

Editor's Welcome

Om Gurudevaya 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

This past month has been hard on all of us. With exams, the sudden cold fronts, and the unforeseen circumstances, we had to expect the unexpected. Don't take anything for granted. Life's too short. Say what you mean, and mean what you say. All of the clichés about not thinking about the past and focussing on today, and *if tomorrow never comes* spring to my mind. Coincidental, I think not! From a young age we have learnt that every act is a consequential act of the Divine Mother. Even when we don't like the hardships and struggles we have to endure. Each one is a test for us. How do we overcome everyday trials? How do we stay positive when every turn we take, some negative force blocks our path?

A friend once told me, *God will never give you something you can't handle.* How true! These little obstacles are only there to make you stronger. Maybe the reasons why all the doors were closed, was so that you could eventually open the door that leads you to the perfect road. But no matter how many roads we take, the ultimate path we need to be on is the one that will lead us home to the Divine Mother. Who better to take us there than our spiritual teacher? Oh Gurudeva, take my hand and lead me home...

In reverence of the Master always

Praneshri



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Birthday Wishes

Happy birthday to the baby of our class, Rishti for the 18th of August! May our Divine Mother bless you always!

Spiritual Darlings

Age: 3-15



Rishti

Age: 14-25



Rishana

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The Importance of KARMA YOGA

Karma means action. Action includes three different functions which are; deed, speech and thought. *Yoga* means a system of life best suited for humankind to live in harmonious communication with Nature. An action is the movement of the physical body with mental effort to achieve something or some kind of enjoyment.

Good health and a peaceful mind is a must for one to enjoy this material plane and develop Consciousness to perfection. In order to achieve the intended purpose of this birth, one has to maintain harmony between the physical body and that life force; between individuals and society; and between nature and will.

Practising appropriate exercises of body, mind and a virtuous way of living is vitally important to achieve the desired state of yoga. Thus, Karma Yoga is a system of life, utilising the full potential of the body and the mind with understanding and awareness for a happy, prosperous and peaceful life!

Adapted from *Karma Yoga* by Yogirag Vethathiri Maharishi

Now that we understand that Karma Yoga is a way of life, we need to ask how we can adapt this idea to our every day lives. Ask yourself questions such as, *What can I do to live a healthy life?; How can I change my daily activities so that I can think of God and do God's work? or If I am unable to meditate for the required two hours a day, what else can I do to help still the mind?*

The easiest way to attain states of relaxation and bliss is to spend more time at the Ashram and to spend as much time as you can in service to the Guru. How? Come and clean!

It seems like a strange concept and you may be asking yourself, *How can work help me attain bliss?* The answer is simple, the more time you spend in the environment of the Ashram absorbing all the positive energy, the more open you become to Gurudev's teaching and thus, the more open you become to God! When we have spring cleaning days and when we all work together to tidy up after a big pooja, don't miss out because one day missed at the Ashram is a missed opportunity to experience God. We don't know when the Divine Mother

will shower her choicest blessings upon us and that is why we always need to be ready!

At the end of the day, you will feel that joy of knowing that your activity contributed to the maintenance of the house of God. The Ashram is that place where we find peace and sanctity. We can take that energy into our homes and enjoy it there too... but that energy has to come from somewhere.

Have you ever heard the saying *God will only help those who help themselves*? That can be directly translated into the belief that the energy you require for this spiritual journey will not fall into your lap whilst watching television! You have to show God that you are willing to do God's work and it all begins with cleaning the home. Gurudev says often that *cleanliness is next to Godliness*!

If you are sitting at home and feel bored because you have nothing to do, come to the Ashram and there you won't feel a bit of boredom! When you have brilliant ideas on how to better your experience at the Ashram, write them down and share them with Gurudev and the other devotees. There are always things to do for God and don't feel shy. The more you put in, the more blessing you will receive!

God bless you and we look forward to seeing you at our next clean up day!

ABC of Hinduism

Extract from *The Science of Self Realisation* RE Davis

Kundalini Soul Force. In people who are not yet spiritually awake, it is mostly dormant. In spiritually awake people, its energies are active, transformative and empowering. They are aroused by aspiration to spiritual growth, devotion, meditation and other practices, being in places where spiritual forces are strong, and mental and spiritual attunement with an enlightened person.

Life 1. The property or quality manifested in growth, metabolism, response to stimuli, and reproduction. 2. The physical, mental and spiritual experiences that make up our sense of existence.

Light Electromagnetic radiation. Light travels at 186 000 miles per second. The sun's radiation travels 93 million miles in almost 8 minutes to our planet where we perceive some of its visible light when it impacts the earth's magnetic field.

Focus on

MOTHER GAYATHRI

The world is Gayathri

*Om Bhoor Bhuvaha Swaha
Om Thath Savithur Varenyam
Bhargo Devasya Dheemahi
Dhyo Yo Naha Prachodayath*

In whatever form or character we worship God and consider Him as one who has created the universe, all lead to one conclusion that it has been the act of one Supreme Being. Heaven, hell and any other plane is included in the universe. Please realise one fact that Gayathri is the total universe! Things that move, things that do not move, the subtler force and the power to act in that force, is the Gayathri force in different forms.

Gayathri embodies all the five basic elements which are: air, water, matter, fire and space. The combinations of these elements make up the plants, trees and all vegetation; as well as everything from worm to man and from the stars to the sun and moon. All these elements are Gayathri in different forms.

