

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.

Dedication to SWAMI MURUGESU MAHARISHI.

Not a day goes by when I do not think about You.
I long to hear your voice.
I long to hear your melodious laughter.
I long to hear you answer the phone with your distinct line, "Hello, vanakum, vanakum, asirvaad appa asirvaad."

My earliest memory of you is one that is forever instilled in my mind. There was this buzz the entire morning of your arrival here in South Africa. Butterflies in my tummy, I kept thinking, "Is Swami really coming? Is Swami gonna like us? I hope Swami enjoys his stay with us." All these feelings of excitement and nervousness ran through me.

Then you stepped out and for a moment, I think the earth stood still. The first time I saw you, I was filled with this incredible joy that I could hardly contain. Your entire being radiated this bliss of the Divine. But how does a 13 year old girl explain that her whole outlook on life changed just by the touch of your feet?

So here we are, 13 years later, since our first meeting, and I pine for those precious moments spent with you. Memories play through my mind like a movie. How do I pick a favourite, when every second with you, was a second spent with God?

24 September 2007 came too soon for me. While we shed tears on this material plane, the heavens shed tears of joy for they were gaining their most beautiful angel back. And even though your presence still lingers here, I yearn for the day that we shall meet again. You are the keeper of my heart, My Beloved Swami Murugesu.

In reverence of the Master always
Praneshri



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GURUDEV AND MA'S SPIRITUAL DARLING



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The Importance of YOGA ASANA

Yoga is the science of truth and God union.

The practice of Yogasanam (postures) is frequently referred to as *The Scientific Art of Mastering the Body*. The purpose of yoga postures is to create physical awareness and control, training the body to sit still for prolonged periods of time, in preparation for meditation. You will start noticing things about your body you never knew before when you practice postures. This awareness that is created by knowing the body is an important key to progressing in the spiritual journey.

Avoiding eating for at least one hour before a yoga session and one hour after the session will render to movement of energy throughout the body more effective. Why is this so? It is because the digestive processes of the body will interfere with the energy flow created by the asana.

Each posture should be practiced slowly and in steps to prevent injury. One must also make sure that breathing is continuous throughout the entire yoga session, in other words, don't hold your breath at all!

The Kriya Yoga of Mahavatar Babaji Nagaraj that Gurudev teaches us includes a system of 18 postures and should be practiced daily. This is the easiest way to attain enlightenment, to realise the Self and to realise God. Each posture is scientifically designed to release stagnant energy and clear the chakras (energy centres) so that we can attain that immortal state of oneness with God.

It is important to understand that yoga is not a competitive activity and during class, students should never try to 'outdo' each other. The best you can do is good enough, but this is not an excuse to be lazy either! Each student should work at their own pace and abilities and the whole class should support each other.

With continuous practice of yoga asana you will become healthy; you will be able to think with clarity and will notice that stress will disappear like dew on a rose in the morning sunlight. If you suffer with a weight problem, these postures will solve that too!

The postures will assist with muscle problems, blood pressure and cholesterol issues and even ulcers. The advantages are endless. The most important part of this is that you will have so much fun and feel so energised that you will not want to leave!

Gurudev conducts classes almost every night of the week. Speak to one of the yoga students and they will help you with whatever questions you may have.

God bless you and enjoy the journey.

ABC of Hinduism

Extract from *The Science of Self Realisation* RE Davis

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

Matter Something that occupies space. Matter is confined energy.

Maya That which measures, defines, limits and produces forms of matter. A characteristic of the primordial field of nature.

Meditation An undisturbed flow of attention to an object or ideal to be identified with or realised. Intentional detachment of attention and awareness from external conditions, the senses, emotions and mental states that enables one to realise the pure-consciousness essence of being and the reality of God.

SHAKYAMUNI BUDDHA

Siddhartha Gautama commonly known as the Buddha is the founder of the Buddhist religion called Buddha Shakyamuni. *Shakya* is the name of the royal family that he was born into and *Muni* means *Able one*. Buddha was born as a royal prince in Lumbini (originally a northern part of India but now Nepal). His parents were Queen Mayadevi and King Shuddhodana.

