion can easily be defined as an erroneous perception of reality. Patanjali expounds on this thought in verse 9 of Book 1 and further explains the modifications of the mind in verse 10:

Sabdajnananupati vastusunyo vikalpah

Imagination is the construction of an idea or object conveyed by words and/ or expressions, although the object is not present.

Verbal knowledge devoid of substance is fancy or imagination. Living in one's own world of thoughts and impressions which have no substantial basis is called *Vikalpa*. A vague, uncertain knowledge does not correspond with reality, thus a state of delusion results.

Abhavapratyayalambana vrttirnidra

When the mind is tired and heavy and no knowledge is present in your practice, this is deep sleep. Sleep is the non-deliberate absence of thought. Dreamless sleep is an inert state of consciousness in which the sense of existence is not felt, therefore, ALL activities come to an end during sleep.

When the sadhaka has learnt to silence all modifications of the mind (experiencing a pure state of Self), he has reached Kaivalya! In this state, there are no fluctuations of the mind because the consciousness is submerged into the Soul.

A simulation of this state of sleep when one is awake is called Samadhi. This is when the seer witnesses his own form.





Hari Om.

Some of you might be wondering why I'm such an idiot to sit in the middle of a fire. I'm trying to heal myself so I don't have triple bypass surgery next week. My gurus said it's possible that I can heal myself. This is the third one like this that we've done and I really feel today that I'm cured and that I won't need major surgery, minor surgery maybe, but not major. And tomorrow I might feel even better. But right now I feel on top of the world. I feel lots of positive energy and I feel healed. So, to all of you, I say thank you for even being here. Your energies also make a difference to my healing. Sorry we had to start so late but some things we have to do. And this is one thing that we had to do. And the same time while I was there I was also healing some of you conditions that you have now and that may arise in the future. For example, there's one child here today, a teenager, who will be involved in a major accident, so that healing was also done today. All that is part of our job. I have a big job but you have a small job and your job is to make yourself present here. That's all, and that for some of you is even such a difficult task. We have so many situations to not join in pooja. The last time we did this we had a chakra in the hawan and afterwards one of the twins removed the chakra and there was a perfect image in the chakra of me sitting in the centre of the ring. So we don't just have to believe in God. For us that is impossible - to believe in God. But we just ask for one unit. You are made of many units. We are just asking that you remember God, one unit. And once you have that one unit, the beatitude, love and togetherness that you experience with God is never impossible. We are involved with many things in life, some of them not spiritual at all. You go to a doctor and he tells you to abort your baby. That's not spiritual at all. God has His purpose and knows why he's given you such a baby. God knows that.

Doctors don't, but we do it because we think it is the right thing to do. Everything you do in spirituality is right, but everything you do on the material plane may not be right. On the material plane if you want to go to Stanger you need to use a motor vehicle. In that process you are destroying things in the atmosphere. But in reality you don't need a motor vehicle to go to Stanger. In that process you are destroying nothing, but are strengthening your spiritual abilities. Today the temperature in the fire was way past sixty degrees Celsius. You believe that God will encapsule you, and you keep the brain cool. Once your brain is cooled nothing else can happen to you. You might get one or two burns but that's just on your body. It'll get burnt later anyway. So again, thank you very much for being here to help me heal, to help
y o u r s e l f h e a l .

Om.

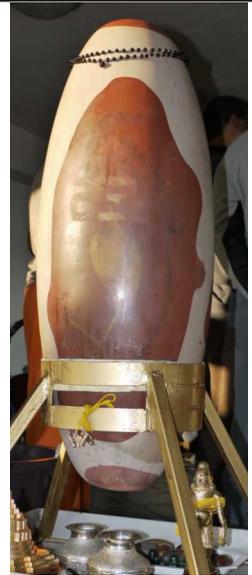
Maha Lingam Abishegam Message:

Swami Shankarananda Maharajji

Abishegam is a timeless process and should not be rushed. There is no time attached to Abishegam. The process is so intense that when you go home, you should be exhausted. It is only then you know you have done the Abishegam to your best and have given it all your energy. This Divine process will make you want to dance and become one with God. When you do Abishegam for the MahaLingam, you will want to dance in ecstasy. This dance is the merger with Lord Shiva. Shiva is that uniqueness in God. Shiva is God. Not a blade of grass nor a drop of dew can move or even exist without Shiva. Shiva will grant you boons in this lifetime so hold onto Him! Treat Him a like a king because He loves to help you.