The countless things in the universe are made of one basic thing and that is matter. According to scientists the combination and arrangement of atoms in various proportions and order brings about the difference in things for example, the same atoms found in coal are found in diamonds, just arranged in a different order. Thus, for the entire formation of the universe it is matter which has no shape or particular attributes but at the same time, all solids and subtler things are made of it.

In whatever religion God is worshipped, Gayathri is being followed. It is good to practice the Gayathri Mantra in all religions because it is the only mantra that shows the path to truth directly.

Many students who belong to various religions and nationalities that have been initiated into Gayathri report that they have found excellent results. If people of other religions speak highly of Gayathri, then shouldn't Hindus share that same sentiment?

We, therefore, strongly recommend Gayathri and would like you to benefit from its power too.

The Gayathri deity represents the entire universe, which is made up of the five elements. Each of these elements (Pancha Boodas) is symbolised as a face of Gayathri.

The Gayathri murthi is shown holding various objects in each hand, each representing an activity of the universe:

The lotus represents the division of the universe into various solar systems, each representing one petal of the flower. The central portion of the flower, where the pollen manifests, represents the centrifugal Divine force of the universe.

The whip (khasha) represents the reaction of people's conscious or unconscious acts; action and reaction.

The binding rope (pasam) signifies our karmic bonds to family and earthly responsibility.

The skull (kapalam) is to remind us that our physical bodies are destructible and that when we die, all that will be left is our bones.

Gayathri's spike (gunam) represents the false control people have over others through overemphasis of the ego. It also symbolises our potential and spiritual goal to control lower urges.

The conch (sanghu) is used to produce the sound of worship, reminding us that there is sound in every part of the universe.

The wheel (chakra) represents the entire universe in constant movement.

Gayathri has a crown on Her head and also has three eyes. The crown symbolises her superiority and authority of the created material world. The three eyes represent the sun, moon and people's visible eyes through which material power is emitted and works in the material universe. It also represents the third eye which continually radiates invisible subtle rays into the universe.

It can thus be understood that Gayathri is nothing other than the entire universe depicted in figurative language; Her faces being attributes and Her possessions the functioning modes of the universe.

(extract from *The Great Science and Power of Gayathri* by Swami Dr RK Murugesu Maharishi)



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He who has never practised spirituality has never attained.

Swami Shankarananda Maharajji

GURU PURNIMA

It is both an honour and a privilege to share a birthday with our Gurudeva. Our day started at 5am, commencing with sacred act of washing Gurudev's feet. With a scrumptious breakfast, alongside Our Embodiment of Love, we were ready to face the day ahead. As with every prayer setup, this was unique. Ten kalsas were laid out, with homage paid to various spiritual masters in our lineage, in a pyramid foundation. Fairy lights adorned the ashram, drawing the attention of the passersby. What an extraordinary prayer it was indeed going to be!

Satyananda & Premananda

With the grace of God, I find myself in the presence of my Divine Master, Swami Shankarananda Maharajji. Gurudeva guides us in all conditions and gives us inspiration to walk on the right Divine path in our lives. We, the Gayathri Peedam Youth are even more blessed to have Gurudev's birthday and Guru Pournami on the same day. What a divine and colourful day it was! The youth designed a beautiful card with each child having their special message written for Gurudeva.

We were taken on a journey throughout the country with well wishers from Midrand, Kimberly, Bloemfontein, Stanger, Port Elizabeth, Cape Town and not forgetting home, Verulam. Great blessings were bestowed upon devotees by Gurudeva. A special pyramid shaped shrine was created, displaying all the pictures of the Divine Masters. While Gurudeva was offering pushpum to every devotees Chakra, the sages and saints made their presence known. A sudden shower of blessings brought surprise and smiles all around. Gurudeva performed an incredible tandava dance around the shrine with other devotees joining in. Beatitude of devotion, dedication and love emanated from Gurudeva instilling in us a picture of ecstasy with God.....

Sejal & Avishna



GURU PURNIMA

Sherika

The noblest of all human relationship is between a Guru (a spiritual master) and His disciple who is aspiring to reach the ultimate mission of Self-Realization. Indian tradition has nourished, divinized and glorified this sacred relationship for ages. Hence a day has been dedicated to the association between a Guru and His disciple and given the status of a paramount festival known as, *Guru Poornima*. This festival is dedicated to pay homage and obeisance to the most ancient lineage called *Guru Shishya Parampara: preceptor disciple lineage*.

Guru means *preceptor*; Poornima means *full moon*. It is the day of full moon which falls in the month of Ashada in the Hindu calendar. In the Gregorian calendar it falls in the month of July-August.

The word Guru is made up of two Sanskrit words, *Gu* and *Ru*. *Gu* means *darkness* and *Ru* means, *dispeller*. Guru is one who removes the darkness. Darkness represents the ignorance of our Godhead.

The Guru is He who helps you to navigate the rapids and turbulences of the material plane, leading you to the spiritual ocean of bliss Swami Shankarananda Maharajji

The specific day of Guru Poornima is chosen on account of the birth of the illustrious sage, Vyasa, hence it is also called Vyasa Poornima. Sage Vyasa dedicated his life to the cause of gathering and structuring the Vedic hymns and mantras and preserving them in the form of four text books called the Vedas. The Brahma sutras, Mahabharata, eighteen Puranas and the Bhagavatam are the venerated text books attributed to the sage.

