

From :
YVPHFT of Rajasthan
50, Dhuleshwar Bagh,
C-Scheme, Jaipur-302001

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EDITORIAL

Adepts alias Masters v/s Ascended Masters

Ascended Master is based on the Theosophical concept of the Mahatma or Master of the Ancient Wisdom. However, "Mahatmas" and "Ascended Masters" are believed by some to differ in certain respects.

The Ascended Master Teachings refer to the Sixth Initiation as Ascension.

According to the Ascended Master Teachings, a "Master", as used in theology and theosophy terms (or "Spiritual Master") is a human being who has taken the Fifth Initiation and is thereby capable of dwelling on the 5th dimension. An "Ascended Master" is a human being who has taken the Sixth Initiation and is thereby capable of dwelling on the 6th dimension. An "Ascended Master" is a human being who has regained full union with his "Mighty I AM Presence." When a human being has regained full union with his "Mighty I AM Presence," that state of full union is referred to as "Ascension." Technically, a human being "ascends" when he takes the Sixth Initiation, and not before then.

The term "Ascended Master" was first used by Baird T. Spalding in 1924 in his series of books, "The Life and Teachings of the Masters of the Far East" and further popularized by Guy Ballard (1878-1939).

The Ascended Master movement reached another stage in 1958, when Mark Prophet, a former student of the Saint Germain Foundation, claimed he was commissioned by "the Ascended Master El Morya" to transmit the teachings of the Great White Brotherhood through an organization called the Summit Lighthouse.

Today, largely as a result of the I AM movement of Ballard and the Prophets' activities, the idea of the Ascended Masters is prevalent in the New Age. Since the Ballards and the Prophets used the names and portraits of the Theosophical Mahatmas

for their Ascended Masters, many people assume that they are the same. However, as we are going to see in this article, they differ in some very important respects.

Ascended or Living?

The Ascended Masters, as their name suggests, are supposed to be Masters who have experienced the miracle of ascension, as it is said Jesus did. The original teaching, channeled by Guy Ballard, was that a new Ascended Master would not die but would take the body up with him. This teaching of ascension is in direct opposition to the Theosophical teachings. Mahatma K. H. refers to the idea disparagingly in one of his letters to Sinnett. HPB also rejects ascension as a fact, calling it "an allegory as old as the world" (Blavatsky, Collected Writings 8:389; see also 4:359-60).

Thus the idea of ascension changed during the years, and today Ascended Masters are regarded as disembodied spirits, having transcended their physical bodies. This, again, is contrary to the Theosophical teaching about the Mahatmas. In the early days of the TS, before people in the West knew anything about the Masters, Henry Steel Olcott began to receive letters from some of them. In one early letter, the Master Serapis wrote: "The time is come to let thee know who I am. I am not a disembodied spirit, brother. I am a living man" (Jinarajadasa [2002], 2:23). That they are living men was verified by HPB, who lived with some of them near Tibet for several years while undergoing her occult training. Later Olcott and several other Theosophists also met some Mahatmas in their physical bodies at different times and in different parts of the world.

The fact that the Mahatmas retain their bodies is of great importance. By contrast, the Theosophical Masters, out of compassion, decide to give up entering into nirvana so that they remain able to help us in our struggle to realize Truth:

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Yoga Prana Vidya - Spiritual Intensive Programme at Pune

First, "All India YPV Spiritual Intensive Programme" from 14th to 17th August, 2015 was organised in Pune which was attended by a huge number of participants from across the country. A four day event - "Bringing down Heaven on Earth" was conducted by our beloved mentor Shri N J Reddy Sir.

The programme was organised successfully by the Pune team led by Vishaka, with wide co-operation from the team of Mumbai as well. From accommodation to food, to all the other facilities and arrangements were meticulously taken care of by the dedicated and enthusiastic team. Kudos!! A vibrant cultural programme was also

organised. The evening was lit up by mesmerising bhajans and dazzling performances put up by our very own YPV Yogis showing a glimpse of the local culture and festivities and also celebrating Independence day. With this grand beginning we are excitedly looking forward to the programme next year.

- Ankita Mittal



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The Master must be in a human body, must be incarnate. Many who reach this level no longer take up the burden of the flesh, but using only "the spiritual body" pass out of touch with this earth, and inhabit only loftier realms of existence. (Annie Besant)

Being perfect yogis, they have learned how to take care of their bodies so that they can live much longer than ordinary human beings; nevertheless, the bodies must eventually die.

Beliefs about Ascended Masters

It is claimed by various groups and teachers that the Ascended Masters serve as the teachers of mankind from the realms of Spirit, and that all people will eventually attain their Ascension and move forward in spiritual evolution beyond this planet.

Origins

H. P. Blavatsky was the first person to introduce the concept of the Mahatmas (also called adepts or Masters) to the West. At first she talked about them privately, but after a few years two of these adepts, known by the pseudonyms of KootHoomi (K. H.) and Morya (M.), agreed to maintain a correspondence with a couple of British Theosophists—A. P. Sinnett and A. O. Hume. This communication took place from 1880 to 1885, and during those years the knowledge about the Mahatmas became more and more public. The original letters are currently kept in the British Library in London as a valuable historical item, and have been published under the title of The Mahatma Letters. This book remains an unparalleled first-hand source of information about the Mahatmas and their teachings

These Mahatmas, she claimed, were physical beings living in the Himalayas, usually understood as Tibet.

After Madame Blavatsky's death in 1891, the concept of the Mahatmas was developed by her successors in the Theosophical Society leadership, Annie Besant and Charles W. Leadbeater, who described them in great detail and added Jesus and Maitreya. In Leadbeater's book, *The Masters and the Path* (1925), the Masters are presented as human beings full of wisdom and compassion, albeit still limited by human bodies, which they choose to retain in order to keep in touch with humanity and help in its evolution.

Later organizations that used many of the teachings of Theosophy for their own purposes, developed concept of Ascended Masters which bears some important differences with the Theosophical one.

Sanat Kumara

Sanat Kumara is an "advanced being" who is regarded as the Lord or Regent of Earth and of humanity, and the head of the Spiritual Hierarchy of Earth. It is believed by the authors of theosophical literature and Ascended Masters' teachings that he is the founder of the Great White Brotherhood, which is composed of Masters of the Ancient Wisdom (Fifth Initiation), Ascended Masters (Sixth Initiation), Chohans and Bodhisattvas

(Seventh Initiation), Buddhas (Eighth Initiation), and highly spiritually-evolved volunteers from other worlds, who have all joined together to advance spiritual evolution on Earth.

Comparison of Masters of Wisdom and Ascended Masters

Mme. Blavatsky also rejects ascension as a fact, calling it "an allegory as old as the world." In the Theosophical view, the Masters of Wisdom retain their physical bodies.