His birth was an auspicious one. His mother dreamt that a white elephant descended from heaven and entered her womb. The white elephant entering her womb indicated that on that very night she had conceived a child who was a pure and powerful being. Later on, when giving birth to her child, instead of experiencing pain, the queen experienced a pure vision in which she stood holding the branch of a tree with her right hand while Brahma and Indra took the child painlessly from her side. They then proceeded to offer ritual oblations to the divine child.

As a young prince, he mastered all the traditional arts and sciences without needing any instructions. He once told his father that he could count all the atoms in the world in the time that it takes to draw in a single breath. Although he did not need to study, he did so to please his father and to benefit others. The prince would take every opportunity to convey spiritual wisdom and encourage others to follow spiritual paths. One time, when he was taking part in an archery contest, he declared, 'With the bow of meditative concentration, I will fire the arrow of wisdom and kill the tiger of ignorance in living beings.' He then released the arrow and it flew straight through five iron tigers and seven trees before disappearing into the earth! By witnessing such demonstrations, thousands of people developed faith in the prince.

The prince would often go to the capital city to see how people lived. During these visits he came into contact with many old people and sick people. He also saw a corpse on one occasion. These encounters left a deep impression in his mind and led him to realize that all living beings, without exception, experience the sufferings of birth, sickness, ageing and death. Because of his highly evolved nature, he also understood the laws of reincarnation and realized that all beings undergo these sufferings again and again. Seeing all living beings trapped in this vicious cycle of sufferings, he felt deep compassion and developed a sincere wish to free all from suffering. He resolved to leave the palace and retire to solitude in the forest to engage in profound meditation until he gained enlightenment.

At the age of twenty nine, the prince had a vision in which all the Buddhas of the ten directions appeared to him and spoke in unison saying *Previously you resolved to become a Conqueror Buddha so that you could help all living beings trapped in the cycle of suffering. Now is the time for you to accomplish this.*

He found his way to a place near Bodh Gaya in India, where he found a suitable place to meditate. There he practised a meditation called *space-like concentration on the Dharmakaya* in which he focussed single-pointedly on the ultimate nature of all phenomena. He did this for six years and was nearly close to achieving full enlightenment. He resolved to achieve this full state of bliss and sat under a Bodhi tree and vowed not to rise until he attained this goal of enlightenment. He then immersed himself in the space-like concentration on the Dharmakaya.

During this pivotal time, Devaputra Mara, the chief of all demons or maras, tried to disturb Siddhartha's concentration by conjuring up many fearful apparitions, manifesting terrifying throw weapons, hurl to burn him with fire mountains at his force of weapons, rocks and him as a rain of fragrant fires became like lights. In this way, he demons of this world, subsequently became *Conqueror Buddha*. He intense meditation and a *svarja-like* this concentration, he ignorance from his Buddha, a fully



demons that would boulders, some trying and even hurling Siddhartha. Through concentration, all the mountains appeared to flowers, and the raging offerings of rainbow triumphed over the which is why he known as the continued with his attained a state known *concentration*. With removed the veil of mind and became a enlightened being.

The Buddha has shown that with conviction and sheer determination, a person can accomplish the states of full liberation from the vicious cycles of endless births and sufferings. He also taught that we all should have compassion and understanding for all beings in this universe. His simplicity even though being born into royalty shows us his humble and pious nature towards all persons that he came into contact with. Let the wisdom of Buddha Shakyamuni resonate in all of us and may he inspire each and every one of us to seek the altar of God and immerse ourselves in that Divine bliss which is eternal and everlasting joy.

Om Namo Shakyamuni Buddha Namaha

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It is not about bargaining. Its not about whose bigger than who. Its about God. Its about Self. Its about union with God.

Swami Shankarananda Maharajji

NAMASKARA or NAMASTE??

Amongst Hindus there is a unique and cultural way of greeting one another: palms are folded and placed in front of the chest and the head bows down with the pronunciation of *Namaskar* or *Namastey*. This is the traditional greeting Hindus make to anyone young or old, friend or family. *Namah* means, *I bow down* and *tey* means *to you*. *Namastey* literally means, *I bow to you*.