The sacred relationship between a Guru and disciple transcends all the barriers of age, gender, cast and creed. The bond between Guru and disciple is based on one mission spiritual upliftment. The Guru is always alert and watches how to lift His disciple spiritually to higher Consciousness. The disciple maintains unflinching surrender to his Guru for guidance; practices *sadhana* (spiritual discipline) and to emulate the higher bliss that the Guru experiences.

The Guru is the resilient link between the seeker and his goal of Self-Realization. He not only explains the intricate nuances of scriptures but also awakens the inner spiritual spark; inspires and guides the seeker to that path of God-Realization. Just as in the secular fields a sportsman needs a coach; a businessman needs a consultant; a

bodybuilder needs a trainer; similarly for a spiritual aspirant who in aspiring towards the highest, the Guru serves to augment and nourish the *mumukshatwas*, that is *the burning desire for liberation* and maintains the fire until the aspirant reaches the goal. The scriptures are deep and a study of the scriptures is complex. Therefore, one needs a Guru, a higher intellect to surrender to, who has digested the wisdom of the scriptures and who has trod the path. It is difficult to understand and admit the faults within one's own self. A Guru is endowed with the objectivity to understand your inner-self better and to guide you. Thus a Guru's blessings and guidance is vital for spiritual progress.

Blessings and guidance from the Guru alone will not get you to the spiritual destination. Self-effort from the seeker is vital! Self efforts include enduring the austerity and discipline; study, reflection and assimilation of knowledge of the scriptures and withstanding the onslaught of temptations from the material world. Thus, the proper blend of implicit surrender to the Guru and explicit effort will lead you to the ultimate goal.

Expression of gratitude to the Guru is an essential tradition and discipline in the Guru-disciple relationship. It is called *Guru Dakshina*, a reward the disciple offers to the Guru as a symbol of immense gratitude. Apart from other rewards, perhaps the ideal way to express your indebtedness to a Guru and the lineage of sages is studying and practicing the legacy they have left in the form of wisdom of the scriptures. Thus, be a symbol of Guru's teachings; the epitome of His message and be a beacon for others to emulate. Fulfill the cause for which the Guru stands, for it is an ideal form of expression of gratitude!



*Dhyaanamoolam guror murthih
poojamoolam guroh padam;
Mantramoolam guror vaakyam
mokshamoolam guroh kripaa*

The form of the Guru is the basis of meditation, the feet of the Guru are the basis of worship, the words of the Guru are the basis of Mantra, the Grace of the Guru is the basis of liberation

Hari Aum

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You must be totally self-surrendered to your Guru with real aspiration; absolute faith in thoughts, words, deeds and actions

Swami Shankarananda Maharajji

The Life of **RABINDRANATH TAGORE**

When one knows Thee, then no alien there is none, then no door is shut. Oh, grant me my prayer that I may never lose touch of the One in the play of the many (from Gitanjali)

Enchantingly beautiful words which have flowed from the pen of Rabindranath Tagore.

Rabindranath Tagore was born into a wealthy Brahmin family on 7th May 1861, on a Tuesday at number 6 Dwarakanath Thakur Lane, at the ancestral family home called, Jorasanko Mansion in Calcutta, India.

His parents were Debendranath Tagore and Sarada Devi. Rabindranath Tagore was the youngest of thirteen surviving children. The Tagore family patriarchs were the Bramho founding fathers of the Adi Dharm Faith.

Rabindranath Tagore's father Debenranath Tagore was himself an influential Bengali and member of the Brahmo Samaj. Although very wealthy he had an underlying spirituality, qualities which to a large extent were inherited by his youngest son Rabindranath.

Rabindranath Tagore mother passed away when he was 13 years old and he was raised by the maid servants.

Rabindranath Tagore received his early education first from tutors and then at a variety of schools. Among them was the Bengal Academy where he studied history and culture.

He also studied the Upanishads, languages and modern sciences. In 1872, he traveled to England in the hope of becoming a barrister, but left after one year and returned home to India.

He married Mrinalini Devi Raichanduri in 1883 and had two sons and three daughters.

Tagore played a large role in the artistic and cultural renaissance of India, which occurred in the 19th and early 20th century.

He became Asia's first Nobel Prize Winner for Literature in 1913 for his book *Gitanjali*.

As a writer, Tagore primarily worked in Bengali but after his success with *Gitanjali*, he translated many of his other works into English himself. Rabindranath wrote his first poem at the age of six and as a young boy studied the classical poetry of Kalidasa.

He composed some 1800 songs including India's national anthem *Jana Gana Mana* and Bangladesh's national anthem *Amar Shonar Bangla* translated as *Our Golden Bengal*.

Rabindranath Tagore was a creative genius who excelled in every field of the arts. As a poet, singer and playwright he won the love and respect not only in India, but all over the world. Tagore's reputation as a writer was established in the United States and England after the publication of *Gitanjali*.

In 1901 Tagore moved to Santiniketan (West Bengal) where he formed an ashram, dedicated to returning educational traditions of ancient India. Later, this school was to be expanded and given the name *Shriniketan* which means *Abode of Peace*. This project was dear to Rabindranath Tagore throughout his life.

In 1915 Rabindranath Tagore was knighted by King George; however he renounced his knighthood in protest of the Amritsar massacre in 1919, in which British Troops killed some 400 Indian demonstrators. Although Tagore stayed out of politics, he remained a good friend of Mahatma Gandhi, often being instrumental in persuading Gandhi to end his hunger strikes.