Shiva is the ultimate simplicity. You don't see Lingams dressed up with sarees and jewellery, all you see is the lingam with a bucket of water over to provide continuous Abishegam with water. Even in the name, SHIVA is just 5 letters and the mantra is just 5 syllables: Na Ma Shi Va Ya.

Remember Him continuously and you will definitely experience that great merger with Lord Shiva.





KID'S CORNER

In this picture you will see a whole bunch of coffee beans. Do you notice something strange about this picture? Can you see a mans face? Look carefully.....



Jokes

Why did the woman wear a helmet at the dinner table?
She was on a crash diet.

What do you call a fairy that hasn't taken a bath?
Sinkerbell :

What did the chewing gum say to the shoe?
I'm stuck on you.

Glossary

Expand your understanding of spiritual words and spiritual concepts. Take these words, learn them and remember them in your daily life.

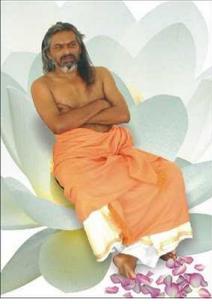
Yogi One who practices yoga

Pranayama The scientific art of mastering the breath

Dharma Eternal principles of righteousness that uphold all creation; man's inherent duty to live in harmony with these principles.

My Greatness today is from you, O Lord. Help me sustain and overcome the day's obstacles and thank you for all my achievements. Om Guru

Swami Shankarananda Maharajji



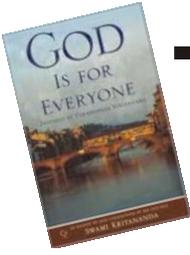
How I met my Gurudev

Mahen Naidoo

It was a very cold winter's morning at 3:00 am, when I was supposed to be in my warm bed at home and having a good sleep that I was coerced to leave this comfort. Being a Saturday, 27 June 2009 when I crossed the threshold of my past and set foot on this serene and peaceful ground of the Gayathri Peedam with my parents for a Maha Navagara prayer, which I accepted with much reservation.

When I walked into this sanctified abode and took place amongst the devotees I observed this elderly man greeting and hugging people. As he drew nearer, my father prostrated before him and hugged him. I observed cautiously what was happening. I immediately noticed his warm and loving smile which mesmerized me. As my father introduced my family I stood with palms together and just looking at the revered figure that had left me dumbfounded. It was then that I realized I was now in the presence of a holy man, someone who was going to change my life.

It was during this time that I felt enchanted and the cold that I was first feeling had now disappeared. I enjoyed that moment with this unique individual and thought he would stay longer. I was awakened by his captivating voice that was welcoming the devotees to experience the divine blessings of the Lord. I knew then that he was no ordinary man who brought out this loving and joyful feeling within me. It is now two years that I have become a devotee of the Peedam and follow the teachings of My Gurudeva. I know and trust that I have made the right decision as I still desire to be in his holy company and enjoy the experiences on the spiritual path.



GOD is for Everyone

Book Review

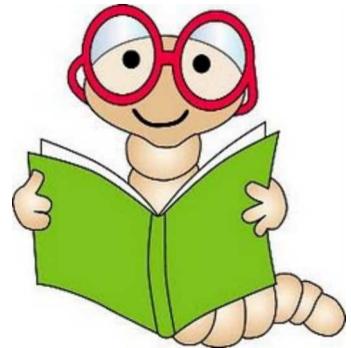
Swami Kriyananda

The core of Yogananda's teachings, this book presents a concept of God and spiritual meaning that will broadly appeal to everyone, from the most uncertain agnostic to the most fervent believer. Clearly and simply written, thoroughly nonsectarian and non-dogmatic in its approach, *God Is for Everyone* is the perfect introduction to the spiritual path. This book brings fresh new insight to ourselves and our most sacred practices.

According to the author, God has six aspects: love, bliss, wisdom, peace, deep calmness, power, light and sound. The author does not indicate that there is three divine manifestations: light, sound and vibration. These manifestations can be experienced during an initiation.. The author explains that beneath every sensory desire is the deeper urge to avoid pain and to experience pleasure; and, deeper, beneath every heart's desire is the longing to escape sorrow and to attain permanent happiness, bliss. The author exposes that this bliss (or serenity) is the state of all the realized masters.

Extract:

Everyone wants to avoid suffering: so far, so good. Everyone wants to find happiness. So far - well, exactly how good? What every really wants is bliss. Happiness defines as a sort of misty contentment is by no means the bliss our souls want. Like basement-printed money, it is a counterfeit; too much of it diffuses one's very concept of bliss. To a mind full of attachments, bliss seems almost a threat. A cottage by the sea is something the ego, at least, can handle without effort. But Bliss? Bliss requires total absorption. Few people are ready to be all that happy!