Namah and *Kar* (act) also mean, the act of bowing down. When you bow down, it is a symbol of surrender and humility. Surrender and humility is an essential component of learning and growing. By bowing down, you are acknowledging that the other person in some way or the other is greater than you. You recognize that you do not have all the virtues. The other person has some value and virtue that you have not yet have mastered. In that respect you admire him, surrender to him and are willing to emulate him.

At a deeper level, you are bowing down to the Divinity in the other person. The two hands represent the two individualities. The five fingers represent the five koshas or sheaths. They are *annamaya kosha* food sheath; *pranamaya kosha* vital air sheath; *manomaya kosha* mental sheath; *vignanamaya kosha* intellectual sheath and *ananda maya kosha* bliss sheath. The palm that unites the five fingers represents the Self, the God principle within that holds all the five koshas together. The five koshas are enlivened by the Self within. Individuality differs from person to person because the body-mind-intellect is different. But the Self within is the same in all. *To that supreme Self in you I bow down.*

Prostrating to Guru or Elders

When you meet your Guru, parents, an elder or a spiritually-evolved person you greet by touching his/her feet or prostrate by falling flat at his/her feet. Prostration is done in front of the person with the feet, knees, stomach, chest and forehead touching the ground and hands touching his/her feet. The Guru or the elder returns the greeting in the form of blessings called, *Aashirvada*, by placing the palms over your head. The feet symbolize the substratum of his/her personality, the foundation of his/her personality that is the supreme Self, Divinity. Guru stands for Truth, Divinity. When you touch Guru's feet or prostrate, you are bowing down to the Divinity, the foundation of his personality, the supreme Self!

The Guru or elder returns the greetings with aashirvada by touching your head

and asserting in his mind a noble wish. *Asha* means *wish* and *vaada* means *assertion*. Thus *aashirvada* means asserting a noble wish. When you prostrate and receive the others blessings you are winning over their positive thoughts, purity of heart and nobility of intentions. The Guru or elder have grown above pettiness, selfishness and ego. They are considered to be pure and selfless. When a person who is spiritually-evolved, who is selfless and ego-less wishes something for your benefit, it materializes! Human thoughts are one of the most powerful forces. The good thoughts and wishes of a selfless person are even more so. It is called *sankalpa*. *Sankalpa* is made up of two words, *sat* and *kalpa*. *Sat* means, *pure, noble or virtuous* and *kalpa* means, *thought*. *Sankalpa* means, *pure and virtuous thoughts* which are not polluted by selfishness and ego. When they give blessings, their *sankalpa* comes true. Their blessings materialize. Thus, when we take blessings from elders, priests or Guru, we are invoking their best wishes and benevolent thoughts towards us, especially when you are undertaking a new project or event or path.

Let us always
 homage and respect to
 for they possess the
 tolerance,
 and humility (amongst
 virtuous traits), may
 mark of excellence!



Namaste

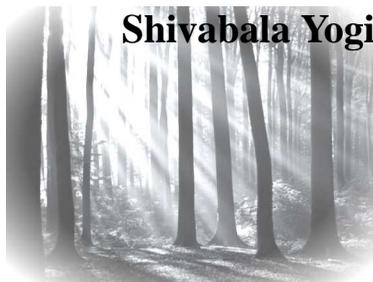
remember to pay
 our Gurus and elders,
 innate powers of
 forbearance, strength
 the various other
 we strive to reach their

Shivabala Yogi isn't Eskom, but He lights up your ways.

Shivabala Yogi isn't Telkom but He communicates.

Shivabala Yogi isn't Vodacom but His network is always available.

Shivabala Yogi is forever at your service



Hemrisha

Your love for your guru should not be altered by anything. Your love for your guru should be constant without being moved by any thought, word or action.

Swami Shankarananda Maharajji

HOW POOR ARE WE?

Unknown

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live.

They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return from their trip, the father asked his son, 'How was the trip?'