Between the years 1916 and 1934 he traveled widely. From his journey to Japan in 1916 he produced articles and books.

In 1927 he toured South East Asia. His Majesty, Riza Shah Pahlavi invited Tagore to Iran in 1932. During his *Journey's and Literature Tours* Tagore attempted to spread the ideal of uniting East and West.

At the age of 70, Tagore took up painting.

Rabindranath Tagore passed away on 7th August 1941 in his ancestral home in Calcutta, the house in which he was born.



Guru Sharanam

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www.writersspirit.net/authors/tagore

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On the road to Enlightenment with Patanjali



As we trod the pathway on the journey to Self- and God-Realisation, God hands us many tools; the eight-fold path of Yoga is one of them. Patanjali helps one to understand the various concepts of Yoga and eliminates confusion. By steady study of these yoga sutras, its application will take you to bliss.

The next two verses for discussion are from book one.

Verse 12:

Abhyasavariagyabhayam tannirodhah

The mind can reach the state of Yoga through repeated practice and dispassion

Practice and detachment are the means to still the movements of consciousness. Fluctuations of consciousness are to be controlled through repeated yogic practices. Mental strength must also be developed to attain detachment and freedom from desires. At higher levels *vairagya* (detachment) without *abhyasa* (practice) could lead to stagnation and inner decay.

Verse 13:

Tatra sthitau yatno 'bhyasah

Repeated practice is the correct effort to still these fluctuations

Practice is the steadfast effort to still the fluctuation of the mind. This is a requirement to attain a constant, steady, tranquil state of mind.

In order to free the mind from its instabilities and uncertainty, the aspirant is advised to practice intensely all the yogic principles, from yama to dhyana. These embrace all disciplines: moral; ethical; physical; mental; intellectual and spiritual.



The whole universe vibrates with female energy. The first word that a child says is 'mummy', not 'daddy'. Because that is the energy that is always there and so easy to absorb. Many of us look for God everywhere else except where we should be looking - within ourselves. The body is matter or 'prakti'. The energy required to move mass is called 'shakti' - the female energy. No matter where you go in the world you will find that the mother takes the first place in everybody's life. A child calls their mother when they are hurt. This is a natural occurrence. We might think that we're calling our physical mother, but we are actually calling the Supreme Mother. So when we have some kind of injury we call, 'Ma'. If a child needs something, he'll shout for his mother first.

Gayathri has many forms. One form is Hamsa Gayathri. She sits on a swan and is the deity of a movement called 'Gayathri Pariwar'. The form of Gayathri that we follow is called Kabala Brahma Gayathri. She has five heads and sits on a lotus and holds a skull in her right hand. What does this mean? This means that our five senses, our five sheaths, or five bodies, are all the same if you follow the principles of spirituality. There are no differences between the bodies, if you follow universal spiritual principles with regard to female worship of God. It also means we should not be egoistic when we worship Mother Gayathri. The mantra, and the tantra mantra, is said to be the mantra of all Vedas. Just by reciting the powerful Gayathri Mantra, no matter what you want, you will get. We have devotees who are perfect examples who, by following the sadhana of reciting the Gayathri Mantra, sixty-four times in the morning, one-hundred-and-eight times at lunch, and sixty-four times in the evening, attain whatever they desire, without exception. I, too, am a perfect example of reciting the mantra and attaining, both spiritually and materially. But you must do the minimum required number of mantras. Do not do them all at one time, but three times a day, as indicated.

The Gayathri Mantra is so powerful that it was not given to the ordinary man prior to Sri Ramacharya and Murugesu Swami. Sri Ramacharya instructed Murugesu Swami to make the mantra public. This is the mantra that only the brahmin (priest) class were allowed to recite at one time. Why? Because the benefits and destructive capabilities are so extreme. It can also be used

Negatively in tantra in a special mantrika formula. After you've recited the mantra a certain number of times, you'll find that the mantra becomes part of you and that you'll resonate at the frequency of that mantra. For every breath we should do one Gayathri, all day. If this is done for five years without failure, the Mother will appear in front of you and tell you to stop. I have experienced that myself so I can tell you that it works. You should be initiated into the mantra. This is usually done with hindu males at birth, but this is seldom done nowadays. People forget that this powerful medicine should be used daily. I can tell you gain, from my experience, and the experience of some people here. Your day is not complete if you didn't recite the mantra at least once. We must just find the time to do this.

Traditional Hindus conduct fire ceremonies. The simple understanding of this is that without fire there is no life. That might not sound right to us, but when you are dead, they say you're cold. When you're not dead, they say you're warm – there must be a fire somewhere. The Sun is fire and it sustains our solar system. We need to thank the fire within us for our sustenance. Also we offer all our negativity to the fire to be consumed. So 'swaha' means *my offering to you* - we are acknowledging the existence of the fire within us. When we have a temperature, we get hot, over-fired. The nadis in our body are blocked, causing a heat buildup, we call it a *high temperature*.