The Masters of the Wisdom are not like the Ascended ones, who are said to become Godlike, all-powerful beings beyond the laws of nature. In their teachings, the Theosophical Masters even denied that such beings exist. Mahatma K.H. wrote:

If we had the powers of the imaginary Personal God, and the universal and immutable laws were but toys to play with, then indeed might we have created conditions that would have turned this earth into an Arcadia for lofty souls.

In their letters, the Mahatmas constantly talk about the "immutable laws" of the universe, and that they can help humanity only within the limits of these laws.

In fact, according to the Theosophical teachings, the higher the adept, the less we are likely to hear from him: The more spiritual the Adept becomes, the less can he meddle with mundane, gross affairs and the more he has to confine himself to a spiritual work ... The very high Adepts, therefore, do help humanity, but only spiritually; they are constitutionally incapable of meddling with worldly affairs.

Another feature of the Ascended Masters teachings is that they are mainly concerned with the "form aspect" of the Masters (their appearance, names, character, etc.). The Theosophical view, when properly understood, is very different, that whoever wants to "see" a Mahatma has to elevate his perception to the spiritual planes.

The real Mahatma is thus seen mainly as a spiritual state of consciousness, and the forms assumed by his personal aspect are just shadows.

Consequently, as Annie Besant said of the Master's, "the least part of their work is done here," in connection with the physical plane (quoted in Codd [1988], 45). This is one reason why they live in seclusion—most of their activity takes place on the higher planes.

In the Theosophical view the Masters do not pay attention to personal desires your business matters, sons to be born, daughters to be married, houses to be built, ... During the early times of the Theosophical Society, some members, misunderstanding the nature of the Mahatmas, would bring HPB some personal requests to ask of them. In a letter Blavatsky explained:

The Masters would not stoop for one moment to give a thought to individual, private matters relating but to one or even ten persons, their welfare, woes and blisses in this world

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of Maya [illusion], to nothing except questions of really universal importance.

By contrast, channeled communications from the Ascended Masters display a great concern with the physical lives and desires of their followers. The Ascended Master literature is filled with promises of magical miracles of health, limitless wealth, and perfect happiness, and "decrees" are given to enable people to "manifest" these things in their lives. This attitude is the exact opposite of the Theosophical one.

The Ascended Masters Teachings teach ways to attract material or emotional possessions to a person's life, and also how to dissolve unpleasant karma, a conception that the Theosophical Mahatmas emphatically opposed. For example, K.H. wrote: "Bear in mind that the slightest cause produced, however unconsciously, and with whatever motive, cannot be unmade, or its effects crossed in their progress—by millions of gods, demons, and men combined." In fact, the Ascended Masters are portrayed as cosmic fathers who will take care of their followers' problems. In contrast, Mahatma M. said: "We are leaders but not child-nurses."

So what is the Masters' work on these higher planes? This complex subject is beyond the scope of this article.

The Mahatmas do not communicate indiscriminately with people who fail to realize the illusion of the personal self, or who are driven by desires, fears, and ambitions.

Their influence is always available for those of us acting with selflessness and compassion, even though we may be completely unaware of this. However, only accepted disciples have a conscious and personal relationship with them. The moral and spiritual qualifications needed to be an accepted disciple are very deep and demanding.

"In the coming New Age, the Master is responsible for the offering of opportunity and for the right enunciation of the truth but for no more than that.

Concern not myself with the affairs of the personality and those misguided aspirants who claim that the Masters are forever telling them what to do and are guiding them in their personal affairs are still far from the grade of accepted discipleship. New discipleship is primarily an experiment in group work and that its main objective is not the perfecting of the individual disciple in the group. I regard this statement as basic and essential. A group capable of useful, spiritual expression and one through which spiritual energy can flow for the helping of humanity. The work to be done is on the mental plane by way of Group Unity." - **HolyMaster DK**

Over time, Djwal Khul's name has appeared in the writings about Ascended Masters (a phrase not used or sanctioned by either The Tibetan or Mrs. Bailey) of various New Age organizations (of debatable credibility according to some).

NOTE: Initially we struggled to locate the above quote of Holy Master DK but finally sought assistance to be guided to the

precise chapter in Discipleship in the New Age-I from which his above quote has been excerpted. The prompting was very clear: "The cited extract should help the souls on the path to be able use their intuitive intelligence to discern the truth and more important is to know where their focus as souls lies - Group Unity".

WE HAVE COMPILED the relevant information without any bias for readers to understand & comprehend the subtle differences between a Master/ Adept and an Ascended Master; or you may totally discard the above and continue to believe what you think is right.

Dr Rahul – Chela R

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Jokes

A letter from a teacher to a parent:
Dear Parent,
Kumar doesn't smell nice in class. Please try to bathe him.
Parent's answer:
Dear Teacher, Kumar is not a rose, Dont smell him, Teach him.....



Mother to Son:
Who is Tippu Sultan ?
Son : Don't know
Mother : Sometime give attention to study also.
Son to Mother : Do you know Chinky Aunty ?
Mother : Don't know
Son: Sometimes give attention to Dad also



बैंक में एक ग्राहक ने सुन्दर बैंक कर्मों से बड़ी ही शालीनता से पूछा?
ग्राहक :- मैडम जी, क्या मैं यह जान सकता हूँ, कि जो चेक मैंने अभी दिया है वो कितने दिन में क्लियर होगा।
मैडम :- कम से कम 2 दिन लगेंगे।
ग्राहक :- लेकिन मैडम, इतना टाइम क्यों लगेगा ? जिस बैंक का चेक मैंने दिया है वो तो सामने वाली बिल्डिंग में है।
मैडम (बड़े ही शांत स्वर में) :- सर, मैं आपको कैसे समझाऊं, प्रोसीजर तो फॉलो करना पड़ता है न; मान लीजिये कि श्मशान के सामने ही आप मर जाते हैं, तो आपकी लाश को घर ले जायेंगे कि वहीं सामने निपटा देंगे?? ? बोलिए।
ग्राहक बेहोश...।



NUMEROLOGY

Everyone must be familiar with the term 'numerology'; it has been around for a long time now ever since it was invented by Pythagoras. According to astroYogi astrologers knowing your birth path number can help you take control of your life ranging from health, career even your personal relationships. Your life path is the most important and to find out your birth number, take your birth date and add the numbers separately until you reach a single digit number, make sure that you add your full year of birth and not just the last two digits. The single digit number will be your birth path number.

Birth Path Number One- Ruled by the Sun, One represents the leader. This individual is strong, independent, ambitious, confident and creative. They have the ability to stand alone and is filled with positive vibrations. But no one can be perfect and at times these strong individuals may show signs of arrogance and impatience. They are the ones to take the lead when it comes to matters of the heart. They can be quite experimental and exciting when it comes to relationships.

Birth Path Number Two- Ruled by the Moon, Two indicates desire for harmony and is a peace lover. It indicates a gentle, sensitive and considerate nature but do not take them for granted or they can turn manipulative and at times passive aggressive. They are known to offer emotional security to their lovers and will always try their best to keep the relationship running smoothly. It is similar with Cancer vibrations since Moon rules Cancer and number two is associated with the Moon.

Birth Path Number Three- Ruled by Jupiter, Three transmits good vibrations and is known to be friendly, sociable, positive and kind. But if expressed negatively in a situation they can at times get very superficial nevertheless they can woo anyone with their good sense of humor. As lovers these individuals are quite experimental to do exciting things

but they should be allowed to have their own space even in a relationship or else they can be unhappy and restless. Otherwise, these individuals are very exciting partners and friends to be with.

Birth Path Number Four- Ruled by Uranus, these individuals are trustworthy, practical and hardworking with love for details. This is not all; even if they are known to be logical they can be annoyingly stubborn. If they feel confined they can get quite emotional and frustrated. They love to tackle problems and are known to be loyal lovers.

Birth Path Number Five
Ruled by Mercury, these people are adaptable and freedom loving. Often referred to as freedom lovers, they are intellectual individuals with a love for variety. These individuals need to be mentally stimulated and in order to be happy require some level of change and variety or they can turn non-committal and inconsistent.

Birth Path Number Six- Ruled by Venus, number six is a peace lover who longs for stability, love, harmonious and positive vibration. They have a special disliking for discord and will not mind to walk that extra mile to maintain peace and harmony. These individuals are family loving and are known to be devoted and stable partners. But at their worst if pushed too far, they can be very stubborn and show extreme traits of possessiveness and jealousy.

Birth Path Number Seven- Ruled by Neptune, seven represents the deep thinkers, emitting spiritual vibrations. These individuals do not find any pleasures in the material world and are generally quiet in nature sometimes mistaken to be an introvert. As lovers they can be a little hard to reach or understand and are a little spaced out. What makes them interesting is that they are intuitive and some even possess amazing psychic abilities. Although disappointments in life can make them

melancholic or loners they are known to be devoted lovers.

Birth Path Number Eight- Ruled by Saturn, eight possesses strong qualities for which they are known to be the manager. They radiate success being practical, ambitious, business minded emanating materialistic vibes. They take commitments seriously and fulfil their responsibilities dutifully. As they have strong and stable temperaments they can offer their lovers what they need the most: a stable and secure relationship.

Birth Path Number Nine - Ruled by Mars, nine embodies the teacher and some can be impractical yet tolerant with streaks of sympathy. These individuals can be referred to as jack of all trades and are extremely emotional as they believe in helping any sentient being. But if they lose control of their emotions, they can turn extremely moody, careless or restless. Since helping others is their nature, sometimes people end up taking them for granted especially in a relationship. If triggered they can resort back to their bullying nature which lies dormant and in control because of their high levels of tolerance.



Smart answer by a female.
On a flight, a guy asked a beautiful lady sitting next to him...
Nice perfume.....which one is it?...
I want to gift it to my wife..!!'
Lady ;'Don't give her....some idiot will find an excuse to talk to her..!!'



Girl: wat's d price of galaxy grand??
Salesman: Rs.18,000/-
Girl: OMG
Girl: and iphone?? . .
Salesman: OMG + OMG + OMG"



Wife ask - why in all marriages girl sits on left side and boy on right side?
"Husband reply - According to profit and loss statement a/c all income is on right side and expenses are on left side"



To continue with the account of the creation, Brahma created the four kumars from his mental powers and their names are Sananda, Sanaka, Sanatana and Sanatakumara, and they became celibate brahmacharies. Shiva appeared as well.

Brahma asked Shiva to help him in the act of creation. Why don't you create some beings as well?' asked Brahma. Shiva complied and started to create. But all the beings that he created were just like him in appearance. That is, they were all immortal. What are you doing? asked Brahma. Don't create immortal beings. Create mortal ones instead. That I refuse to do, retorted Shiva. If I am to create, I shall create only immortals. Please do not create then, requested Brahma. I will take care of creation myself.

From Uttanapada was descended Prachinavarhi. Prachinavarahi married Savarna, the daughter of the ocean, and they had ten sons. These sons were known as the Prachetas. The ten Prachetas married a woman named Marisha. That is, all of them had the same wife. Daksha was the son of the Prachetas and Marisha.

Daksha's Descendents

Daksha married Panchajani. Daksha and Panchajani had one thousand sons. These were known as the Haryakshas (alternatively, Haryashvas). Daksha asked his sons to create more living beings.

But the sage Narada came and told the Haryakshas, You can't possibly create living beings unless you know where they are going to live. Have you explored the universe that your creations are going to populate? Why don't you start out on a voyage of discovery? The Haryakshas did this and have never been heard of since. They did not return. Instead became devoted brahmacharies.

Daksha and Panchajani now had another thousand sons. These were named the Shavalas. (The more usual name is the Shavalshvas.) Narada asked the Shavalas also to explore the universe and they too disappeared.

Sixty daughters were next born to Daksha and Panchajani. Sometimes the number is given as sixty, sometimes as fifty and

sometimes as twenty-four.) Ten of these daughters were married to the God Dharma, twenty-seven were married to the moon-god Chandra, and thirteen were married to the sage Kashyapa. The remaining daughters were married to various other sages.

The thirteen daughters who were married to Kashyapa were named **Aditi, Diti, Danu, Arishta, Surasa, Surabhi, Vinata, Tamra, Krodhavasha, Ira, Kadru, Vishva and Muni**, (The names of Kashyapa's wives, particularly the minor ones, sometimes vary from Purana to Purana.)

Aditi's sons were known as the adityas. There were twelve of them and they were named Indra, Dhata, Bhaga, Tvashta, Mitra, Varuna, Yama, Vivasvana, Savita, Pusha, Amshumana and Vishnu. These were the gods. (Yama is more commonly regarded as having been the son of the sun-god and his wife Samjna.)

Diti's sons were the daityas (demons). There were two of them, named Hiranyakshipu and Hiranyaksha. Their sons also came to be known as the daityas. Hiranyakshipu's sons were Prahlada, Anuhlada, Samhlada and Hlada. Prahlada's son was Virochana, Virochana's son was Vali, and Vali's son was Vanasura.

Danu had a hundred sons. These and their descendants were known as the danavas (demons). Chief among the hundred sons was Viprachitti. Maya, the architect of the demons, was descended from this line.

Both **Surasa** and **Kadru** gave birth to snakes (nagas or sarpas).

Krodhavasha was the mother of rakshasas (demons); **Surabhi** of cows and buffaloes; **Muni** of apsaras (dancers of heaven); **Arishta** of gandharvas (singers of heaven); **Ira** of trees and herbs; and **Vishva** of yakshas (demi-gods).

The Maruts

Although the gods and the demons were cousins, they did not like each other and fought amongst themselves all the time. Many daityas were killed by Vishnu and the other gods.

Diti was disturbed to see her children suffer thus she resolved that she would meditate so as to obtain a son who would

be so powerful that he would kill Indra, the king of the gods. There was a tirtha (place of pilgrimage) named Syamantapanchaka on the banks of the sacred river Sarasvati. Diti went there and started to pray to the sage Kashyapa. She lived on roots and fruits and meditated for a hundred years. These prayers pleased Kashyapa. Ask for a boon, he said. Please grant me a son who will kill Indra, replied Diti. It shall be as you wish, said Kashyapa. But there are some conditions. You will have to live in this hermitage for a hundred years more. Throughout these hundred years you will bear the baby in your womb. But there are certain conditions of cleanliness that you must observe. You must not eat in the evening, nor must you sleep under a tree at night. Exercise is not permitted in any form. Do not sleep with your hair unbraided, or without having had a bath. If you can observe these rules for a hundred years, you will have the son you wish for.

Kashyapa went away and Diti began to observe the rites that the sage had prescribed. But Indra had got to know what was afoot and he was naturally in no mood to permit the birth of a son who would be the cause of his own destruction. He hung around Diti's hermitage, pretending to serve his aunt. He brought her firewood and fruit and served her in other ways. But in reality, he was merely waiting for an opportunity. He was waiting for the moment when Diti would fail to observe the norms of cleanliness that had been laid down for her.

Ninety-nine years and three hundred and sixty-two days passed. That is, only three days were left for the period of one hundred years to be over. Diti was tired on one particular occasion. Since the period of her ordeal was soon to end, she had also become somewhat careless. She fell asleep without washing her hair. What was worse, she went to sleep without having braided her hair. This was an act of gross uncleanness.

Indra seized his chance. Since Diti had committed an unclean act, her defences had been lowered. Indra entered Diti's womb in a trice. Indra has a wonderful weapon named vajra. (This is sometimes

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with a club.) With the vajra, Indra sliced the baby in Diti's womb into seven parts. These parts started to cry.

Ma ruda, said Indra. Don't cry. But the parts continued to cry. Indra therefore chopped up each of the parts into seven more sections, so that there were forty-nine parts in all.

Since Diti had failed to observe the prescribed rites, these forty-nine sections were no longer a threat to Indra. When they were born, they came to be known as the maruts from the words Indra had used in addressing them. They were elevated to the status of gods and became Indra's friends and constant companions.

To be Contd...

Conducting spiritual sessions for street kids



We remembered the day we had first visited BalAshray- an NGO for street kids who have either run away from home or are taken for begging. That day we were so touched by the sadness in their eyes. It was like they had no hope from life, no goals no direction, they did not know what love and happiness is. We then decided to make our visit a regular feature to help these children to love life again.

We taught them a few asanas for their well being and increasing IQ and conducted a simple meditation.. A small forgiveness prayer was also done along with it.

The children responded very well to the whole activity and started practising everyday under the supervision of their teacher. After four weeks we could see a remarkable change in them. We thank Guruje for his blessings and giving us this opportunity to serve the underprivileged.

- Priti Jain; Uma Gupta;
Smita Jain (Delhi)

How To Practice Compassion In Relationships

There are many guidelines and methods to help us become more compassionate people. When we apply these practices in the space of relationships, with the person who triggers us, drives us crazy, irritates, and bores us—the person we are closest to—we begin to walk our spiritual talk. Compassion is a feeling of warmth and a sense of openness. We are careful not to become aggressive or self centered in our efforts to be more compassionate. To genuinely be compassionate to another, we must begin by extending that kindness to ourself. By appreciating and understanding how we get stuck, we can naturally extend that awareness when our loved ones act crazy. The most important point here is to accept people as they are. Putting your energy into trying to change someone, even subtly attempting to shape their behavior, backfires over time because there is always this feeling that love is conditional.

Generosity

Generosity is centered upon selfless motivation. You just give without any attachment or fixation to what happens next. We have some idea of the small things that make people happy. Therefore, you might spontaneously clean up your clutter in the living room, cook a special meal, plan a nice evening out, take care of the nitty gritty small stuff. Other ways to give spontaneously are sharing appreciative statements, compliments, and expressions of affection.

Generosity can also be about giving up our need to be right. Because we are offering up our egos, we can also let go of beliefs about the way things should be. We can give up doing things our way, winning arguments, and knowing what's best. This is generosity practice because our ego-centered beliefs are what we hold most sacred, especially those of the spiritual kind. The other aspect of generosity is protection from fear, which means listening when your partner is struggling at work, has health concerns, or financial worries. Don't problem solve. Just listen and gently ask how you can be helpful.

Discipline

Discipline has to do with bringing

mindfulness and awareness to all of your actions of body, speech, and mind. This means slowing down the momentum of our reactivity so that we can hold back our judgements, criticisms, nagging, and venting. The more we practice mindfulness and awareness in every day life, the more we can trust ourselves without second guessing what we say and do. We don't need to call up our friends to have them validate us.

Patience

The meaning of patience here has to do with not reacting impulsively when our partners misbehave, get angry with us, or shut down. We can't blame people for making us feel a certain way. We can learn how to tolerate our emotions by controlling feelings without taking them too seriously or personally.

Patience also means tolerating our feelings when we try earnestly to help someone and they don't accept it or get better according to our ideas about what's good for them. People don't like being told what to do to improve. It has the result of affirming the part of them that is already feeling inadequate. Ask them if they want concrete suggestions or if they just need a hug.

When you sit with anger and resentment over something done by someone, reflect on the anger and resentment in your own heart, come back to the hurt that gave rise to the anger. When you will sit with the hurt, you will see that the hurt is there because of how deeply you loved. When you connect with the love that was behind the hurt, anger, and resentment, you can begin to let go of the whole thing.

Meditation

Our commitment to our meditation practice underlies all of our compassionate activities. It is best to practice every day, ideally at the same time each day, even if just for ten or twenty minutes. Sometimes it helps to take ten minutes to calm down when you come home from work, just enough to transition and let the day go. Real compassion is to speak to what you see going on while staying connected to your heart. It is about clear seeing joined with warmth and kindness. This kind of love is what heals and brings love to a deeper level.

गुरु पूर्णिमा : 10 महान गुरु

गुरुब्रह्मा गुरुर्विष्णु गुरुर्वेदो महेश्वराया गुरुर्साक्षात् परब्रह्म तस्मै श्री गुरुवे नमः।

देवताओं के गुरु थे बृहस्पति और असुरों के गुरु थे शुक्राचार्य। भारतीय इतिहास में एक से बढ़कर एक महान गुरु-शिक्षक रहे हैं। ऐसे गुरु हुए हैं जिनके आशीर्वाद और शिक्षा के कारण इस देश को महान युग नायक मिले।

1. गुरु वशिष्ठ

राजा दशरथ के कुलगुरु ऋषि वशिष्ठ को कौन नहीं जानता। ये दशरथ के चारों पुत्रों के गुरु थे। वशिष्ठ के कहने पर दशरथ ने अपने चारों पुत्रों को ऋषि विश्वामित्र के साथ आश्रम में राक्षसों का वध करने के लिए भेज दिया था। कामधेनु गाय के लिए वशिष्ठ और विश्वामित्र में युद्ध भी हुआ था। वशिष्ठ ने राजसत्ता पर अंकुश का विचार दिया तो उन्हीं के कुल के मैत्रावरुण वशिष्ठ ने सरस्वती नदी के किनारे सौ सुक्त एक साथ रचकर नया इतिहास बनाया। सप्त ऋषियों में गुरु वशिष्ठ की गणना की जाती है।

2. विश्वामित्र

ऋषि होने के पूर्व विश्वामित्र राजा थे और ऋषि वशिष्ठ से कामधेनु गाय को हड़पने के लिए उन्होंने युद्ध किया था, लेकिन वे हार गए। इस हार ने उन्हें घोर तपस्या के लिए प्रेरित किया। विश्वामित्र की तपस्या और मेनका द्वारा उनकी तपस्या भंग करने की कथा जगत प्रसिद्ध है विश्वामित्र ने एक नए स्वर्ग की रचना कर डाली थी। इस तरह ऋषि विश्वामित्र के असंख्य किस्से हैं।

भगवान राम को परम योद्धा बनाने का श्रेय विश्वामित्र को जाता है। एक क्षत्रिय राजा से ऋषि बने विश्वामित्र भृगु ऋषि के वंशज थे। भगवान राम के पास जितने भी दिव्यास्त्र थे, वे सब विश्वामित्र के दिए हुए थे। विश्वामित्र को अपने जमाने का सबसे बड़ा आयुध आविष्कार माना जाता है। उन्होंने ब्रह्मा के समकक्ष एक और सृष्टि की रचना कर डाली थी।

माना जाता है कि हरिद्वार में आज जहां शांतिकुंज है उसी स्थान पर विश्वामित्र ने घोर तपस्या करके इंद्र से रुष्ट होकर एक अलग ही स्वर्ग लोक की रचना कर दी थी। विश्वामित्र ने इस देश को ऋचा बनाने की विद्या दी और गायत्री मंत्र की रचना की, जो भारत के हृदय में और जिह्वा पर हजारों सालों से आज तक अनवरत निवास कर रहा है।

3. परशुराम

जब एक बार गणेश जी ने परशुराम को शिव दर्शन से रोक लिया तो रुष्ट परशुराम ने उन पर परशु प्रहार कर दिया जिससे गणेश का एक दाँत नष्ट हो गया और वे एकदंत कहलाए। जनक, दशरथ आदि राजाओं का उन्होंने समुचित सम्मान किया। सीता स्वयंवर में श्रीराम का अभिनंदन किया। कौरव-सभा में कृष्ण का

समर्थन किया। असत्य वाचन करने के दंडस्वरूप कर्ण को सारी विद्या विस्मृत हो जाने का श्राप दिया था। उन्होंने भीष्म, द्रोण व कर्ण को शस्त्रविद्या प्रदान की थी। इस तरह परशुराम के अनेक किस्से हैं।

4. शौनक

शौनक ने 10 हजार विद्यार्थियों के गुरुकुल को चलाकर कुलपति का विलक्षण सम्मान हासिल किया और किसी भी ऋषि ने ऐसा सम्मान पहली बाहर हासिल किया। वैदिक आचार्य और ऋषि जो शनुक ऋषि के पुत्र थे। फिर से बताएं तो वशिष्ठ विश्वामित्र, कण्व, भारद्वाज, अत्रि, वामदेव और शौनक ये हैं वे सात ऋषि जिन्होंने इस देश को इतना कुछ डे डाला कि कृतज्ञ देश ने इन्हें आकाश के तारामंडल में बिठाकर एक ऐसा अमरत्व दे दिया कि सप्तर्षि शब्द सुनते ही हमारी कल्पना आकाश के तारामंडलों पर टिक जाती है।

इसके अलावा मान्यता है कि अगस्त्य, कश्यप, अष्टावक्र, याज्ञवल्क्य, कात्यायन, ऐतरेय, कपिल, जेमिनी, गौतम आदि सभी ऋषि उक्त सात ऋषियों के कुल के होने के कारण इन्हें भी वही दर्जा प्राप्त है।

5. द्रोणाचार्य

द्वारपर युग में कौरवों और पांडवों के गुरु रहे द्रोणाचार्य भी श्रेष्ठ शिक्षकों की श्रेणी में काफी सम्मान से गिने जाते हैं। द्रोणाचार्य अपने युग के श्रेष्ठतम शिक्षक थे। द्रोणाचार्य भारद्वाज मुनि के पुत्र थे। ये संसार के श्रेष्ठ धनुर्धर थे। माना जाता है कि द्रोण का जन्म उत्तरांचल की राजधानी देहरादुन में बताया जाता है जिसमें देहराद्रोण (मिट्टी का सकोरा) भी कहते थे। द्रोणाचार्य का विवाह कृपाचार्य की बहन कृपि से हुआ जिसने उन्हें अश्वथामा नामक पुत्र मिला। गुरु द्रोण ने पांडु पुत्रों और कौरवों को धनुर्धर की शिक्षा दी। द्रोण के हजारों शिष्य थे जिनमें श्रेष्ठ एकलव्य श्रेष्ठ धनुर्धर हैं तो उन्होंने एकलव्य से उसका अंगुठा मांग लिया।

महाभारत युद्ध में द्रोण कौरवों की लोर से लड़े थे। द्रोणाचार्य और उनके पुत्र अश्वथामा जब पांडवों की सेना पर भारी पड़ने लगे तब एक छल से धुष्टद्युम्न ने उनका सिर काट दिया। द्रोण एक महान गुरु थे। इतिहास में उनका नाम अजर-अमर रहेगा।

6. महर्षि सांदीपनि

भगवान कृष्ण, बलराम और सुदामा के गुरु थे महर्षि सांदीपनि। इनका आश्रम आज भी मध्यप्रदेश के उज्जैन में है। सांदीपनि के गुरुकुल में कई महान राजाओं के पुत्र पढ़ते थे। श्रीकृष्ण जी की आयु उस समय 18 वर्ष की थी और वे उज्जयिनी के सांदीपनि ऋषि के आश्रम में रहकर उनसे शिक्षा प्राप्त कर चुके थे। सांदीपनि ने भगवान श्रीकृष्ण को 64 कलाओं की शिक्षा दी थी। भगवान विष्णु के पूर्ण अवतार श्रीकृष्ण ने सर्वज्ञानी

होने के बाद भी सांदीपनि ऋषि से शिक्षा ग्रहण की और ये साबित किया कि कोई इंसान कितना भी प्रतिभाशाली या गुणी क्यों न हो, उसे जीवन में फिर भी एक गुरु की आवश्यकता होती ही है।

7. चाणक्य

आचार्य विष्णु गुप्त यानी चाणक्य यानी चाणका चाणक्य को कौन नहीं जानता कलिकाल के सबसे श्रेष्ठ गुरु जिन्होंने भारत को एकसूत्र में बांध दिया था। दुनिया के सबसे पहले राजनीतिक षड्यंत्र के रचयिता आचार्य चाणक्य ने चंद्रगुप्त मौर्य जैसे साधारण भारतीय युवक को सिकंदर और धनानंद जैसे महान सम्राटों के सामने खड़ाकर कूटनीतिक युद्ध कराए। चंद्रगुप्त मौर्य को अखंड भारत का सम्राट बनाया। पहली बाहर छोटे-छोटे जनपदों और राज्यों में बंटे भारत को एकसूत्र में बांधने का कार्य आचार्य चाणक्य ने किया था। वे मूलतः अर्थशास्त्र के शिक्षक थे लेकिन उनकी असाधारण राजनीतिक समझ के कारण वे बहुत बड़े रणनीतिकार माने गए।

8. आद्य शंकराचार्य

स्वामी शंकराचार्य ने भारत की बिखरी हुई संत परंपरा को एकजुट कर दसनामी संप्रदाय का गठन किया और भारत के चारों कोने में 4 मठों की स्थापना की। उन्होंने ही हिन्दुओं के चार धामों का पुनः निर्माण कराया और तीर्थों को पुनर्जीवित किया। शंकराचार्य हिन्दुओं के महान गुरु हैं। उनके हजारों शिष्य थे और उन्होंने देश-विदेश में भ्रमण करके हिंदु धर्म और संस्कृति का प्रचार-प्रसार किया।

9. स्वामी समर्थ रामदास

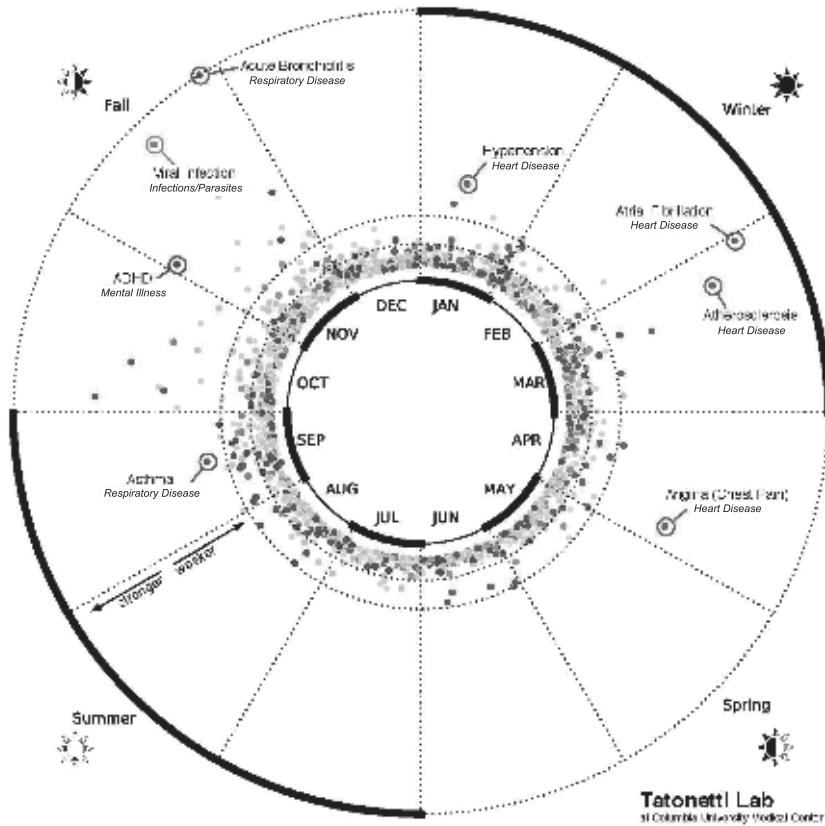
नौवे गुरु जिन्होंने भारत में अखाड़ों की नींव रखी... स्वामी समर्थ रामदास छत्रपति शिवाजी के गुरु थे। उन्होंने ही देशभर में अखाड़ों का निर्माण किया था। महाराष्ट्र में उन्होंने रामभक्ति के साथ हनुमान भक्ति का भी प्रचार किया। हनुमान मंदिरों के साथ उन्होंने अखाड़े बनाकर महाराष्ट्र में सैनिकीकरण की नींव रखी, जो राज्य स्थापना में बदली। संत तुकाराम ने स्वयं की मृत्युपूर्व शिवाजी को कहा कि अब उनका भरोसा नहीं अतः आप समर्थ में मन लगाएँ। तुकाराम की मृत्यु के बाद शिवाजी ने समर्थ का शिष्यत्व ग्रहण किया।

10. रामकृष्ण परमहंस

स्वामी विवेकानंद के गुरु आचार्य रामकृष्ण परमहंस की श्रेणी में श्रेष्ठ माने गए हैं। मां काली के भक्त श्रीपरमहंस प्रेममार्गी भक्ति के समर्थक थे। ऐसा माना जाता है कि समाधि की अवस्था में वे मां काली से साक्षात् वार्तालाप किया करते थे। उन्हीं की शिक्षा और ज्ञान से स्वामी विवेकानंद ने दुनिया में हिंदू धर्म की पताका फहराई।

How Birth Month affects your Health

Birth Month and Disease Incidence in 1.7 Million Patients



With access to data on 1.7 million patients treated at NewYork-Presbyterian Hospital/Columbia University Medical Center between 1985 and 2013, the researchers used an algorithm to look at relationships between birth month and disease risk. The goal was to see if there were any spikes in specific diseases at certain times of year.

Overall, May babies seem to have the lowest disease risk and October babies have the highest.

In fact, the scientists found 55 diseases that correlated with the season of a person's birth, and also uncovered 16 entirely new correlations — including nine types of heart disease.

"The most striking was a trend we found that those born in late winter or early spring were more likely to have heart disease," Tatonetti tells Yahoo Health. "And we didn't find just one type of heart disease associated with birth month, but we actually found several."

The average life span for each birth month, which shows that those born in the first half of the year tend to

have shorter lives.

People born in March have the highest risk of atrial fibrillation, congestive heart failure and mitral valve disorder, and the scientists suggest that 1 in 40 cases is related to a seasonal variable. The scientists suggest this may have something to do with fluctuating levels of vitamin D. Since heart disease is the leading cause of death in the United States, this could help doctors hone in on early prevention strategies.

Month-related disease risks may often be determined by changing environmental and circumstantial factors. For example, the researchers found that asthma risk for New York patients peaked with July and October births. A previous study conducted in Denmark found that risk was heightened for people born in the months of May and August — when the country's sunlight levels are most similar to New York's. Sunlight is a factor in asthma exacerbated by dust mites.

Perhaps ADHD diagnoses spike with births later in the year (late November), because of the relative immaturity of

these children compared with their peers in school. The age cutoff for school children in New York City is Dec. 31, meaning higher demands are placed on them earlier, with less time for development.

The researchers hope this sort of data may help uncover new risk factors for some diseases. However, Tatonetti says that, while significant for future study, there's no need to panic about your month-related disease risks.

"The risk we found that can be attributed to birth month is on par with what you would find from genetic analyses," he explains. "Lifestyle, diet, and exercise are still stronger factors when considering your health."

Power of positive talk and encouragement

A man was lost while driving through the countryside. As he tried to reach for the map, he accidentally drove off the road into a ditch. Though he wasn't injured, his car was stuck deep in the mud. So the man walked to a nearby farm to ask for help. "Warwick can get you out of that ditch," said the farmer, pointing to a Person standing in a field. The man looked at the Person and looked at the farmer who just stood there repeating, "Yep, old Warwick can do the job." The man figured he had nothing to lose. The two men and the Person made their way back to the ditch. The farmer hitched the Person to the car. With a snap of the reins, he shouted,

"Pull, Fred! Pull, Jack! Pull, Ted! Pull, Warwick!" Go ahead. And the Person pulled that car right out of the ditch. The man was amazed. He thanked the farmer, patted the mule, and asked, "Why did you call out all of those names before you called Warwick?" The farmer grinned and said, "Old Warwick is blind. As long as he believes he's part of a team, he doesn't mind pulling." You see all it matters is encouragement and a sense of care to say "You can do it". If so, you would witness incredible job

All about depression

Depression is a major public health problem as a leading predictor of functional disability and mortality. Optimal depression treatment improves outcome for most patients.

Most adults with clinical significant depression never see a mental health professional but they often see a primary care physician.

A physician who is not a psychiatrist misses the diagnosis of depression 50% of times.

All depressed patients must be specifically asked about suicidal ideations. Suicidal ideation is a medical emergency.

Risk factors for suicide are known psychiatric disorders, medical illnesses, prior history of suicidal attempts or family history of attempted suicide.

The demographic reasons include older age, male gender, marital status (widowed or separated) and living alone.

About 1 million people commit suicide every year globally. Around 79% of patients who commit suicide contact their primary care provider in the last one year before their death and only one-third contact their mental health service provider. Twice as

many suicidal victims had contacted their primary care provider as against the mental health provider in the last month before suicide. Suicide is the 10th leading cause of death worldwide and accounts for 1.2% of all deaths. The suicide rate in the US is 10.5 per 100,000 people.

In the US, suicide is increasing in middle-aged adults. There are 10 to 40 non-fatal suicide attempts for every one completed suicide. The majority of suicides

completed in US are accomplished with fire arms (57%); the second leading method of suicide in US is hanging for men and poisoning in women. Patients with prior history of attempted suicide are 5–6 times more likely to make another attempt.

Fifty percent of successful victims have made prior attempts. One of every 100 suicide attempt survivors will die by suicide within one year of the first attempt. The risk of suicide increases with increase in age; however, young adults and adolescents attempt suicide more than the older. Females attempt suicide more frequently than males but males are successful three times more often.

The highest suicidal rate is amongst those individuals who are unmarried followed by those who are widowed, separated, divorced, married without children and married with children in descending order. Living alone increases the risk of suicide. Unemployed and unskilled patients are at higher risk of suicide than those who are employed. A recent sense of failure may lead to higher risk. Clinicians are at higher risk of suicide.

The suicidal rate in male clinicians is 1.41 and in female clinicians it is 2.27.

Adverse childhood abuse and adverse childhood experiences increase the risk of suicidal attempts. The first step in evaluating suicidal risk is to determine presence of suicidal thoughts including their concerns and duration.

Management of suicidal individual includes reducing mortality risk, underlying factors and monitoring and follow up. Major risk for suicidal attempts is in psychiatric disorder, hopelessness and prior suicidal attempts or threats.

High impulsivity or alcohol or other substance abuse increase the risk.

A LEAP OF FAITH

Once a man got lost in the desert. The water in his flask had run out two days ago, and he was on his last legs. He knew that if he didn't get some water soon, he would surely perish. The man saw a shack ahead of him. He thought it would be a mirage or maybe a hallucination, but having no other option, he moved toward it. As he got closer he realized it was quite real. So he dragged his weary body to the door with the last of his strength.

The shack was not occupied and seemed like it had been abandoned for quite some time. The man gained entrance, hoping against hope that he might find water inside. His heart skipped a beat when he saw what was in the shack: a water pump. It had a pipe going down through the floor, perhaps tapping a source of water deep under-ground. He began working the pump, but no water came out. He kept at it and still nothing happened. Finally he gave up from exhaustion and frustration. He threw up his hands in despair. It looked as if he was going to die after all. Then the man noticed a bottle in one corner of the shack. It was filled with water and corked up to prevent evaporation. He uncorked the bottle and was about to gulp down the sweet life-

giving water when he noticed a piece of paper attached to it. Handwriting on the paper read: "Use this water to start the pump. Don't forget to fill the bottle when you're done." He had a dilemma. He could follow the instruction and pour the water into the pump, or he could ignore it and just drink the water. What to do? If he let the water go into the pump, what assurance did he have that it would work? What if the pump malfunctioned? What if the pipe had a leak?

What if the underground reservoir had long dried up? But then... maybe the instruction was correct. Should he risk it? If it turned out to be false, he would be throwing away the last water he would ever see. Hands trembling, he poured the water into the pump. Then he closed his eyes, said a prayer, and started working the pump. He heard a gurgling sound, and then water came gushing out, more than he could possibly use. He luxuriated in the cool and refreshing stream. He was going to live! After drinking his fill and feeling much better, he looked around the shack. He found a pencil and a map of the region. The map showed that he was still far away from civilization, but at least now he knew where

he was and which direction to go. He filled his flask for the journey ahead. He also filled the bottle and put the cork back in. Before leaving the shack, he added his own writing below the instruction: "Believe me, it works!" This story is all about life. It teaches us that we must give before we can receive abundantly. More importantly, it also teaches that faith plays an important role in giving. The man did not know if his action would be rewarded, but he proceeded regardless. Without knowing what to expect, he made a leap of faith.

Water in this story represents the good things in life. Something that brings a smile to your face. It can be intangible knowledge or it can represent money, love, family, friendship, happiness, respect, or any number of other things you value. Whatever it is that you would like to get out of life, that's water.

The water pump represents the workings of the karmic mechanism. Give it some water to work with, and it will return far more than you put in... hope of our life is like water in bottle ..we need to do an all out effort in life as well .. its our effort that matters ... Good day!

VISIT TO ASHRAM & MYSORE CENTRE – JUNE 2015



Inspite of Rahul sir's physical body suffering intensely, it was his 7th visit to Shri Ramana Ashram, Thally on 24th June 2015 since Jan. 2014. The Roof casting of Ground Floor of Block B was to be done, but due to

the shortage in supply of material it took place at a much later date. We inspected site with the contractor, and Site engineer, resolved various issues related to construction and material to be used.

Sir also conducted nurturing session at Ashram on " The Building of Rainbow bridge".

Inspite of his restricted movement, we travelled to Mysore on 30th June 2015 to conduct nurturing sessions as under organised by the efforts of Senior Trainer at Mysore, Atma Madhu Sudhir :
* **On 30th June, "Death – The Great Teacher" based on the teachings of Holy Master DK & the session covered:**



1. Reasons for fear of death
2. How death loses its terror in future
3. Links to war, disease and karma
4. Death of disciple
5. Sequence of events at death.
6. Bardo state
7. Practices for easy exit at the time of death
8. Aids to easy exit
9. 5 stages of grief on losing a loved one and much more...

* **On 1st July, "Can Destiny Be Changed" session which covered :**

1. Energy perspective of karma
2. Why things happen the way they do
3. 12 great laws of karma
4. Thoughts, emotions and functions of mind
5. Karma particles and bondage
6. What is bhagya / destiny
7. How karma creates destiny
8. Types of destiny and role of free will
9. Science of karmic relationship
10. 8 categories of prakathi bandha and much more.....



SOME COMMENTS VIA WHATS APP AFTER THE SESSIONS AT MYSORE

Atma namaste Rahul sir,

- ◆ Madhu Sudhir : I never saw death from such close quarters. The session on death was mind boggling and the best part was that at the end of the session, I was almost looking forward to it rather being afraid of it. Dr. Rahul sir knows about death more than what we would ever care to know about life. Truly, never even had a thought that there is so much to know about death, though have read so many books. Thank you sir for all the insights. Mysore is blessed to have Reddy sir, Rahul sir, Subhash sir and many more great souls.



- ◆ Dr. Rahul sir's teachings, healings, nurturing, love and compassion is just absolute. His perception towards life after the sufferings has given him inner strength to work for Master. It makes us understand that we too can do a bit of Master's work.
- ◆ Great feeling to receive higher teachings, blessings and healings from a great soul full of love and compassion.

Rahul Sir is a great source of inspiration and motivation to all of us, especially me as while working with him so closely, I have seen him that inspite of suffering so much he does not falter in his commitment for Guru's work. Indeed we are blessed to be given an opportunity to work with him for Guru ji. Looking Forward to the next trip to Ashram with him on 20th Sept 2015.

Shalini Daga
Architect & YPV Instructor

Forthcoming Free Healing Camp/ Events

- ◆ **A free healing camp will be held on 27th Sept., Sun.,** at Nirvana, 50, Dhuleshwar garden from 10 am to 2pm. Do refer to your friends and relatives and avail the the golden opportunity to be healed physically and emotionally.
- ◆ **Full Moon Meditation will be conducted on 28th Sept., Mon.,** at Nirvana, 50, Dhuleshwar garden **at 7 pm** which will be followed by Prasad (Dinner). So drop in at the right time to absorb the energies on this special day.

Evolution of the higher soul class at Jaipur – 4th& 5th July

The class on Evolution of the Higher Soul by Dr. Rahul Agarwal was a wonderful session with profound energies during the



class. We all aligned higher and had blissful experiences during a special and powerful 'Meditation on Paramatma' conducted by sir, later whose cds were also handed over to all who attended the class. The meditation made the size of our heart and crown chakras six times bigger. Thanks with gratitude, respect and love to Holy Master DK, for having transmitted these complex teachings through Dr. Rahul and thanks to sir as well for sharing these priceless teachings with all of us.



- **Ankita Singhania**

Join for free meditation at Foundation (Nirvana)

- Every Monday 4pm (open to all above 16 yrs) at Foundation.
- Every Wed. at 4pm for meditation on atma practitioners.
- Every Fri. at 4pm for level 3 practitioners.
- Every Sat at 4pm for prana vidya arhat yoga practitioners.



Join for free Meditation at Sarswati Nagar, Jagatpura

- Every Tues. and Thur. at 4 pm (for timings etc. contact Shashank/ Foundation)

Foods to Keep You Warm This Winter



Whole Grain Goodness

Whole grains are a rich source of a number of vitamins, especially vitamin B and they help your thyroid gland to function optimally. Thyroid gland helps to regulate your body temperature and keeps you toasty warm in winter. So, these winters add a lot of brown rice, oats, barley and millets like jowar and bajra to your diet.



Healthy Ginger

It not only has heat generating properties, but it also helps to strengthen your digestive system as well as boost your immunity. What's more? And, do not forget the hot favourite, aadrak wali chai (ginger tea)!



Seeds

Sesame, cumin, fennel, and fenugreek (methi) seeds are best for those cold winter months. They not only enhance the flavour of your dish but also have heat generating properties. And, not to forget that they provide your body with essential fatty acids and antioxidants.



Nutty Peanuts

Ask your grandmother and mother, and they will tell you all about the goodness of enjoying peanuts on a cold winter afternoon. They not only warm you up instantly but also provide your body with iron, vitamins and fibre.



Go Nuts

Almonds and pistachios are known for their heat generating properties as well. They are also good for your body's overall health.



Cinnamon

The sweet cinnamon is great spice for those who not only wish to lose weight, but also want to stay warm from the inside during the cold winter months.



Spicy Winters

Chilli, black pepper, and cloves are some great ingredients to add flavour to your food and heat to your body. Yes, all of these have heat generating

properties in them. So, add these to your curries and rice to make your winter meals healthier.



A river cuts the rock not because of its power, but because of its consistency. Never lose your hope & keep walking towards your vision...