



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

Can you believe it is already the second half of 2012? Where has the time gone? Have we accomplished any of the things we set out to do? It's the beginning of June, and with it comes winter, a sort of fast forward into the rest of the year and the one thing all students dread: examinations.

Everyone has their own methods to study. Some like to start one day prior to their exam while some like to learn well in advance and others don't learn at all. Who's to say which method is the best?

Here are a few *exam tips*:

- Set out a timetable and stick to it. Monitor your progress.
- Where you find areas that you do not understand well, spend more time on it.
 - Make notes while studying.
- As soon as you find your concentration is starting to wander, take a five minute break.
 - Avoid listening to music while studying.
- Try different studying techniques and find the one that suits you best.
- Regular exercise will boost your energy, clear your mind and reduce any feelings of stress.
 - Do yoga and relaxation techniques such as breathing.
 - Eat healthily and regularly.
 - Meditate.
 - Sleep well.
 - Believe in yourself.
- Keep things in perspective. The exams might seem like the most crucial thing right now, but in the grander scheme of your whole life they are only a small part. Remember to PRAY! Prayer gives immense energy and peace to your mind. And above all, think about your parents, the best gift you can give them is your victory.

In reverence of the Master always

Praneshri



Wealth and power without God will lead to permanent destruction

Swami Shankarananda Maharajji



PLEASE NOTE:

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Education promotes intellectualism. Devotion promotes wisdom. Dedication promotes knowledge. All three of these bring peace of mind

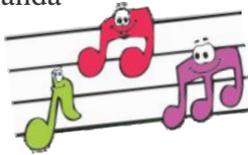
Swami Shankarananda Maharajji



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*A smile is the
curve that sets
everything straight*

Anon



Your birth in this human form is due to your devotion and love for God in your previous lifetimes.

Swami Shankarananda Maharajji



Focus on

TRUTH

YOGIRAJ PRANANANDA

Today the world is filled with different philosophies of how life should be lived. In recent times new age thinkers have propounded various philosophies about the truth of life and the meaning of existence.

Life philosophies are sometimes inspiring and sometimes contradictory. The validity of a philosophy can be best tested by practical application. If we apply the philosophy in real life and derive positive results for ourselves and the world we are a part of, then that philosophy certainly has value.

Spirituality has, in many, cases been regarded as the most practical philosophy for it bears testimony to wisdom that has stood the test of time. Authentic spirituality is without bias, dogma, provincialism and negativity. Its true basis lies in the wisdom of the soul and the awareness of the permeating nature of consciousness. In Vedanta, it has been noted there are 8 primary systems of vedic philosophy, these systems all offer a unique understanding of God. These systems are of benefit to the man who wishes to know himself a little deeper.

The experiencing of God consciousness lies at the heart of every spiritual tradition and even though philosophies go a long way in convincing man of this eternal truth, mere intellectual understanding of this truth through philosophy in no way confers the inner realisation to the reader of such philosophies.

Many are great in their intellectual ability to yield philosophies, some are of true God realisation who have spoken of life in the simplest of terms to convey such truths with the greatest of humility.

The real value of intellectual ability lies in the ability to communicate deep internal truths in understandable terms to the general public. But, if the intellect is used to create even more abstract, dogmatic or provincial philosophies then it has served no purpose.

In the modern age, we may find so many books and philosophies for the attainment of success. The spiritual novice is confounded by an array of different views all too comprehensive for this limited mind to understand. Can these books have any real value to the devotee? The test for assessing the validity of such philosophies is to use common sense.

With the advent of the information age, spiritual information has never been so easy to obtain. More efficient communication channels have opened the possibility for rapid understanding of different spiritual truths in a relatively short period of time. The message to you dear readers this month is that every philosophy has the potential to convey the truth to you. By the use of your common sense, logical analysis and intuitive wisdom every door of truth can be opened to you. Read with introspection, contemplation and focused attention, and let the results of divine grace flood your being with the wisdom of the universe!



Let anger grow to laughter

Swami Shankarananda Maharajji



Mata Amritanandamayi

“There is one truth that shines through all of creation. Rivers and mountains, plants and animals, the sun, the moon and the stars, you and I – all are the expressions of this one Reality.” Mata Amritanandamayi

Mata Amritanandamayi Devi was born in the fishing village of Parayakadavu (now partially known as Amritapuri), Kerala on September 27, 1953. Born to a family of fishermen, she was the third child. Her education ended at the age of nine, when she began to take care of her younger siblings and the family domestic work full time.

As part of her chores, Amritanandamayi gathered food scraps from neighbours for her family's cows and goats, through which she was confronted with the intense poverty and suffering of others. She would bring these people food and clothing from her own home. Her family, which was not wealthy, scolded and punished her. Mataji also began to spontaneously embrace people to comfort them in their sorrow. Despite the reaction of her parents, Mataji continued to embrace others. Amritanandamayi commented, *I don't see if it is a man or woman. I don't see anyone different from my own self. A continuous stream of love flows from me to all of creation. This is my inborn nature. The duty of a doctor is to treat patients. In the same way, my duty is to console those who are suffering.*

In 1981, after various seekers had begun residing at her parent's property in the hopes of becoming Amritanandamayi's disciples, the Mata Amritanandamayi Math, a worldwide foundation was founded. Amritanandamayi's world-

wide charitable mission includes a program to house the homeless, build orphanages, and provide relief and rehabilitation in the aftermath of disasters such as the 2004 Indian Ocean Tsunami.

When asked how this hugging ritual began, Mataji says, *People used to come and tell me their troubles. They would cry and I would wipe their tears. When they fell weeping into my lap, I used to hug them. Then the next person too wanted it...and so the habit picked up.*

The Mata Amritanandamayi Math claims that Amritanandamayi has embraced more than 31 million people throughout the world. It was asked in 2002, to what extent does she think her embraces help the ills of the world? Mataji replied, *Attempting to change the world is like trying to straighten the curly tail of a dog. But society takes birth from people. So, by affecting individuals you can make changes in the society and through it in the world.*

In a conversation recorded in the 2004 book *From Amma's Heart* says, *As long as these hands can move a little bit and reach out to those who come to her, and as long as there is a little strength and energy to place her hands on a crying person's shoulder and cares and wipe their tears, Amma will continue giving darshan. To lovingly caress people, console and wipe their tears, until the end of this mortal frame is Amma's wish.*

Reference: wikipedia.org

Unconditional love, peace and service to mankind, without ego, will reduce the negative effects of past actions
Swami Shankarananda Maharajji



POETRY



Who Am I?