So, this is how fire worship came about. Food is sometimes also offered. Fire is the only thing that consumes anything completely. That is one aspect. The other aspect is – what is offered to the fire during many fire ceremonies, including the Gayathri Maha Yajna, is called samaghri – a mixture of herbs from the Himalayas. By burning it, we inhale the smoke and it clears our nadis. How the herbs are picked is also interesting. In India, priests ask the plants if they can be plucked, only the plants that lean forward are picked. After five-thirty in the evening, no plants will lean forward. Plants are not to be picked in the evening. The Tulsi plant (Holy Basil) in South Africa is one such plant. There should be four-hundred-and-eight herbs in every hawan mixture. We mix our own herbs to use. That's where the Gayathri Peedam is different. Your whole energy system is healed by this practise.



**KID'S
CORNER**

RIDDLES

What is black and white and pink all over?

An embarrassed zebra!

Have you heard about the restaurant on the moon?

Great food, but no atmosphere!

How do rabbits travel?

By hareplane!

In which month do monkeys play baseball?

Apri-til!

What did the beach say when the tide came in?

Long time no sea!

Glossary

Wisdom The understanding of what is true, right or enduring.

Space The infinite extension of three-dimensional reality in which events occur.

Prosperity Having success, thriving. When the spiritual, mental, emotional, physical and environmental components of our lives are harmoniously integrated, we are truly prosperous.

WORDSEARCH

Gayathri

Z Q M J U W O E Z A F R K J R U E D O A
C R I R O S U A Y E Q I A P Y P Y X G C
X Y U S N U H G E F Q B I E G G W M J R
X X Q Q X R T A Y A F D O R O N K N W Z
I A O X U V E L A K L S B I H X F R T D
Z E Y C M R V H F K D A V Z K G F J T S
R F K M O A W R T N Z C D H G Y A Y R D
A Z S H E D A T A O T U O B K Z P M J N
N F L R E G X L W I M N V A D Z L I A F
R R D C R L R F S T E E L V K R D J R S
H A W A N A W T D A C F V B V M S P L J
D P N K G M V V B T D F F K T K C J J C
V C A D L F L O T I G H P E C X N S A J
E V D C L V J O L C E E A J R J J M H A
Z R B R R U O O T E C A X N U X B D Z L
T R F P A G V P C R G Z V K A U X H H A
H D P N M E V F L Y W V D W Z U M Y B M
M A Q V R O D Q B H X H W Y M P D T L M
A J A P A L V S R K L A M N I T T X Q S
M T X X K I I V M T C P X Q L Z V R L A

Mother
Japa
Sadhana
Karma
Love

Samaghri
Garland
Fragrance
Hawan
Recitation

STUDY TIPS



Be Inquisitive

If you find that having a friend study for a test with you helps the most, why not make flash cards or make mini quizzes for one another to answer. The key is to make use of your study time and not turn the get-together into a video game marathon or gossip session.

Write it Down

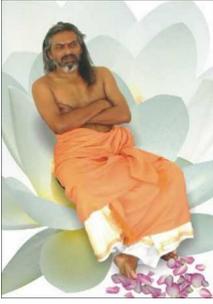
Keep all your notes from your classes and read them over, as well as your textbooks. Make note of things your teacher has said might be on your test so you can be sure to review it. If you're just reading straight from a textbook or novel for class, try reading aloud. Hearing yourself say it while you read often helps you to retain more of what you've read.

Ask For Help

If you are still struggling with forming good study habits, don't be afraid to talk to your teachers. Many schools have homework help available to you during lunch or after school. Your teachers may also be able to suggest tutors that you could work with.

Read more: **Brushing Up on Your Study Skills**

<http://www.kidzworld.com/article/2666-brushing-up-on-your-study-skills#ixzz1Oh0MR4ul>



HOW I MET MY GURUDEV

Kubashni

It was one of the most auspicious days in 2010 at 00.30. On the unique night of Maha Shivarathri, I took my first step into the Gayathri Peedam and was graced with the presence of a great Master, a Divine soul - My *Guru, Swami Shankarananda Maharajji*.

I remember as I walked in, Mahen introduced me to Swami and as I walked away I had an unusual feeling, which could not be expressed at that moment. I was amazed by Him and the way He made me laugh and brought a smile to my face. It felt as if, at that time and moment, an instant connection was made. Still new to this feeling, I just enjoyed His divine presence and never asked any questions. It is now two years that I have been with my Gurudeva and whenever in His presence, it is always my best moments. Gurudeva brings me so much joy and happiness and I wish everyone could feel this way, everyday. Just a thought of my Gurudeva makes me smile.

To me, My Guru is God; I know He is there no matter the situation, although I cannot see my Guru all the time I know that He is there. Gurudeva has been with me through difficult times and good times and He is the reason for all success and achievements that I have accomplished to this very day.

I love you Gurudeva!

This song is for you! You are my inspiration!

Oh my Guru

Oh my Guru

Oh my GuruSwami Shankarananda

Swami Shankarananda

Swami Shankarananda

Swami Shankarananda..... is my Guru

He brings joy and gives me peace

He protects me daily with his divine grace

Om Nama shivaya

Om Nama shivaya

Om Nama shivayaShivaya Nama Om

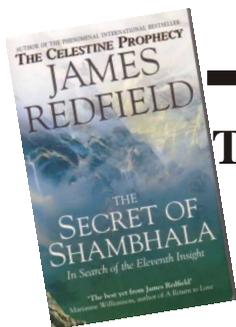
My Guru is the Light of my life

The light in my life is Swami Shankarananda

Swami Shankarananda

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Swami Shankarananda..... is my Guru



THE SECRET OF SHAMBHALA

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In the remote snow covered mountains near Tibet lies a community long thought to be a mere myth called Shambhala, or Shangri-La. In this place, is knowledge that has been kept

hidden for centuries, and an insight that can have a profound impact on the way each of us lives our lives.

