



With Blessings From

Jagadguru Shankaracharya Mahasamsthanam Shri Samsthana Gokarna Shriramachandrapuramath

SETU



VOL IV ISSUE II

MARCH-APRIL 2013

|| Hare Rama ||



Ramakatha Samiti – Mumbai welcomes all for

Sh r i Ramakat h a

(VALMIKI RAMAYANA IN HINDI)

A Unique Form of Spiritual Discourse By

H.H. Sh r i m a d J a g a d g u r u S h a n k a r a c h a r y a
Sh r e e S h r e e R a g h a v e s h w a r a B h a r a t i M a h a s w a m i j i



: Venue :

ISKCON

(Hare Rama Hare Krishna Temple)
Juhu, Mumbai.

Date: 4th to 8th May 2013

Time: 6PM to 9PM

|| SHREE RAMA, JAI RAMA, JAI JAI RAMA ||



Harerama! We at SETU offer koti koti pranams to the Lotus Feet of Parama Puja Guruji, Gokarna Mandaladheeshwara, Srimad Jagadguru Shankaracharya Shree Shree Raghaveshwara Bharati Mahaswamiji and welcome Guruji to Mumbai for a unique spiritual discourse, the Ramakatha for the very first time in Mumbai!

We also wish all our readers **** A HAPPY AND PROSPEROUS VIJAYA SAMVATSARA ****

Phalgun Masa is the month when Mother Nature smiles via the season of Spring, bringing forth all her beautiful creations, spreading love and beauty throughout. Lord Kama's favourite season makes us believe in the continuity of life. And Chaitra Masa which follows seems to tell us to thank the Divine for all His creations. We start off with the worship of the Divine Mother during the 'Chaitra Nav Ratras' and on the ninth day we celebrate 'Ram Navami', the day of the birth of Shree Ramachandra. What a wonderful blend of beauty and worship where the physical plane opens the path to the spiritual plane - Something very similar to the 'Shree Ramakatha' by our beloved Guruji, Shree Shree Raghaveshwara Bharati Mahaswamiji.

Yes, dear readers, we are in for a divine treat in May, 2013 ... Mumbai will be hosting the Shree Ramakatha, a unique blend of Pravachans on the Valmiki Ramayana, songs, dances, drama and music. We invite all our readers to attend the same in large numbers at ISKCON auditorium (Hare Rama, Hare Krishna temple), Juhu, from the 4th – 8th of May, 2013. Do come; let your physical senses be transported to see and experience the divine! Hare Raama ...

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It was a moment of great pride and happiness on 25th Feb, 2013, when the J.J. Mahanagar Raktha Pedhi felicitated the Organizers of Blood Donation Camps, at their Mumbai J.J. Campus. On this occasion, on behalf of Mumbai and Dombivali Valaya, our Member U.T. Krishna Murthy received the Memento and Certificate for organizing the Blood Donation Camp on 16th December 2012.



Ladies performing Kumkumarchane on the same occasion



Akhanda Rama Taraka Japa Held At Pejaware Matha, Mumbai



HIGHLIGHTS – EVENTS OF THE MATHA (compiled by Smt. Vidya Dhareshwar)