My head knocks against the stars.
My feet are on the hilltops.

My finger-tips are in the valleys and shores of universal life.
Down in the sounding foam of primal things I reach my hands and play with
pebbles of destiny.

I have been to hell and back many times.
I know all about heaven, for I have talked with God.
I dabble in the blood and guts of the terrible.

I know the passionate seizure of beauty
And the marvelous rebellion of man at all signs reading "Keep Off."

My name is Truth and I am the most elusive captive in the universe.

Carl Sandburg (1878-1967)



PARAMAHANSA YOGANANDA

"I am too deeply enmeshed in mistakes to make spiritual progress," a student confided sadly to Paramahansaji. "My bad habits are so strong that I am worn out by my efforts to fight them."

Shall you be better able to fight them tomorrow than today? the Master asked. Why add today's mistakes to yesterday's? You have to turn to God some time, so isn't it better to do it now? Just give yourself to Him and say: 'Lord, naughty or good, I am Your child. You must take care of me.' If you keep on trying, you will improve. A saint is a sinner who never gave up.



This human birth is the end result of past actions. It is a special gift from God

Swami Shankarananda Maharajji



GOD NEVER LIES



A king who did not believe in the goodness of God, had a slave who, in all circumstances, said: *My king, do not be discouraged, because everything God does is perfect, no mistakes!*

One day they went hunting and along the way a wild animal attacked the king. His slave managed to kill the animal, but could not prevent his majesty losing a finger. Furious and without showing his gratitude for being saved, the nobleman said "Is God good? If He was good, I would not have been attacked and lost my finger." The slave replied only *My king, despite all these things, I can only tell you that God is good, and he knows the "why" of all these things. What God does is perfect. He is never wrong!* Outraged by the response, the king ordered the arrest of his slave.

Later, he left for another hunt and was captured by savages who made human sacrifices. In the altar, ready to sacrifice the noble savage had found that the victim had not one of his fingers, was released. According to them: it was not so complete to be offered to the gods. Upon his return to the palace, he authorized the release of his slave that he received very affectionately. *My dear, God was really good for me! I was almost killed by the wild men, but for lack of a single finger, I was let go! But I have a question: If God is so good, why did he allow me to put you in jail?*

‘My King, if I had gone with you in this hunt, I would have been sacrificed for you, because I have no missing finger.’

Therefore, remember: ***everything God does is perfect. God is never wrong.***

Often we complain about life and things that happen to us apparently negative, forgetting that nothing is random and that everything has a purpose. Every morning, offer your day to God. Ask God to inspire your thoughts, guide your actions, to ease your feelings. And do not be afraid. God is never wrong! You know why this message is for you? I do not know, but God knows, because He never makes mistakes.....

The path of God and his word is perfect, without impurities. IT is the way of all those who trust in him, as he says in 2 Samuel 22: 31. Surely the message arrived at the right moment. God is never wrong!

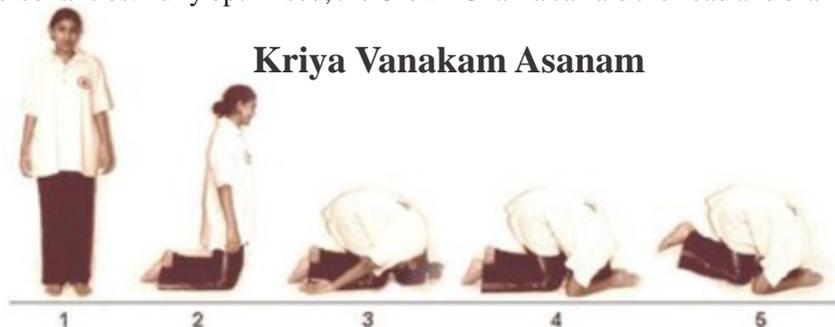


What is a Chakra?

Our body contains many centres of energy. These energy centres, or vortexes, are known as Chakras (Sanskrit meaning *spinning wheel of energy*) and are located in our subtle body to help us process the universal energies that are around and within. There are seven major energy centres recognised in the subtle body which directly correlate with the physical body. Stacked together in a central column from the crown of your head to the base of your spine, we can align them to allow our vital energy, Prana, to flow freely.

What is the Crown Chakra?

Situated at the top of the head, this is the spiritual centre where the Chakra assists in creating the ling to the higher Self. The Crown Chakra can work with all issues that effect us on a spiritual level and blends it with our earthly personalities. Fully optimised, the Crown Chakra can aid the head and brain.



Kriya Vanakam Asanam

1. Heels together, toes apart.
2. Kneel.
3. Crown on floor with hands at sides.
4. Palms together in front of head.
5. Raise feet and chant
Om Kriya Babaji Namah Aum.
6. Lower the feet.
7. Return hands to sides.
8. Lift your head and slowly stand.

Benefits: Can be practiced by old and young; Strengthens the lower back, spine and shoulders; Relaxes and reduces mental and physical stress; Activates the crown chakra. Reminds us that the body is God's temple and should be given the same care and spiritual attention we would to any other temple.

Contra-indications: Collapsed spinal disc; slipped disc or prolapsed disc. ❁

Kriya Yoga Classes:

Monday: Verulam 7pm, Gokale Hall & Umhlanga 6:30pm

Wednesday: Cowies Hill 6:30pm

Thursday: Stonebridge Hall; Phoenix ; Grosvenor Library Bluff 6:30pm

Saturday: Verulam 6am (Advanced)

Sunday: Verulam 6am (Tai Chi; Kriya and Prana Mudra Asana)

Death comes when prana is exhausted. Prana is therefore the most precious entity in Life's journey

BHAGAVAD GITA

God's Voice



Jai: Grandma, I have a hard time understanding the teachings of the Bhagavad Gita. Would you help me, please?

Grandma: Of course, Jai, I will be glad to. You should know that this holybook teaches us how to live happily in the world. It is an ancient holy book of Hindu Dharma (also known as Sanatan Dharma), but it can be understood and followed by people of any faith. The Gita has 18 chapters and a total of only 700 verses. Anyone can be helped by daily practice of only a few of its teachings. The word *Bhagavad* means *God* or *The Supreme Lord*, *Bhagavan* in Sanskrit. *Gita* means *song*. Thus, the Bhagavad Gita means the *Song of God* or the *Sacred Song*, because it was sung by Bhagavan Shri Krishna Himself.