Your search for Shambhala begins with the words of a child and the vision of an old friend. Those slender clues and a powerful synchronicity will lead to Katmadu, Nepal and then to Lhasa, Tibet. Amid blowing snows and perilous mountains, you will meet the members of the secret Tibetan sect that guards mysterious legends the verbal instructions handed down for centuries that describe the inner changes one must undergo before entering Shambhala.

Finally, with Chinese Agents in pursuit, you will pass through regions where anger and compassion struggle for ascendancy, and arrive at a place where the stunning reality about human prayer-energy our underdeveloped ability to increase the synchronicity in our lives and influence what will happen to us in the future - is revealed.

Excerpt from the book:

'Here in Shambhala we understand the fact and we also understand that we come down here from the purely spiritual plane to accomplish something. We come here on a mission to bring the whole world into full spiritual awareness, generation by generation and to do it as consciously as possible. That's why we participate fully in this life process from the very beginning before birth itself, in fact.'

She looked at me to see if I understood, then continued. 'There is always an intuitive relationship between the mother and father and the unborn child before birth.'

'What kind of relationship?' I asked.

She smiled. 'Everyone here knows that souls begin to contact parents before conception. They make their presence known, especially with the mother. It's part of the process of deciding whether the prospective parent is actually the right one.'



THE CHRONICLES OF PUGLANANDA

Pugla: So Guruji, why is the number 9 symbolic and significant? We have 9 days in Navarathri; in Hindu astrology there are 9 planets. Why not any other number? I would think that 1 would be the most significant number as it represents a single self.



Guruji: The ancient scriptures say that Brahman, or God, is symbolically represented by the number 9. 9 is the only number that, when multiplied by any other number, the resulting digits added to a single number will be 9. Confused? Here is an example:

Let's take the number 352 and multiply it by 9.

The result is 3168.

If we add $3 + 1 + 6 + 8 = 18$.

If we further add the 1 and the 8, we get 9.

Now for the symbolism: the understanding that the ancient scriptures have tried to portray is that no matter how many times we are born and from birth itself, we will return to that Brahma, the creator. It also says that if Brahma, or God, is a factor in this equation of life that we are trying to solve, we will definitely return to God and be free from the cycle of birth and death. The number one should not represent the single self. We should strive to have no self, i.e. the ego self should be dissolved. Then only can the attainment that we seek will be possible.

GAYATHRI MANTRA

*Om Bhur Buvaha Suvaha Thath Savithur Varenyam
Bhargo Devasya Dheemahi
Dhiyo Yonaha Prachodayath*

We contemplate the glory of Light illuminating the three worlds: gross, subtle, and causal.

I am that vivifying power, love, radiant illumination, and divine grace of universal intelligence.

We pray for the divine light to illumine our minds.

The entire mantra represents all energies and powers constantly present and functioning in the universe. It is known that, throughout the universe, numerous radiation activities take place constantly, causing the creation, sustenance and destruction of matter. Every single, different kind of radiation is represented in the words of the Gayathri Mantra, for example, the mode of functioning of the universe is represented by the following words: *Bhoor* represents creation, *bhuvaha* represents sustenance, and *swaha* represents destruction. Thus the first three words of the mantra already tell us that the power of Gayathri is that of creation, sustenance and destruction, which are constantly prevalent throughout the universe. From this, we can further understand the other words of the mantra.

Other power words of the Gayathri Mantra represent the animate and inanimate life processes of post-creation, and the ways in which such life processes evolve. Before we continue in our understanding of other Gayathri mantra words of power, it is necessary to first understand the power of the word OM. Although the word OM is pronounced as such, it is, in fact, comprised of three letters, A-U-M, and is not merely a word, but an entire sentence, possessing a subject (A), object (U) and a predicate (M). Thus AUM also holds the same power as the first three words of the Gayathri Mantra, Creation (A), Protection (U), and Destruction (M). Therefore AUM is not only a representative grammatical sentence, but it is also the source of radiation by which the three activities of the universe take place. OM is the source of the three powers expressed by Bhoor, Bhuvaha and Swaha.

In the same way that a common electrical current can work with different applications, these three different actions take and the source of these energies is OM and, when pronounced correctly, the same three powers begin to act within the atmosphere of our own immediate vicinity.

Now let's look at other words of the Gayathri Mantra.

Tat represents that which was spoken as OM, Bhoor, Bhuwaha and Swaha. As there should be a name for the nameless attribute, even other religions name the same force using their own representations, such as Jaweh, Zaratra, Allah, Narayana, and others. The Vedas use Savitha to represent the nameless source of All. This word represents power. The first part of the mantra explains the energy that works in the universe, while the second part tells what we should do and what benefit can be derived from the Gayathri Mantra. It translates: 'O, man, let us meditate' (dheemahi); 'beneficial' (vareniyam), 'qualities'(bhargo), of (savithu) the universal source of three activities.

