



With Blessings From

Jagadguru Shankaracharya Mahasamsthana Shri Samsthana Gokarna Shriramachandrapuramath

# SETU



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OCTOBER 2011



**January 2012 ...** the time when Guruji is expected to come down to our very own Kolad Goushala, for a whole week. Detail schedules of this visit will be intimated to you later.

This time Mumbai Valaya has decided to gift Certificates of Merit to deserving children, which will be handed to them by our very own Parama Poojya Guruji! Parents are requested to send us details of their child's achievement in studies or extra-curricular activities as soon as possible. Please note that THE CERTIFICATE WILL BE GIVEN BY GURUJI PERSONALLY WITH 'MANTRAAKSHATE' TO THE CHILD ... therefore the child's presence is a must at the event.

While the Goushala is complete with respect to Guruji's requirements for stay, we require VOLUNTEERS to help in getting the place ready for the visitors. ShramDaana by volunteers of all ages is required before and during the visit. **Please contact Shri K.S.Bhat @ 9821110142 or Smt. Usha Bhat @ 9869482205 or Smt. Ishwari Bhat @ 9158064444.**

**Please Note : EVERY WEEKEND AFTER DIWALI VOLUNTEERS CAN JOIN COMMITTEE MEMBERS IN OFFERING SHRAMDAANA. All arrangements for stay and food will be made by the Goushala itself. Please do join us in large numbers for this noble work.**



**|| Hare Raama ||**

As the joyous occasion of Deepawali or Diwali draws close, we bow humbly to the Lotus Feet and seek blessings from **Param Puja Guruji, Gokarna Mandaladheeshwara, Srimad Jagadguru Shankaracharya Shree Shree Raghaveshwara Bharati Mahaswamiji.**

The Sanskrit word "**Deepavali**" means "an array of lights". Diwali celebrates the return of Lord Rama, King of Ayodhya, with his wife Sita and brother Lakshmana from a 14-year exile and a war in which he vanquished the demon king Ravana. It is believed that the people lit oil lamps all along the way to light the royal family's path in the darkness. The philosophical aspect of Diwali is grounded in the struggle between the forces of good and evil with the ultimate triumph of the former. This struggle and ensuing victory of good is to be celebrated and used as a reminder to us and future generations. Thus **Diwali signifies the triumph of good over evil**, of righteousness over treachery, of truth over falsehood, and of light over darkness.

However, Diwali is not a "festival of lights" to burn excessive diyas, lights, fireworks and sparklers. Sure, these are wonderful ways of expressing our gaiety. But, they are not the only or true meaning of "light." **Diwali is a festival of the light which dispels the darkness of our ignorance**; it is a festival of the light which shows us the way on our journey through life. The purpose is not to glorify the light of the candle, or the light of the firecracker. That light is only momentary. The real purpose is to glorify the light of God. It is He who bestows the real light, the everlasting light upon the darkness of this mundane world.

Diwali also marks the **New Year** for most people in North India. In the joyous mood of this season, we clean our homes, our offices, our rooms, letting the light of Diwali enter all the corners of our lives. We begin new checkbooks, diaries and calendars. It is a day of "**starting fresh.**" But, what about our hearts? When was the last time we swept out our hearts? We must clean out our hearts, ridding them of darkness, bitterness and grudges; we must make them clean and sparkling places for God to live. That is the real cleaning we must do. That is the real meaning of "starting afresh."

Additionally, Diwali is the holy time in which we offer our prayers to **Maha Lakshmi**, the goddess of wealth and prosperity, and we worship Her with piety and devotion. We pray to her for prosperity; we ask her to lavish us with her blessings. But, what kind of prosperity? All too often, we infer wealth to mean money, possessions, and material pleasures. This is NOT the true wealth in life; this is not what makes us prosperous. **On Diwali, we must pray to Maha Lakshmi for an abundance of faith**, not just money; we must pray for **growth in our spiritual lives**, not just a promotion at work.

They say that for an oil lamp to burn, the wick has to be in the oil, yet out of the oil. If the wick is drowned in oil, it cannot bring light. Life is like the wick of the lamp; you have to be in the world yet remaining untouched by it. If you are drowned in the materialism of the world, you cannot bring joy and knowledge in your life. By being in the world, yet not drowning in the worldly aspect of it, we can be the light of joy and knowledge. Lamps are lit on this day not just to decorate homes, but also to communicate this profound truth. What use will it be if the house is lit with lamps, but the heart is full of the darkness of ignorance?