Here is the introduction to the Gita:

In ancient times there was a king who had two sons, Dhritarashtra and Pandu. The former was born blind; therefore, Pandu inherited the kingdom. Pandu had five sons. They were called the Pandavas. Dhritarashtra had one hundred sons. They were called the Kauravas. Duryodhana was the eldest of the Kauravas. After the death of king Pandu, his eldest son, Yudhishthira, became the lawful King. Duryodhana was very jealous. He also wanted the kingdom. The kingdom was divided into two halves between the Pandavas and the Kauravas. Duryodhana was not satisfied with his share. He wanted the entire kingdom for himself. He tried several evil plots to kill the Pandavas and take away their kingdom. Somehow he took over the entire kingdom of the Pandavas and refused to give it back without a war. The big war of Mahabharata could not be avoided.

The Pandavas didn't want to fight, but they had only two choices: fight for their right because it was their duty or, run away from war and accept defeat for the sake of peace and non-violence. Arjuna, one of the five Pandava brothers, faced this choice in the battlefield. He had to choose between fighting the war and killing his very dear friends, close relatives, and many innocent warriors; or running away from the battlefield to be peaceful and non-violent.

The entire eighteen chapters of the Gita is the conversation between confused Arjuna and his best friend, mentor and cousin, Lord Krishna, an incarnation of God, on the battlefield of Kurukshetra. This conversation was reported to the blind king, Dhritarashtra, by his charioteer, Sanjay. It is recorded in the great epic, Mahabharata.

All lives, human or nonhuman, are sacred, and non-violence or *Ahimsa* is one of the most basic principles of Hinduism. So when Lord Krishna advises Arjuna to get up and fight, this may confuse you about the principle of Ahimsa if you don't keep in mind the background of the war of Mahabharata. This spiritual conversation between the Supreme Lord, Krishna, and His devotee-friend, Arjuna, occurs not in a temple, a lonely forest, or on a mountain top, but on a battlefield on the eve of a war, in the battlefield of the mind.

The guru's job is just to show you the direction to find God. Your job is to make the journey

Swami Shankarananda Maharajji





Why? OFFER FLOWERS?

These questions and answers are food for thought to help everybody understand the deeper meanings and intentions various religious practices. Feel free to write letters to the Editor expressing your own opinion for publication. It will be interesting to see how diverse we all are!

God is the very epitome of beauty and the purest purity. When a man looks around for the best symbols of beauty, purity and freshness his eyes naturally fixes on flowers. Nothing could match a flower in those sublime qualities. The flowers are also related to the process of ongoing creativity by being the symbols of the formation of the seeds. God was the cause of the creation. What could be a better way of paying obeisance to God than offering Him the flowers, the humble earthly symbols of His qualities?

True worship

There are four kinds of people who are good, and who seek God:

those burdened by sorrow
those seeking knowledge
those striving to achieve life's purpose and
those with vision.

The greatest of these are those with vision; they are unwavering in their devotion, and they are always at one with God. *I love men and women with vision, and they love me.* All those following the way of yoga are blessed; but those with vision are especially blessed, because they perceive the soul everywhere and within everyone.

There are people whose vision has been distorted by numerous desires. They pursue these desires; and their religion is merely performing various rituals. People put their faith in many things; and people always live according to their faith. So those who put their faith in that which is false or corrupt, will lead false or corrupt lives. *Many people have a false image of Me, identifying Me with various bodily forms, and not recognizing My higher nature. They cannot see through the veil of mystery which surrounds Me; and so they cannot see that I am unborn and changeless. I know everything about the past, the present, and the future; but no one knows Me completely. But those who always strive to do good, and who are free from every inclination to do wrong, truly worship Me.*

Bhagavad Gita Chapter 7 Verses 16-28



The instruction in prayer by parents and gurus and their love during our childhood fulfills our responsibilities and enhances our awareness in adulthood

Swami Shankarananda Maharajji



Mantras are Sanscrit invocations of the Supreme Being. Reinforced and propelled by japa, they pass from the verbal level, through the mental and telepathic states, and on to pure thought energy.

Medha Suktha is an ode to the capacity of clear understandings. *Medha* can be also translated as *genius*. This medha Suktha is a part of Mahanarayana Upanishad. There are also different Medha Sukthas in the Rig Veda and Atharva Veda.

*Om Medha Devi Jushamana Na Aagath,
Viswachi Bhadra Sumanasyamana,
Thwaya Jushta Jushamana Dhurookthan,
Brahad Vadema Vidardhe Suveera.*

*Aapsaraasu Cha Ya Medha, Gandharveshu
Cha Yan Mana,
Devi Medha Saraswathi, Sa Mam Medha
Surabhir Jushtaam Svaha.*

Let The Goddess Of Intellect Come Here With Happiness, She Is Everywhere And Has A Happy Frame Of Mind, May We Who Were Grief Stricken, Before She Came, Become Greatly Intelligent And Know The Ultimate.

Apsaras Posses Intelligence, Gandarwas Possess Intelligence, Goddess Of Intelligence Is Saraswathi, Let The Intelligence Spread Like Fragrance

*Thwaya Jushtaa Rishir Bhavathi Devi,
Thwaya Brahmagath Srirutha Thwaya,
Thwaya Jushtaschithramvindathe Vasu, Sa
No Jushasva Dravinena Medhe.*

*Aa Maam Medha Surabhir Viswa Roopa,
Hiranya Varna Jagathi Jaamy,
Oorjaswathi Payasaa Pinvamaanaa, Sa
Maam Medha Suprathika Jushtaam.*

By Your Grace One Becomes A Saint, One Becomes Learned, One Becomes Rich, Showered By Your Grace One Gets Different Kinds Of Wealth, And So Goddess Of Wealth, Give Us Wealth And Intellect.

Intelligence Is Glorious In Form And Is Like Nectar, Intelligence Is Golden And Pervades The Entire Universe, Intelligence Is Powerful And Is Sought After Continuously Let It Come To Me With Love And Favour Me.

*Medham Ma Indro Dadathu, Medham Devi
Saraswathi.
Medam May Ashvinou Ubhavadathaam,
Pushkarasrajo.*

*Mayi Medhaam Mayi Prajaam Mayi
Agnistejo Dadhaatu
Mayi Medhaam Mayi Prajaam Indra Indri
Yam Dadhaatu
Mayi Medhaam Myi Prajaam Mayi Suuryo
Bhraajo Dadhaatu*

Let Indra Give Me Intelligence, Let Saraswathi Give Me Intelligence, Let The Aswini Kumaras Support My Intelligence, For They Wear The Garlands Of Lotuses.