- Havyaka Maha Mandalotsava was held on April 23rd. As part of this “Adda pallaki Utsava”, “Kiritotsava” and Tulabhara was organized for Shri Guru.
 - Kamadhenu Mahayaga was held at Mahanandi Goloka, Shri Ramachandrapura Matha, Hosanagara on April 20th.
 - Shri Ramotsava was held at Shri Ramachandrapura Matha, Hosnagara from April 16th to 20th. As part of this event, Ramakatha was organized from April 14th to 18th.
 - Ramakatha was also organized in Gore, Kumta, Uttara Kannada from April 3rd to 9th, in the presence and guidance of Sri Sri Ramanand Avadhut Swamiji, Divagi.
 - Shri Maha Ganapathi Rathotsava was held at Girinagar, Bangalore from March 23rd to 25th.
 - Akhanda Ramataraka Japa was organized by Mumbai Valaya and Dombivli Valaya on March 17th at Pejavar Math, Santacruz.
 - Ramakatha was held at Nutan Vidyalaya Ground, Gulbarga from 16-03-2013 to 22-03-2013 under the guidance of Sri Sadguru Sopananath Maha Swamiji.
 - Shivratri celebration was held at Gokarna from March 5th to 13th. As a part of this, Ramakatha was also held on the beach in front of Mahabaleshwar Temple, Gokarna from March 5th to 9th.
 - Bajakodlu Amruthdhara Goushaala gets the prestigious 'Breed Savior award' for the protection of Kasargodu breed of cows.
 - Sri Swamiji attended the Akhil Bharat Yakshagan Sahitya Sammelana at Sri Marikama Kalyana Mantapa, Sirsi on Feb 27th.
 - Sri Swamiji visited Kunjaru Madag Janardhan temple on Feb 23rd. Kalashabhishek and Sarvajanik Satyanarayan pooja were held in the temple.
 - Sri Sawamiji attended Dharma Sabha at Betteampadi Sri Mahalingeshwar Temple on the 7th day of Brahma Kalashotsava on Feb 23rd.
 - Punaha Pratishte and Brahma Kalashotsava were held at Uma Shiva Kshetra, Gerukatte, Kalladka from Feb 20th to 22nd.
 - Ramakatha was held at Dombivli from 15th to 19th Feb.
 - Bhajna Saptaha and Gou Utsava was organized at Hosada Goushaale from Feb 3rd to 10th.
- 'Avalambana' team organized a guidance program on 'Study Style and Exam preparation' for High school students in Shri Bharati school, Mujangavu on 3rd Feb.

UPCOMING EVENTS

Sri Shankara Panchami celebrations will be held at Bhanukuli Matha from May 14th to 19th.

Bhavishya – 2013 – Personality Development and Career Guidance program for students studying in 9th and 10th Standard and their parents will be held at Shri Bharati Educational Institution, Mujangavu on 27th and 28th April from 9:30 am to 5 pm.

Gurujii will be staying at the residence of Shri G.S. Hegde during His forthcoming visit to Mumbai, from the 3rd – 10th of May, 2013. The address is: **Shri G. S. Hegde, 602, Om Viraj CHSL, Paliram Path, Off S.V. Road, Andheri West, Mumbai 400058.** The Puja timings will be 9.00am in the morning and 4.30pm in the evening on Ramakatha days. For further details please contact Shri G.S. Hegde @ 9833118240 or Smt. Ishwari Bhat @ 9158064444.



JAI JAI MATA, JAI GOUMATA

If you are a cow:

Your lineage is incomparable. None can match you in love, service and sacrifice. Yet, when you grow up, the governments declare that the Desi breed is useless and inseminate you with the semen of foreign breed cattle. These alien seeds are sick and have no strength and yet they are preferred because you are now seen to be just a milking machine or a lump of meat. Your lineage, the best among the creations, has got polluted. Imagine if scientists or the honorable rulers declare that the Bharathiya human race is useless and that the European white race is far superior to us and promote artificial insemination with foreign breed of men, what would be our fate?

(What you give to other beings will be returned to you in hundredfold.

This is as true as the shining Sun.

Therefore, oh man,

Don't do unto others what would not be right if done to you.)

– *Shri Shri Raghaveshwara Bharathi Maha Swamiji (Translated by Dr.Sharada Jayagovind)*

■ 22 varieties of indigenous cows have become extinct 'Desi' cow milk healthier

DC CORRESPONDENT
HYDERABAD, MARCH 24

While milk from indigenous or pure Indian-breed cow has proven to be healthier, 22 varieties of indigenous cows have become extinct in India over the years due to a lack of encouragement in breeding, according to experts.

Experts said milk from hybrid cows contained additional BCM-7 element, which was associated with paediatric diabetes, autism, and metabolic degenerative diseases.

To raise awareness about indigenous cow milk and support their rearing, Dr BRKR Government Ayurvedic College and Charaka Dairy have planned to organise a three-



day workshop and exhibition on "desi cows" from March 28. Ayurvedic college principal Dr N. Satya Prasad said the event would be held at People's Plaza, Necklace Road,

- NUTRITION FACTS**
- Desi cow milk has amino acid, which makes the milk protein easily digestible and good for kidney.
 - It is a source of vitamins B2, B3 and A.
 - It helps strengthen the immune system and greatly reduce the chances of peptic ulcer, colon, breast and skin cancer.

with several breeds of cows.