Let us seek the light of spiritual guidance from Parama Poojya Guruji and celebrate Diwali this year as a true "holy day," not only as just another frivolous "holiday."

In this issue, we shall explore the qualities of **Giving, Gratitude** and know about **Gyaan**, understand the **Purpose of life**, get and invite to a very noble cause, read some very **BEAUTIFUL THOUGHTS**, learn how to **clean the mind** and continue on our **SOUL SEARCH** with the guidance of our Parama Poojya Guruji! Harerama! **-Rajalakshmi Kameshwar Joshi**

**Travel Schedule of Shrimajjagadgurushankaracharya  
Shree Shree Raghaveshwarabharathi MahaSwamiji for the Month of October 2011**

Date	Place of Journey		Place of Halt
	From	To	
14/10/2011 - 18/10/2011			Ramkatha at Jodhpur
19/10/2011	Jodhpur	Delhi	Kejriwal House, Delhi
20/10/2011	Delhi	Katra	Katra
21/10/2011	Katra	Vaishno Devi	Vaishno Devi
22/10/2011 - 24/10/2011			Katra
25/10/2011 - 26/10/2011	Katra	Delhi	Kejriwal House, Delhi
26/10/2011			Delhi
27/10/2011	Delhi	Bangalore	Bangalore
28/10/2011 - 31/10/2011			Bangalore

## ज्ञान कोष

कहानी ३५

एक लकड़हारा था। वह जंगल से लकड़ियाँ काटकर लाता और उन्हें बेचकर बड़े ही कष्टपूर्वक अपना जीवन-यापन करता था। अकस्मात् उस मार्ग से, जहाँ वह लकड़ी काट रहा था, एक संन्यासी निकले। उन्होंने लकड़हारे के दुःख को देखकर उससे कहा— 'बेटा! जंगल में और आगे बढ़ो, तुम्हें लाभ मिलनेवाला है। लकड़हारा आगे बढ़ा, तब उसे एक चन्दन का वृक्ष मिला। उसने उस वृक्ष से बहुत-सी लकड़ियाँ काट लीं और उसे ले जाकर बाजार में बेचा। इससे उसको बहुत लाभ हुआ। उसने सोचा संन्यासी ने चन्दन के वृक्ष का नाम क्यों नहीं लिया? इतना ही क्यों कहा कि और आगे बढ़ो? दूसरे दिन वह जंगल में और आगे बढ़ा, तब उसे ताँबे की एक खान मिली। उसे उसमें से

मनमाना ताँबा निकाला और बाजार में बेचकर रुपये प्राप्त किये। तीसरे दिन वह और आगे बढ़ा। उस दिन उसे एक चाँदी की खान मिली। उसने उसमें से मनमानी चाँदी निकाली और बाजार में बेचकर और अधिक रुपये प्राप्त किये। चौथे दिन वह और आगे बढ़ा। वहाँ उसे सोने और हीरे की खानें मिली। अन्त में वह बड़ा धनवान हो गया। इसी प्रकार वे लोग जिन्हें ज्ञान प्राप्त करने की अभिलाषा होती है, थोड़ी-सी सिद्धि प्राप्त करने पर रुकते नहीं, बराबर बढ़ते ही जाते हैं। अन्त में उस लकड़हारे की तरह ज्ञान का अक्षय कोष पाकर आध्यात्मिक क्षेत्र में धनवान हो जाते हैं।

*ज्ञान प्राप्ति की कोई सीमा नहीं।*

(taken from the book "Shraddha Ki Laghu Kathaayen" Part 2 compiled by Smt. Usha Agarwal)

## PURPOSE IN LIFE

... Saumya Bansal

Sri Ramakrishna, while he was alive, pointed out to his beloved disciple the mission of his life. Once when young Narendranath was eager to forget himself and the world in samadhi (total absorption in God), the master asked him why he was anxious to see God with eyes closed and not with open eyes, adding that services to all beings was the best way to worship God.

After the master's death, the young swami resolved many a time to spend the rest of his life in a mountain cave in contemplation, but every time he went into solitude for this purpose, he was thrown out, as it were, by a powerful force. Evidently his was not to be a life of exclusive meditation. No doubt a part of his mind, like that of his master, soared above the world, but another part bled at the sight of human suffering. It seldom found a point of rest in its oscillation between contemplation of God and service to all beings.