May The Fire God Grant Us The Intelligence And The Glow Of The Vedic Chanting, May The Lord Indra Grant Us Intelligence And Strength Arising From The Control Of One's Senses, May The Sun God Grant Us Intelligence And The Strength The Create Fear In The Enemy's Heart



*Love and devotion for God can reduce the effects of past actions to bestow peace of mind in this lifetime
Swami Shankarananda Maharajji*



LET US SING



Raksha Raksha Jagan Matha

Raksha Raksha Jagan Matha Sarva Shakti Jaya Durga (2)
Sarva Shakti Jaya Durga Sarva Shakti Jaya Durga

Mangala Varam Sollida Venam, Mangala Kandigai Slogam.... Raksha
Ithay Wonbatu Varm Solluvatale Umai Aval Thiru Varul Serum (2)
Umay Aval Thiru Varul Serum.....Raksha

Padaivathal Avale Kapaval Aval, Azhipaval Avale Sakti
Avalum Yendralalai Serungu Kondale, Adaikalum Avale Sakti
Jaya Jaya Sankari Gaurie Manohari
Abhayam Alitharul Ambigai Bhairavi
Siva Siva Shankari Sakti Maheshwari Tharuvarul Taryvai Devi
Tharuvarul Taruvai Devi..... Raksha

Karunaiyin Gangai Kannanin Thangai Kadaikan Thiranthal Pothum
Wauthirai Agum Valarthirai Agum Arulmarai Pozhivai Nalum
Nila Niratthodu Jnanam Alathaval Kali Anat Tirusula Yeduthaval
Bhaktarukelam Padhai Vaghutaval Namam Sonal Namai Tharubaval
Namam Sonal Namai Tharubava.... Raksha



SPIRITUAL SUCCESS

Deepak Chopra

Law 3 - Law of Karma

Every action generates a force of energy that returns to us in like kind: *what we sow is what we reap*. And when we choose actions that bring happiness and success to others, the fruit of our karma is happiness and success. Witness Choices in each moment - be fully conscious / aware in the moment. Evaluate Consequences of your choices - *will this choice bring happiness to those around me?* Listen with your Heart-ask your heart for guidance-be guided-look for feeling of comfort / discomfort.

Law 4 - Law of least effort

Nature's intelligence functions with effortless ease; with care freeness, harmony, and love. And when we harness the forces of harmony, joy, and love, we create success and good fortune with effortless ease. Practice Acceptance: accept people as they are-know that this moment is as it is supposed to be. Take Responsibility for actions by not blaming others/ things. Have your awareness in Defenselessness - no need to persuade others - don't be attached rigidly to one point of view.



Spirituality can be expounded in many ways: bhakti, jnana and karma yoga are some of the ways. Ultimately, all lead to God

Swami Shankarananda Maharajji

On The Road To Enlightenment With Patanjali



As book One of The Yoga Sutras gave information on who Patanjali was as well as the origin of His sutras, the following introduction of book Two will be quite simplified.

In this second chapter of the 4 chapters, Patanjali introduces Kriya Yoga, the yoga of action which gives us the practical instructions required to gain spiritual goals. Book Two is called *Sadhana Pada*; *pada* meaning *part* and *sadhana* a practice or discipline carried out with the aim of a specific goal. The method of practice expounded begins with the organs of action and the senses of perception, giving practical ways which students of average intellectual ability can gain knowledge, working inwards from matter towards the subtle levels; from the body to the inner Self. This is done by developing first a burning sense of desire to practice yoga also intense effort in applying such practice.

Patanjali reminds us of the law of Karma and that all our past actions influence our present and future lives. Changing our actions now will change our future, releasing us from the wheel of rebirth and the traps of materialism. In the eightfold path of yoga, Patanjali teaches the step towards developing dispassion towards the emotional self and how to avoid submerged emotions which can emerge during ill-health.

Instruction is given on the process of evolution and the interaction of spirit and matter, essence and form, with explanations of how nature evolves from the specific to the universal. The seven states of understanding wisdom are described as well as the correct practice of Yama, Niyama, Asana, Pranayama and Pratyahara.

Verse 1, Book Two

tapah svadhyaya Isvrapranidhanani kriyayogah

What does the practice of Kriya Yoga involve?

The yoga of action with awareness requires the intense desire to reach perfection by reflecting on one's own self, intense practice and surrender and devotion to God.

To free the mind and awareness from being conditioned and restricted one needs: mastery of attention; mastery of mental states of emotions and behaviour to sense urges.



Continuous reverence to God and ongoing devotion to God will strengthen our confidence in achieving the goals we set

Swami Shankarananda Maharajji



AT YOUR SERVICE



A collection of satsang transcripts by Swami Shankarananda Maharajji

Om.

Why this kolaveri? We are all stuck in this kolaveri, in this madness. If you look around you, you only see kolaveri. Every one of you has this madness, called 'cellphone'. Even today it has been mentioned on the news that children should not have cellphones. Yet, to keep the peace, we parents give our children cellphones. Some of you seated here as parents are guilty of that. Just because you don't want your child to irritate you, you hand them a cellphone to have your peace. But while you're having your peace, there is destruction going on. This is the madness, the kolaveri, that we are caught in right now – cellphone kolaveri or cellphone madness. We're all guilty of it.

You leave your children with the most sophisticated phone, but you could leave them with a phone that just does the basics. Cellphones, besides being expensive, can do everything from sending messages, to receiving them and watching a complete video. Now, we have this thing called BBM. You'll rattle away, say things and do things without thinking. And this is the kolaveri that we're stuck in. It's so big that it's gone beyond our control, and yet I ask you very nicely to start controlling your homes. Once you start controlling your homes then we'll have less people and less children with cellphones.

Why do you need a cellphone? If you ask a parent why their child needs a cellphone, they'll answer: 'So the child can contact me'. That's strange. We all went to school, we had nothing – no walkie-talkie even, let alone a cellphone. The parents know what time their children finish school. School

doesn't finish any odd time during the day. The school has a phone if they need to contact you in an emergency. Why do you give your child a cellphone? This madness is going to go to another generation, an even more delinquent generation. We are going to have worse situations. The next generation of children will become Blackberry children.

We need to look at ourselves as parents and ask ourselves if we have failed in our duties as parents. If we're giving our children cellphones just for our own peace, we are failing to parent the child. That is one kolaveri. Then we have another one. The Gateway Mall is another madness. Parents just drop the kids there and they walk aimlessly from one end to the other. I walk five minutes there and I'm tired. Many of the young girls are dressed in Edgars 50% off. Madness.