Of more than 50 breeds of Indian cows, only 29 are available now, Dr Prasad said. The influx of non-indigenous cow breeds and

the lack of encouragement for the commercial production of *desi* cow milk were primarily responsible for this, he added.

Charaka Dairy director Dr B.L.N. Sastry explained: "Though *desi* cows yield less milk, it has amino acid, which makes the milk protein easily digestible and good for the kidney. It is also a rich source of vitamins B2, B3 and A, which help increase immunity and reduce acidity. Desi cow milk also reduces chances of peptic ulcer, colon, breast and skin cancer." Terming it a "wholesome" food, Dr Sastry said *desi* cow milk had 25 types of minerals and helped reduce the formation of serum cholesterol. It was one of the best anti-oxidants, he said.



THE KAMADUGHA MOVEMENT

....Sowmya Venkat

Shree Raghaveshwara Bharathi Swamiji of Shree Ramachandrapura Math has been ceaselessly striving to wake up a slumbering nation to the need to preserve its dying cattle wealth. Cows, the backbone of India's agrarian economy, have been the most neglected in recent times. "Kamadugha" movement under the leadership and guidance of Poojya Jagadguru Shankaracharya Shree Raghaveshwara Bharathi Swamiji of Shree Ramachandrapura Math has four causes -- protection of Indian breeds of cow, their prosperity, research on them, and their welfare.

Cow is a divine form who helps us in all ways.

Goumatha(COW) is the mother of universe, the abode of Gods, the sea of nectar and compassion, the great physician and healer of environment. She rightly occupies a very unique position among God's creation. The wise ones work for the growth, nourishment and the protection of the Cows. As many cows one protects so much protection comes back to him.

We, the Gou Bhaktas(Cow devotees) must fulfill the dream of Shree Shree Raghaveshwara Bharathi Swamiji and work tirelessly for the protection and welfare of cows. For this, we must participate whole heartedly in the Goupushti Mahayajna launched by Shree Shree Raghaveshwara Bharathi Swamiji. Let us pledge our time, resources and skills for Gouseva(serve a COW). A Movement to Transform the Minds and Homes of Millions for the Protection and Seva of Goumatha. You are cordially invited to join "Goupushti Mahayajna".

The benefits of donating a cow are simply endless. There is no other donation comparable to donation of a cow in this world. One gets limitless fruits. The donor becomes wealthy and prosperous.

Shree Raghaveshwara Bharathi Swamiji on SAVE THE HOLY COW

"What is daivatva(divine qualities)? It's love... What is rakshasatva(demonic qualities)?.. It's violence.

An easy way to daivatva(divine qualities) is spreading love... And to rakshasatva(demonic qualities) is to do violence, and spread hatred.

We have to do good even to the ones who harm us..

Then the holy cow which always benefits us, why are we harming it? Goumatha(Cow) is a divine form who helps us in all ways. We call All in One..

Goumatha has food, health, virtue/morality, environment.... Has everything. Whatever a man wants for his livelihood the lord has granted in Goumatha. And if we harm such harmless soul, god above will never forgive us. We'll get curse of this benevolent soul.

The main motive of this group/page "Save the holy cow, Stop killing cows!" to spread a message amongst all humans to promote non-violence. Especially not to harm Goumatha. Goumatha's himsa(violence) is aatmahimsa, violence to self.. Violence to Goumatha is harming humanity, food, knowledge, peace, health...

Hence spread love to all... Have special love and care towards Goumatha... God will be impressed and our lives will be blessed to be beautiful and successful"

"Cow protection to me is one of the most wonderful phenomena in human evolution. I would not kill a human being for protection a cow, as I will not kill a cow for saving a human life, be it ever so precious. Cow slaughter can never be stopped by law. Knowledge, education, and the spirit of kindness towards her alone can put an end to it."---M.K. Gandhi

Shree Raghaveshwara Bharathi Swamiji says "Let us take a vow to love. worship and serve Goumatha. Let us bring her to our hearts and home" Shree Raghaveshwara Bharathi Swamiji dedicated his life to save cattle's in India under project "Kamadugha". Kamadugha is a unique project to save, propagate and research Indian breed of cattle. Shree Swamiji took a number of awareness campaigns to spread the importance of Indian cow breed and one of them is "Vishwa Gou Sammelana" a Nine day world conference and festival on Indian breed cattle.