" May I Be BORN and REBORN," he once exclaimed, " and SUFFER a Thousand Miseries, if only I may WORSHIP the ONLY GOD in whom I BELIEVE : the Sum Total of all SOULS, and above all, my God the wicked, my God the afflicted, my God the poor of all races ." It appears that in obedience to a higher call he chose service to all human beings as his mission on earth, and this choice endeared him to people in the west.



Preetham K.S playing Shree Krishna in Krishna leela and Kamsa vade prasanga at Gokula



Shri Satish Kumar playing Lord Eswara in Bhasmasura Mohini held at Bombay Bunts Sangha

This page has been sponsored by Shri Uday Marathe, Mulund (E).



## THE SOURCE OF CRUELTY

..... a story from the Ramayana

A sage was performing a severe penance in the forest of Dandakaranya. Indra, the King of the Gods, felt threatened by the intensity of the penance. At first he sent some beautiful women to distract the sage. When they failed in their mission, Indra adopted a new method to destroy the sage's concentration. Indra approached the sage in the form of a warrior and said: "Holy man, I have to go somewhere on an urgent work. I wish to keep this sword in your safe custody. On returning I shall collect this from you." From that day onwards, the sword became the companion of the sage.

One day, accidentally, the sharp edge of the sword touched the branch of a tree and cut it. The sage was surprised by the power of the sword. The taste for cruelty was born in him. He began to cut down trees and plants and felt happy. Slowly from the world of plants, his thirst for violence extended to the world of animals. The sage killed animals and the power of his penance diminished and he became a sinner. Thus a sage who aimed for Indraloka landed in hell due to the company of the sword.

During Krita Yuga, demons lived in forests. But today, in Kali Yuga, they live in the hearts and homes of the people in the form of violence and cruelty. Man has become the destroyer of peace and violence has taken a hold of his mind and heart.

Since the cause of violence lies in the human mind, only a Sadguru can wipe it away and fill it with love. No external authority or law can do it. Shankaracharya prays to Lord Shiva:

"My mind is a forest where violence and cruelty wander like beasts,  
Hunt them down and be truly called a Hunter."

Shall we too invite Shiva to wipe out violence and cruelty from our minds?

*Taken from www.Hareraama.in*

**STOP THE KILLING OF COWS & BULLS ... BECOME A VEGETARIAN ... SHUN LEATHER**

## BULLOCK CART RACES BANNED IN MAHARASHTRA

The folks in rural Maharashtra can no longer engage in their pastime of watching the decades-old bullock cart races as the government has banned any kind of exhibition, races or games involving bullocks across the state with immediate effect.

The state government resolution dated August 24, said: "As per the Government of India notification dated July 11, there is a ban on the exhibition of bear, monkey, tiger, leopard and lion. Accordingly, the state was considering the ban on bullock cart racing. Thus the state has, with immediate effect, banned the race of bullock carts."

The blanket ban has upset bullock owners across the state. The Western Maharashtra Bullock Cart Racing Association has already sent a legal notice to the Ministry of Environment and Forest (MoEF) seeking clarification about the ban imposed on bullock cart racing.

President of Society for Prevention of Cruelty to Animals, Anil Katariya, who has been the forerunner in campaigning for imposing the ban on the races said: "I have been working towards bringing this ban since a long time. I started informing the people around me to stop ill-treating the animals whenever I sat in a horse cart. But over a period of time, it did not work. So in 2004, I moved the Aurangabad bench of the Bombay high court praying for a complete ban. In 2007, as part of an interim order, the court restrained conducting joint horse-bullock races in Ahmednagar district. Since then my petition has been pending for a final hearing."

Welcoming the ban on bullock cart races in the state, Katariya, who along with his family members has also stopped consuming any milk or milk products in their house, said: "These races are not only for entertainment but have become a form of gambling in many areas which needs to be stopped. The animals are made to run for kilometres for the crowd's benefit. They don't have any idea about winning or losing."

*Excerpts from DNA - MUMBAI*

## BULL SAVED FROM SLAUGHTERHOUSE

MUMBAI: Two students, who happened to see a terrified bull running wildly on the busy Lamington Road recently, successfully rescued it from being illegally slaughtered.

