



LIGHTHOUSE

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...TO INFORM, INSPIRE AND ENLIGHTEN...

VOL I

NO. 3

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VYAKTI VIKAS KENDRA
Flat No. 1, Dwaraka
Apartment, 380
Puliyakulam Road,
Coimbatore - 641 045

WEBSITE
www.aolcbe.org

FEEDBACK
aolcbe@gmail.com

SEVA TEAM
Mani Gopalakrishnan
Durgaprasad
Thilagarajan
Suryanarayana K

Warm Greetings
from "Lighthouse" on

Kathigai Deepam
(15 Dec)
X'mas (25 Dec)

!!!!!!RAIN DROPS!!!!!!

"Have you seen rain dropping from the sky?
Each drop is so clear, as clear as a crystal. Isn't it?
As they reach the earth, some of them make their way to move
towards the ultimate ocean. Each one of these is clear about
their goal. They don't mind falling from the top of the
mountains. They are not worried even to dash against rocks;
they happily flow through the tough valleys and still remain as
clear as they were. And Yes, finally they become one with the
ocean!

Whereas, there are another set of these rain drops. As they
reach the earth, they form a group and become a pond. They
have no hassles of either falling from the mountains or to pass
through tough valleys.

They feel they are so comfortable. But, unfortunately, no one
wants them, as they have become dirty by being just there.
They will have their final say only when the sun takes them
back.

**Here Master is the ocean, we all are rain drops.
Let us not just become one with the pond;
Let us flow towards the ocean!"**

~~ Puja Gurudev.

Let all rain drops reach the final destination- Bangalore during
17th to 19th Feb 2006 for the Silver Jubilee.

Please book your accommodation and plan your journey
immediately.

(Thanks to Ms. PRAGATI, IIT POWAI for sharing this knowledge.)

Path of Blissful life

Human life is nothing but a struggle between the need and need satisfaction. Right from the new born baby till old age as an individual in every moment of our life, we have a need either physical, psychological, materialistic or spiritual.

Along with every need anxiety also emerges due to the lack of surety of need satisfaction. If the need gets satisfied the individual get motivated and mind gets expanded and comfortably moves to the next need. Unfortunately if any need remains unsatisfied, it leads to stress, depression, frustration and continued anxiety which may even result in personality disorder according to the intensity and importance of the need.

Therefore need satisfaction plays an important role in shaping the personality of an individual and ensuring healthy society.

In need satisfaction there are two important elements.

The need identification. (Intra Personal)

The Process and strategies (Inter Personal) of need satisfaction.

According to the great Humanitarian Psychologist Dr. Carl Rogers congruence between the Actual Self (what you are), Anticipatory self (what you wanted to be) and social self (what your society wants you to be) is essential for happy living of the individual and healthy society on the whole. He also lays emphasis on the unconditional positive regard, which is accepting others as they are without finding fault.

Harmony between the actual and anticipatory self is highly essential in selecting a need at intra personal level without any negativity like greediness, jealousy and vengeance etc.

Symptoms of the conflict between the Actual and Anticipatory self could be the negative mental state which includes anxiety, lack of emotional stability, irritability, inferiority complex, frustration and depression.

During the EEG study it has been found by the medical scientists that higher the frequency indicates the negative mental state.

It was also proved in AIIMS, New Delhi that by doing the "Pranayama and Sudarshan Kriya" of Art Of Living the frequency reduces to the healthier state. Therefore it is understood the Art of Living course cleanses the negativity from the mind and creates harmony between the actual self and Anticipatory self.

Once the harmony is maintained at intra personal level, automatically in society at interpersonal level harmony will be created, due to the empathic approach (putting ourselves in other man's shoe)

Moreover the individual with intra personal harmony could never find fault on others, they will only see the good qualities of people and motivate them. Hence unconditional positive regard comes into action without any conscious effort and such individuals could build a very effective team and make all walks of their and their society life happier and healthier.

-- Ma.Sendhilkumar.

"If your heart is fully opened, you cannot find fault with anyone because you will see every one as part of yourself."— Pujya Gurudev

WHY DO WE LIGHT A LAMP?