15

Just as you would be cautious when plucking the stem of a rose, be cautious in your day's activities. Say: I love God and God loves me. My day is at His feet.

Swami Shankarananda Maharajji

The Chronicles of Puglananda

Pugla: Guruji, many other spiritual masters have said that doing Japa is essential for this spiritual path. Can you explain why we do Japa and why are there 108 beads and what is a Meru?



Guruji: The human mind is like an untamed pet that never listens to the owner. The moment we sit to prayer, there are a million and one thoughts bombarding our mind and as a result, concentration seems impossible. So for us to attain a controlled mind we need to

discipline the mind to focus on a single thought. Japa helps us attain this state and the single thought is the name of God. Once we are able to have a concentrated mind, meditation will be effortless. There are many reasons why there are 108 beads but each one has a symbolic meaning in Hinduism. The most common one is related to our body. It has been established that man takes 10 800 breaths during a period of twelve hours. Therefore in 24 hours he breathes a total of 21 600 times. One half of this may be allowed for eating sleeping and other essential activities. The remainder should be spent in contemplation of a higher being, God. The merit of taking God's name is multiplied but 100 when done on one Mala thus giving us a total of 10 800 times. The other half of the day!

Going Green for God

Caring for your surroundings



Do you ever go to the park or beach with your family to have a picnic or a braai? Do you have fun?

Have you ever seen a park that looks like this? (Pic of litter filled park and road)
How does that make you feel? Do you know that you can change this?

There is nothing worse than a litter filled area because when it rains, all that garbage goes into the storm water drainage which lands up in the sea. That is how our beaches get dirty. When using the parks and walking in the streets, you will see litter bins all over. When you have finished your ice-cream, hold the empty packet until you walk past a bin and throw it in there. Whatever you do, please don't throw your litter out the window when your parents are driving. Firstly, you will be creating karma for yourself by dirtying God's creation and secondly, litter kills ecosystems.

Make this promise: "I will never litter!" Repeat it over and over. Remember, you are doing God's work!

TREE OF THE MONTH

Fever Tree



This is a very common tree in kwa-Zulu Natal and I am sure you have seen many of them planted by Gateway Shopping centre! The trees grow mainly on the eastern parts of the African continent and that's because they like warm, humid temperatures. The warm Benguela Current flows down the eastern side of South Africa and we can safely say that this contributes to the type of weather we experience.

This tree is quite unusual and can grow as tall as 15m high. It is single-stemmed with a large fanning crown. The bark is very smooth, powdery and is yellow-green in colour. The long white thorns are straight, smooth and sharp. Careful of these thorns because they are born in pairs! The leaves are small and grow just above the thorns. The flowers are fragrant and golden-yellow in colour. The fruit is a pod of up to 10cm long.

Dhanvantri

Sarva Loka Dhanvantari Deva Mahadeva swaroopini

Gayathri Devi Sri Namahshivaya

Namo Namaha

Om

Dhanvantari is an avatar of Vishnu from the Hindu tradition. He appears in the Vedas and Puranas as the physician of the devas, and the god of Ayurvedic medicine. It is common practice in Hinduism for worshippers to pray to Dhanvantari seeking his blessings for sound health for themselves and/or others.

Dhanvantari was an early Indian medical practitioner and one of the world's first surgeons. Based on Vedic traditions, he is regarded as the source of Ayurveda. He perfected many herbal based cures and natural remedies and was credited with the discovery of the antiseptic properties of turmeric and the preservative properties of salt which he incorporated in his cures.

Being a very skilled surgeon according to the standards of his time, he is widely believed to be the pioneer of modern medical practices like plastic surgery. All his surgeries were performed without anesthetic, however in spite of his crude methods; he was reported to have had a very high success rate. As a result of the brilliance and achievements he displayed in the field of medicine, he was chosen as one of the Nine Gems in early Indian ruler Vikramaditya's court. According to traditions, he taught surgery methods and procedures to Susrutha, the Father of Ayurvedic Surgery.

Dhanvantari is depicted as Vishnu with four hands, holding medical herbs in one hand and a pot containing rejuvenating nectar called *amrita* in another. The Puranas state that Dhanvantari emerged from the 'Ocean of Milk' and appeared with the pot of nectar during the story of the *Samudra or Sagar manthan* whilst the ocean was being churned by the devas and asuras, using the Mandara mountain and the serpent Vasuki. The pot of Amrita was snatched by the Asuras or Demons, and after this event another avatar, Mohini, appears and takes the nectar back from the Asuras

- Though not known to many, there is a temple dedicated to Lord Dhanvantari in Kerala. It is in a village called Nelluvaya, 20 kilometers from Guruvayur and Trissur, located exactly midway between the two towns. The temple is believed to be as old as the temple of Guruvayur. Many ayurvedic doctors from Kerala visit this temple before they start practicing medicine.

- About 10 km from the railway station is the age old, very powerful Dhanvantari Temple, Kannur (Cannanore), Kerala. A not so well known temple in its humble environs has a serene atmosphere. Dhanvantari Pooja is performed here for the good health of anyone, of any faith, from any corner of the world. Added attraction is the Huge Temple pond with water lilies!
- Similarly, there's a Dhanvantari Temple in the outskirts of Calicut, in Kerala. This temple is gaining prominence, as people come from far off places to offer their prayers to the Lord, to cure them of their ailing diseases, or to be blessed with a healthy life ahead.
- There is also a Dhanvantari Temple in Peroorkkada, Trivandrum.

Are we too busy for our children? *Chuck Gallozzi*

“Children today are tyrants. They contradict their parents, gobble their food, and tyrannize their teachers.” Sound familiar? Who do you suppose said that? It was Socrates!

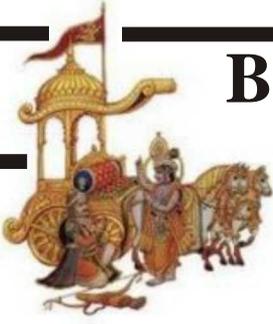
He said that more than 2400 years ago. So the world hasn't changed much, has it? It seems middle-aged people feel threatened by youngsters. They don't like their rude behaviour and the way they dress. What has changed, however, is not the behaviour of children, but our own memory.

Just in case you forgot, here's Viola Spolin to refresh your memory: “We forget what it's like to be a child. There are few places outside his own play where a child can contribute to the world in which he finds himself. His world: dominated by adults who tell him what to do and when to do it benevolent tyrants who dispense gifts to their 'good' subjects and punishment to their 'bad' ones, who are amused at the “cleverness” of children and annoyed by their “stupidities”.

True, there is youth crime and violence, isn't this a case of children doing to society what society has done to them? Where do you suppose most abandoned children live? At home! Though they live at home, many children are ignored by their parents. Perhaps kids run away from home because they're looking for their parents. When children are deprived of love, why are we surprised that they turn out bad. There's something wrong when the TV set is better adjusted than our kids, but whose fault is that? The truth is children are a godsend. We can learn from them. That's why Christ said, “Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven.” (Matthew 18:3).

Children are pure. They are innocent. See how they play with the neighbours. Race, ethnicity, gender are foreign to them. Everyone is valued as a friend and all are treated equally (until adults interfere and teach them prejudice). Children are honest. They speak from their hearts. Adults wear masks, hiding their thoughts. They are afraid to speak the truth, afraid to expose their true selves. Not so for children, for they have courage. John Bradshaw explains, “Children are curious and are risk takers. They have lots of courage. They venture out into a world that is immense and dangerous. A child initially trusts life and the processes of life.”

Children can make us more spiritual. They are bubbling over with happiness and unconditional love. To become like children is to love the world unconditionally. We create children, but they create spiritual beings by teaching us the power of love. Also, learn from children the joy of simple pleasures. To a three-year-old child, a green caterpillar can be more exciting than a R300 seesaw.



Bhagavad Gita

The Divine Song of God

What is Gods purpose?

Why does everybody say to us, 'Pray to God?'

Chapter 4 of the Bhagavad Gita explains GOD in
verse 7:

Yada yada dharmasya glanir bhavati bhārata;

Abhyutthanam adharmasya tad atmanam srijamy aham

“Whenever and wherever there is a decline of righteousness, O! Arjuna, and the predominant rise of unrighteousness, at that time, I manifest Myself.”

These words used to be uttered Brother Haridas all the time. I found this to be his famous verse...

Now we find the importance of these words because this is Gods purpose:

Whenever you have total unrighteous belief and behaviours He will present Himself in some form and He will present Himself so you will change. Let us take a simple situation, like trance what happens is that when there is a total decline of our religious principles, God somehow manifests Himself in the form of an energy called trance in the children in our homes. Parents tell the whole family, become religious and they pray because they have seen evidence of God. Besides becoming egoistic that their children have Muruga trance or Shiva trance, they now know how to pray or who to pray to. They call God by various names and that is the manifestation that Krsna is talking about.