The two students of K C Law College, Dharam Mishra (21) and Winston Travasso (25), saw a runaway bull causing a traffic jam at Grant Road. The bull was being chased two men.

"On scrutiny, we saw an official stamp on the bull's rear leg, 'VDR', which means veterinarian doctor's reject. Since the bull was in good health, it had been rejected from slaughter," said Mishra.

The youths called up the Goregaon-based NGO, Karuna Parivar, which, in turn, alerted the D B Marg Police. The bull is now in a Malad shelter.

*TOI Mumbai - 13.10.2011*



# Dard mitaye chutki mein

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### **BEAUTIFUL THOUGHTS.... Don't Just Expect, Reflect**

*... Suresh Oberoi*

We live in an imperfect world and yet expect our relationships to be perfect! We want people; friends, family, cousins, colleagues, bus drivers, traffic attendants, almost everyone, to be flawless – but it's a tall order to ask for, isn't it? And we conveniently forget that we ourselves are not perfect. Overcoming our ego and accepting others 'warts and all' or as they are, is a very big part of living in harmony. Trying to change others is not.

We anticipate that when we agree to do something with someone, it should happen like clockwork. Well not always. Hope for the best but expect to be ready to change gear at any moment. The less we demand of others, the more friction-free and happier our relationships will become. People are intuitive and can pick up when we are trying to change them, control them, or fix them! We love people, but at the same time, we love molding them as if clay and believe that perhaps a slight comment here, a remark there and a jerk in jest, will put them into 'shape'. Anyone sensing that you are out to change them will resist and most likely run in the opposite direction.

Weigh your words; words spoken out of line are hard to retrieve and difficult to repair. Sometimes it's better to be a little tolerant, patient, and fix ourselves first rather than spoil relationships with our incessant demands. It's really not worth having everything perfect if it's at the cost of sacrificing valuable relationships. If you look for people's weaknesses, you will very often find them. No one is perfect; all of us are fallible. Your best mate may be a saint at times, but at some point he or she will surely let you down, and most likely when you need them the most. This is one of those life's imperfect yet perfect lessons. It is teaching us that life is a game of give and take. It's teaching us to be compassionate, humble, kind hearted and not to put demands on others in the form of expectations.

It's so easy to see the defects and weaknesses of others, in fact we don't even have to look for them, because we have trained ourselves to notice the negative before the positive, and so they make their presence known like thorns, pricking, prodding, causing pain and stating "here I am"! But if I try to see it another way, I may just realize that the weaknesses of others hurt me because I am still healing from a previous wound or I have not built immunity in that area yet.

For example if I am hurt by what others say, then I can check, have I in a way set myself up for this heartache? Have my ears been waiting in anticipation for the sweet music of praise, adoration, or appreciation to float my way, and I have felt disappointed when the orchestra doesn't play to my tune. If my ego is hurt, it's because I have an ego. No one has hurt me; I have hurt myself by allowing the words to affect me. I have interpreted their meaning through my lens of vulnerability, judgment and expectation.

When you give attention and energy to someone's negative traits, they wont disappoint you – they will continue doing the exact thing that upsets you, because your attention is the fuel they need to keep going! In fact they'll make it their 'occupation', just to bug you (or, at least it will feel that way!)

Be prepared for surprises. Exercising an attitude of curiosity and acceptance rather than judgment can peel away layers in a relationship, softening and deepening them. Be fascinated by the differences, not put off. Trying to find out what compels someone to do something a certain way is a much better approach to repairing a misunderstanding, than to reprimand someone for not having doing something, or bawling at him or her for the way it was done. Understand that everyone's style is different and remember there is always more than one way to do something - and it is not necessarily your way!

Everyone has another side to them, it just depends if we bother to zoom in on it or not. Virtues in others may take a few minutes to notice, but they are there, waiting to be spotted and adopted. In every area of life when you can find things in common with someone, you are better able to co-operate and collaborate. Mega Corporations are harmonizing their energies with other Mega corps whose values approximate their own, and so there is no reason why you and I cannot.

It's Time... to let go of expectations of others and reflect on what matters most. There is no harm in keeping a high vision and hoping for others to be their best, but the moment I feel pain, I have to ask myself do I want the best for them or just for me? Don't be too quick to judge and get stuck, try to understand what makes others tick. The more we learn to let go of our expectations, the more life will surprise us beyond our expectations!!