'It was great, Dad.'

'Did you see how poor people live?' the father asked.

'Oh yeah,' said the son.

'So, tell me, what did you learn from the trip?' asked the father

The son answered:

'I saw that we have one dog and they had four.

We have a pool that reaches to the middle of our garden and they have a creek that has no end.

We have imported lanterns in our garden and they have the stars at night.

Our patio reaches to the front yard and they have the whole horizon.

We have a small piece of land to live on and they have fields that go beyond our sight.

We have servants who serve us, but they serve others.

We buy our food, but they grow theirs.

We have walls around our property to protect us, they have friends to protect them.'

The boy's father was speechless.

Then his son added, 'Thanks Dad for showing me how poor we are.'

Isn't perspective a wonderful thing?

Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have.

Appreciate every single thing you have, especially your friends!

'Life is too short and friends are too few.'

MAHATMA GANDHI

Mohandas Karamchand Gandhi, the youngest son of Karamchand Gandhi and Putlibai, was born on 2nd October 1869 in Porbandar, India. Gandhi was one of the most important and influential social and religious reformers during the 20th century, spending his life striving for justice, peace and equality among countries, races and classes. Gandhi was educated in Gujarat and England, where he qualified as a barrister. On return to India, he was unable to secure employment in the legal profession and then accepted an offer from the Meman firm of Porbander



Be The
Change
You Wish To See In
The World

to go to South Africa as their legal representative. He arrived in Natal in 1893 and confronted difficulty when he entered a first class compartment on a train to the Transvaal. With all his luggage, he was ejected from the train at Pietermaritzburg. He then became resolved to fight colour prejudice.

This ill-treatment that the Indians received at the hands of the colonists was abhorrent to Gandhiji, and he was determined to champion their cause. In 1894, he founded the Natal Indian Congress. During the First World War he raised an Ambulance Corps. It was in South Africa that Gandhiji first adopted Satyagraha, the method of non-violence, to fight injustice to which Indians were subjected. The Indian community rallied around him magnificently, for he had readily identified himself with all.

Gandhi returned to India in 1915 and immediately joined the task of building the Indian National Congress as a mass movement. He adopted the peaceful methods of non-cooperation and non-violence for achieving freedom for his country from the yoke of foreign rule. The Gandhi movement spread like wild fire. He roused the masses to political consciousness and proved to them that they possessed immense soul force. His simple style of white loin-cloth, white shawl and sandals appealed to rural masses who soon gave into the title *Mahatma* (great saint). Gandhi's political philosophy revolved around three key concepts: Satyagraha (non-violence), sawaraj (home rule) and sarvodaya (welfare of all). While Satyagraha was essentially a tactic of achieving political ends by non-violent means, sawaraj and sarvodaya sought to encourage through social work, spinning of cotton, rural uplift and social welfare ideas of individual and collective improvement and regeneration.

In 1919, Gandhi persuaded the Congress to launch a Non-Cooperation Movement that soon attracted the support of the Muslim community. This movement

snowballed into a country-wide agitation which took a violent turn with the ChauriChaura incident in 1922. Following this incident he suspended the movement and was sentenced to six years imprisonment. After serving only two years, he was released in February 1924 for an appendicitis operation. In April 1930, Gandhiji established the Salt Satyagraha. The Salt Satyagraha (a Sanskrit term loosely meaning *truth-force*) carried the emotional and moral weight to break British Empire. Gandhi embarked on a 24-day march from Sabarmati Ashram near Ahmedabad to the small seaside town of Dandi, attracting followers along the way. The campaign was a non-violent protest against the British salt monopoly in colonial India, and triggered the wider Civil Disobedience Movement. For breach of the Salt Laws he was interned on the 5th May 1930 and released on 25th January 1931, in order to attend the Round Table Conference in London. He was again arrested in January 1933 and released in May of the same year.