In almost every Indian home a lamp is lit daily before the altar of the Lord. In some houses it is lit at dawn, in some, twice a day at dawn and dusk- and in a few it is maintained continuously (*akhanda deepa*). All auspicious functions and moments like daily worship, rituals and festivals and even many social occasions like inaugurations commence with the lighting of the lamp, which is often maintained right through the occasion. Light symbolizes knowledge, and darkness ignorance. The Lord is the "Knowledge Principle" (*Chaitanya*) who is the source, the enlivener and the illuminator of all knowledge. Hence light is worshiped as the Lord Himself. Knowledge removes ignorance just as light removes darkness. Also knowledge is a lasting inner wealth by which all outer achievements can be accomplished. Hence we light the lamp to bow down to knowledge as the greatest of all forms of wealth. Knowledge backs all our actions whether good or bad. We therefore keep a lamp lit during all auspicious occasion as a witness to our thoughts and actions.

Why not light a bulb or tube light?

That too would remove darkness. But the traditional oil lamp has a further spiritual significance. The oil or ghee in the lamp symbolizes our "vaasnas" or negative tendencies and the wick, the ego. When lit by spiritual knowledge, the "vaasnas" get slowly exhausted and the ego too finally perishes. The flame of a lamp always burns upwards. Similarly, we should acquire such knowledge as to take us towards higher ideals. A single lamp can light hundreds more just as a man of knowledge can give it to many more. **The brilliance of the light does not diminish despite its repeated use to light many more lamps. So too knowledge does not lessen when shared with or imparted to others. On the contrary it increases in clarity and conviction on giving. It benefits both the receiver and the giver.**

WISHING YOU ALL A HAPPY KARTHIGAI DEEPAM – (THE FESTIVAL OF LIGHTS)

(Kind Courtesy Ms.Usha Sundarm & Sri. M P Bhattathiri)

RECOMMENDED...

- 📖 Please browse www.esatsang.net. It is completely a new website. Register yourselves for getting e-satsang digest mails which will connect you with art of living members in more than 146 Countries across the world. You will get wonderful reports on the happenings around the world like courses/ Special events/ Healing experiences/ and many more....
- 📖 Inspirational and informative articles contributed to our website www.aolcbe.org have been included in a section 'MY PAGE' on the website. The articles have been highly appreciated.
- 📖 **Home Coming** - a pictorial account of a devotee's *Ashram Darshan* published on www.aolcbe.org received rave reviews from world wide friends. Visit the website and read the story to re-live your Ashram experience.
- 📖 Detailed information about **Art of Living Silver Jubilee Celebrations** have been included in a separate section of our website www.aolcbe.org . You may also send your query to aolcbe@gmail.com for information regarding silver jubilee celebrations.

When you go to bed, don't be "somebody" and sleep. Be a cloud of light, a glow of a candle, full of life, alive.

–Pujya Gurudev

ONE DAY REFRESHER COURSE
(FOR ALL OF YOU WHO HAVE DONE THE PART I COURSE)

DAY : **SUNDAY** DATE: **18TH DECEMBER, 2005** TIME : **8.30 A.M. ONWARDS.**

VENUE : **RAJASTHANI SANGH – D.B. ROAD, R.S.PURAM, COIMBATORE : 641 002.**

LUNCH WILL BE PROVIDED AT THE VENUE.

FOR DETAILS CONTACT PHONE No: 2223637, 94433 56249, 98940 31806, 5379950.

(THIS REFRESHER COURSE IS ONLY FOR THOSE WHO HAVE COMPLETED AOL PART I (BASIC) COURSE. PLEASE BRING YOUR IDENTITY CARDS)

Sri.Vikram Hazra, a senior Teacher of Art of Living, has multi-faceted musical talents. He is a singer, a flautist and a guitarist, with an excellent charisma and has the ability to generate a fascinating musical show. He is coming to COIMBATORE to create the "Silver Jubilee" enthusiasm amongst us.

AOL PART II COURSE AT POLLACHI

DATE : **28TH DECEMBER 2005 TO 31ST DECEMBER, 2005.**

VENUE : **ARUL JOTHI SAMOOHAKUDAM, JOTHI NAGAR, POLLACHI.**

FOR FURTHER DETAILS. CONTACT PHONE : 98428-11055.

The more "in" you are, the more consolidated you are, in the very core of your Being, the center of your Being, the more you speak the language of the Existence. You do so much good; you do so many wonderful things around. – Pujya Gurudev