## Ganapathi, the Lord of the Ganas

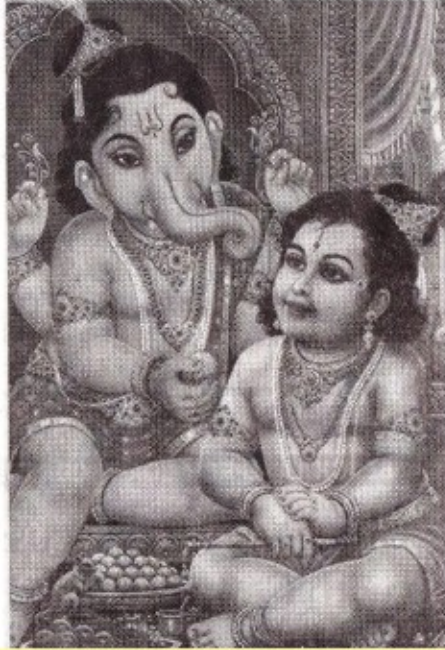
**SOULFUL**

THE NEW INDIAN EXPRESS  
BELGAUM TUESDAY 16 AUGUST 2011

*Parvathi, the universal Mother created Ganesha out of her divine energy. She endowed him with all her power. It is said that Ganesha was made of the Mother's sweat.*

This is the season of festivals. Ganesha habba is celebrated all over India and abroad on a grand scale. But often in the pomp, noise and colour of the festival, the true significance of the event is lost. To most people, Ganesha habba means new clothes, sweets and crackers.

Huge Ganesha idols painted in garish colours are kept all over the town and worshipped. An orchestra is arranged in His honour. Loud pop music and film songs are played the whole day. Even if the Lord were to appear on the scene He would be driven away by the noise pollution. These idols when immersed in lakes and ponds, poison the water bodies. The toxic materials used in the reparation of the idols kill fish, crabs, turtle and other animals which live in the water. People who use this water for drinking and washing purposes suffer from infection and disease. Ganesha idol must be made of mud or



clay which when immersed in water becomes one with it. This is in keeping with the nature of the Lord's birth.

Parvathi, the universal Mother created Ganesha out of her divine energy. She endowed him with all her power. It is told that Ganesha was made of the Mother's sweat. It is Prakruthi who gave Ganesha, his body. Shiva, the Father wanted to play a role in the creation of Ganesha. Shiva bestowed on Ganesha the big elephant head. Ganesha is the child of Prakruthi and Purusha and His form symbolises the fine balance between body and intelligence, between jeeva and jnana.

Those who traverse by the path of yoga experience the birth of Ganesha within their bodies which have chakras or energy centers. Ganapathi Upanishad states that the seat of Ganapathi is mooladhara chara: thum mooladhara sthithosi nithyam. Mooladhara chakra is located at the low-

est region of the body. Ganapathi who sits at mooladhara can either facilitate the progress of an aspirant of self knowledge or can hinder it. Hence He is both Vignakartha and Vignahrtha- a force which can both cause and remove obstructions.

Ganapathi who is born in the mooladharachakra merges with Shiva at Swadhishtana which represents water. From then on, Ganapathi and Shiva do not manifest separately and become one divine force. Immersing Ganesha idol in water represents this principle of the Son becoming one with the Father. There are certain special days marked in the calendar which are favourable for experiencing the presence of certain deities. On Shivarathri, Shiva becomes our own. On that day Shiva will descend from Kailasa to accept a single bilva leaf offered with devotion.

On Krishnashtami, the

presence of Krishna can be felt all around us. Similarly, Ganesh Chaturthi is the special day to realize and experience Ganesha. When we worship Ganesha we should pray for satisfaction which is symbolised by his huge stomach. The snake which binds his belly indicates the need for self control. His big head emphasises the importance of acquiring knowledge, the tusk represents knowledge of Self, the trunk symbolises Omkara. The modaka, the sweetmeat in his hand represents happiness, the small eyes ask us to develop sharp and subtle vision, his big ears and small mouth teach us to listen more and talk less. Ganapathi, the precious child of Prakruthi and Purusha is a rare blend of head and heart.