Gandhiji's intense love for his fellow men, long fasts and sacrifices for his country's cause, indomitable will power, moral force and deep ascetic life, permanently won for him the hearts of his countrymen. The tremendous soul power from which Gandhiji spoke was essentially derived from the chanting of *Ramnam* and the study of the *Gita* and *Ramayana*. On the 15th August 1947, Gandhiji won freedom for India. Soon after this, in 1948, he was shot three times at point blank range. On his lips, just before he gave up his last breath, were the words *Hey Ram*. Thus passed the life of a great soul!

Mahatma Gandhi's life is a monument to the triumph of spirit over flesh, a living witness to the victory of the divine over the base nature of man. A continuous exercise of self-restraint and discipline along with prayer and an invincible faith in the Divine, enabled him to resist all temptations, overcome all obstacles and gain mastery over himself. Gandhiji's tenacious adherence to the cause of the poor is indeed worthy of emulation.

As a father of the Nation in every sense of the term, Gandhiji brought about re-orientation in the outlook of the average Indian, and instilled into him the love of God, his religion and his motherland, all of which had been eclipsed for more than a century by the British. Mahatma Gandhi has shown how a life of complete renunciation may be led while remaining in the thick of battle. His was a supreme example of one who had completely annihilated the ego, the title "I", and who led a Divine Life in the world.



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May the Mahatma's light of love illuminate the hearts of nations and individuals!
May his dream of world unity materialize this very day!
May his spirit bless us all with the vision and strength to realize in our everyday life all his lofty ideals of truth, purity, non-violence and faith in the Divine!
May we all be granted the boon of Ahimsa in mind, word and deed!

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 14:

Sa tu dirghakalanairantaryasatkara asevito drdhabhumih

Repeated practices should be uninterrupted, alert and for long periods, having attitudes and eagerness that are positive

When the effort is continued in accordance with yogic principles consistently and for a long time, with eagerness, attention, application and devotion, the yogic foundation is firmly established. Success may inflate the sadhakas ego, therefore, be careful not to become a victim of intellectual pride which may drag one away from enlightenment.

Verse 15:

Drstanusravikavisayavitrnsnasya vasikarasamjnavairagyam

Reaching the highest level there is an absence of any cravings for objects seen or heard. This is renunciation - the practice of non-attachment for the sense desires

Renunciation is the practice of detachment from desires, then the seer remains unmoved by temptations. This is a sign of mastery in the art of renunciation. Non-attachment and detachment must be learned through will-power.

There are 5 stages in Vairagya (detachment): 1. Yatamana - disengaging the sense from action; 2. Vyatireka - keeping away from desire; 3. Ekendriya - one sense, that is the mind; 4. Vasikara - freeing oneself from cravings, bringing into subjugation (indifference to everything) and 5. Paravairagya - highest and purest form of renunciation.



SCHOOL JOKES

Knock Knock

Who's there ?

Max !

Max who ?

Max no difference. Open the door !

**KID'S
CORNER**

Teacher: When you yawn, your supposed to put your hand to your mouth !

Pupil: What ?, and get bitten

Teacher: Class, we will have only half a day of school this morning.

Class: Hooray

Teacher: We will have the other half this afternoon!

Father: I hear you skipped school to play football

Son: No I didn't, and I have the fish to prove it

Pupil: The brain is a wonder ful thing

Teacher: Why do you say that ?

Pupil: Because it starts working the second you get up in the morning and never stops until you get asked a question in class

CRAZY DEFINITIONS.....

Beehive

What mummy bees tell naughty bees to do

Brussels Sprout

An ornamental fountain in the Belgian capital

Brainwave

Permed hair

13

*The beauty of the vase is in the arrangement of the flowers. You're all just vases.
How you arrange your flowers shows the beauty.*

Swami Shankarananda Maharajji

WORDSEARCH

A big CONGRATULATIONS goes to Sejal for being the first to complete the wordsearch in August!! Well done, young lady. Keep up the good work 😊

Swami Murugesu

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

Swami
Renunciation
Skills
Truth
Non-violence

Diligence
Sadhana
Devotion
Cheerfulness
Ganapathi



STUDY TIPS

For Our Parents



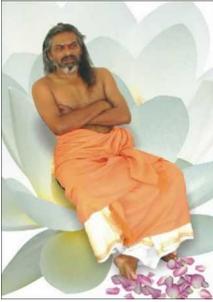
How to motivate your children to study and get into the study habit

- Gently encourage them. Try and avoid nagging, scolding or punishing them.
- Be patient and systematic. Especially when starting something new, start small and make the learning a step-by-step process. Some quick wins and the feeling of success from the start can really motivate them to put in their best.
- Keep the variety going. Try different subjects. It is also a good idea is to have both parents teach or sit with them from time to time. This will take the load off one parent and keep it fresh also for your child.