We're stuck in kolaveri, stuck in madness. Every one of you is stuck in cellphone madness. You can't leave it alone for a minute. Let's look at the scenario. Thirteen people are sitting at the last super. Judas' cellphone rings. What does he do? He picks it up and starts walking in a circle. All of you do that - every one of you here – because your whole life is a circle. Why do you do that? Because it starts to affect your brain. How many of you have the mental strength to put your cellphone off on a Friday at 6 o'clock in the evening, and only put it back on at 7 o'clock on Monday morning? None of you, because you can't live without it. But I can do it. To me the biggest burden is a cellphone, and I wish I was never introduced to it. To me it's the biggest load of rubbish. Things that can

Spiritual communication with fellow devotees is essential, but loose communication is unnecessary

Swami Shankarananda Maharajji

wait until later, now become urgent: 'Luvvie what did you cook? Did you put in extra chillies? I heard your conversation, Don.

Sometimes we travel to Port Elizabeth or East London and some of the passengers don't even know that we've reached our destination because they're on their phone. They photograph their coffee, send a picture and say, 'I'm having my coffee'. Then they see a dog passing urine on a pole and take a picture and send it and say, 'the dog is having a pee'. The best time to connect with God is when you are traveling, and somebody else is driving.

Please, everybody, as much as we're laughing, were laughing at ourselves as individuals, parents, grandparents, uncles and aunts. Go home and think about what I just said. Everybody's lost it. There was an incident in Tongaat when a teacher reprimanded a child. The child left the classroom, took a stone and smashed the teacher's car – this week. See the madness. Teachers have no control any more. They've lost it.

The law says we can't hit the children. Do you know that some of the children in schools are twenty-three years old? We never saw that when we were at school. If you didn't make it by the age of eighteen, you were kicked out, because we had teachers who ruled with the rod. I caught it from my teacher once, but karma caught up with him and he ended up prostrating at my feet and became my disciple – how's that for karma? He hit me in Geography class. He gave me a tight one and I didn't say anything because it was my fault: two minutes before the bell rang I packed my bag and was ready to go. In 1994 he became a devotee of the Gayathri Peedam and a disciple. Every time I saw him I was amused because I used to think about the shot he gave me and I'd say to myself, 'This is your karma'.

I think I'm going to stop this topic of cellphones now. I'm tired. Instead of carrying your cellphone, carry the Bhagavad Gita. We've made a nice pocket-sized one. Instead of sending an SMS, turn to the pages and get a nice long message from the Bhagavad Gita. SMS means 'short messaging'.

Then we have another madness: drugs. Why is it that our children are so much into drugs and alcohol at this time? I had a principal tell me that one of his grade eleven pupils arrived at an award function drunk out of his mind (the principal used a different word). The pupil damaged three teachers' cars. So where is this going to? It's going to total delinquency – no control. That's what it means. This is the kolaveri we're in; the madness we're in. Yet we can change this whole thing and become evolved individuals.

I'll be gone one of these days, and laughing at you all because you're not taking this advice seriously, especially for your children. I can't change you, but at least make your children better people. Our parent duties and responsibilities fail if we give our children a cellphone. It's been mentioned today in the news and it something that we need to take seriously for the future. I know some of you are upset with me, but I really don't care. I have to do my job, and this is my job. I want you all to be like water – capable of defying gravity. You must be able to rise, spiritual levitation, spiritual connection. Then you come and ask me: 'How come we're not connected, Guru?' If you have all that nonsense in your head, how can you get connected?





Letters to the Pastor

The following are actual questions written to pastors from children across the world.

Dear Pastor, I know God loves everybody but He never met my sister. Yours sincerely, Arnold. Age 8, Nashville.

Dear Pastor, I'm sorry I can't leave more money in the plate, but my father didn't give me a raise in my allowance. Could you have a sermon about a raise in my allowance? Love, Patty. Age 10, New Haven

Dear Pastor, I would like to go to heaven someday because I know my brother won't be there. Stephen. Age 8, Chicago

Dear Pastor, I think a lot more people would come to your church if you moved it to Disneyland. Loreen. Age 9. Tacoma

Dear Pastor, I liked your sermon where you said that good health is more important than money but I still want a raise in my allowance. Sincerely, Eleanor. Age 12, Sarasota

Dear Pastor, I hope to go to heaven some day but later than sooner. Love, Ellen, age 9. Athens

Dear Pastor, Please say a prayer for our Little League team. We need God's help or a new pitcher. Thank you. Alexander. Age 10, Raleigh

Dear Pastor, My father says I should learn the Ten Commandments. But I don't think I want to because we have enough rules already in my house. Joshua. Age 10, South Pasadena

Dear Pastor, Who does God pray to? Is there a God for God? Sincerely, Christopher. Age 9, Titusville

Dear Pastor, I liked your sermon on Sunday. Especially when it was finished. Ralph, Age 11, Akron

Dear Pastor, How does God know the good people from the bad people? Do you tell Him or does He read about it in the newspapers? Sincerely, Marie. Age 9, Lewiston



WORDSEARCH



Sejal and Avishna Sudu managed to find last month's secret word- *FLOWER*. Well done, ladies! Let's see who will be the first to find this month's word....

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

Suktham
Concentration
Purnami
Agni
Singing

Greenhouse
Heaven
Transfer
Lamp
Dancing
Meru
Temple

Japa
Blissful Mother
Dhanvantri
Worship
Clapping

Can you find secret word number 18?



The saints of the past have given us powerful chants to connect with higher beings

Swami Shankarananda Maharajji



Book
Review

AMMA: A LIVING SAINT

Judith Cornell

ISBN: 0 14 302807 3

Amma is an internationally revered spiritual leader and powerful force for good. Her full title is Mata Amritanandamayi or *Mother of Immortal Bliss*, but her followers know her simply as *Amma* or *Ammachi*, meaning *Mother*.



Considered by the millions of devotees in her own country, India, to be a living saint and sage, Amma had dedicated her life to uplifting all of humanity through the power of unconditional love.

Judith Cornell has followed Amma's progress for over ten years and in this authorized biography she reveals the childhood of suffering, the miracles and healing, and the boundless love that has sent Amma around the world bringing peace to millions.

Amma is an aspiring account of one of the extraordinary woman, whose simple message of love and compassion has changed countless lives and brought light to the world.