Srimad Jagadguru  
Shankaracharya  
Shree Shree  
Raghaveshwara  
Bharati Swamiji

### How to Clean the Mind?

... taken from **LIVING WITH GOD**

Every day we take great care to clean our house, wash our clothes and bathe. But, how many of us take a little time in this world of tearing hurry to clean our minds? Lot of intellectual rubbish and dirt get accumulated in our minds and we continue to live without bothering to clean it.

Mind can be compared to a lake. If the water is clear, the reflection is clear. If the water is dirty or disturbed, it distorts the image. Similarly, if the mind is filled with negative and evil thoughts, it projects distorted images of people and events.

How to clean the mind? Self effort is very essential for this task. Others cannot do it for us. It is not a matter of soap and water. We have to set aside a little time in our daily life to undertake this very important exercise. This is the beginning of dhyana or meditation.

Every day, either in the morning or evening, sit quietly for a while and review the thoughts which rise like waves in your mind. Consciously stand back and witness the thoughts that pass through your mind. Slowly, learn to weed the negative emotions and thoughts which harm the self and others. As we empty the mind of its negative tendencies, the positive and healthy thoughts begin to fill it. This is the effective medicine prescribed by yogis to clean the polluted mind.

At first, the process of mind cleaning may appear difficult because human mind is like a monkey. The more one tries to control it, the more rebellious it becomes. But an aspirant of dhyana should not give up the effort. Like a loving mother who gently brings back her naughty child under control, the seeker of truth has to bring the unruly mind back to God through sadhana or constant practice. Chanting God's name is the easiest and surest way to clean the mind.

"Yogena chitthasya padena vâchâm  
Malam sharirasya cha vaidyakena  
Yopa karoatham pravaram muninam  
Patanjalim pranjali aratosmi."

Just as the mistakes of speech are corrected through grammar, the maladies of the body are cured through Ayurveda, so are the imperfections of the mind cleaned by yoga and dhyana.

We bow to the sage Patanjali who gave us this knowledge.

(from the book "Living with God", a collection of Guruji's articles translated by Dr. Sharada Jayagovind.)



### WHAT HAPPENS IN HEAVEN ...contributed by Shri R. N. Kameshwar

**This is one of the nicest e-mails I have seen and is so true:**

I dreamt that I went to Heaven and an angel was showing me around. We walked side-by-side inside a large workroom filled with angels. My angel guide stopped in front of the first section and said, "This is the Receiving Section. Here, all petitions to God said in prayer are received." I looked around in this area, and it was terribly busy with so many angels sorting out petitions written on voluminous paper sheets and scraps from people all over the world. Then we moved on down a long corridor until we reached the second section. The angel then said to me, "This is the Packaging and Delivery Section. Here, the graces and blessings the people asked for are processed and delivered to the living persons who asked for them." I noticed again how busy it was there. There were many angels working hard at that station, since so many blessings had been requested and were being packaged for delivery to Earth. Finally at the farthest end of the long corridor we stopped at the Door of a very small station. To my great surprise, only one angel was seated there, idly doing nothing. "This is the Acknowledgment Section," My angel friend quietly admitted to me. He seemed embarrassed "How is it that there is no work going on here?" I asked. "So sad," the angel sighed. "After people receive the blessings that they asked for, very few send back acknowledgments."

"How does one acknowledge God's blessings?" I asked. "Simple," the angel answered. "Just say, 'Thank you, Lord.'"

"What blessings should they acknowledge?" I asked.

"If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep you are richer than 75% of this world. If you have money in the bank, in your wallet, and spare change in a dish, you are among the top 8% of the world's wealthy.

Also If you woke up this morning with more health than illness ... You are more blessed than the many who will not even survive this day. If you have never experienced the fear in battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation. You are ahead of 700 million people in the world"; If you can visit a temple without the fear of harassment, arrest, torture or death you are envied by, and more blessed than, three billion people in the world."

If your parents are still alive and still married ...you are very rare. If you can hold your head up and smile, you are not the norm, you're unique to all those in doubt and despair."

Ok, what now? How can I start?

If you can read this message, you just received a blessing in that you are more blessed than over two billion people in the world who cannot read at all.

Have a good day, count your blessings, and remind everyone else how blessed we all are.