This means 'let us meditate upon the Almighty's beneficial qualities'.

who yaha
for us naha
true knowledge dheeyah
gave prachodayath

We meditate upon Savithu's beneficial qualities because He is giving us the true knowledge of the universe and its power. Although this is the meaning of the second part of the mantra, the combination of the words has a special power to develop true knowledge in one who recites the mantra. Whether or not one believes in the symbolism of Gayathri, the true knowledge of the universe and its functions will still be bestowed. This is partly the place ceaselessly, from the smallest atom to the largest sun, reason it was initially suggested that the mantra be recited only by priests, as they were presumed to use the truth for good only.

(extract from *The Great Science and Power of Gayathri* by Swami Dr RK Murugesu Maharishi)

LET'S RECYCLE



This month, let's talk about saving our precious resources. Making a few lifestyle changes can dramatically reduce electricity and water usage. Imagine life without electricity and fresh water... what would you do? How would you live.... That means no TV, no microwave and no BBM! That is because there wouldn't be electricity to charge your phone.

Here are some water saving tips:

- Repair leaking taps and the garden hosepipe immediately
 - Turn the tap off when brushing your teeth or while lathering your hands. Turn the tap on to rinse only
 - Compost your garden generously to protect plant roots during dry weather and to retain moisture after rain
 - One or two bricks placed in the toilet cistern will save you many litres of water in the long term by using less water per flush

Here are 2 electricity saving tips: ask your parents to help:

- Keep the thermostat on your geyser at 50 degrees Celsius. There is no point in having piping hot water because when you bath, you use more cold water anyway. This is a waste!
- Wrap a thermal blanket around the water outlet pipe of the geyser and the actual tank. This is affordable, environmentally friendly and will help keep electricity costs to a minimum!

If you can help mom and dad save money on their monthly expenses (such as water and electricity bills), there will be more money to buy the cool japa beads you want!

Tree of the Month

COMMON CORAL TREE

This tree grows all the way from Durban right through to Botswana. The brilliant red flowers grow densely and will emerge long before the leaves grow in Spring. If the tree is watered during Winter then the old leaves won't fall off and you won't be able to see the beautiful flowers so well. It's important for this tree to lose all its leaves in winter because if it doesn't, then not as many flowers will grow. The flowers are the life of the tree because the flowers eventually become fruit with seeds and these seeds will fall off. When the seeds fall off, more trees will grow. The leaves have small hooked thorns on the

Under-side so be careful when hugging this tree. Also, there are thorns along the branches, so sorry you won't be able to climb this tree! The fruit is a cylindrical black pod which is constricted between the seeds.

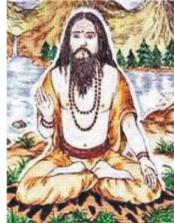


The tree will be happy in just about all soil types and you can even cut off any branch to plant elsewhere and it will grow!

18 TAMIL SIDDHARS

SATTAMUNI

Sri Sattamuni Siddhar was born in Sri Lanka and travelled to Tamil Nadu. He witnessed Maha Bogar in a temple and was captivated by His radiance. Sattamuni then abandoned his family and became a disciple. He worked in simple language which appealed significantly to the common man. His works include Sri Sattamuni Karpam 100 and Sri Sattamuni Nigandu 1200.



SUNDARANANDAR

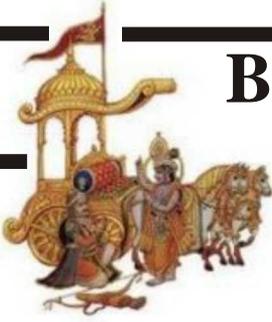
Sri Sundaranandar is the disciple of Siddhar Sattamuni. It is believed that He received the Shiva Lingam of Siddhar Agastyar, established it in Saduragiri and worshipped it.

Saduragiri Sundara Mahalingam temple comes under the Thaniparai area of Saptur reserve forests in Tamil Nadu. It is located in Watrap, Viruthunagar district. Srivilliputtur is the big city located near Saduragiri. For thousands of years, realized sages and siddhars lived there worshipping the Shiva Lingam called *Sundara Mahalingam*.



Sundaram means, the handsome One; *Maha* means great and *lingam* means *Shiva, the Supreme Self*. This mountain shrine is considered a dwelling place of the siddhars. This can also be attributed to the numerous medicinal plants available in the Saduragiri Mountains. There is also a cave called *Thavasi Parai*. Sundaranandar and his Guru Sattamuni lived there.

Sundaranandar was an expert in space travel and Samadhi yoga. He attained his Samadhi at Madurai.



BHAGAVAD GITA

The Divine Song of God

Gita Week starts on the 14th of August. This is another Divine opportunity for you to take out your trusted Bagavad Gitas for daily study and attainment! Enjoy it and try make it a habit of reading a few lines every day.

What is God's purpose? (Continued....)

In *chapter 8 verse 14*, Krishna says,

*Ananyacetah satatam yo mam smarati nityasah;
Tasyaham sulabhah partha nityayuktasya yoginah.*

“I am easily attainable by that ever steadfast yogi who remembers Me constantly and daily, with a single mind, O Partha.”

Here one is reminded that by ever steadfast practice, one can attain God. *Ever steadfast* means... 'with a single-pointed mind only towards God and nothing else.'