And in *verse 8*, further reference is made:

Paritrānaya sadhanam vinasaya ca duskṛitam;

Dharma sansthapanarthaya sambhavami yuge yuge

“For the protection of the righteous, for the destruction of the unrighteous, and for the establishment of *dharmā*, I come into being in every age.”

Dharma means righteous living. In order to protect and keep in order *dharma*, that what is righteous, good and pure; to destroy what is unrighteous, evil and wicked, "I come." But, look at the divine concern for humanity, and He comes not just once but *yuge yuge* (age after age).

So whenever and wherever the divine children are overwhelmed by the undivine forces or the introduction of darkness, God comes down in a divine manifestation to restore the balance and rid the unrighteousness. So God is the one who makes everything available for the seeker to attain some kind of enlightenment.

In order to keep dharma; that what is righteous, good and pure and to destroy what is evil. Look at the divine concern for humanity. God is always worried about us. Are we worried about God? Never! But God is always worried about us as His children. He is always looking for us but we don't have a moment where we can say we thought of God or we always have some kind of reasons financial, health, emotional, domestic- then we blame God when things don't go our way. Before you make the statement that, 'I pray so much' you must read your prayer. Don't try to bargain with God.

Here again the Geeta assures man that, sooner or later God will appear with man as an instrument to rid the forces that are detrimental to dharma. This will happen at all times everywhere. (to be contin...)

A Tribute to Gurudeva Nirvana

Om

Such agony, such pain, such uncertainty I find myself amongst, but alas, a sweet nectar and divine aroma has wafted into my inner being, my life.

Where did it come from? AahDivine intervention it must be...

In the form of Holy Father, Divine Mother, beloved Gurudeva I have found.

Oh, soul of the Supersoul, heart of hearts unto thy Holy Feet I rest my head. The very essence of life that I have searched hither and thither for many agonizing years, I finally have found, nested like a king on thy holy throne, a spiritual giant stands tall, spreading this sweet aroma of Divine knowledge unknowingly unto me.

Forsaking my evils I choose to follow thee, to lead me to the ultimate Superconsciousness. Trials and tribulations plenty on the path there will be, but I see a light at the end of the tunnel; for I will be led by the Hand of God in the form of dear Gurudeva.

Say: I am a child of eternity. I do not identify with my outer form, nor with change, but live in timelessness. It is my identity with change that is illusion. I love you.

Protected and guided I always feel, having the presence of a spiritual master by my side at all times. Endurance and courage I have been thought by thee. Love, patience and goodwill have been bestowed in abundance on me by thy shining grace. Wishing no man harm, even when man has harmed dear Gurudeva, I have been thought by the shining example set by Gurudeva, the Golden Rule of the universe “return good when evil is done unto thee”.

Master, your teachings and lessons in life are subtle but very profound, even reaching me in my unawareness. In the light of trying times, Gurudeva thy guiding hand is always present to dry my tears and put a smile on my face..Master thy constant smile radiates joy and melts the most stubborn of hearts. Even Divine Mother cannot resist thy charm dancing in all her glory as dear Gurudeva glorifies thy Mother.

Jesus the Christ, oh Master thy have become, absorbing all the sin man has created into thy holy abode. Beloved Gurudeva, the delight of the astral plane, a modern messiah who has incarnated in this material plane to teach, guide and lead one to their ultimate liberation, infinite prostrations unto thee.

The greatest and most blessed gift God has given to the world was to incarnate thy holy Self in the form of Gurudeva. Unfortunate are those individuals who do not realize and recognize this great being, in constant communion with the Divine Lord. Gurudeva, breath of life, essence of life lead me from ignorance to knowledge, from the unreal to the real, from darkness to light, let thy holy name resonate in every atom of my being, and dwell within me for eternity. Let me be thy servant dear Gurudeva, for to serve thee, is to love thee, and to love thee is to realize thee, the divine nectar of life's energy force.

Oh Gurudeva, it is your love which removes the thorns from my path, it is your grace that keeps me afloat when I find myself sinking, it is your light which brightens my way when I am lost. Even if I search all the planes, in its entirety, nowhere will a Spiritual Master such as Gurudeva be found, for Gurudeva is completeness in its entirety, blessed I certainly find myself to be led by a Godman. I give myself unto thee, mind, body and spirit now belong to thee, to mould and shape into a spiritual being, this I promise thee, for thy fragrance has permeated me, and thy sweet nectar has poured into my being, which leaves me intoxicated with Divine Love, quenching my thirst as I hunger for spiritual knowledge to attain the ultimate, to attain God realization and become a Godman just like dear Gurudeva.