*** All books that are published for review are available in the Gayathri Peedam Library. Annual Family Membership is available. Speak to Gurudev or Lalitha for further information. Hari Om.**

God is always ensuring universal welfare and goodness

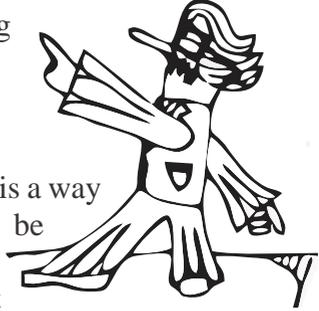
Swami Shankarananda Maharajji



THE CHRONICLES OF PUGLANANDA



Pugla: What is the difference between being religious and spiritual?



Guruji: Religion is a way of life and to be religious is to have a set routine of worship on a daily basis. To be religious is to follow a religion. Religion places much emphasis on outer forms and rituals but spirituality is not concerned with outer rituals. To be spiritual

is to have a broader understanding of God and the nature of God. To be spiritual means you are not tied by any religion and your understanding of God is universal. Spirituality says that what is important is a seeker's inner attitude. There are differences between religion and spirituality but we should also note that the path to God is like stepping stones across the lake. The first step is religion and the next is spirituality. We should evolve from being religious into being spiritual.



Question: Will the Guru help us to know the Self through initiation?

Sri Ramana Maharshi: Does the Guru hold you by the hand and whisper in the ear? You may imagine him to be what you are yourself. Because you think you are with a body, you think he also has a body and that he will do something tangible to you. His work lies within, in the spiritual realm.



Man is divided by his thoughts. Man seeks God only when in trouble. God should rather be an everlasting thought in man's mind

Going Green for God

What is acid rain?

If you ever come across thick black smoke coming out of a fire that releases a pungent foul smell, you will know that the smoke contains sulphur. These fumes release a large amount of sulphur dioxide (SO₂), and sulphur trioxide (SO₃) into the atmosphere. These sulphur oxides (combination of sulphur and oxygen) react with the water vapour in the air to form very strong acids like sulphuric acid (H₂SO₄). These acids fall along with the rain and hence the name 'acid rain'. This rain is very harmful for plant and animal life.



What is the term used to describe a substance that can be broken down and eaten up by microorganisms like bacteria?

Biodegradable. A large amount of wastes that are generated by industries are formed of substances, which cannot be easily broken down by the microorganisms. These substances are called *non-biodegradable*. The plastic we use to make polythene bags is an example of a non-biodegradable substance. Microorganisms do not eat up these plastics and they choke the soil as no water and air is able to reach it. Slowly, the soil turns barren and devoid of life. Did you know that a polythene bag could

take as much as 30 years to disintegrate? Polythene bags are bank bags, packets you get from the shop, small packets you put veggies in at the market. The reason we have to pay for packets in the shop is to encourage us to use less plastic. Get a cotton shopping bag when buying groceries because these help to save the environment.....



Match the picture with the name:

Draw a line from the name to the picture - here is the answer. How many did you get right?

agapanthus

bulbine

crocosmia

scabiosa

tulbaghia

scented pelargoniums

Never mess up an apology with an excuse. Apologise and be silent

Swami Shankarananda Maharajji



Dancing with Shiva



Satguru Sivaya Subramuniyaswami's trilogy:

Dancing with Shiva, Living with Shiva and Merging with Shiva

What Is the Nature of the Subtle Plane?

The subtle plane, or Antarloka, is the mental-emotional sphere that we function in through thought and feeling and reside in fully during sleep and after death. It is the astral world that exists within the physical plane. Aum.

The astral plane is for the most part exactly duplicated in the physical plane, though it is of a more intense rate of vibration. Beings in the higher Antarloka are trained in technology, the arts and increments of culture to take up bodies in the Bhuloka, to improve and enhance conditions within it. It is in this more advanced realm that new inventions are invented, new species created, ideas unfolded, futures envisioned, environments balanced, scientists trained and artists taught finesse. We function constantly, though perhaps not consciously, in this subtle plane by our every thought and emotion. Here, during sleep and after death, we meet others who are sleeping or who have died. We attend inner-plane schools, there to advance our knowledge. The Antarloka spans the spectrum of consciousness from the hellish Naraka regions beginning at the patala chakra within the feet, to the heavenly realm of divine love in the vishuddha chakra within the throat. The Vedas recount, *Now, there are, of a truth, three worlds: the world of men, the world of the fathers, and the world of the Gods. The world of the Gods is verily the best of worlds.* Aum Namah Sivaya.

Astikya: Faith

Faith, astikya, is the fourth niyama. Faith is a substance, a collection of molecules, mind molecules, emotion molecules-and some are even physical-collected together, charged with the energies of the Divine and the anxieties of the undivine, made into an astral form of shape, color and sound. Being a creation built up over time, faith can just as readily be destroyed, as the following phrases indicate: crisis of faith, loss of faith, dark night of the soul, and just plain confused disappointment leading to depression. Because of faith, groups of people are drawn together, cling together, remain together, intermarry and give birth, raising their children together in the substance of faith that their collective group is subconsciously committed to uphold.

Anyone can strengthen another's faith through encouragement, personal example, good natured humoring, praise, flattery, adulation, or take it away by the opposite methods. Many people with more faith than intellect are pawns in the hands of those who hold great faith, or of those who have little faith, or of those who have no faith at all. Therefore, we can see that a clear intellectual understanding of the philosophy is the bedrock to sustaining faith. Faith is on many levels and of many facets. We have faith in a person, a family, a system of government, science, astronomy, astrology. Faith in philosophy, religion, is the most tenuous and delicate kind and, we must say, the most rewarding of all faiths, because once it is sustained in unbroken continuity, the pure soul of the individual begins to shine forth.

Let your words and deeds come from your heart. Let them flow with love

Swami Shankarananda Maharajji

Faith has eyes. It has three eyes. The seer who is looking at the world and sees clearly the final conclusions for all mankind has faith in his perception, because what he sees and has seen becomes stronger in his mind as the years go by. We have the faith of those who have two eyes upraised. They look at the seer as Dakshinamurti, God Himself, and gain strength from His every word. There is also the faith of those who have two eyes lowered. They are reading the scriptures, the teachings of all the seers, and building the aura of faith within their inner psyche. Then there are those who have faith with their eyes closed, blind faith. They know not, read not and are not thinking, but are entranced by the spiritual leader in whom they have faith as a personality. They are nodding their head up and down on his every word and when questioned are not able to adequately explain even one or two of his profound thoughts.

