



# LIGHTHOUSE LIGHTHOUSE



## VYAKTI VIKAS KENDRA INFORMATION CENTRE

13, Venkataswamy Road  
East, R.S.Puram,  
Coimbatore - 641 002.

**WEBSITE**  
[www.aolcbe.org](http://www.aolcbe.org)

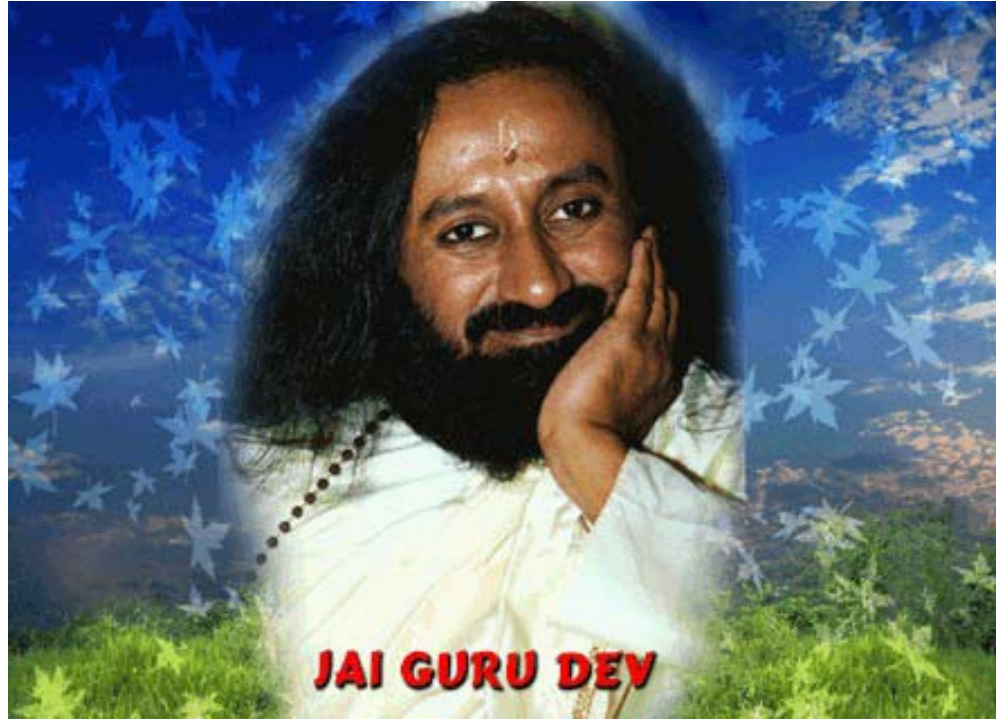
**FEEDBACK**  
[aolcbe@gmail.com](mailto:aolcbe@gmail.com)

**SEVA TEAM**

Mani Gopalakrishnan  
Durgaprasad  
Thilagarajan  
Suryanarayanan.K

Please visit our  
website  
[www.aolcbe.org](http://www.aolcbe.org)

For  
Latest news on Art  
of Living



Dear Readers, Jaigurudev,

We are very happy to convey that our Poojya Gurudev's knowledge, is reaching more and more people. The Biggest Part 1 Course in America happened last week and now efforts are being put to outdo that record.

Our best wishes to The New Zealand AOL family, who are celebrating the Silver Jubilee on Sunday 18 February 2007 at Auckland.

Our website is updated almost every day as we receive news about interesting happenings throughout the World. From next month onwards, we will be able to share with you amazing stories of healing and transformation. Besides, our E-magazine would cover minimum one knowledge topic from Poojya Gurudev per month. We welcome readers to send us inputs that could be published in the E-magazine.

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

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



## Sin and Spirit- the six distortions of love - Poojya Gurudev



The whole world is made up of love. Everyone is made up of love. You have heard this, all is God , all is love. But then what is the purpose. Okay, if everything is God, then what is there, where is the life heading to? See, life is heading towards perfection, isn't it? You want perfection. Perfection, why? Is it not already perfect? No, because the love has six distortions. Though the creation is all love, this love has six types of distortions. What are these six distortions of love? Anger, lust, greed, jealousy, arrogance and delusion.

