



SETU



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Hare Rama! SETU extends a warm welcome to the rains! Rains are often associated with dark skies, little or no sunshine and a gloomy atmosphere. But then again, rain is grace; rain is the sky descending to the earth; without rain, there would be no life. And, could we ever behold the beautiful rainbow without the rain? Rainbows are perhaps God's way of reminding us that that one's life is complete only when we endure and embrace the happiness and sorrows together. The rainbow is a symbol of God's grace in our lives.

God is the great Unseen. Though you can not see the roots of a tree or know how deep inside the earth they are, you pour water round the trunk, so that it may reach the roots. You expect that the roots will absorb the water and the tree will grow and yield fruit. So also, we must realize that God is the very basis of Creation; pray to Him, seek the blessings of the Guru to guide us towards Him; to reach Him, and He will shower us with the sweet fruit of peace and happiness. The Guru is the force who can guide us from the emptiness of life towards completeness.

In this issue, we will read about the journey towards completeness in life, hidden blessings, dealing with bad memories and negative thoughts, and some health and household tips as well. Read on!

HIGHLIGHTS OF THE MONTH - MAY

On Akshaya Tritiya, 16th May 2010, Guruji performed special pooja at the Mahabaleshwar temple in Gokarna and graced the occasion of the "**Panchama Parva**" of the **Kotirudra** being held in the Mahabaleshwara temple premises.

On 18th May Guruji inaugurated the anniversary celebrations of the Shri Rama Deva Bhankuli Matha at Siddapura and graced the **Samuhika Brahmopadesham** on 19th May 2010. Another significant event was the "**Lokarpan**" of the **Amrutdhara Goshala** at Shirur, Kundapura on 21st May at the hands of Poojya Guruji. Guruji also blessed another Samuhika Brahmopadesha on 23rd May at Shri Ramachandrapura Math, Peraje, Mani. On 25th May Guruji inaugurated the new extension of the **Shree Bharati School** at Belthangadi.

Addressing a large number of devotees gathered in Bangalore on 28TH May, Sri Swamiji said that the role of Srimath in the lives of the devotees is like that of a cool breeze on a hot day. His holiness explained how life is a combination of happiness and misery. Difficulties and problems are part of life. We should learn to face them and Srimath heals and comforts those who come to her fold. The devotees should open the windows of their hearts and souls and receive the benediction. It is we human beings who erect walls and barriers. The breeze is ready to comfort all.

Earlier in the day Kumkumarchana was performed by women as part of the activities of the Purna Jeevana Kendra of Bangalore Mandala. Guruji said that **Purna Jeevana Kendra** is the educare centre of the Srimath and will be ever ready to provide guidance and assistance to devotees in spiritual and practical matters.

We are happy to announce that students of all schools run by Shree Ramachandrapura Math have performed well in the S.S.L.C examination of 2010. Sri Bharathi Vidyalaya, Vijayanagar, Bangalore and Sri Bharathi Vidyapeeta, Badiyadka have secured 100% results with many students scoring distinctions and first classes. Ramesh Bhat of Sri Bharathi Vidyalaya has brought laurel to the school by securing 95.52%

Sri Swamiji's blesses the managements, staff and students of the schools. We pray that the institutions achieve greater heights and serve the society by providing value based quality education.

A request to our readers : We, at SETU, wish to invite our readers to join our team. Anybody desirous of joining and taking up various responsibilities at SETU may please get in touch with us immediately through email or contact us at : Rajalakshmi Kameshwar Joshi : 09821007838 Mrs. Rati Hegde : 09819018240

GURUJI'S TRAVEL SCHEDULE FOR JUNE 2010

Parama Poojya Guruji will be in Hornadu on 1st June and leave for Kekkar, (Honavar) on 2nd June. On 4th June, Guruji will leave for Sirsi, visit Siddhapura between 5th and 6th June and reach Baindooru (Kundapura) on 7th June 2010. Guruji will then leave for Shivamoga on 9th June and visit Kadalipura Amrutdhara Goshala, Bangalore between 10th-12th June. On 13th June, Guruji will be in Bangalore. After visiting Sagara on 14th June, Guruji will visit Gokarna from 15th – 17th June and reach Kollur on 18th June. On 19th and 20th June, Poojya Guruji will visit South Karnataka (Beltanagadi and Puttur), reach Karkala, Udupi on 21st June, Mittu on 22nd June and then stay at Hosnagara from the 23rd to 25th of June. After visiting Bangalore on 26th and 27th of June, Guruji will reach Maalur on 28th June and then start with the journey to Kolkatta on 29th June. Guruji will reach Kolkatta on 5th of July 2010.