### IT IS THE SEASON OF GIVING .... DONATE FOR EDUCATION

With a view to conserving our heritage, customs and traditions, Shree Ramachandrapura Matha is providing Brahmin children, traditional education in the Gurukulam way. At the ShreeMatha, a total of 92 students ie. 50 girls and 42 boys are residing at the Gurukula, away from their parents and studying as per the syllabus designed by the ShreeMatha. At the end of their education, they give Guru-dakshina (depending on their financial status). There are 23 teachers in all. These children (both boys and girls) are given education in Vedas, Shastras, Dance form, Music, Cooking, Sanskrit, etc. apart from formal education as per the state syllabus. They do not pay any fees at all... in fact Guruji would like to get more and more children enrolled, but because of financial constraints, it is difficult. Therefore a fund is being created under the name of 'Shree Bharati Gurukulam'. **One can sponsor any number of children for a minimum of 5 years @ Rs.1000 only, per year per child.**

'Vidya Nidhi' - a scholarship scheme wherein needy children are given financial aid for studying (the school need not be one run by the ShreeMatha.) Last year 255 children received the 'Vidya Nidhi' scholarships and the total amount disbursed was Rs.10,95,510/-. Apart from this, free accommodation was also provided to some children. Since more and more poor children of all castes are approaching the ShreeMatha for financial aid, Guruji is working towards creating a fund for this purpose too.

Apart from the above, more than 15 educational institutions are run by the Shree Ramachandrapura Matha.

**This Diwali let us all contribute to society in our own humble way by spreading education to the needy. Let us all donate for this noble cause and be blessed. Spreading happiness and cheer increases our own happiness and cheer. HAPPY DIWALI!!!**

For donating to this noble cause, please contact Smt. Ishwari Bhat @ 9158064444 or Shri N.G.Hegde @ 9892214345





**Jagadguru Shankaracharya Mahasamsthanam  
Shree Ramachandrapura Matha, Gokarna Mandala.  
Mumbai Valaya & Dombivli Valaya  
in association with Pejawara Matha are  
organizing their 7th successive year of**



## **Blood Donation Camp**

**6th November 2011**

**at Pejawara Matha - Santacruz - Mumbai**



**Jagadguru Shankaracharya Mahasamsthanam Shree Samsthana Gokarna  
Shree Shree Raghaveshwara Bharathi Mahaswamiji  
Shree Ramachandrapura Matha - Hosanagara**

**Mumbai Valaya and Dombivli Valaya in association with  
Pejawara Matha are Organizing their 7th Successive Year of**

## **Blood Donation Camp**

**at the following venue:**

**Madhva Bhavan (Pejawara Matha), Prabhat Colony Near Yoga Institute, Santacruz (E), Mumbai**

**Date : 06th November, 2011 Time : 8.00 a.m. to 1.30 p.m.**

All eligible persons are requested to donate blood and help the noble cause of saving a life

**For any details following persons can be contacted:**

- |                                  |  |
|----------------------------------|--|
| 1. Dr. V. R. Bhagwat :24300166   | 5. Mr. L.A. Hegde :8108287244          |
| 2. Dr. N. G. Bhat :28686688      | 6. Mr. R.N. Kameshwar :9322230848      |
| 3. Mr. Ramesh Hegde :9869429742  | 7. Mr. Sharad G. Joshi :9769928285     |
| 4. Mr. M.N. Markande :9833615085 | 8. Mr. U.T. Krishna Murthy :9158018555 |

**Donors are requested to enroll early, so that we can serve you better.**

### **Points to be noted by donors:**

1. If the person knows about the blood group then he/she should bring the details.
2. Donor should fill the data sheet given to them.
3. Do not consume alcohol 24 hrs prior to blood donation.
4. Do not smoke or consume tobacco 4-6 hrs prior to blood donation.
5. Every blood donor will be issued voluntary donor card & certificate after blood donation.
6. Donor will get replacement of blood on emergency for themselves or their relatives against their donor card.
7. Donor should not come without having break fast for donating blood. (break fast will be served at the venue.)
8. After blood donation person should take snacks and tea / coffee provided.

### **Following persons are not eligible to donate blood:**

**Persons who are:**

1. Above the age of 60 years.
2. Below the age of 18 years.
3. Who is suffering from Jaundice.
4. Who is suffering from Hepatitis B
5. Ladies during their Pregnancy /monthly period.
6. Not completed 3 months after last donation.
7. Declared HIV + ve.
8. Suffering from cardiac ailments blood pressure and any illness like cough, cold, fever etc.
9. Suffering from Diabetes.



### EVENTS OF DOMBIVALI VALAYA

The festival of Maa Durga – NAVRATRI, was celebrated with total devotion by the ladies wing of Dombivali Valaya. Lalita Sahasranama and Kumkumarchane was recited and performed by the ladies in large numbers at the residences of Geeta R. Bhat, Usha Bhagwat, Savita Akka, Gayatri Chandrashekar, Sunita Chattra, Lalita Adi - Vasai, Sumitra Bhat, Ganapi H. Bhat and Vimala K. Hegde for each of the days during Navratri.

As per their usual custom, in the month of August and September too Lalita Sahasranama and Kumkumarchane was held at the residences of Smt. Gayatri Chandrashekar, Rama Phadke, Sangeeta Thakur, Smt.Pawar and Saraswati Anant Bhat.

Vara Mahalakshmi Puja was celebrated with pomp at Nupur Hall and bhajans were held at Vasundhara Hebbar's residence. Shri S.G.Bhat, Panvel has completed 41 Ekadasha Rudra at Gokarna. Let us all strive to emulate this feat and participate whole-heartedly in the on-going Koti Rudra Parva at Gokarna's Mahabaleshwara Temple.

Dombivali Valaya proudly wishes to state that they have also contributed towards AnnaDaana at Gokarna during their Chaturmasya Bhiksha Seva, at Ashoke, Gokarna.

### EVENTS OF MUMBAI VALAYA

Mumbai Valaya did their Bhiksha Seva along with Pune Valaya, during Chaturmasya, on the 11th of September, 2011, at Ashoke, Gokarna. More than 40 people from Mumbai alone attended the Sarva Seva. Couples performed various Sevas during Chaturmasya and the Bhiksha Seva was performed by Smt. & Shri Janardan on behalf of Mumbai Valaya.

Another batch of devotees are going to Gokarna with Shri G.S.Hegde on the 5th of November, 2011 to participate in the ongoing Koti Rudra Yagya. We request more and more people to come forward and participate in the Koti Rudra Yagya.

Navratri Utsav was celebrated by the ladies wing of Mumbai Valaya too. Smt. Supriya Bhat, Rati Hegde, Smt. Vanita and Smt. Veena Shastri had Kumkumarchane at their houses during Navratri. Smt. Shanta Bhat invited Kolad Goushala volunteers to hold a stall at Kandivali during the Navratri Utsav to sell Goushala products.

On November 6th, there will be a blood donation drive at Pejaware Math, Santacruz East. We request everybody to participate in this blood donation drive, with friends and relatives, and make it a huge success.



*Pooja Gurujee during the planting of 108 Endangered, Extinct, Rare Plant Saplings at Devarukadu, Umamaheshwara trust, Sagar, Karnataka*



*Gurujee inaugurated the Matha's new website  
[www.vishwahitam.org](http://www.vishwahitam.org)*



*Shri Vasudeva Hebbar receiving the  
Chaturmasya Prashasti from Pooja Gurujee*



*Pooja Guruji performing Vyasa Pooja*



*Guruji performing Pooja to Shree Rama before Ramkatha*



*Shree Ramkatha at Gokarna*



*Ramkatha at Gokarna*



*Ramkatha at Gokarna*



*Pooja Guruji at Ramkatha at Gokarna*



*Guruji performing Pooja*



*The procession to welcome Guruji after Seemolanghana.*

courtesy B.K.Gowdm



**Jayam, jayam,  
Sardi jayam!**



**Himani  
Sardi  
Ja**  
AYURVEDIC COUGH SYRUP

**Relief from • Cough and Cold • Fever  
• Blocked Nose • Soar throat**

Changing seasons, pollution, weak immunity lead to cough and cold and make us lethargic and listless. Himani brings you **Sardi Ja Cough Syrup**. It has 18 herbs along with the energy of Chywanprash, which give relief from cough and cold and add new strength.



Tulasi



Honey



Chyawanprash



**FREE**  
5 pcs of Sardi Ja Candles  
worth ₹ 5/-

\*with Sardi Ja 100ml

**With the energy of Chyawanprash - cures cough and cold - enhances strength**

This newsletter has been compiled and edited by Mrs. Rati Hegde and Mrs. Rajalakshmi Joshi. For your valuable suggestions, comments and contributions & for further enquiry, please contact:

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To,

Disclaimer: All views and opinions expressed in the newsletter are those of the respective writers alone.

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