Objectives of this noble cause

- 1) To prevent cruelty and slaughter of cows through positive action.
- 2) To retrieve the rare Indian breed cattle from extinction and conserve them for future generations.
- 3) To promote cow centered organic agriculture.
- 4) To restore love, dignity and respect to cows
- 5) To create awareness among people



Jagadguru Shankaracharya Mahasamsthanam
Shri Samsthana Gokarna Shriramachandrapuramath

SETU



Where there is life, there is stress! Navratna Lagao, Seeti Bajao.

The hustle and bustle of everyday life results in stress and fatigue. Every evening, crores of people depend on Navratna oil massage which has 9 rare herbs. It gives relief to the tired muscles and relaxes you. In clinical tests, it has been found to be highly effective in relieving headache, fatigue, stress and sleeplessness.

Himani
Navratna
OIL

**Navratna Lagao
Seeti Bajao**



An ayurvedic medicine



SOUL SEARCH: TEACHER AND TRUE EDUCATION

(Pravachana by Srimadjagadguru Shankaracharya Shree Shree RaghaveshwaraBharathi Mahaswamiji, Shree Ramachandrapura Math, translated by Dr. Sharada Jayagovind)

A teacher plays a vital role in the life of the student. Just as the sun dispels the darkness in the outer world, the teacher dispels the inner darkness. He penetrates the inner crevices of the mind and lights a permanent glow within. A teacher is often compared to a lamp. It is told that a tiny lamp can do the work which even the sun cannot do. It can provide light during the night time. Similarly, a teacher drives away ignorance and bestows permanent light on the seekers of knowledge.

There is a **saying** in Kannada Ondakkaram kalisidaatham Guru. He who has taught you a single alphabet is the guru. This statement highlights the truth that knowledge is the greatest gift a person can receive from someone. Kshara means that which is destroyable. Guru gives us Akshara -the un destroyable wealth. Hence he is worthy of worship. He gives us knowledge with akkare- or care. He creates an intelligent being out of a great zero. No wonder a teacher is venerated as a guru who is the creator, protector and the loving father- Brahma, Vishnu and Maheshwara.

When does learning begin? It begins the day we are born into this world. As new born babes we do not know how to drink milk, how to sit or stand. We are as ignorant as a lump of clay. Our mother has to teach us these skills we need to survive. When this learning gets formalized it is called education or schooling. According to our ancient tradition a child has to be away from home from the age of eight to twenty four. He should be in a gurukula with the guru who imparts the knowledge essential for life. This is the most important stage of his life when he learns the skills and values which teach him how to face the trials and tribulations of life.

Let us compare life to a yakshagana performance. If the performance has to be good, there should be adequate back stage preparation. The artist has to complete his make up in the green room. He has to wear the right costumes and practice the lines in the rehearsal room. He should familiarize himself with the plot, music and steps. He cannot come on the stage and complete his make up or wear the crown. He should have learnt the lines and rehearsed the steps earlier so that his performance is flawless on the stage. Similarly, the school is the back stage which should prepare the child to live well.

At the age of twenty five or twenty six when a person is called to take up the responsibilities of a householder, if he has not been equipped with the necessary life skills, he fails miserably in the examination called life.

The well being of a society depends on the type of education the children receive at school. A community where the children kill themselves if they fail exams or interviews, true education has not happened and the teacher has failed.

soul search

BUILDING A WORTHY FUTURE

THERE are two views on life. Some emphatically state all events are predetermined, and we play our parts like keyed dolls. But some others totally deny the unseen force which shapes our lives and declare that man is the master of his destiny. The truth seems to lie somewhere between these two extremes.

The statement, *Tena vina trunamapi na chalathi* (even a blade of grass cannot move without Divine will) declares the supremacy of divine will.

Suppose a farmer sows ten seeds in the same field and provides the same nutrients and care, only a few will sprout. Among the few sprouted seeds, only a few grow into healthy saplings. Those saplings grow into trees of different height and girth and often yield fruits which differ in taste, even though the effort applied is the same. How does one explain this?

This is the result of *Daiva*. *Daiva* is *poorva* karma or the accumulation of

good or bad results due to our actions in the past. *Purusha prayathna* means human effort and actions performed at the present birth. The term *daiva* should not be confused with *deva* or God.