EVENTS PLANNED FOR JUNE IN MUMBAI

Kumkumarchane will be held at various places in Mumbai. For more details and to participate, please contact :

Mrs. Savitri Bhat (Andheri) - 26778466 Mrs. Nalini Bhat (Thane) - 25810394 Mrs. Chandrakala Hegde (Dombivali)

For further details regarding Guruji's schedules or any events, please contact Rajalakshmi Joshi Ph: 09821007838 email: rajalakshmi.j@gmail.com

WHY DO HINDUS REGARD THE COW AS SACRED? – ANOTHER VIEW

People who ask if cows are considered sacred should understand that Hindus regard all living creatures as sacred—mammals, fishes, birds and more. The cow symbolically represents all other creatures to the Hindu.

The cow represents life and the sustenance of life to the Hindu. It represents our soul, but the cow supersedes us because it is so giving, taking nothing but grass and grain. It gives and gives and gives, as does the soul give and give and give. The cow is so vital to life, the virtual sustainer of life for humans. In a society if you only had cows and no other domestic animals or agricultural pursuits, you could still survive and the children could survive with the butter, the cream and the milk to feed the children. The cow is a complete ecology, a gentle creature and a symbol of abundance.

Religious texts say: 'The cow is a universal mother'. The cow is revered and equated with a mother and the Gods. It is believed that all the Gods reside within the body of the cow. It is therefore the responsibility of every individual to accord it respect and protect it.

Yes, the cow is considered very sacred in our religion and for very good reason. We can all emulate its good qualities.

With part inputs from Gurudeva@HinduismToday.kauai.hi.us

SHREE BHARATHI GURUKULA VISHWA VIDYALAYA TAKSHASHILA REBORN !

Vision : Thousands of years ago at Takshashila in India (near the modern day Peshawar), there existed a University of world repute. It was noted for the study of science, arts and the Vedas. It attracted students from not only distant parts of India but also from Greece and Central Asia. Out of its portals walked intellectual giants like Panini, Sushruta and Chanakya. It is the dream of our Swamiji to restore to our motherland its past glory as the land of light and knowledge by establishing a unique university named Shree Bharathi Gurukula Vishwa Vidyalaya on the lines of Takshashila, on the banks of Sharavathi in Hosanagara. It will impart Gurukula system of education amidst the benevolent influence of nature, where the seeker of knowledge will find : "books in running brooks, sermons in stones and good in everything". The most ambitious of the educational projects of the Shree Math, this centre of learning will promote the study of ancient "Vidyas" and "Kalas". Among the Vidyas, focus will be on the study of the four Vedas and also on the Upavedas like Ayurveda, Arthashastra and Ghandarvaveda (music, dance, etc.) and Vedangas like Vyakarna, Jyotishya etc. Other disciplines like Vaasthu, Aagama, Shilpa, Darshanas etc., will also be studied. The University will function as a research centre for the study and propagation of ancient knowledge enshrined in the Indian tradition and culture.

The scene at present : Today, Shree Bharathi Gurukula Vishwa Vidyalaya operates from a campus set in a sprawling area, with a backdrop of hills, winding streams and lush green forests. The University has already launched on its mission and as a first step, Shree Bharathi Gurukula, a Vedic school for boys was founded a few years ago and has been running successfully. This year, Shreemaatha Gurukula, a special residential school for girls has been established with the objective of moulding young girls into women, who will epitomize the best in Indian womanhood. Shree Bharathi Pathradhaama, is a project that collects and preserves palm-leaf manuscripts which are a treasure house of ancient wisdom. This centre also houses books on ancient knowledge. Bharathi Dhaama, a research centre on art and culture houses a rare collection of manuscripts and titles some of which have been donated to Shree Math by Shree Ramanath Pundith Research Centre, Pune.

This ambitious project needs the support of the entire community of intellectuals, disciples and philanthropists to accomplish its mission.

We at SETU highly appreciate and thank Shri N.G. Hegde, Mulund for the support extended by him towards SETU, by handling all the postal expenditures and processes for the month of May. We look forward to support and co-operation from you all, in whatever way possible, so that we can improve the content, reach and quality of this bridge of communication, SETU.

STORY ON GOU-MATA

In Indore lived one of the greatest rulers that India had, Rani Ahalyabai Holkar. She was well known for her piety and for renovating many many temples in this region. One of the well known temples that she is credited for renovating is Grushneshwar in Maharashtra, one of the Jyotirlingas. She had a sole son called Maloji Rao, who was very unlike his mother in temperament.

Once when he was riding his chariot, he trampled upon a calf which was frolicking in delight after having drunk its mother's milk. This unfortunate sight was witnessed by the mother Cow, which was now beside itself in sorrow. The Queen's palace had a big bell in the entrance. This bell was rung by the commoners when they wanted justice from the Queen. The saddened and at the same time enraged cow pulled at this rope and rang the bell loudly, in hope of justice from the Queen. The Queen was surprised to see Gou-mata ringing this bell. She called for the owner of the cow. The Queen enquired from the cowherd the reason for his cow ringing this bell of justice, whether the cowherd was treating his cow badly or was not feeding it well. The cowherd replied that he took good care of the cow which was responsible for feeding his entire family. He added that the cow had been aggrieved but he was scared to tell the Queen as to who was responsible for it.

The Queen assured the cowherd that there was no reason to fear for his life and the cowherd told her about the heart-breaking incident. The Queen too felt as if her heart would break. She immediately called Maloji Rao's two wives and asked them to give justice to a person who was responsible for killing an innocent person brutally. The daughters-in-law, true to their mother-in-law's sense of justice, told her that such a brute should be given the same death that he dealt with his innocent victim. In front of Ahalyabai was the demand for justice to the cow, but at the same time, she felt tug strings in her heart for her only son. Finally, Gou-mata, the divine mother who fills the stomachs of everyone without any discrimination, won and it was decided that Maloji Rao should be trampled under the same chariot, in the same place, in the same way as he trampled the hapless innocent calf.

The charioteer refused to do this deed as it would mean obliterating the only heir to the kingdom. Nobody else was willing to do this deed. Finally Rani Ahalyabai, with a view to providing justice to Gou-mata, took the reins herself. Suddenly the same cow which had asked for justice came and stood in front of Maloji Rao. The Queen had to stop the chariot, in order to avoid hitting Gou-mata. She had the cow moved aside and once more took the reins of the chariot. Once again, the cow came in front of the chariot and saved Maloji Rao. If the Queen showed that she was a Queen of Justice, the cow showed that she was the Goddess of Compassion.

The place where this event took place is called 'Aada Bazaar' even today. We all need to emulate in our own lives the example set forth by these two very great souls, that of Justice and of Compassion. **Jai Jai Mata, Jai Gou-Mata!!!**

Taken from our SriMatha's monthly magazine 'Dharma Bharati'

BLESSINGS IN DISGUISE

... Saumya Bansal

A nice story. Touching life story.....

A young man was getting ready to graduate college. For many months he had admired a beautiful sports car in a dealer's showroom, and knowing his father could well afford it, he told him that was all he wanted.

As Graduation Day approached, the young man awaited signs that his father had purchased the car. Finally, on the morning of his graduation his father called him into his private study. His father told him how proud he was to have such a fine son, and told him how much he loved him. He handed his son a beautiful wrapped gift box.

Curious, but somewhat disappointed the young man opened the box and found a lovely, leather-bound Bhagwad Gita. Angrily, he raised his voice at his father and said, "With all your money you give me a Bhagwad Gita?" and stormed out of the house, leaving the holy book.

Many years passed and the young man was very successful in business.

He now had a beautiful home and a wonderful family, but realized his father was very old. He thought perhaps he should go to him. He had not seen him since that graduation day. Before he could make arrangements, he received a telegram telling him his father had passed away, and willed all of his possessions to his son. He needed to come home immediately and take care of the things.