Some other tips and tricks

- What about some fun new stationery?
- Some small gentle bribes from time to time - a ice cream, a trip to the park - will also work.
- Try some soft soothing music to get them to relax while studying.

*Each one of you is great. But what have you done with your greatness?
You put it in a box and sealed it because you want to use it some other time. Enjoy
yourself and automatically you'll enjoy God.*



HOW I MET MY GURUDEV

Lalitha

The family I grew up in was not very religious. Dad despised churches because the priest always seemed to drive the best cars but the church hall was in desperate need of painting. Mom stayed away because the people became too clan-like and she felt it pulling her into a place she didn't like. I went to a Catholic school and was daily kicked out of class because meditation and yoga were considered *evil and uncouth in the eyes of Jesus*. The class even prayed for me to be saved from hell shame!

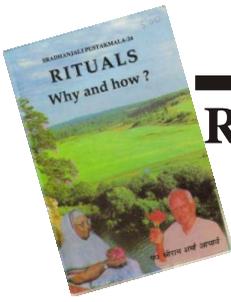
Every night in bed, the prayer was, *Please send some guidance, Lord!*

The journey took me to Asia where Buddhist teachings and philosophies were studied daily but with no satisfaction because it was difficult to find books written in English-English not Thai-English as so often concepts are lost in translation.

A few months later, I was home which actually came as a blessing in disguise. Mom fell ill within a week and refused to see a doctor. She chose instead to use alternative healing techniques such as homeopathy, crystal healing and reiki. One day, after a reiki session with Tracey, she invited us to a talk over the weekend on *Life Beyond the Physical*.

That Saturday afternoon, we drove up to Hillcrest, without any kind of expectation. I sat on the floor while Tracey chatted about Guru's long name and why *guru* is easier to say. This image came to mind of a tall man, with long silver hair and long beard. *Is this what God looks like?* was the wondering thought. As the image developed, Gurudev walked through the door. That was when the whole world stopped and changed. The first thought that came to mind was, *This is the man that will take me to God!*

Om Gurudev



Rituals: How and Why? Book Review

Shree Ram Archarya Gurudeva

We start off by Japa which means *repeated orderly recitation of mantra or even a name of the deity or the Supreme with belief and faith*. Siddhi means attainment or certain powers given on the person who recites the mantra over a period of time. There are certain rules you will have to follow when repeating the mantra.

You have to cleanse yourself externally. Then there is purification when reciting a mantra. One must have the feeling that from all sides purity is pouring down and washing our mind's impurities. One's thoughts must be drenched with the feeling that spiritual bliss is on them. One's actions must be pure as well.

The book carries on teaching us about how to carry out different principles that the Guru uses to show us the meaning of each ritual. An example of this is as follows: *Aachman* means that our body is made up of three bodies: *Shtul Sharir* which is the physical body or what is externally seen as our body; *Sukshma Sharir* which is our organs and the senses and the third one is *Kaarin Shirar* which is our casual body.

The physical body suffers from laziness and indiscipline. Our organs and senses which are removing diseases, greed, attachment, etc. The casual body has no trust. People continue doing the sinful acts without fear or shame.

This book teaches us to believe in God. Save our minds from bad thoughts, carry out our duty and be devoted. Do not keep your mind idle. It says an idle mind is the devils workshop. The book shows us what benefits you get from following prayers and reciting mantras. By reciting mantras, you mind can become pure.



Hitesh Ramyad

THE CHRONICLES OF PUGLANANDA

Why do we have to use a rosary to count?
Can't we use our fingers or a counter like
the ones they use as an odometer?



The rosary is used because it makes it easy to count even when you recite with the eyes closed. Using your fingers is also effective but the chance of losing count is great and that will result in the aspirant having a divided concentration.

The clicking sound of the odometer would irritate the aspirant and also when this concept of Japa was introduced, the idea of cars and odometers were never heard off.

The 109th bead on the rosary is called a Meru or summit and this bead acts as a guide however this bead should not be crossed. This bead is said to represent the Guru or preceptor because it holds all the 108 beads together. In any spiritual practice, the presence of a Guru is highly recommended and His importance should be noted and respected. With the help of a Guru, attainment is possible for any spiritual aspirant but under no circumstance should an aspirant cross the Guru i.e. not even a thought of negativity is allowed against the Guru.

GANAPATHI MANTRAS

Gayathri refers to a special 3 line vedic meter used for invoking and focussing consciousness on the Deity. These may be recited as japa - repeated again and again, while gently regulating the breath according to systematic rhythms given by one's Guru to establish a deeper connection with Lord Ganesha.

*Om Ekadantaya Vidmahe
Vakratundaya dhimahi
Tanno Dantih Prachodayat*

We devote our thought to the one-tusked Lord.
We meditate upon Him who has a curved trunk.
May the tusked One guide us on the right path.

*Om Tat Purushaya Vidmahi
Vakratundaya Dhimahi
Tanno Dantih Prachodayat*

We devote our thought to that Supreme person.
We meditate upon Him who has a curved trunk.
May the tusked One guide us on the right path.

Om Gam Ganapataye Namaha

One may use this mantra before beginning a journey, a new course in school, new career or job, or before entering into any new contract or business so that impediments are removed and your endeavour will be crowned with success.

LET'S RECYCLE!!



How is your energy saving coming along? Is the tap off when you brush your teeth?

The electricity and water bills won't come down right away, give it three or four months and your parents will be super happy to buy you those japa beads!

Here is another energy saving tip: turn the geyser off at the distribution board in your house before you go out or go the bed. If the geyser is only on for 6 hours a day, you will be surprised how much energy will be saved. Try it! At first you will probably forget. Maybe put a sign up at your front door, something that says, *Have you turned the geyser off?* so that you will see it every time you leave home.

According to the research done by municipality, switching a geyser on and off does not damage it!

Are you still recycling your paper and plastic? Do you need more orange bags? We will give you some, so please don't feel shy to ask.

Next time we will talk about practical every day recycling and you will be surprised how easy it is to save the planet! Remember that saving our earth starts with us! We need to do our best to show our friends how much we love God by taking care of the air we breathe and the ground we walk on and maybe they will do it too. Lead by example. God will be proud!

Tree of the Month

CAPE CHESTNUT

When this tree flowers, you will see that it is one of the most beautiful trees you have ever seen! It is a forest species and grows all along the east coast of South Africa. The tree normally flowers from October to December. The tree normally is quite small, but can grow up to 20m high. It is single-stemmed and branches fairly low down the trunk, with a big crown that will only spread if there is enough space for it. The leaves have a nice smell and grow big. The flowers are striking with pink petals which are sometimes so light that they could even be white. Each flower has five stamens which are pink, with maroon to purple gland-dots. These flowers glow beautifully for several weeks! The fruit is a 5-lobed, woody capsule with small wart-like knobs.



18 TAMIL SIDDHARS



கொங்கனார்
திருப்பதி

KONGANAR

Konganar is considered as the son of Bogar. His period is said to be 4th and 5th centuries B.C. He has lived probably in Koganagiri of Kongunadu in Tamil Nadu.

Out of all his works, more than 40 deal with the alchemy and the elixir of life.

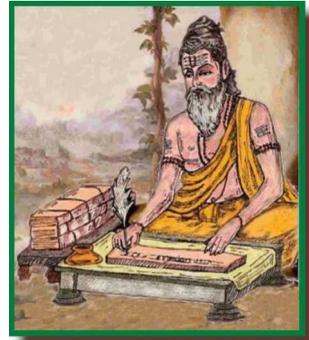
He has also contributed more on philosophy, medicine and spiritual practices.