According to the doctrine of *Karma*, by exercising our free will in the present life, we can perform deeds which wipe away the past record or *daiva* which hurts us. We can also perform deeds which lay the foundation of a happy future. *Daiva* and *purusha prayathna* are actions performed by us at different times. Both contribute equally in our lives. Whatever we do in the present life becomes our past or *daiva*. So, we have to be very careful while performing any action. Some are born rich and beautiful while others are born to poverty and want. While some are born wise others are foolish. If we were to attribute all these miseries to the Creator, then He turns out to be the most cruel and unjust Father. The truth is, God is like

an umpire who administers a system of rewards and punishments for the actions performed by us. What we receive depends on our *karma*.

Some may wonder whether there is a way to speed up the process of liberation from the never ending cycle of *karma*. Yes definitely it is possible. God has provided an opportunity for all of us to delete our *daiva* or past mistakes and pave way for a happy future. The *karma* which is first in the line gives the *phala* (fruit) first. But if our present *karma* is more powerful than the *poorva karma*, then it breaks the queue and bestows the *phala* in the present life itself. One need not wait for the next *janma*. Through sincere efforts we can conquer our *daiva* and build a worthy future.



Srimadjagadguru Shankaracharya, Shree Ramachandrapura mutt



POLITICIZATION OF EDUCATION

... by Rajnath Singh

Whenever I visit Tamil Nadu, I feel proud over the rich cultural heritage of the state. The state reminds me of saint Thiruvalluvar's spiritual teachings, the grandeur of the great Chola Empire and the statute of Nataraj, which are venerated by us. Even the European laboratories like the CERN --credited for finding 'God's particle'- have established Nataraj at its campus because it symbolises the cosmic dance of Lord Shiva. Today southern metropolitan cities like Chennai, Bangalore and Hyderabad have emerged as IT hubs in the country. South India has been home to many great scientists like Dr A P J Abdul Kalam, Dr C V Raman and mathematicians like Srinivas Ramanujam. Even in ancient period, this area gave the country remarkable sages like Adi Shankaracharya, Ramanujacharya and Madhvacharya. South India has always been an intellectual seat of India.

Politicisation of education at the rulers' whim and fancy has been a common practise all around the globe. Education in many countries has been used as political weapon for many centuries. In medieval Britain, Henry, the VIIIth, not only politicised education but also the Church. The king held a personal grudge against the Pope as he was not allowed to get a divorce from his queen. He decided to support a new protestant sect. Many schools and churches came under its influence and they preached political philosophy of the king. Those were the early days of politicisation of education in Europe. Later in 20th century, other European countries tried to adopt 'secular education' countries like the erstwhile USSR introduced Lenin and Stalin in College and University syllabuses. In South America countries like Cuba promoted revolutionary Che Guevera as youth icon who believed in extremist version of Communism. The 20th century also witnessed the rise of Hitler who believed in preaching extreme nationalism in the students. Nursery students were made to learn rhymes like 'Rhine is Mine' so that they did not forget the humiliation inflicted on Germany in the first World War through Treaty of Versailles. In the West, politics and State always played an important role in guiding the system.

In India, education system was always autonomous, free from State control. We have shining examples of universities like Nalanda and Texila which were self-reliant and capable of generating their resources through generous land grants. The Nalanda University was given the right to collect direct tax from 100 villages. In Mahabharata when Yuddhisthir bets on his entire kingdom during 'Dyoot Kreeda' he mentions that this bet does not include land properties given to educational and religious institutions. Ancient Indian educational system is one of the finest examples of autonomous and apolitical system.

The process of politicising India's education began much before we waged our first freedom struggle in 1857. In the 18th century, an East India Company employee named Charles Grant propagated the idea of educating the native Indians who, according to him, were "ignorant, miserable and even corrupt". But it was Lord Macaulay who became instrumental in pushing forward the agenda. Macaulay made a public declaration through his minutes that "a single shelf of a good European library [was] worth the whole native literature of India and Arabia" and also advocated creation of "a class of persons who would be Indian in blood and colour but English in tastes, in opinions, and in intellects". Thus 1837 marked the beginning of the process of politicisation of education in India. Taking a cue from Macaulay minutes, the British rulers established three Universities around 1850s and a heavy colonial impact was clearly visible. This colonial education system had three main objectives of producing public servants loyal to the Raj, diverting young minds away from the oriental knowledge and promoting western values and culture among the youth.