When he arrived at his father's house, sudden sadness and regret filled his heart.

He began to search his father's important papers and saw the still new Bhagwad Gita, just as he had left it years ago. With tears, he opened the Bhagwad Gita and began to turn the pages. As he read those words, a car key dropped from an envelope taped behind the Gita. It had a tag with the dealer's name, the same dealer who had the sports car he had desired. On the tag was the date of his graduation, and the words...PAID IN FULL.

How many times do we miss God's blessings because they are not packaged as we expected?

Acceptance is the key word for happiness.

Believe in God

Believe in Guru

Believe in Maa..... Can guide us the right path in life..

Haare Rama !!!!!!!

GREATNESS OF JAGADGURU SHANKARACHARYA



Some days before the incident of the crocodile catching his feet, little Shankara had some very special visitors at his house. They were the four great sages, Upamanyu, Dadhichi, Gautama and Agastya who had come to meet this divine boy! They talked to him on various matters. Shankara's mother realized that it was a very significant visit, and asked them how Shankara was so special, how was it that he was able to grasp the Vedas and its significance at such a young age. Agastya Muni told her about her husband's dream before Shankara's birth and how his father had chosen to have a son who would be short-lived but would possess greatness, resulting in Lord Shiva Himself taking birth through her as Shankara.

Now she wanted to know how long her son would live. The sages told her that though he was destined to live for only 16 years, he would live for a further period of 16 years. This shocked her and when Shankara told her of his desire to live the life of a Sanyasi, she was even more grief-stricken. After the crocodile incident, when it was evident that nothing could stop Shankara from becoming a Sanyasi, she grudgingly gave him her permission. But she put a condition that on her death Shankara himself should come and perform the final obsequies as he was her only son. Shankara agreed and promised her that whenever she would think of him and desire his presence by her side, he would come. He would also cremate her on her death. But before he could leave, another miracle happened.

Lord Krishna, the presiding Deity of a temple in his village spoke to him. He told him that due to the river Purna changing its course, the idol of this temple faced the danger of the river water entering its abode. Shankara respectfully lifted up that image and established it in a secure place and then took leave of Sri Krishna too, with His permission.

The power of renunciation generated in him all other spiritual endowments:

- Shanti or peace, tranquility of the mind
- Danti or self-control, capacity to control the senses
- Uparati or withdrawal, natural withdrawal of the mind inwards
- Kshanti or forbearance, the capacity to stand all conditions of life unperturbed
- Samadhi or concentration, spiritual absorption with complete awareness
- Shraddha or faith, unshakable acceptance of the scriptures and the teacher

With the immanent Shiva for his sole companion, he passed through various lands and started his life as a Sanyasi.

PARAMA POOJYA

... Sharada Jayagovind

During one of the discourses on Dhyana, Sri Swamiji was explaining the significance of the phrase Parama Poojya which is usually prefixed to the name of a SadhGuru. The phrase when translated means "His Holiness who is worthy of worship". But as usual Sri Swamiji began playing with words and gave a new interpretation to the phrase. He said Parama Poojya means a Big zero. Looking at the puzzled expression on the face of the devotees, with a child-like laugh, His Holiness proceeded to explain.

When at the age of eighteen, Sri Swamiji took the the 'Sanyasa Deeksha', He had to become a zero. He had to renounce His name, family and had to mark the end of His life by performing His own last rites. In short, a total annihilation of the Self. First He had to become a zero and only then could He become a Parama Poojya or a spiritual guide worthy of worship.

Similarly, when a disciple approaches a Guru for spiritual guidance, he too has to let go everything he has been given or acquired - his name, fame, money and status. He should become a blank sheet, an egoless entity, a state of total surrender. The Guru then fills him with the light of knowledge. It is very essential to reach the state of 'Shunya' or emptiness before we move towards 'Purnathe' or completeness. The line between Shunya and Purna is very thin. They are complementary.

Sri Swamiji explained how Goutham Buddha saw the emptiness of life and from then on, His journey towards completeness began. Perceiving the illusion of life is an essential prerequisite to understand its completeness. Upanishads highlight the Purnathe or completeness of life.