So six distortions of love, you know in animals also, they have these six distortions but they have no way to come beyond these distortions because nature rules them. Spirit is pure love, matter is distortion. But human beings are endowed with discrimination. So that one moves from distortion to perfect love, one pure love. The purpose of all sadhana, practices, meditation...what? Moving away from distortion of creation to the purity of the source, back to the source.

Now three kinds of perfection are there. One is perfection in action, another is perfection in speech, and the third is perfection in feeling, of how you are feeling. Do you see what I am saying? And it is rare to find all perfection in one object. It is not difficult, but rare.

Some may be very good in their actions, but inside they feel very grumpy and angry. Then though they are doing wonderful things outside, it is not...perfect. Some may tell lies in their words, that is, speech may not be perfect, but they do their job right or they feel right inside. Their feeling is very good. The doctor may tell the patient "No, no. Don't worry. Your disease will be cured." Or "You will become better." But he may not become better. Doctor knows that but at that time, doctor says that lie. So his speech is not perfect but his intention behind it, is. Like a young baby comes and asks, a boy or girl comes and asks, "Where did you bring this other baby in the house?" You say, "The stork brought the baby." You have told a lie to the baby but the baby cannot grasp anything beyond it. So when you have said a lie, the speech was imperfect but the intention or feeling behind that was perfect. If someone tells a lie with a bad intention, then both the feeling is imperfect, speech is imperfect, and the action you know will reflect that. Are you getting what I am saying or is it too complicated?

Suppose someone does a mistake and you look at the mistake and you feel angry on that mistake, then you are not any better than the person who has done the mistake. The perfect person's action was imperfect but your feeling towards that action becomes imperfect so you have come in the same boat. Action can never be perfect. Any action will have a flaw here or there, now and then, but the feeling when it becomes imperfect, it stays for a long period. Innermost perfection is lost. Are you getting it?

So when you see an imperfection, say, an injustice done to somebody, how do you bear it? Inside you, are you boiling "Injustice! Injustice!" then you have become more imperfect.

At least protect your inner perfection, and then perfection in the speech, then you are able to deal with the imperfection outside. Do you get what I am saying? First most priority is inner perfection, i.e. inner peace.



Now usually what we do is we go from one imperfection to another imperfection. If someone is greedy, you are angry about their greediness. "Well, that person is greedy, why that person is greedy?" but you are not less than that. You are not bringing the purity in you but you are changing the flavor of impurity. Are you getting what I am saying? Change of distortion does not bring perfection. But normally, everybody does this, they just change the distortion. Lust becomes anger, anger becomes jealousy or greed or arrogance or delusion. We are just moving from one imperfection to another imperfection in that case. Is that clear? At all costs, save the mind and how we deal with that mind, is to see that every action is happening according to some laws. So when you look into different actions, you find imperfections but don't let those imperfections enter into your heart, your Being. (You become angry.) You know, most of the people who fight for rights, human rights, feminine rights...you are fighting for rights but inside you, you are all messed up, you are angry, then your anger is no better than lust, it's worse than lust. Jealousy is worse than anger, it's not better than anger. All these imperfections, six imperfections, you think one is better than the other? It's not, do you see what I am saying? And sadhana is to maintain that and not to be shaken by small little events, another event here, and another event there.

If someone scolds you or scorns you or their speech is imperfect, don't see that their feelings are also imperfect. Don't see intention behind other people's mistakes, you see what I am saying? When you see intention behind other people's mistakes, then the mind is reeling again in more impurity. Replacing one impurity by another impurity does not make anything pure or better, it makes it worse. Does it make sense?

So that's why Vikara, Vikara means distortions...Prakriti and Vikriti, the whole creation is made up of nature and distortion of nature. Anger is not our nature; it is distortion of our nature. Jealousy is not our nature, it is distortion of our nature. Why we call these as impure, you know? Why anger, jealousy, greed, lust are impure, why? They are all there in nature, isn't it? You tease a dog, how angry it gets. You tease a child, how angry it becomes. Lust is there in nature. Everything is coming out of lust. Everyone is born out of lust. Desires are there... this is a part of creation. But why do we call it distortion, why are they called impure? Why?