To understand God, another level needs to be reached. This is not easy, but it is attainable. Here, in *chapter 9 verse 22*, this is illustrated:

*Ananyascintayanto mam ye janah paryupasate;
Tesam nityabhiyuktanam yogaksemam vahamyaham.*

“Persons who, meditating on Me as non separate, worship Me through everything they do. To them, who are thus evenly established in yoga, **I provide what they lack and preserve what they already have.**”

This is a very divine, profound and rare statement because this is actually the highest statement for those *bhakta yogis*. For this is the royal secret- *the road to realization of the absolute*. Many of you have engaged in the self manufactured products of illusion, you should disengage from it. Think of God always! Thinking of God for a few minutes a day and for the rest of the day thinking of the activities of the world, creates insincerity and doubt. To be sincere is the natural attitude of the mind; to be ever engrossed in God.

Krishna says, “Think of Me always; and I shall protect you.”

This is the only way.

Whenever we look at the Bhagavad Gita, it seems that yoga is the best way to become God realised. That is what the indication is here.

And again in *verse 26*:

*Patram puspam phalam toyam yo me bhaktya prayacchati;
Tadaham bhakti upahrtam asnami prayatatmanah.*

“Whoever, with devotion, offers Me a leaf, a flower, a fruit, or water, that I accept the devout gift of a pure-minded.”

Krishna says, "I lovingly accept the offerings of leaves, fruits, flowers and water. The selfless worshipper makes to Me with true devotion."

We used to have somebody in this temple who had brilliant children and at their matric examinations they would come here and make the vow, 'For every A my child gets, I will donate x amount of money.' They needn't do that because the children were brilliant but that is bargaining. That is not an offering made from a pure mind. A pure bargaining means not bargaining with God. This divinely loving acceptance by Krishna of any kind of offering made to Him by the earnest and devoted devotee, is the commencement of great reverence towards spirituality.

And *verse 27*:

*Yat karosi yad asnasi yaj juhosi dadasi yat
Yat tapasyasi kaunteya tat kurusva madarpanam.*

"Whatever thou doest, whatever thou eatest, whatever thou offerest in sacrifice, whatever thou givest, whatever thou practisest as austerity, do it as an offering unto Me."

Whether you offer God a leaf, a flower, a fruit or a little water, He will accept it, only if your offering is with devotion and a pure mind. Offer to God your love, your natural inner equipment for there is really nothing else we can offer God. We cannot offer what is already His, such as our wisdom or wealth. We can only offer pure love. The beauty of this is that love is all God wants. Even your austerity must be with devotion and a pure mind towards God. Don't have any other thoughts in the mind...

The Lord will bear the responsibility for guarding this fear of the devotee's *yug*, if he performs all deeds, from the humble act of eating, to the Lord.

To explain God further, *chapter 18 verse 66* concludes this question, "Explain God?"

*Sarvadarman parityajya mamekam saranam vraja;
Aham tva sarvapapebhyo moksayisyami ma sucah.*

"Relinquishing all *dharmas*, take refuge in Me alone; I will liberate you from all sins; grieve not."

This is not possible unless you are rooted in and routed towards God. Remember that taking refuge in God is, in itself, freedom from all karma or sins. In God, there is neither sin nor sorrow. God is bliss. Bliss is that state of the absence of the total sense faculty, becoming *senseless*. The Lord says, "Just take refuge in Me, I alone can liberate you from all sins, therefore, do not grieve."

CHEEZY MUSHROOM VEGGIE SCHNITZELS

Cooking Time 20min
Preparation Time 20min
Serves 2

Ingredients:

1 Punnet	Mushrooms
200 g	Cheese
Pinch	Mixed Herbs
4	Fry's Vegetarian Golden Crumbed Schnitzels
Half Cup	Milk
1 Dollop	Cranberry Sauce

Method:

Grate some cheese and chop the mushrooms. Lightly fry the mushrooms in a small pot, add the cheese, mixed herbs and quarter a cup of milk.

Lightly fry Fry's Vegetarian crumbed schnitzels in a teaspoon of olive oil. Place your cheese sauce over the schnitzels and serve with a dollop of cranberry sauce.

(www.frysvegetarian.co.za)



Gayathri Peedam Calender 2011

August

- 12 Varalaksmi
13 Pournami
14 Geeta week starts.
Sacred Mantra Chants-Duruga
Temple, Verulam 10am
21 Sacred Mantra Chants-Tongaat
22 Krishna Janmasthanami
27 Mahanavagraha at 3am
27+28 JHB

September

- 1 Chaturi
3 Bhajan in Stanger
5 Gurudev leaves for India
12 Pournami
15 Gurudev's arrival from India
16 Kimberley
17+18 Bloemfontein
24 Swami Murugesu Mahasamadhi
Pooja
25 Sacred Mantra Chants -
Ladysmith
28 Navaratri Begins

October

- 1 Chariot Procession
6 Vijaya Dashmi
7-9 Port Elizabeth
12 Pournami
15 Mahanavagraha at 2am
16 Sacred Mantra Chants-Dundee
23 Newlands-Pack Hampers
26 Swami Murugesu Janastami,
Deepavali; Mahaluxmi Pooja
29 Sacred Mantra Chants-Stanger
30 1 day trip to JHB

November

- 5+6 Yoga Therapy Workshop (R300)
6 Skanda Sashti
10 Pournami
12 Gurudev leaves for India
20 PARK DAY
23 Gurudev's arrival from India
26 Dinner at Kloof Hall
27 Crystal Healing Workshop-Stanger

December

- 1 Gurudev leaves for India
3 Mahanavagraha 3am
10 Pournami
24 Christmas Eve Service
31 New Year Service

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