Nirvishaya Dhyana is to empty oneself of one's thoughts, emotions and feelings. The spiritual seeker has to empty the mind, clean the inner dirt which has accumulated over the years or births, and wait for the light. God will flood it with light and bliss. Throw open the doors and windows of your mind, the sunlight will enter and illuminate all the dark corners.

Salutations to Parama Poojya Sri Sri Raghaveshwara Bharathi Swamiji. ...

SYMPTOMS OF INNER PEACE!

These are some of the most common symptoms of 'inner peace'. If you are experiencing any or all of these symptoms, you're doing something right!

- A tendency to think and act spontaneously rather than on fears based on past experiences.
- A loss of interest in judging other people and in interpreting the actions of others.
- A loss of interest in conflict and a loss of the ability to worry.
- Frequent, overwhelming episodes of appreciation and an unmistakable ability to enjoy each moment.
- Contented feelings of connectedness with others and nature and frequent attacks of smiling.
- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

BEAUTIFUL THOUGHTS

...Gurubhakta and Goubhakta Suresh Oberoi

" Umra bhar yahee galti karte rahe; Dhool thi chehare pe, aur Aaina saaf karte rahe ! "

Every day of my life, I made the same error, The dirt was on my face, I kept cleaning the mirror!

People often don't pay attention to what THEY are thinking, doing, or projecting in the universe. You must realize that you will only get whatever you project. As you sow, so you reap. You can't have mangoes when you sow orange seeds. In the same way, you get from the world, whatever you "THINK". Thinking is like sowing a seed. You will not get happiness when you sow a seed of doubt. Will my husband be happy if I wear this saree or cook this meal? Why should you have any such doubt at all? We ARE happiness. Spread the seed of happiness at home and not only your spouse but whoever comes to your house will be happy.

Never blame others, events, the world, or destiny for your unhappiness. You have to take full responsibility on your own self. Yes, I thought negative so I am getting negative results. I love the world so the world loves me. I create doubt so my destiny gives me doubt in return. Of course your Karma also counts. So we have to remember that we are the creator of our thoughts, words and karmas. We can choose anything we want. Just the same way we choose what we want when we go shopping. So, for at least one hour a day let us stop and think, "What am I thinking? Do I send love to the world or just criticise?"

Heal yourself through meditation, rather than playing the tape of the old bad memories and experiences again and again. Reliving old memories is exactly like watching a movie again and again and re-enacting the same scenes. We bring back our emotions from that memory again and again and relive the past and give the past and the mind all our strength. We ultimately feel totally tired at the end of the day. Then we blame the circumstances, then the environment, and the blame list goes on. The cure here is to erase the memory for your own good mental and physical health. You can not change or control any one in this world. So the only medicine is to cure your own self, your own reaction to things, events and persons. So meditate, do self enquiry, self analysis, and then realise your self. WHOAM I???

One important thing is that we should not start criticizing or hating ourselves in this whole exercise. The mind usually starts playing the blame game in the reverse. I am so bad, I am so cruel, etc., and finally all this takes you to the new belief that "Well, I cannot improve in this lifetime. I have too many bad qualities!" Then the guilt and depression starts. You must love yourself; forgive yourself each time your mind plays this game. Appreciate yourself for the good things you did. Keep reminding yourself "I am an ATMAN, with a unique body and mind." till you understand and believe it.

You must be the 'change' you want in others. All this reminds me of a beautiful story that speaks volumes:

Arthur Ashe, the legendary Wimbledon player was dying of AIDS which he contracted due to infected blood he received during a heart surgery in 1983. From the world over, he received letters from his fans, one of which asked: "Why does GOD have to select you for such a bad disease?" Arthur Ashe replied: "The world over -- 50 million children start playing tennis, 5 million learn to play tennis, 500,000 learn professional tennis, 50,000 come to the circuit, 5000 reach the grand slam, 50 reach Wimbledon, 4 to semi final, 2 to the finals, when I was holding a cup I never asked GOD 'Why me?'. And today in pain I should not be asking GOD "Why me?"