VALMIKI

Sri Vanmeegar's birth star is Anusham in the Tamil month of Purattasi (September-October). There is an argument that the Valmiki, who wrote Valmiki Ramayana, is different from the Siddhar Vanmeegar of the south. However, Siddhar Bogar in his script "Bogar 7000" proclaims that they are one and the same. He says that Vanmeegar is the name of the Siddhar who wrote Valmiki Ramayana.

Further, in his song (verse number 5835), Bogar says that Vanmeegar's age is 700 and some odd days. He also says that he is a learned scholar of the Tamil language. He also makes a reference about his Samadhi.

It is also said that Sri Vanmeegar (alias Valmiki) wrote the epic Ramayana on getting the spiritual knowledge from Narada. Sri Vanmeegar's Samadhi is located at Ettukudi in Tamil Nadu.





BHAGAVAD GITA

The Divine Song of God

What is the true nature of the Self?

This question is discussed in *chapter 2 verse 20*.
A clear description of the Self is given:

*Na jayate mriyate va kadacit nayam bhutva bhavita va na bhuyah;
Ajo nityah sasvato yam purano na hanyate hanyamane sarire.*

*This Self is never born nor does it ever die; it is not something that
having been born, it again ceases to be; it is unborn, eternal, and
everlasting, this ancient One is not killed when the body is killed.*

The Self, the God within, the Soul, is neither at any time born nor does it at any time die, for what it undergoes in the name of death is a mere change of the apparent reality. He cannot also be anything other than the SELF, because he is birth less, permanent, eternal and primeval. Death, disintegration of the body does not nullify the SELF.

The self alone is restless, unchanging and eternal. The self is the reality, the truth. So who am I? I am just a worshipper of the eternal dharma. Understanding that what lasts forever is the Self. The follower, the disciple and the Self are one. The Self and Brahma are synonymous. So then, what is immutable? The Self alone. What I'm explaining here is that you and I are the adorers of the Self, nothing more.

CRUNCHY RICE AND NUGGET SALAD

Preparation Time 30min
Serves 4

Ingredients

1 Pkt	Fry's Vegetarian Chicken-Style Nuggets
50ml	Hot, cooked brown rice
5ml	Oil
25ml	Lemon Juice
15ml	Honey
2 sticks	Table Celery, chopped

Method

Mix oil, lemon juice and honey and fork into hot rice. Add celery, leek, cucumber and sprouts

Season, cover and chill. Saute Fry's Vegetarian Chicken-Style Nuggets (8 min on high heat). Cut nuggets into bite size pieces. Drain pineapple and reserve juice.

Chop 3-4 rings into small pieces and add to nuggets. Mix mayonnaise with soy sauce, ginger and a little reserved pineapple juice to taste. Toss this dressing with nuggets and pineapple, cover and chill.

To serve, make a border or rice, spoon nuggets into centre, and sprinkle with almonds.



Gayathri Peedam Calender 2011

September

- 12 Pournami
- 16, 17 +18 Bloemfontein
- 24 Swami Murugesu Mahasamadhi Pooja
- 25 Sacred Mantra Chants - Ladysmith
- 28 Navaratri Begins

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

October

- 1 Chariot Procession
- 6 Vijaya Dashmi
- 7-9 Port Elizabeth
- 10 Gurudev leaves for India
- 12 Pournami
- 15 Mahanavagraha at 2am
- 21 Return from India
- 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 (R2 500pp only 6 places available)
- 6 Skanda Sashti
- 10 Pournami
- 11 Gurudev leaves for India
- 20 PARK DAY
- 25 Gurudev's arrival from India
- 26 Healing at Kloof Hall
- 27 Crystal Healing Workshop-Stanger

December

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



If you are a somebody you have ego. As long as you float on the beautiful horse of ego you are holding the reins. One day these reins will snap on you and you will land on the ground.