And then we have the others, who make up much of the world population today. They are also with eyes closed, but with heads down, shaking left and right, left and right. They see mostly the darker side of life. They are those who have no faith at all or suffer a semi-permanent loss of faith, who are disappointed in people, governments, systems, philosophies, religions. Their leaders they condemn. This is a sorry lot. Their home is the halls of depression, discouragement and confusion. Their upliftment is jealousy and anger.

Finish What You Start

We are not always sitting down concentrating on a flower in the search for the Self. Once you have decided that Self Realization is the ultimate goal for you, go on living your normal life. Everything that you do in life can collectively be channeled toward the ultimate goal, for what you need is a dynamic will. You need a strong willpower.

Spirituality has a new address: Gayathri Peedam, 2 Fairview Drive

Willpower is the channeling of all energies toward one given point for a given length of time. This will can be brought out from within in everything that we do through the day. It's a powerful will. It's available to everyone. It is channeling the rarefied energies of the body, of awareness itself, into attention and concentration upon everything that we do through the day.

How do we cultivate the willpower? What do we mean by will? Will means that if you're going to complete something, you complete it. Finish that which you begin. Finish it well, beyond your expectations, no matter how long it takes. If you are going to do something, do it well, no matter if it is a simple task or a complicated one. If you're going to read a book and intend to finish the book, then read the book, finish the book, and understand what it had to offer you, for that was the purpose for reading it.

It is not developing a strong will by having a lot of half-finished jobs. It is not developing a strong will by starting out with a bang on a project and then fizzling out. These only attach awareness to that which it is aware of and leads us into the distraction of thinking the external mind is real. Then we forget our inner goal of Self Realization because the subconscious becomes too ramified with, basically, our being disappointed in ourselves, or the willpower being so diversified. Awareness being so divided that whatever we want to do never works out because there is not enough will, or shove, or centralization of energy, or awareness. A tremendous will is needed on the path of Self Realization. Make everything that you do satisfy the inner scrutiny of your inner being. Do a little more than you think that you are able to do. That brings forth just a little more will.



Swami Shankarananda Maharajji



MEDITATE



DESPERATELY SEEKING SAMADHI

For some people who practice Zen meditation, enlightenment – nirvana, Samadhi, whatever you want to call it – can become something to which we get too attached. Yet the point of Zen is to lose our attachments. Only then can we really see the truth.

But for those interested in the traditional forms of meditation who practice meditation with that goal, meditation can be frustrating. Why can't you attain enlightenment and attain it right now!? Unfortunately that's not how it works. Attachment to the idea of enlightenment, or even just to the idea of wanting immediate and dramatic results from meditation, works contrary to the very nature of meditation. Let go of your expectations, your hoped-for results, and your idea that meditation will be a panacea (remedy to all diseases) to your life.

Instead embrace the *right now*. See it for what it is. Peel off layers of illusion- the expectations, the hopes and fears, the agendas, the big plans, the regrets, the superstitions – all the desperate stuff we like to hang on everything we think and do. Peel all that away and you've got something pretty interesting left: reality.

Meditation can be frustrating, especially at first, and it might seem like your efforts are yielding nothing at all. The more you want your life to change, the more you need some sort of enlightenment, the harder it can be to exercise the patience, will, and self-discipline it takes to reap the harvest of a consistent meditation practice. But consistent practice without expectation will indeed yield results – meditation's ultimate irony. See it for what it is, and you'll see yourself for who you really are. How very Zen.

Adapted from: *The Idiot's Guide to Meditation*





HEALING



The month of May has been a life changing experience for some. With such great healing potential and power, the Gayathri Peedam Sacred Mantra Chants and Crystal Healing Crusades have been an enormous success. We have seen the positive results in Tejananda Archarya's health, in Gurudev's health as well as many others who have sent messages thanking the group for 'removing back pain' and giving them 'a new lease on life.'

The crusades started at the ashram on 1 May followed by 3 weekends in a row of jam packed healing action at the Durga Temple in Riyadh on the 12th, then in Shakaskraal on the 13th. Both temples received Gayathri Peedam with such love. The weekend after that, the same thing happened in Bloemfontein. The Bloemfontein Hindu Society received Gayathri Peedam with grace, offered the most comfortable accommodations and prepared divine meals all day long. We laughed, we danced and we sang in adoration to our Lord for His healing love. On the way back home, most of the devotees were so energised that they couldn't sleep during the 9 hour drive.

Last week Saturday we were taken by surprise with the delightful response in Park Rynie. With attendance of over 120, everybody ended the session with laughter and hands joined in praise to the Lord, thanking God for the opportunity to have fun in His name. The very next day, Gurudev was up before the sun and ready to leave for Ladysmith to offer this same service to their spiritually starving community. The Ganeser Temple has wonderful energy and although under renovation, the Crusade was a huge success.

With all this travelling, the only responses Gayathri Peedam have received are, When are you coming back? Next time make sure you have more Cd's. Where can I get big stones like that? Is your Swami from South Africa?

This is not the end of the healing! You can still join during June and July with healing in Tongaat, Berea and Chatsworth. Times and venues will be announced so listen carefully to announcements made at service. All are welcome to join. Bring your family and friends. Anybody who suffers from any condition, be it mental, emotional or physical will benefit from the energy transfer from the crystals and Chakra Balancing Harmonica. The harmonica is a unique instrument not to be missed.

None of this could have been possible without the great vision of our beloved Gurudev. Gurudev finds such great joy in healing others and helping them with their difficulties in life. Such is the love of a selfless Master whose only desire is to alleviate the pains suffered by humanity. Pain is borne of either ignorance or laziness, but unconditional points to one direction. It is that direction guided by a master, sage or saint that continually points Godward. Man is merely an instrument doing 10% of the job, God does the rest!



Let there be love, Let there be peace For nothing in this world transcends without Love.

Swami Shankarananda Maharajji

THE BUTTERFLY



One day, a small opening appeared in a cocoon; a man sat and watched for the butterfly for several hours as it struggled to force its body through that little hole. Then, it seems to stop making any progress.

It appeared as if it had gotten as far as it could and it could not go any further.

So the man decided to help the butterfly: he took a pair of scissors and opened the cocoon.

The butterfly then emerged easily.

But it had a withered body, it was tiny and shriveled wings.

The man continued to watch because he expected that, at any moment, the wings would open, enlarge and expand, to be able to support the butterfly's body, and become firm.

Neither happened!

In fact, the butterfly spent the rest of its life crawling around with a withered body and shriveled wings. It never was able to fly.

What the man, in his kindness and his goodwill did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening, were God's way of forcing fluid from the body of the butterfly into its wings, so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes, struggles are exactly what we need in our life.

If God allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as we could have been. Never been able to fly.

I asked for Strength...
and God gave me difficulties to make me strong.
I asked for Wisdom...
and God gave me problems to solve.
I asked for prosperity...
and God gave me a brain and brawn to work.
I asked for Courage....
and God gave me obstacles to overcome.
I asked for Love...
and God gave me troubled people to help.
I asked for Favours...
And God gave me Opportunities.
“I received nothing I wanted...
But I received everything I needed.



Many of you know your success by the wealth you have accumulated. Be reminded that wealth alone is short lived



Spiced Cauliflower with Sesame Seeds

Feel free to adjust the spiciness to your liking. And a suggestion for those of you averse to cilantro - try slivered basil instead.

1 1/2 tablespoons extra-virgin olive oil or clarified butter
1 teaspoon cumin seeds
2 medium yellow onions, finely sliced
a pinch of turmeric
fine grain sea salt
1 medium / 12 oz cauliflower, thinly sliced
4 dried red chillies, stemmed and halved
1-2 teaspoon sesame seeds, lightly toasted
1 garlic clove, grated



4 cm / 1 1/2-inch piece of fresh ginger, peeled and finely grated
1-2 green jalapeno chillies, seeds removed, finely chopped
2-3 tablespoons chopped fresh cilantro / coriander

Heat the oil in a large skillet over medium-high heat, add the cumin seeds and cook until they begin to crackle, just 30 seconds or so. Stir in the onions, along with the turmeric and a few pinches of salt. Cook, stirring often, until the onions caramelize a bit and turn lightly golden, roughly 7 - 10 minutes. Add the red chillies, sesame seeds, garlic, and half of the ginger. Continue to cook for another minute. Add the cauliflower and stir well. Cover the pan and cook the cauliflower over low-medium heat for 3 - 5 minutes, until just tender.

When the cauliflower is nearly cooked, remove the lid, increase the heat, and stir in the green chillies and remaining ginger. Salt to taste, sprinkle with cilantro and enjoy.

Prep time: 20 min - Cook time: 15 min

Adapted from Reza Mohammad's lovely cookbook, *Rice, Spice and all Things Nice*.



All beings are of the higher path with their foundations set in spiritual gain



AUYYRVEDIC WAYS



Ayurvedic Cooking Is About Guiding Principles Rather Than Rules:

- Food should be light, easy to digest and assimilate
- Heavier food is OK in Winter but in Summer it must be lighter
- Use spices intelligently to balance the doshas
- Cooked food is considered easier to digest than raw
- Certain foods do not go well with others eg: Milk does not go well with sour fruits or banana, yoghurt and banana are also incompatible.
- Different sorts of food are required at different times eg: pregnancy and post illness
- Ideal foods are 'tridoshic', balancing all three doshas eg: green mung dhal and coriander

A Few Pointers On Ayurvedic Ingredients:

Milk: 'Milk' can be taken as cow or goat's milk, rice milk, almond milk or other milk substitute. Soya milk is less favoured unless it is very good quality as it can be quite chalky and hard to digest. NB: Dairy milk from cows, goats does not combine well with many other foods such as bananas and other fruits, bread, meat, fish, yoghurt and sour foods.

Sweetener: Refined white and even brown sugar have been stripped of vitamins and minerals which help the body digest sugar. Try experimenting with Indian Jaggery (raw palm sugar), date syrup, brown rice syrup, Agave syrup and other alternatives. Honey should only be used in recipes that do not require heating. When baked, added to hot drinks or otherwise heated it ferments and blocks the body's subtle channels. Adding honey to warm drinks is OK. Honey is the best sweetener for Kapha.

Salt: Himalayan Rock Salt is an excellent salt as it is very easily absorbed with many beneficial effects. It does not increase blood pressure risk; is rich in minerals; assists the body's pH balance; increases appetite, digestion and assimilation of food. It's also favoured by Yogis as it calms the nervous system. It is milder than normal salt, and is available from good health shops or on-line



The vibrational energy of chanting links you to your soul and connects you to the higher level of awareness. Chant, chant, chant! This purifies your surroundings and the people around you

Swami Shankarananda Maharajji

Gayathri Peedam Calender 2012

June

- 3 Pournami
 9 Healing Crusade-Tongaat
 9 Yoga Course 4-6pm (Asana)
 10 Yoga Course 10-12am (Asana)
 16 Duruga Pooja - Tubby Reddy
 17 Father's Day
 23 & 24 Karma Yoga from 9am

July

- 3 Guru Pournami
 7 Yoga Course 4-6pm (Prathyahara)
 8 Yoga Course 10-12am (Dharana)
 12 Yogiar Mahasamadhi
 14 Yoga Course 4-6pm (Dhyanam)
 15 **GURUDEV'S BIRTHDAY 10am**
 22 Luxmi Pooja
 27-29 Yoga Retreat (Limited Space)

August

- 2 Agastiar Pournami
 3 Gita Week Starts
 4 Gayathri Mahayajna
 9 Special Gayathri Pooja 9-12 am
 10 Krishna Janastami
 31 Pournami

September

- 1&2 Midrand
 14 - 16 Trip to Port Elizabeth
 19 Ganesha Chaturi
 22 MahaNavagraha
 24 Swami Murugesu MahaSamadhi
 30 Pournami

October

- 12 Brother Haridas Maha Samadhi
 13&14 Karma Yoga
 16 Navaratri Begins
 20 Chariot Procession
 21 Sarasvathi Pooja
 23 Navarathri Ends
 26 Swami Murugesu Janastami
 26-28 Ladysmith Kumba Abishegam
 29 Pournami

Kriya Yoga Classes

- Monday:** Verulam 7pm, Gokale Hall & Umhlanga 6:30pm
Wednesday: Cowies Hill 6:30pm
Thursday: Stonebridge Hall Phoenix & Grovesnor Library Bluff 6:30pm
Friday: Virgin Active Bluff 5:15am
Saturday: Verulam 6am (Advanced)
Sunday: Verulam 6am (Prana Mudras) & Virgin Active Bluff 9am

*Speak to Aunty Jane, Kailashdeva, Pranandana or Lalitha for more information

Or visit www.jadatharayayoga.com



**Please note that all dates are subject to change. Please visit our website: www.gayathripeedam.com to download a PDF of all pooja updates.*

**Kindly ensure your contact details are updated with administration as Gayathri Peedam cannot be held responsible for those who do not attend prayer if dates change. OM*

Love is meant to bring peace. Love is meant to bring you closer to God. Transcend in Love

Swami Shankarananda Maharajji