



# LIGHTHOUSE



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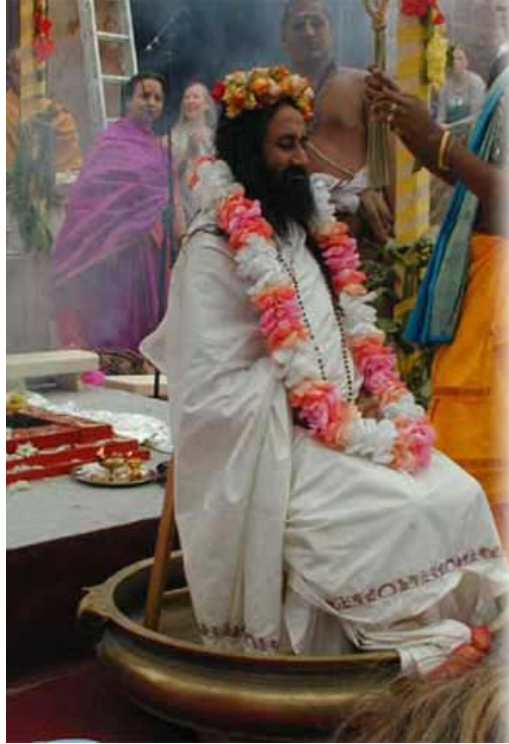
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**[www.aolcbe.org](http://www.aolcbe.org)  
is two years old  
today.  
Web Seva Team  
Coimbatore  
conveys its  
grateful thanks to  
the World wide  
Art of Living  
Family.**



**Pranaams to the lotus feet of Poojya Gurudev on this Gurupurnima Day.**

**Dear Readers, Jaigurudev**

We cherish the sun shine for different reasons although Sun shines the same everywhere. Some may value the sunlight because it makes their crops grow. Some others may simply enjoy getting a skin tan. Many others may appreciate the beauty of the light. Similarly, every individual finds his/her own reasons for loving and respecting our Poojya Gurudev. His teachings have a universal influence, because he speaks from the level of consciousness that vibrates with the universality of truth. Everyone who has come in contact with the path ultimately feels grateful for the grace they receive from Him. What occasion could be greater than Gurupurnima to express our Gratitude to our Divine Master for leading us on such a wonderful path.

With the blessings of our Poojya Gurudev [www.aolcbe.org](http://www.aolcbe.org) is entering the 3<sup>rd</sup> year of its existence and to be precisely correct it has been living in your hearts for two years now. Once again on this Gurupurnima Day we renew our sankalpa to continue this seva with enhanced enthusiasm and look forward to your valuable guidance and support.

**For Web Seva Team Coimbatore**

**M.Gopalakrishnan, Durga Prasad Dash, Thilagarajan and Suryanarayanan K.**

Salutation  
to the revered feet of  
Sri Guru....  
Which  
Leads us like a ship  
to cross  
the  
eternal ocean  
of material world...  
That which insists  
devotion  
and when worshipped  
takes us  
to the realm  
of renunciation.



## MY GURU, YOUR GURU, OUR GURU:- By Sri.Ved Vahan



ஆர்வமே வாழ்க்கை! ஆனந்தமே வாழ்க்கை!  
அன்பே வாழ்க்கை!

உலகில் உள்ள மரங்களையெல்லாம் எழுதுகோலாக்கி  
உலகில் உள்ள கடல்களையெல்லாம் அதற்கு மையாக்கி  
உலகையே காகிதமாக்கி எழுதினாலும்  
குருவின் மகிமைக்கு ஈடு இணை எதுவும் இல்லை  
- கபீர்தாஸ்

Sant Kabirdas says.

Karm karm sab koi kahe,  
karm na chinhe koi,  
jin karman satguru mile,  
karm kahave soi.

Everyone talks about karmas, they say do good karmas and rest will be taken care of, but even good karmas bind, the fruitful karmas are those by which u meet your Sadguru

Guru Narayan Roop Hain,  
Guru Gyan Ko Ghaat,  
Satya Vachan Pratap Son,  
Man Ke Mite Uchat.

Guru is God, Guru is source of knowledge,  
Listening to Guru's words, the mind becomes pure

MY GURU, guides me through the ups and downs, asks me to be steadfast even while at sleep. Tells me jokes and makes me laugh, in dreams and in reality all the way. Never has let me down, nor has put me in situations that makes me think - how or why. Many a times his endorsements of my thoughts makes my action stronger., thus limiting my speech.