Please remember that Happiness keeps you Sweet, Trials keep you Strong, Sorrow keeps you Human, Failure keeps you humble and Success keeps you glowing, but only Faith & Attitude Keeps you going. So have faith in your Guru and God. Hare Rama.

JUST ONE QUESTION

...answered by Poojya Guruji

Question: We know that it is our duty to serve Goumatha. Guruji, please tell us how we can do this?

Guruji's reply: First begin to rear atleast one cow at your home. If it is difficult for you to do this, then support those who rear cows. Each one of you could adopt a cow and provide financial support. Begin to use gavya products like soap, shampoo, etc. The more you use such products, the more you contribute to the welfare and protection of cows.

Please log on to 'hareraama.in' to converse with Pujya Guruji and to know more about the Sri Matha.

DRINK WATER ON EMPTY STOMACH. It is popular in Japan today to drink water immediately after waking up every morning. Furthermore, scientific tests have proven its value. We publish below a description of use of water for our readers. For old and serious diseases as well as modern illnesses. The water treatment had been found successful by a Japanese medical society as a 100% cure for the following diseases:

Headache, body ache, heart system, arthritis, fast heart beat, epilepsy, excess fatness, bronchitis asthma, TB, meningitis, kidney and urine diseases, vomiting, gastritis, diarrhea, piles, diabetes, constipation, all eye diseases, womb, cancer and menstrual disorders, ear nose and throat diseases.

METHOD OF TREATMENT

1. In the morning before brushing teeth, drink 4 x 160ml glasses of water
2. Brush and clean the mouth but do not eat or drink anything for 45 minutes
3. After 45 minutes you may eat and drink as normal.
4. After 15 minutes of breakfast, lunch and dinner don't eat or drink anything for 2 hours
5. Those who are old or sick and are unable to drink 4 glasses of water at the beginning may commence by taking little water and gradually increase it to 4 glasses per day.

TRY THIS !

... some useful household tips

To get rid of Ants: Keep the skin of cucumbers near the place or ant hole.

To get pure and clean ice: Boil water first before freezing.

To make the mirror shine: Clean with spirit

To remove chewing gum from clothes: Keep the cloth in the freezer for an hour.

To whiten white clothes: Soak white clothes in hot water with a slice of lemon for 10 minutes 10.

To give a shine to hair: Add one teaspoon of vinegar to hair, then wash hair.

To get maximum juice out of lemons: Soak lemons in hot water for one hour, and then juice them.

To avoid smell of cabbage while cooking: Keep a piece of bread on the cabbage in the vessel while cooking.

To avoid tears while cutting onions: Chew gum.

To boil potatoes quickly: Skin one potato from one side only before boiling.

To remove ink from clothes: Put toothpaste on the ink spots generously and let it dry completely, then wash.

To skin sweet potatoes quickly: Soak in cold water immediately after boiling.

To get rid of mice or rats: Sprinkle black pepper in places where you find mice or rats. They will run away.

DUNG IS GOLD MINE

...contributed by Shri Balabhadra Das

Today, we see the destruction of the concept of dung utility and despise for cattle dung. But we have to understand why our ancient economists have described dung as the abode of wealth and prosperity and thereby impressed upon the unique utility of dung in relation to the Indian economy. If we accept the concept that dung is the nucleus of our prosperity and has no substitute, Fertilizer will be cheaply available to us and food grains can be produced and made available at reasonable rates. Our soil will retain its fertility and cheap fuel will be available to the masses. Our ancient system of medicine i.e. Ayurveda cannot subsist in the absence of dung and the absence of dung has put in peril the health in particular of our women.

I bow in reverence to such obliging ruminants on behalf of humankind!

With growing age, an animal may become useless for milk production, field work or for breeding. However, its age is never a detriment to its service of providing dung. But due to slaughter of cattle, the unavailability of precious dung has pushed the entire population in the dungeon of starvation, drought, poverty and chaos in all spheres of life.

And hence, Oh! my fellow countrymen, awake, rise and call for a halt to the government machinery and order them to reverse the policy which they have set in to snatch away the precious wealth of dung from our life.

No other fertilizer in the world is as cheap and harmless as dung fertilizer. The Indian farmer is able to grow the best and cheapest food grains in the world with the help of dung manure. This alone is capable of providing stability to the Indian economy. However, the slaughter of cattle resulted in disruption of availability of cattle dung, forcing farmers to use costly and harmful chemical fertilizers and tractors, thereby pushing up the prices of food grains and ultimately affecting the entire economy by throwing it in the dungeon of inflationary pressures. As a result, the once independent Indian farmer has now become dependent on others for availability of chemical fertilizers and tractors. He has become dependent on fertilizer plants, railways and money lenders or banks. Besides, he is left with no other option because natural dung manure is not available to him. The use of chemical fertilizers might have marginally increased agricultural production. However, the cost of production has increased manifold and in addition the taste as well as the nutritional value from food grains have been lost.

In this way, by burdening the farmer with unnecessary expenses, the cost of production has increased beyond the capacity of farmers. The food grains have become very costly, giving rise to various agitations, riots, strikes by farmers demanding rise in prices of agricultural produce, and resultant chaos all over the country.

Thus, the government has endangered the interest of the masses by stopping the flow of cattle dung, and thus they have committed an inexcusable crime. Shouldn't the people of this nation put them on trial for this crime?

This article was written by Shri Venishankar M. Vasu for the ISCOWP newsletter

The all pervading Para-Brahman is personified as the Divine Mother 'Lalita Tripura Sundari'. She is 'Chit – Shakti – Chetana Roopa – Jada Shakti Jadaatmika' in Lalita Sahasranamam. She is in 'Jada' form in the Universe as five elements of Space, Air, Fire, Water and Earth. Within our conscious bodies, She resides as 'Chetna' in nerve-plexus or Chakras being Mooladhar (Earth), Swadhishtan (Water), Manipur (Fire), Anahat (Air) and Vishudhi (Space). All these are indicated in the five wicks of the lamp we light, and also the Puja Vidhi that we follow as under:

- | | | |
|------------------------------|---------------------------------|---------------|
| 1. Om Lam Prithvyaatmikaayai | – Gandham Parikalpayami | Earth – Smell |
| 2. Om Ham Aakashaatmikaayai | – Pushpani Samarpayami | Space – Sound |
| 3. Om Yam Vaayvaatmikaayai | – Dhupam Aaghraapayami | Air – Smell |
| 4. Om Ram Vahnnyaatmikaayai | – Deepam Darshyami | Fire – Sight |
| 5. Om Vam Amrutaatmikaayai | – Amrut Mahanaivedyam Nivedyami | Water – Taste |
| 6. Om Sam Sarvaatmikaayai | – Sarvopchar Pujan Samarpayami | |

Since our five sense organs are also connected with these five elements, and always try to run away from us, rather than looking inside our hearts, our pujas are to enable us to concentrate and control these sense organs.

- | | | | |
|-----------|------------------|-------------------|---|
| 1. Eyes | – Sight (Roopa) | – Element – Fire | : Beautiful Rangolis, decorations, flower arrangements and beautification of the Idol to hold our eyes. |
| 2. Ears | – Sound (Shubdh) | – Element – Space | : Sweet Music, Bhajans, Chanting, etc. to delight the ears. |
| 3. Tongue | – Taste (Ras) | – Element – Water | : Tasty and Healthy Prasad being offered. |
| 4. Skin | – Touch (Sparsh) | – Element – Air | : Actions like Prostrations, Folding Hands, etc. |
| 5. Nose | – Smell (Gandh) | – Element – Earth | : Burning Incense, etc. |

With all the five sense organs under control, it is easier to concentrate on the Higher form ie. Para Brahman.Hare Rama...



Lokarpana of the Shri Amrutdhara Goshala by Poojya Guruji



Ratha Samrpana to Lord Venkatramana, Udupi



Inauguration of the Public Speaking Workshop and Seminar organized by "Avalambana" at Bangalore



Poojya Guruji's visit to the office of "Shimoga Times" at Shivamoga

YOUR RESPONSES

Dear Rajalakshmi ji and Ratiji,

Namaste . I read two issues of the newsletter SETU. Its good. However I suggest that you should try 1.5 line gap between each line rather than using 1line gap to make it more reader friendly. Best regards, Pruthviraj Hegde

Please write to us at seturesponse@gmail.com

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