Because they do not allow the Self to shine forth. Sin is that which does not bring the spirit within to shine forth fully. Are you getting it?

Anything you do, if it dampens the Self to shine forth, dampens the sincerity that we talked about yesterday, the Nature of Self to shine forth, then that we call sin. Sin is not in your nature, you are not born out of sin. Sin is just the wrinkles in the cloth. It needs proper ironing, straightening it all out.

Why lust is a sin? You know why lust is a sin? Because in lust, you do not consider the other person as life, you do not honour the life. You use them as an object, you make them an object of your enjoyment, so you are somewhere overshadowing or not looking at the Self in the other person. This is the only reason why lust is impure. Love is the reverse of lust. In love, you see the other person as Divine. In love, you surrender, you see the other as higher. To elevate the matter to the level of the spirit. An idol you worship, it is a stone, it is a matter, but when you are worshipping it, it has become no more just an idol, statue or a picture, it has become the living Reality. You have given life to it. You elevate it to the level of God, love, moving towards perfection.

Anger is a sin because when you are angry, you have lost centeredness; you have lost the sight of the Self. Again, your focus is not on the Divine infinite, big thing, but you have made things small as objects again, so anger is a sin. Anger is a sin, jealousy is a sin, guilt is a sin. Why? In guilt, you are not recognizing the Self as the only doer in the world. You are limiting the small mind to an action which has happened or which has happened through somebody. This is a very deep knowledge. Carefully listen to this: be thankful if you have been bestowed with the qualities you have because it is not your own making. In the same way, it depends on the part you have been given to play. Suppose you have been given a role, it's a drama, suppose you have been given the role of a villain, and you play it perfectly, that role. And the villain always knows that when I play the role, it is just a role I am playing. I am very sincere to my role. There is a saying in Sanskrit, you know what it says? Durjanam Prathanam Vande Sujano Tadanam taram. First worship the bad person and then the good man. Because the good man is falling and giving you an example "Don't do this. This is what I did." At his own cost. A criminal in the jail, don't hate a criminal in jail because he is a criminal. In a prison, if there is a criminal, he is an embodiment of God, he has done you greater service. Don't ever hate a drug addict because a drug addict is giving you such a beautiful lesson and he has been given that role, do you see that? He is just performing his role. That way, when you understand this basic law, truth, then your inner perfection becomes so stable, then nothing on this planet can shake your inner perfection. Nothing can shake you, do you see this?



And perfection of speech, perfection of speech, you have to again look beyond the speech, the feelings beyond the speech. If somebody is telling a lie or saying something in a mood; a mother sometimes tells the child "Get lost! Don't bother me!" the mother really does not mean that you go and get lost. If the child is lost, the mother will be miserable. But if you can understand the intention behind the imperfection in speech, then you will not become imperfect in your feelings, or your inner perfection will remain safeguarded. Do you see, if you see someone is dishonest and you get angry that they are dishonest, then you have become hopeless. You are doubly imperfect then. See, what I was saying, and as I was saying this afternoon, psychology has the greatest flaws, i.e. it says deep inside you there is fear, deep inside you there is guilt, deep inside you there is anger. These psychologists I tell you, they know nothing about the mind or consciousness. I tell you, deep inside you is a fountain of joy, deep inside you your center has light, love. There is no guilt, no fear. Deep inside, all is great, beautiful. Dig deep enough and psychologists have never gone that deep. All this guilt, fear, and all this, are all just distortions of Prakriti, and you find them in Prakriti.