Many graduates who passed out from these universities became the members of the Indian National Congress (INC) when it was formed in 1885. This was something which was a cause of concern even to Gandhiji. When asked about his views over the miserable condition of poor farmers in the country, Gandhiji wrote in Hind Swaraj: "I am not overtly concerned over the farmers' plight, but when I see the educated youth of our country it makes me deeply worried about India's future. If we want to be free from British rule then aping Britain in independent India would make swaraj meaningless." The Mahatma wanted an education system which upheld the age old cultural values of the country. If western education is credited for progress, peace and prosperity, then a tyrant like Adolph Hitler would not have been born in a highly educated country like Germany. On the contrary, India, which was one of the most illiterate countries at that time, gave the world a humanist like Gandhi.

(to be continued in the next issue....)

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...contributed by Ramgopal Biyani

...contributed by Ramgopal Biyani

THE TIMES OF INDIA | Mangalore

Holy Cow! Demand for cow urine on rise

Vinobha KT, TNN Feb 13, 2017, 03:28AM IST

MANGALORE: Demand for 'Gomutra Arka', a medicine distilled out of cow urine, is on the rise in the city. An arka manufacturer on the outskirts of the city, who supplies around 10 litres a day, claims that even the educated are using the ayurvedic preparation regularly to prevent diseases.

Govanithashraya Trust manufactures gomutra arka at its goshala (cow shelter) in Beejaguri at Pajeer, 26 km from the city. Goshala in-charge Santhosh Kumar told TOI that they have plans to expand the manufacture unit as the demand for gomutra arka is increasing.

"We take care of more than 300 cows of various breeds. "Gomutra arka is effective in checking 109 types of diseases if consumed regularly as per the prescribed dosage. It increases resistance power, life span and purifies the blood, reduces cholesterol and checks obesity. It is also effective in skin diseases, acidity, kidney ailments and other diseases," he claimed adding that even doctors use it routinely to prevent diseases.

Cow urine collected from local breeds like malenadu gidda, hallikaru and kankrej are used to make arka. "An average of 10 litres of arka is sold at our outlet in the city. There are other manufacturers, who also market arka in the city," he added.

Santhosh underwent training in making organic products from panchagavyas (cow urine, cow dung, milk, ghee and curd) at a goshala in Devarapur in Nagpur. He makes medicines like gomootra arka, ghanvati, harde churna, kala taila, madhu meha churna, padasputana, goumaya taila, soundarya face pack, tooth powder, kapila bath soap and many other items using panchagavyas and medicinal herbs at the goshala. The products made at the goshala are sold through an outlet in the city.

It is a matter of great pride to all of us that the sales of MAA GOU PRODUCTS LTD. has crossed the Rs.1 crore mark in the financial year 2012-2013. This speaks volumes of the quality of our gou-products and its acceptance by the people.

Readers will be happy to note that our Shree Matha's Kamadugh movement which conserves Kasargod cattle breed in Kasargod district, Kerala, has won the 2012 Breed Savior award. SEVA selected ShreeRamachandrapura Matha's movement as an awardee among 21 awardees selected. The award was given on 8-9 March 2013 of Breed Savior Award ceremony at NBAGR, Karnal, Haryana.



THE DIFFERENT 'LOKAS', AS PER OUR SCRIPTURES

Yajur Veda reveals : "Yatha pinde tatha brahmande, yatha brahmande tatha pinde"---"As is the individual, so is the universe, as is the universe, so is the individual". In Vedic cosmology, there are 14 lokas (planetary systems) within this universal egg or sphere (Brahmanda).

- 7 lokas which are classified as 'higher' planetary systems and their names, in ascending order, are as follows: Bhuloka, Bhuvarloka, Svargaloka, Maharloka, Janaloka, Tapoloka and Satyaloka.
- 7 of the lokas are classified as 'lower' planetary systems and their names, in descending order, are as follows: Atala, Vitala, Sutala, Talatala, Mahatala, Rasatala and Patala.

Bhuloka is often known as the 'earthly planetary system' because it's the planetary system that contains the Earth (but is not limited to the Earth by any means). Bhuvarloka exists in-between Bhuloka and Svargaloka ('svarga' means 'heaven' and is referring to the greater cosmos). Bhuloka is visible to naked eye... one need not travel outwardly to go from one Loka to another. It can be an inward journey.