A halo of light constantly surrounds Divine Master, a mysterious golden luster permeates from thy holy abode, a magnetic smile beams from Gurudeva etched in my consciousness for eternity. An avatar of love, the fragrance lingers still within me, until Divine Master we meet again. Not daring to walk ahead, neither walking too slow not wanting to fall behind, him I shall follow at thy holy side, as I walk my spiritual journey.

Alas, side by side, hand in hand in blissfulness with the avatar of God in the form of beloved dear Gurudeva my spiritual journey unto the infinite I tread. Nestled in the quietness of tranquillity a spiritual master awaits his flock beaming with joy. For thee who recites the four Vedas by chanting Gayatri Mantra, for thee whose ecstatic blissful love for Divine Mother is unmatched, for thee who loves unconditionally, for thee whose teachings is profound, for thee who believes faithfully, for thee who loves thy Guru unceasingly, my life I give *Unto Thy Lotus feet, For Him I Shall Follow*

Thank you, Gurudeva countlessly for allowing me the opportunity to express my gratitude.

While compiling this assignment a realization dawned within me, “God is Guru and Guru is God”.

OM SHANTI SHALOM AMEN

Paneer

Ingredients

- 1 gallon milk
 - 1 quart buttermilk
 - 1 cup canola oil for frying



Directions

1. Pour the gallon of milk into a large pot. Bring to a boil over medium heat. Watch carefully, as it will boil over almost as soon as it starts to boil. As the milk begins to boil, pour the buttermilk into the pot in a steady stream while stirring constantly. The milk will separate into curd and water.
2. Place cheesecloth into a colander, and pour the milk mixture through it. Reserve some of the liquid for later. Let the milk mixture sit in the colander for a couple of hours, or until it stops dripping.
3. After the curds are strained and settled, transfer them to a food processor. Process until smooth. It should be able to form a ball if it is the right consistency. If it is too dry, add a little of the reserved liquid and process again. The consistency should be like a firm ricotta cheese.
4. Turn the cheese out onto a clean surface, and knead until smooth. Form into a ball, and wrap in plastic. Refrigerate until needed.
5. To cook the paneer, heat the oil in a large heavy skillet over medium-high heat. Cut the paneer into bite size pieces. Fry for about 1 minute, or until a very pale golden brown. Drain on paper towels. Add to your favorite curry or dish.

Gayathri Peedam Calender 2011

July

- 12 Yogiar Ramiah Mahasamadhi Pooja
- 15 Gurudev's birthday and Guru Pournami Pooja
- 16 Sacred Mantra Chants & Crystal Healing Crusade Stanger 2pm
- 18 Gurudev leaves for India
- 29 Back home from India

August

- 6 Gayathri Maha Yajna
- 9 Special Gayathri Pooja, Stanger at 4:30pm
- 12 Varalaksmi
- 13 Pournami
- 14 Geeta week starts. PARK DAY
- 22 Krishna Janmashthami
- 27 Mahanavagraha at 3am
- 28 1 day trip to JHB

September

- 1 Ganesha Chaturti
- 3 Gurudev leaves for India
- 11 Gurudev's arrival from India
- 12 Pournami
- 24 Swami Murugesu Mahasamadhi Pooja
- 28 Navaratri Begins

October

- 1 Chariot Procession
- 6 Vijaya Dashmi
- 9 PARK DAY
- 12 Pournami
- 16 Mahanavagraha at 8am
- 26 Swami Murugesu Janastami, Deepavali; Mahaluxmi Pooja
- 30 1 day trip to JHB

November

- 6 Skanda Sashti
- 10 Pournami
- 12 Gurudev leaves for India
- 20 PARK DAY
- 27 Gurudev's arrival from India

December

- 3 Mahanavagraha 3am
- 10 Pournami
- 11 Gurudev leaves for India
- 24 Christmas Eve Service
- 30 Gurudev's arrival from India
- 31 New Year Service

*Please note that all dates are subject to change. For updates, please visit our website: www.gayathripeedam.com



Today, look at the sun and say: Lord, thank you for this day. Help me through the day and give me strength to deal with all issues. Say Om Nama Sivaya Om

Swami Shankarananda Maharajji

Satyamanda