Jesus got angry twice. He threw people out of the temple, didn't He? He shouted in anger. Krishna once broke his own promise. He said, "I will never take a weapon in my hands." But in the Mahabharata war, when it became impossible to win Bhishma, he took the Sudarshan Chakra in his hand, "I am going to finish you off now. Are you going to mellow down or not?" he came with that anger. What is that? Every emotion, every feeling, every sensation leads you to the innermost blossoming, innermost perfection. So in the action, don't see perfection. In the action also, see...a doctor does an operation on a patient. He tears open his stomach or chest or whatever, puts the knife through but his intention is completely different. But in an operation, many people die. Can you see that? Every action has a flaw. You name it, any action, I'll show you there is a flaw in that action. You give alms, you give charity, and you are really doing it, there is one negative point to it. You are bringing down their self-respect. Self esteem. So all actions have their own flaws. So perfection in feeling is possible. Perfection in speech is possible to a greater extent. And to great extent, perfection in action is also possible. Even if the Vikritis or the Vakarass come, they are called Vikaras- Distortions come, don't give credentials to the Vikaras or the distortions. The creases in the cloth, don't give them too much credentials because where your attention goes, that then grows in you more. If you give more credentials to someone's anger, or greed, or lust, then not only is it in them, or was there in them at some point of time, it takes a permanent room in your mind for all time. This is the difference. Animals have sex and finish, fine, it doesn't think about it till the next season comes but a man keeps on and on in the mind.

This is what Krishna says in the Gita- what has happened to your mind, Arjun? If you nourish these Vikaras inside you, they change from one to another. One impurity to another impurity. They keep multiplying inside you. Relax. Know I am the only doer and things are happening in the world. See this whole thing as a dream, as a drama. This is the way you can see it, isn't it?

There is an event, I'll tell you. Once in the Ramayana, once Rama, Lord Rama and Laxmana, these are the two main characters of the epic 'Ramayana'. Rama needed the help of Garuda, one of his devotees, at a time when he was under the spell of an arrow. So Garuda saved him from that. Naghaastra was there and this devotee, disciple of Rama saved Rama, Rama's life. When he did this, after wards, a doubt came in his mind, "Why, I thought He is my saviour all these years, I thought He is going to help me, but today if I had not saved him, he would have died. Today, he needed my help. I saved him from this point. How can I depend on him? I seem to be more powerful than him. He seems to be ordinary. Because without me, they would have died, both he and his brother would have died. My master and his brother would have died in the war field." When this doubt came in Garuda, it kept eating him, you know...when a doubt overtakes the mind, the consciousness starts goes down and down and down. There is one thing that can eat and destroy you, that is doubt. When doubt enters the soul, they say they will have neither this world nor that world because you cannot be successful here or in the inner world and such was the doubt of Garuda. He was in such dismay because all his trust got shaken. What to do now? He could tell to Rama, "I doubt you. I doubt whether you will be my master and whether you will save me or not because you seem to be weaker than myself." He could not dare and go ask him. This he quietly went and asked Narada who was the exponent of Divine here, Bhakti Sutra and Narada tells Garuda, "You go and ask a particular crow in the Himalayas. You go and sit at his feet and you will learn." This was very humiliating because Garuda is the King of birds and he has to go to the lowest of the bird, the crow. It's a legendary story, a very beautiful story. You take the principle in. So when Garuda left to go to that person, that means what...he had to give up his total ego and sit at the feet of a crow and clear his doubts. And this crow tells, "oh fool! What a fool you are! He has given you a chance.



Master has uplifted you so much that he has given you a chance to serve him in that manner. Couldn't you see this? Its so obvious. His love for you was so great that he put himself down and put you up so that you feel good, better in serving him, saying that you have saved him. What could save the Lord? He is the saviour of the whole creation." So the crow gives him a very beautiful sermon. It runs in several pages. I have not read, though I am talking now. I always talk what I don't know. Never read Kaka Bhushandi, his name, Kaka Bhushandi, he gives the sermon and Garuda had to learn from the crow, the lowest of the species, this knowledge. Then his doubt and ego vanished and he came back to the master and started serving the master. This is the story. Hmm. beautiful. Garuda had seen Rama crying and wailing over the forest when Sita was lost. In the war he had to face lot of difficulties, lot of turmoils and troubles. Definitely his fate was shaken. So far I thought this person is the saviour of the world, now he is in such difficulty. How can I depend on him? This sort of thought kept coming and that was resolved when he went to Kaka Bhushandi. He could see the whole thing. Such a beautifully enacted drama. Such a beautifully created show. So humility came back to Garuda and humility is the perfection of the soul, of the being