There are 7 major chakras that belong to our astral bodies and each of these 7 chakras corresponds to certain plexuses along the spinal cords of our physical bodies. Furthermore, each of these 7 chakras corresponds to one of the 7 higher lokas.

- The lowest chakra of body is called the Muladhara chakra and it corresponds with Bhuloka.
- The chakra above that is called the Swadhisthana chakra and it corresponds with Bhuvarloka.
- Above that is the Manipura chakra and it corresponds with Svargaloka.
- Above that is the Anahata chakra (heart chakra) and it corresponds with Maharloka.
- Above that is the Vishuddha chakra (throat) and it corresponds with Janaloka.
- Above that is Ajna chakra (brow) which corresponds with Tapoloka.
- And finally, Sahasra (top of the head) chakra corresponds with Satyaloka.

There is a particular grade of consciousness and a certain degree of bliss that is associated with each chakras and is experienced when those chakras are opened. As each of the 7 chakras are progressively 'switched on', the quality of the bliss increases . When the Sahasra chakra is opened, the aspirant experiences the same bliss experienced by the inhabitants of Satyaloka (the highest, largest and subtlest planetary system in universe).

So, to recap, astral body of an individual contains the Cosmos within, which is reflected in our physical bodies. Bhuloka is situated in the feet, Bhuvarloka in genitals, Svargaloka in navel, Maharloka in heart, Janaloka in throat, Tapoloka in the brow centre and Satyaloka above the head. These are upper lokas and they are all situated in the body of man.

The lower lokas are situated in the body too:

- Atala is situated in the soles of the feet
- Vitala is situated in the nails
- Sutala is situated in the heels
- Talatala is situated in the hip
- Rasatala is situated in the knees
- Mahatala is situated in the thighs
- Patala is situated in the anus.

Thus the body is like a miniature of the universe.

We also use 'Loka-Parloka' to mean this world and the heavenly world to which the soul goes after death, as a reward for meritorious deeds or for bad deeds. For example, Brahmaloka means the land (loka) of Brahma. The Upnishad describes that the quality of the luxury which is enjoyed in the lowest celestial abode (the manav gandharv) is one hundred times greater than the highest luxury of this world, and it goes on increasing in the same manner up to Brahma's abode, called Satya lok. The sequence described in the Upnishad is: the abodes of the gods called Manav Gandharv, Dev Gandharv, Pitraddev, Ajanaj Karmdev, Karmdev and Nityadev; then the abode of God Indra, Brihaspati, Prajapati and Brahma.

The first five abodes are generally known as Bhu Lok, then Bhuv Lok, and thereafter Swah Lok, which is the abode of God Indra. Those souls who do honest and selfless good deeds reach these celestial abodes for a certain length of time and then they are reborn on the earth planet (as written in the Bhagwad Gita - abrahma bhubanaloko punarabartinoarjuna). There is an abode called Mah Lok where highly evolved Gyanis and Yogis go but they are again reborn on the earth planet. There is no liberation of a soul in these abodes. They are all revertible up to the abode of Brahma, except for one exception that, very highly evolved selfless Gyanis and Yogis who desire only liberation and nothing else,(way of kramamukti) if they reach the Satya Lok of Brahma they may receive liberation from the bondage of Maya and the cycle of birth and death.

Shiva Loka is the place of Lord Shiva, Vishnu Loka or Gou-loka are special Lokas which do not come under Brahmaji's creation. Even Brahmaji's birth and life span are mentioned in scriptures but nothing is mentioned about Lord Vishnu and Lord Shiva, probably because they are eternal, without any birth or death. Taken from the Internet (Speaking Tree)



Dwajaarohana at the Dombivali Ramakatha



Sant Samagam at Gulbarga Ramakatha



*Goukatha at Perla during
"Jana Janani - People for Goumata"*



*Gore Gurugulu and Shree
Shree RaghaveshwaraBharati Mahaswamiji*



Ramakatha 'Rupaka' Drishya



Guruji watching Neernali drawing a scene at Ramakatha



Distribution of Adi Shankara's Portrait at Mumbai



Aaradhana Mahotsava of Shree Ramachandra Bharati Mahaswamiji

courtesy Shri B.K. Gowtam



Jagadguru Shankaracharya Mahasamsthanam
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To,

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