One day, I went with him hand in hand, he showed me a distant mountain of peace, revealed the truth that - behold its you. I sensed it was sabeej samadhi, where you are THOU ART THAT. My guru, my beloved and all...ocean o merciful, I need his gaze... the last gaze assured me., that he is always with me.. the first gaze brought me a playful glee. His words bring deep silence in me, turning around thoughts like a blanket being washed, refining the finest, burying the past, being in present and projecting the future., paradise of his will.Just when I thought I had lost him for some, how foolish I was!! - saw him holding my hand., pulling up the dark tunnel - at the end was the light that he was. He was a crystal I could see, playing angels were in awe within him.

When stupidity in me turns to haunt, he sternly warns of on coming hitch, averting the danger yet to be. I wonder sometimes how he knows, before even my senses reflect. The technique though simple as he says, yet beyond my understanding still. All I learnt with him, makes me unlearn..honoring humbling., to be in the present and project the future, seldom expecting the results or stuck to thoughts. Makes me move around him though... all now I know is the solutions to problems when I see through his eyes.... Is making of a paradise.

YOUR GURU, is one who brought us near though far away. One way or the other makes us be together. There is no you or me when hez with us. And when we part., notice we carry the impressions... seldom begot by our past. The bond he brings about between me and you, is most tangible to knit a net, where gross disappears and gives way to subtle. YOUR GURU is with you always and so with me call it omnipresence. Or HIS grace.YOUR GURU, has made u look - beyond self and yet be with resolve. When the thought arises, makes you arrest, me or you, we all dissolve. What you are today is because of HIM, what I am today with you is because of HIM. The hub that beholds bevy of us. Multiplies at his will and destiny beyond.YOUR GURU, will never fade in you even if our relationship fades. Never mind, We can again be together with HIS GRACE. Hez brought forth your skills inate dormant techniques in you were made awake. So what if am not to witness what he is for you. But sure we have to agree that he is our pace.



OUR GURU, is our only strength beyond any doubt. One who plays all the way, into millions or hearts any which way. Benchmark for yogis and bogis all the same. Known thru out the universe as GURU of JOY. His opinions are noted everywhere, from a giggly kid to grey haired grandpa...with zest and zeal.OUR GURU unites by love, and never divides. Given us umpteem acharyas who we can rely. Hez father n mother for many of us., where barriers are easily cut across. He is known for us as GURU of WIT, when the group splits into beads of lafter every now and then.His silence, speaks more and pause filled with introspection.

OUR GURU makes no bones to call spade a spade., manages so..with words seldom harsh. also goes beyond any mindset. Mingles with all and dissolves the ghost of egos. A bridge between tradition, culultural ethos & the supportive science. Admiration for him is immeasurable though. OUR GURU is a multi-tasking specialist if one observes - human of action humane - thought and speech aligned. Incomparable speed he walks.. walks the talks and the tasks. He keeps all of us on the toes... but the efforts in our limbs stay at ease!!!... aweinspiring all the way.

OUR GURU OUR GURU, need we say more... everyones strength in many ways though.



### Gratitude

This is one of those wonderful sharings that came to our E-mail box.

“Thanks for stopping by,” he said with a big, gap-toothed smile. I smiled back and continued on my way. How could that old flower-cart owner be so cheerful? All I ever did was stop and look at his flowers during my rush to work. I had been passing his cart for over a year now and still hadn’t bought a single flower. Yet, everyday I got that same cheerful smile and simple thank you.

The next day I decided I’d finally buy a bunch of carnations for my desk and see how the man treated me after a purchase. “Thanks for stopping by,” was his sole response, along with that big gap-toothed smile. I couldn’t resist any longer and asked him, “Why do you thank me for stopping every day when I never make a purchase?” He looked at me for a moment and said, “Everybody that stops and admires my flowers makes me glad of what I do. I try to bring some cheer into this busy world and when someone stops to look, I feel I’ve done a good job.”

“Thanks for being here,” was my smiling response as I hurried on to work. -|

*Now everyone of you who stop and admire our website [www.aolcbe.org](http://www.aolcbe.org) and patiently read our Lighthouse E-Magazine make us happy. Our work is also to bring cheer into this busy World and like the flower vendor, we will also be more happier if more and more people browse our website and read our E-Magazine. Our grateful thanks in advance.*



## INSIGHTS AND INSPIRATIONS :- Durga Prasad Dash.

## NATURE AND NURTURE

Once two monks were washing bowels in a river and when one of them noticed a scorpion drowning. The monk lifted the scorpion with his fingers and left it on the shore. In the process the scorpion stung the monk. He continued washing his bowel when he noticed the same scorpion drowning again. One more time he lifted the scorpion with his fingers and left it ashore. The scorpion stung again. Noticing this the other monk said, "Why do you save a scorpion again and again knowing fully well that to sting is its nature". "Because it is my nature to save", replied the first monk.

So is the nature of every human being. Guruji often says that our nature is love, peace, joy and compassion. We have all these qualities at our core and negative emotions like anger, hatred, and jealousy are in the periphery. Through spiritual practices the outer covering of negatives can be removed.

So we require a little nurturing to come back to our nature. As Guruji says human values need to be nurtured till they become your nature. Spiritual practice should be continued till they become your nature. Some thing which is your nature does not require much effort, does not seem like a heavy burden.

People who take up professions that are incompatible with their nature suffer a lot even though they may be getting a lot of material compensation. In the Bhagavat Gita Lord Krishna recommends that '*sahaj karma*' i.e work for which one has a natural inclination should not be abandoned even though it might contain flaws.

*"Sahaj Karma Kaunteya sadoshamapi na tyajet  
Sarbarambha hi doshena dhumenagni-ribabritah"*

Rather than being swept away by monetary or other incentive, the first criteria for choosing a career or profession should be that one should have a natural inclination for the job. At the same time there is a need to nurture one's skills to maximize one's potential.

The verses in the Gita about the four *varnas* ,are the most misunderstood and misinterpreted ones. Even Mahatma Gandhi was not comfortable explaining these in his interpretation of the Gita. *Varna* is taken for castes; But I think it would be more appropriate to call the four *varnas* as four broad category of professions. Sri Krishna clearly says '*Chaturvarnah maya shristha guna prakriti swbhavat.....*'. In another stanza He says - '*Brahmana- kshatriya- vaishyam sudranam cha parantapa, Karmani prabibhaktani swabhava-prabhavai-gunaih*' (The duties of Brahmanas, Kshatriyas and vaishyas, as also of the Sudras are clearly divided, O scorcher of foes, according to the disposition born of their own nature). Nowhere has He recommended it should be hereditary.

It simply means that Providence has created different kinds of jobs -in four broad categories - for sustenance of the world and the human race. Along with that He also sees to it that people with different natural abilities are born to take up those jobs.

Hence even though it may sound politically incorrect - caste divisions among human beings are here to stay. Of course it need not be hereditary. As it is, in today's India fewer and fewer people are following their ancestral profession. In a survey it was found that most of the *Sulabha Sauchalayas* (a brand of public toilets) are manned and managed by Brahmins.

At the same time in the name of social justice we should not put people in important posts that they are incompetent to handle. Ultimately this would become the worst form of social injustice as the society would be deprived of a competent person to handle those issues.

Those who are socially and economically downtrodden (and they are in every caste and religion) should be nurtured by the State to rise above in social status, in stead of the 'politically correct' short cut and short sighted measures that harm the nation in the long run.

Please visit our compilation of the archives of "LightHouse" E-Magazine from October, 2005 at our new website [www.lighthouse.b0x.com](http://www.lighthouse.b0x.com)

**SIGNIFICANCE OF GURUPURNIMA.**

Gururbrahma, Gururvishnu,  
Gururdevo, Maheshwaraha,  
Gurursaakshaat, Parabrahma,  
Tasmai Shri Guravenamaha !

Sant Kabir Das says.

Gyan Prakash Guru Milya,  
So Ji Na Beesari Jai,  
Jab Govind Kripa Kari,  
Tab Guru Milya Aayi.

After meeting Guru with light of truth,  
never forget him, You have got him by  
the grace of God.

Kotin Chanda Ughahin,  
Suraj Koti Hajaar,  
Teemir To Naashe Nahi,  
Bin Guru Ghor Andhar.

Even if crores of moon rise in the sky,  
even if crores of Sun rise,  
Darkness can't be removed and it will  
be too dark without a Guru

**Guru, God and Self are Synonymous**

Indian culture has always held the guru in high esteem. Having a master was not just considered a matter of pride, but it was mandatory to have a guru. Not having a master was looked down upon as being an orphan, being poor and a sign of misfortune. The word anatha in Sanskrit means one without a master. An acharya (teacher) gives shiksha, which means knowledge; Guru gives diksha, which means heightened awareness.

A guru does not simply stuff you with knowledge but he kindles life force in you. In the presence of the guru you become more alive. The pinnacle of intellect is awakened intelligence. The guru invokes not only intelligence but also the intellect in you. Knowledge may not invoke intelligence, but in intelligence, knowledge is inherent.

Whether you like it or not, the guru principle pervades your life. Your mother is your first guru and then from science to spirituality, from birth to death, guru principle permeates your life. There is a guru for every discipline - a religious guru (dharma), a family guru (kula), a rajguru (guru for the kingdom), a vidya guru (guru for a particular discipline) and a sat guru (spiritual guru).

In the Upanishads five signs of sat guru are mentioned. In the presence of the sat guru; Knowledge flourishes (Gyana raksha); Sorrow diminishes (Dukha kshaya); Joy wells up without any reason (Sukha aavirbhava); Abundance dawns (Samridhhi); All talents manifest (Sarva samvardhan).

Mind is connected with the moon and full moon is a symbol of completion and pinnacle of celebration. Among the 12-13 full moons in a year the vaishakha full moon is dedicated to Buddha (his birth and enlightenment), jyeshtha full moon to mother earth and the aashadha full moon is dedicated to the memory of masters. This is Guru-poornima. Gurupoornima is also called Vyasa Poornima. Vyasa is the embodiment of scriptural knowledge as well as experience. When a guru or acharya delivers a talk the seat is called Vyasa peetha. Vyasa is familiar with every avenue of existence, both material and spiritual. There is a saying Vyaso chishtam jagat sarwam that means there is nothing under the sun that Vyasa has not touched upon.



As no sanchita karma is left in an embodied guru, self shines through, this becomes very obvious in the presence of the guru. But all those qualities that you appreciate in a guru are also in your very nature. Being with the guru is like being with one's higher self. Guru, God and one's own self are synonymous. Often one recognizes wisdom but sees a gap between wisdom and one's own life. The purpose of becoming a disciple is to bridge that gap. Being with a guru means spontaneous integration of life and wisdom. Respecting the guru simply means honoring your innermost nature.

Gurupoornima is the day when the disciple wakes up in his fullness and in the wakefulness he can't be but grateful. This gratitude is not of dwaita (you and me), but of advaita. It is not a river moving from somewhere to somewhere, but is the ocean moving within itself. So, gratefulness on Guru-poornima symbolises that fullness. The purpose of the Guru poornima celebration is to turn back and review and see in this last one year how much one has progressed in life.

For a seeker, Guru poornima is a day of significance. It is the day to review one's progress on the spiritual path and renew one's determination and focus on the goal. As the full moon rises and sets, tears of gratitude arise and repose into the vastness of one's own self.

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#### LOCAL ANNOUNCEMENTS.



**“THEAN AMUDHAM” Divya Satsang” by SRI. ARUNJI at  
COIMBATORE**

**Date 14<sup>th</sup> August, 2007 Time : 6.30 P.M. VENUE :  
SARADHAMBAL KOVIL, RACE COURSE, COIMBATORE.**

**Ayurvedic “Naudi pariksha” Doctor is visiting Coimbatore on  
13, 14 and 15 August Venue is Room No.13. II floor, India  
Tower, 2nd street, Gopalapuram, Coimbatore 18  
For Registrations please contact.  
Ms. M.Dhanaselvi at 94434 88371, 94425 89050**

#### **ART OF LIVING PART II COURSE (ADVANCED MEDITATION COURSE) AT KADAYANALLUR.**

Life is full of noise that disturbs us. We need to take a conscious attempt to step outside this noise. Once we do that, what we experience is a life that is full of purity, joyful, loving and caring. We feel that we are never the same again. This has been the experience of many Advanced Course participants. Enjoy the silence, experience the journey from the head to heart and above all drench and soak in the melodious “Thean Amudham” Bhajans of Sri.Arunji. An ideal vacation for Body Mind and Soul as an AOL Part II Course is happening just 20 Km from Courtallam. ( Near Tirunelveli) VENUE: RVS PANNAI, KADAYANALLUR.

Date :9TH TO 12TH AUGUST, 2007 -- COURSE DIRECTOR: SRI ARUNJI.

Registration Contact : Sri N Pradeep Kumar : Cell : 94434 51281, Sri. Kalidass cell: 94432 05043

**Sant Kabir Das says.**

**Guru Ko Sir Pe Raakhiye, Chaliye Aagya Mahi,  
Kahe **Kabir** Ta Daas Ko, Teen Lok Bhai Naahi.**

**One who keeps Guru's order on his head, and goes everywhere **Kabir** says, need not fear anything in the three worlds.**