Anger, rage are distortion of the being. That is why these are the sin and that is merit. Hmm. And sins are not deep down inside. They are superficial. They are not even skin deep. That is why in ancient India, there is a saying, "If you have done some sin, go to Ganges and take few dips in Ganges. Like the soap gets washed away from you, dirt gets washed away." Sin is so superficial, it will get washed away. One heartfelt, sincere prayer, and that past is relieved off you. Your knowledge of a mistake comes to you when you are innocent. The knowledge of a mistake dawns in a moment when you are out of the mistake. However the past has been, whatever mistake has happened, in the present, do not consider yourself to be a sinner or maker of the mistake because the present moment, you are again new, pure, and clear. Mistakes of the past is past but the knowledge comes. When the knowledge has come, that moment you are again perfect, pure, love. Do you recognize that?

Often mothers do this. They scold their children, they get mad at their children. Afterwards they feel so guilty, "Oh poor thing. I got so angry, annoyed at this kid. Oh poor child I should not have done like this." Then you go on regretting and regretting and regretting. You know then you prepare yourself to get angry again. These are all part of life, okay done, you got angry at your kid once, twice. Why? Lack of awareness was there, awareness was missing and anger came up, so it happened, happened, finished now. Now. Now. Now. Now. Do you see that?

That's what Krishna tells Arjuna. Arjuna, you think you are not going to do what you are supposed to do? I tell you, you will do it. Even if you don't want, you are going to do it. In a very clever way he puts it on you. Better surrender to me, directly he says. Drop everything, surrender to me and do as what I say then he says well, I have told you whatever I have to say, now you think it over and do what you like, you do whatever you want to do, do however you like. But then he says you will do only what I want. These last few sentences of Krishna are so confusing and people have struggled to make sense out of them. And there are thousands of commentaries trying to make sense out of these few words, three contradicting statements. One, surrender everything, I'll do everything for you, or do just as I say, then he says, think and see what is right for you and do whatever you feel is right and 3rd statement says but remember, you will only do what I want you to do.

We were talking about Satva, Rajas, and Tamas. All our wanting to do, doership is there to elevate the Tamas or inertia in us. Once inertia is eliminated, then you are in activity, when you are acting, you become witness to the acting. Then you know you are not doing. Things are happening through you. This is the final level of realization. You can see, in every action of yours. Have you noticed this? When busy doing something, when you have accomplished something, in the beginning, u think, "I have accomplished!" but when your accomplishment becomes more and more and more, as time goes, you say that this all is happening. I did not do anything. I did not accomplish. A writer would feel, "no, I did not write, it just started flowing, started happening." All the creative work in the world whether painting, dance, drama, music, anything...has all come from that unknown corner, it just spontaneously started happening. You are not the doer. The best sculptor will say, "I didn't do it. You know, it just started happening!" best painter will say the same thing. Best music composer will say the same thing. I tell you, the same is true for criminals too. You ask the worst criminal, "Did you do this?" "No, it happened, what could I do?" We have several courses in the prisons. You should see, they are not beasts there. They are beautiful people and they are amazed by what they could do, what they have done. They don't believe what you knew. You know the worst criminals do not believe what they did because they are also in a position to realize that it happened. Right?

And this knowledge is the only thing that can take you from imperfection to perfection. Remove all the creases. It takes out wrinkles.



## KNOWLEDGE ON THE SIGNIFICANCE OF MEDITATION

Those who were praising you to the skies and falling at your feet yesterday are ridiculing and lampooning you today. Those who were dying to befriend you yesterday do not want to see your face today. This always happens in the life of not only individuals but in societies and nations. This happens mainly in THERE where emotions rule more than the reason.

We make ordinary people heroes and when they fall in our eyes, we crush them to pieces. This is a love-hate relationship and we express both emotions in such way that it becomes a catharsis. When there is too much love, know well there will be eruption of hate too.

Realising this phenomenon of love-hate, success-failure as two sides of the same coin, our ancient seers taught us how to deal with such situations. They brought in the dimension of witnessing consciousness, what is known in Sanskrit as sakshin. Societies, nations and races have collective consciousness or unconsciousness, but it is the individual alone who can enter into the realm of witnessing consciousness. This way, his spiritual quotient grows and his spiritual growth becomes a shining example. