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Dear Readers, Jaigurudev,

Seasons Greetings for Tamilnadu & Kerala it is Happy New Year, for Bengal it is Poila Boishak, for Maharashtra it is Gudi Padva, and In Punjab it is Baishakhi. Let Guruji bless you all. Hope every one has received the U.S. Silver Jubilee Report It is very well compiled and our congratulations for the excellent report.

In the knowledge section, we have an amazing speech delivered by Poojya Gurudev at New Delhi Institute of Management on the subject "Management Mantras in emerging India". We have also a very rare and useful article "Yoga of Islamic Prayer"

As promised Shri.Arunji, has shared with us some wonderful knowledge on healing Ragas. We have a new section for encouraging outstanding volunteers and teachers.

In Gurudev's Words "Like a tiny homeopathic pill, which has a 1/100th or 1/1000th potency, makes an impact on a body, which is sixty to seventy kilos! In the same way, every individual - everyone who is breathing, talking, walking, thinking - has an influence on this cosmos, on this planet. So we can all radiate peace, good thoughts, good vibrations, good wishes and that will definitely make an impact on the planet."

We welcome readers to send in your suggestions/inputs that could be published in the E-magazine.

"San Gach·Chhad·Wam" means "Let's Move Together".

With best regards,
Web Seva Team, Coimbatore.
Mani Gopalakrishnan, Durgaprasad, Thilagarajan & Suryanarayanan.K



Management mantras in emerging India (Transcript of the Speech given by Poojya Gurudev at New Delhi Institute of Management, 5th February, 2004, New Delhi)



A business organization must:

- **take sustainable, social responsibility;**
- **look after welfare of people; and**
- **see to the long term benefit of organization.**

Ethics are very important.

Else greed can kill the hugest of organizations

The topic is “Management Mantra”. I know the mantra for meditation. Let’s see what is this management mantra. Management begins with the mind, it happens in the mind. The rest happens in the body. When mind manages itself better, it can manage anything.

There are three C’s - cosmology, commitment and compassion. Cosmology is seeing mind as a part of the cosmos. In Hindu mythology we have the concept of *sankalpa*. In *sankalpa*, we remember the cosmos, the billions of things in this creation. Seeing life in the bigger context expands the mind, broadens the vision and inculcates commitment.

Spirituality is in harmony with science, it does not contradict science. In this part of the world, they (i.e. spirituality and science) go hand in hand. It was discovered very late in the other parts of the world that the earth is a sphere. But we always knew this fact. Earth was referred to as *khagol*; *khagolshastra*, i.e., the knowledge of spheres, is an ancient science in India.

Human life is a very complex thing – it is a combination of the concrete and the abstract. Our body is concrete, mind is abstract. An orderly and a disorderly or a chaotic thought emanate from the same brain. We know very little about ourselves; knowing more about ourselves helps us to understand our life better. So cosmology is the understanding of life. [*Guruji is silent for a few moments*]

Can we just be here without saying much? Do we have to keep on talking? Do you really want me to speak of management? Go to the library, you will find hundreds of books on the topic. I am not a professor; I have not gone to any management school.

Now see what’s happening in the mind. Did you see the state of your mind when it was waiting? Waiting can lead to frustration or to meditation. When you are not waiting, your mind is racing with thoughts. When you are waiting, your mind is stationary.

We have never taken a look at our minds. What is your mind doing right now? Are you listening to me? What are you listening with? The faculty with which we hear, we see, etc. is the mind.

As I am speaking, you are simultaneously agreeing or disagreeing. What is that faculty that is talking along with me? It is intellect.

Do you remember what I said a few minutes ago? That is memory.

There are seven layers to our existence – body, breath, mind, memory, intellect, ego and self. When we get to know even a little bit about each of these layers, a transformation happens.

Mind always longs for something new; heart longs for something old. You always take pride in and feel an attachment for an old friend as compared to a new acquaintance. Similarly, even in love, the two hearts want to believe that there has been a bond for lifetimes together (*janam janam ka saath hai*). Everyday life is a combination of the mind and the heart. The skill that is required in life is to manage both, mind and heart. In private life and service, the heart should take the front seat. When it comes to business, the mind should dominate. Of course, the sign of true success is an undying smile on the face.



When are you successful? When you are compassionate, cultured and committed. Education needs to provide all these values. And we should not see these values as goals to be achieved in the next five or ten years or in the next life.

Human life is structured similarly to an atom – the centre of an atom is the proton and it is surrounded by a field of negative charges. Similarly, we too have virtues in our very centre; but if we have not yet seen this virtue, we are roaming around outside in the orbits. I am glad of all this talk of shining India. This is what the word “*Bharat*” means; in Sanskrit, “*Bharat*” means brilliance, intellectual. So take it for granted that you have these virtues.

Always remember that you are a global person. The whole world belongs to you. See, there is some virtue to be learnt from every part of this world: teamwork from Japan, precision from Germany, marketing and negotiation skills from the United States, courtesy, decency and refinement from the British, and human values from the villages of India. You will find good, special qualities everywhere in the world. You too possess all these qualities, they just need nourishment.

Another very important part of management is creativity. All CEOs, all Chairmen want to better their business but they sideline the research and development, the creativity. This is assumed to be for scientists.

Creativity can come only from silence. Just maintain two minutes of silence and a whole new dimension of life opens up. If you all commit yourself to do something to uplift life around you, to compassion, to creativity, world would be a wonderful place. We are more often than not stuck to our goals; we have to step out of our shoes and see the other point of view. We need to keep changing our roles, to attempt different roles. After I speak, either your mind is calm and quiet or there is a chain of thought. Are you aware of what is happening in you when you are interacting with people, the inner dialogue that you are having with yourself? It (the awareness) is very important, it creates health, and you become healthiest.

So we need to look at ourselves, our life, the role we are playing. When you are a guest at somebody’s house, are you totally comfortable? No. You tend to feel inhibited. But when a guest comes to your house, do you want them to feel uncomfortable? No, you want your guest to be absolutely comfortable and relaxed. You want your guest to feel at home and to be at complete harmony. BUT you will not be at home at somebody else’s place! Have you ever thought of this before? Everyone belongs to you – no matter the background, social strata, etc. they belong to you. That is the dream of India - *Vasudev Kutumbakam* – One World Family.

THE ARTICLE IN THE WEEK DATED 25TH MARCH, 2007.



Whether it is the anti-dowry laws or the state drive against female infanticide, man-made laws largely prove ineffective when pitted against age-old customs. Social reforms require movements from within-sociologists call them endogenous responses. While constitutional safeguards are important, they are not enough in themselves. Thus, a Narayana Guru against castebased discrimination, or a Raja Rammohan Roy against the practice of Sati or the Muslim clergy's recent edict favouring polio drops in Uttar Pradesh (where there were apprehensions about the drops) prove far more

effective than any state intervention. It was, therefore, heartening to see spiritual guru Sri Sri Ravishankar taking the lead in bringing the Dalits and caste Hindus together in a 'Truth and Reconciliation' conference here last week. Stressing how the Mahabharata and Ramayana, penned by Dalit rishis, were revered by all Hindus, the meet adopted a seven-point agenda, beginning with facilitating the Dalits' entry in temples. When I asked Sri Sri if the Dalits should also get their due place as priests, he cited a famous Patna temple, where the head priest happens to be a Dalit. (THE WEEK had featured this in 'Shakha laka boom? Hardly', January 14.) The only way to replicate it on a big scale is to get religious leaders like Sri Sri to vigorously campaign for the noble cause.



THE HEALING RAGAS – By. SHRI. ARUNJI.

Devotional music is designed to facilitate and deepen a space of calmness and peacefulness of the heart where healing, deep relaxation or sleep can take place.

In continuation with our conversation with Shri.Arunji, on Music and Spirituality, here we have some wonderful information not only on the healing powers of Indian Classical “Ragas” but also its power to eliminate fear bring about good health, prosperity and happiness. In the coming months Shri.Arunji will share a lot on this subject which will be especially useful for our younger generation.

Raga Rathipathipriya

”Rathipathipriya” adds strength and vigor to a happy wedded life. This “five-swara raga” has the power to eliminate poverty. The very use of the “swaras” can wipe off the vibrations of bitter feelings emitted by ill wills. Singing or listening to “Rathipathipriya”, which has a stimulating effect bestows happiness.

”Raga Shanmugapriya”

”Shanmugapriya” has the effect of sharpening the intellect of the singer as well that of the listener. It instills courage in one's mind and replenishes the energy in the body. It is not surprising Shanmugapriya being the beloved raga of Shanmuga, who was born out of the blazing wisdom-eye of Shiva.

”Raga Kalyani”

”Kalyani” dispels the darkness of fear. It gives motherly comfort and increases confidence. “Kalyani” means “Mangalam”(auspicious). Recited with faith and devotion, the raga is believed to clinch marriage alliances. There are many authentic reports about the raga's power to destroy fear which takes many forms, fear of poverty, of love, of power, of ill health, of death and so on.

“Raga Sankarabaranam”

The power of “Sankarabaranam” is incredible. It cures mental illness, soothes the turbulent mind and restores peace and harmony. “Sankarabaranam”, if rendered with total devotion for a stipulated period, can cure mental disorders said to be beyond the scope of medical treatment. “Sankarabaranam” has the power to shower wealth.

”Raga Charukesi”

The raga rejuvenates the mind helping one to age gracefully. It enlivens the singer and the listener.

”Raga Mohanam”

”Mohanam” is present where beauty and love coexist. It is a mellifluous ragam and is capable of filtering out the ill-effects of Kama, Krodha and Moha bestowing immense benefits on the seeker.



“Raga Desh”

The suppression of the senses releases a negative force. The process of sublimation needs a spiritual path.” Raga Desh” can provide that. Its positive energy gives one serenity, peace, inner joy, right valor, universal love and patriotism. The mellifluous ‘Vande Matharam’ has been aptly composed in Desh.

“Raga Maya Malava Gowlai”

Maya Malava Gowlai counters pollution. It can be called the gateway to Carnatic music. The history of Carnatic music says that the system of Mayamalava Gowlai was introduced by the blessed musician, Purandaradasar. This raga has the potency to neutralize the toxins in our body. Practicing this raga in the early morning amidst nature will enhance the strength of the vocal chords. Music composers of the South have used this raga to sweet effect.

Few other Healing Ragas are “**Raga Ananda Bhairavi**” which has close link to matters of the heart.

“**Raga Varaali**” is good for “Vayu tatva”, heart and skin ailments. “**Raga Vaasanthi**” can clear the fog of confusion. “**Raga Kokilam**” helps prevent stone formation, burning sensation, sleeplessness and anxiety. “**Raga Hemavathi**”, eases the back and painful joints. “**Sama Raga**” is good for the nerves.

Our Art of Living Divya Satsang lead by Shri.Arunji was held on 5th April, 2007 at the Rajagopalaswamy Temple Mannargudi near Thanjavur. A large crowd had gathered at the temple for the annual festival had the opportunity of enjoying a blissful evening of “Thean Amudham Bhajans” It is very interesting to note that this huge temple complex with a 1000 year old history is referred to as Dakshina Dwaraka and as Champakaranyam.

“ Thean Amudham” Satsang lead by Shri Arunji is happening today (15.04.2007), ushering the dawn of the Tamil New Year “Sarvajit” at Sri Vaikuntanatha Temple, Sri Vaikundam which is located close to Tirunelveli.

There is another Divya Satsang at the legendary Jalakandeswara Temple, Vellore at 6.00 P.M. on Wednesday 18th April 2007.

Part II Course (Advanced Meditation Course) with Shri Arunji, from 19th April to 22 April 2007, VENUE : Shrishti Vidhyashram, Katpadi, Near Vellore Institute of Technology Campus, Bhramapuram, Katpadi, Vellore - 14. Contact Nos : 94432-53046, 94430-49572 & 94431 06170.

ART OF LIVING PART II COURSE (ADVANCED MEDITATION COURSE) WITH SRI ARUNJI AT COIMBATORE.

DATE : 17TH MAY, 2007 TO 20TH MAY 2007.

VENUE : HEMABIKA KALYANA MANDAPAM,

COIMBATORE- POLLACHI MAIN ROAD , EACHANARI, COIMBATORE.

THERE WILL BE 'THEAN AMUDHAM DIVYA SATSANGS EVERY EVENING' AT THE COURSE VENUE.

REGISTRATION CONTACT : VYAKTI VIKAS KENDRA, INFORMATION CENTRE - COIMBATORE Ph: 0422-

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Our Webmaster Sri.Durga Prasad Dashji, took Part I Course to 95 participants at the C.R.P.F. Camp at Vellalore, Coimbatore. On behalf of the Web Seva Team we wish him many more such grace filled opportunities to serve as the perfect instrument of our Divine Master.



A DAY WITH A DEVOTEE

(Sri Durgaprasad spends a day with an Art Of Living volunteer to capture a few glimpses of a devotee's life)

What strikes you as you enter Dass & Dass two wheeler servicing centre off Avinashi Road in Peelamedu is Guruji's photos and posters adorning the walls. The proud owner of the Garage, Sri Chitharanjan Dass, is the Art of Living facilitator for Peelamedu area. I had no plan to spend a day with him on 10 Apr 07. It all happened. Some time back I had thought of starting a series in our website about the profile and life of our Art of Living teachers and volunteers. I had planned to start with our senior most local teacher or Apex Body member. Sitting at the garage, waiting for my vehicle to be serviced, I thought why not start the series with Sri Dass - one of those thousands of non-descript grass root volunteers who play a prominent role in spreading Guruji's message of love and service world wide.

In the morning the Coimbatore teachers and organisers had a meeting with Sri Kashiji about the forthcoming Sri Sri yoga Course at Coimbatore. I noticed this smiling, soft spoken volunteer ready to do whatever small or big thing was required to be done for the arrangement of the meeting. He was an active participant in the proceeding of the meeting too.

After the meeting we headed for his Servicing Centre. While rummaging through a bunch of pamphlets put in a corner of the garage I notice that one side of the pamphlet contains advertisement about the helmets available in his Centre and the other side contains information about AOL and its benefits. Smiling he comes to me and explains , "I thought instead of leaving the other side blank why not utilize it for educating people about AOL". Even his business visiting card contains a slogan about AOL on one side. At that time a four wheeler owner comes for emission testing. After the testing is over, Mr Dass does not forget to hand over a pamphlet about the forthcoming Sri Sri Yoga course along with the receipt to the customer, urging more by his smiling humble gesture than by his words , to give this course a serious thought.

I am reminded of the words of Pujya Gurudev Sri Sri Ravi Shankar. In order to serve one does not need any special skill. One may start from wherever one is. Here I had a living example of Guruji's words before me. If one is alert one can find ample opportunities during one's normal day to day activities do his/her bit of seva.

Spiritual life changed many of his earlier self-defeating attitudes including the one towards marriage. We do hear of people who forego conjugal bliss or leave their family to pursue a spiritual life. Mr Dass had an aversion towards marriage before coming to AOL. Some days into spiritual life, he softened his stand. Eventually he met his soulmate – Ajantha, during a Part 1 course that he was assisting. He remembers fondly how his mother used to ask Guruji during His visits to Coimbatore about her son's marriage. A few days before the marriage Guruji had indicated that it would happen soon. Now they have a five year old son.

His is an out and out AOL family. Due to his inspiration all his family members and nearby relations had taken the course. All the mechanics in his service centre have also done the course. We went to his house located nearby for lunch. I met with his mother and his son who had just returned from school with the report card. He had 100% score in Maths. Dass is an uncommon title in Tamilnadu. When I ask him about the peculiarity, his eyes travel to a photo hanging on the wall, that of his late father Sri Narayanaswamy. His patriot father named his two sons after two famous freedom fighters India – Chittarnjan Das and Bal Gangadhar Tilak.

In a typical day all the family members get up at about 05:00 AM. His mother is the first to do the Kriya. Then it is Dass's turn followed by his wife's. After dropping his child at school, Dass comes to open his Service Centre where worldly and spiritual activities go hand in hand. A volunteer, whose day is spent in an honest calling interspersed with seva activities at every opportunity, does not need anything special to wind down after working hours. However whenever any AOL course is conducted nearby or there is any *satsang* in the city, these are bonus bliss hours for Sri Dass whose active presence could be an inspiration to all. The day I visited him such a course was happening at NGR High School nearby. After seeing me off in the afternoon he readied himself for the evening mission



The "Yoga" of Islamic Prayer

(By Karima Burns, MH, ND 11/01/2001. Courtesy: Sri. G. Balasubramanian, Chapter Facilitator, Doha.)

Called "one of the oldest systems of personal development encompassing body, mind and spirit" by the Journal of the Royal Society of Medicine, yoga has become one of the fastest growing health trends today. It has been renowned for centuries for its curative powers of movement.

Yoga consists of a number of "asanas," or body positions, which one retains for a desired length of time while either reciting "mantras" or breathing in a rhythmic manner. Its benefits have been researched by many doctors who now recommend it to their patients, by many medical schools such as Harvard, and by many foundations such as the Menninger Foundation.

In fact, yoga has become so popular that secretaries have developed a simplified sitting version that they can do at their desks. The elderly, pregnant women and athletes also have their own versions.

Interestingly, for the millions of people enrolled in yoga classes, the Islamic form of prayer has provided Muslims for fourteen centuries with some of yoga's same (and even superior) benefits. This simple form of "yoga" offers physical, mental, and spiritual benefits five times a day as Muslims assume certain positions while reciting Qur'an and athkar (remembrances).

Of course, not all the yoga positions are found in the Islamic prayer. However, hospital researchers have concluded that patients benefit from even a simplified version of yoga, and most hospital yoga programs, such as those at the Spaulding Rehabilitation Center in Massachusetts, consist of only five to seven positions.

The Muslim prayer has five positions, and they all (as well as the recitations we make while performing the prayer) have a corresponding relationship with our spiritual and mental well being, according to modern scientific research. The benefits of performing specific movements and recitations each day come from the correct rendition of the position or action itself, the length of time the position is held, and from careful and correct recitation techniques. Each of the five prayer positions has a corresponding yoga position, and the positions together "activate" all seven "chakras" (energy fields) in the body. The idea of activating a chakra may sound linguistically strange, but it is easier to understand once one translates that word into more familiar language. Eastern healers believe that each of the chakras correlate to major nerve ganglia that branch forth from the spinal column. Thus, the concept of activating these nerve centers is akin to getting a chiropractic adjustment or installing a medical stimulating device on the spine to correct corresponding bodily malfunctions. In layman's terms, the idea of chakras can be understood by thinking about how the sense of "feeling" functions. One notices, when touching any part of the body, that that part responds by being more "awake" and aware. Another part of the body that was not touched, but is along the same nerve pathway, may also respond.

When a person is sitting, for instance, they may not be thinking about their legs, which are momentarily at rest; however, if someone touches them, they will again be "aware" of them. Chakras work in much the same way. Studies have found that varying areas of the body, when activated by touch, movement or thought, evoke specific emotional and physical responses in much the same way that a smile can evoke the feeling of happiness, and actually increase circulation – even if one was feeling sluggish and unhappy before smiling. This is one of the reasons that it is so important to perfectly perform all of the movements of the Islamic prayer, rather than haphazardly rushing through them.

The Takbir and Al Qiyam together are very similar to the Mountain Pose in yoga, which has been found to improve posture, balance, and self-awareness. This position also normalizes blood pressure and breathing, thus providing many benefits to asthma and heart patients. The placement of the hands on the chest during the Qiyam position are said to activate the solar plexus "chakra," or nerve pathway, which directs our awareness of self in the world and controls the health of the muscular system, skin, intestines, liver, pancreas, gallbladder and eyes. When the hands are held open for du'a, they activate the heart "chakra," said to be the center of the feelings of love, harmony, and peace, and to control love and compassion. It also governs the health of the heart, lungs, thymus, immune system, and circulatory system.



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Muslim researchers have shown that when Muslims recite the Qur'an, old thoughts, feelings, fears and guilt are released or healed, and blood pressure and stress levels are reduced. Virtually all of the sounds of the Arabic language are uttered while reciting Qur'an, creating a balance in all affected areas of the body.

Some specific sounds, in fact, correspond to major organs in the body. In his research and creation of eurhythmics, Rudolph Steiner (founder of the Waldorf Schools), found that vibrations made when pronouncing the long vowels, 'A', 'E' and 'U,' stimulated the heart, lungs, and the thyroid, pineal, pituitary, and adrenal glands during laboratory tests. The position of Ruku is very similar to the Forward Bend Position in yoga. Ruku stretches the muscles of the lower back, thighs, legs and calves, and allows blood to be pumped down into the upper torso. It tones the muscles of the stomach, abdomen, and kidneys. Forming a right angle allows the stomach muscles to develop, and prevents flabbiness in the mid-section.

This position also promotes a greater flow of blood into the upper regions of body – particularly to the head, eyes, ears, nose, brain, and lungs – allowing mental toxins to be released. Over time, this improves brain function and one's personality, and is an excellent stance to maintain the proper position of the fetus in pregnant women. The Sujud is said to activate the "crown chakra," which is related to a person's spiritual connection with the universe around them and their enthusiasm for spiritual pursuits. This nerve pathway is also correlated to the health of the brain, nervous system, and pineal gland. Its healthy function balances one's interior and exterior energies. In Sujud, we also bend; thus activating the "base chakra," which controls basic human survival instincts and provides essential grounding. This helps to develop levelheaded and positive thinking along with a highly motivated view of life, and maintains the health of the lymph and skeletal systems, the prostate, bladder, and the adrenal glands. We also bend the "sacral chakra" during Sujud, thus benefiting and toning the reproductive organs. The position of Al Qaadah, (or Julus) is similar to the Thunderbolt Pose in yoga, which firms the toes, knees, thighs, and legs. It is said to be good for those prone to excessive sleep, and those who like to keep long hours. Furthermore, this position assists in speedy digestion, aids the detoxification of the liver, and stimulates peristaltic action in the large intestine.

Last, but not least, the "throat chakra" is activated by turning the head towards first the right and then the left shoulder in the closing of the prayer. This nerve path is linked to the throat, neck, arms, hands, bronchials, and hearing – effecting individual creativity and communication.

It is believed that a person who activates all seven nerve pathways at least once a day can remain well balanced emotionally, physically and spiritually. Since this is the goal of all sincere Muslims, we all should strive to attain the perfection of stance, recitation, and breathing recommended in the Hadith while performing our prayers – the very same techniques of perfection taught in popular yoga, Tai Chi, and many other exercise classes.

 Here is something very interesting that happened during last Month. Sri.Raj Sahi a devotee of Poojya Gurudev from Kenya had been undergoing weight reduction treatment at the Coimbatore Ayurveda Hospital. One evening I paid a courtesy visit and during my stay with him I noticed that the Hospital has provided all the hundred odd rooms "World Space Satellite Radio" but they were not aware of the 24 Hour AOL Channel, with Bhajans, Meditations and speech by Poojya Gurudev. I tuned the radio AOL for Sri.Raj Sahi and he was immensely happy. During my next visit just a day before his discharge I came to know that all the 100 Radios were tuned for Radio AOL and all the inmates, majority of them foreigners, were very happy listening to AOL Bhajans and doing the meditations. Sri Raj Sahi's room was always filled with neighboring room inmates, within a short period he had become the darling of every one at the Ayurvedic Hospital. We wish him, Guruji's grace always.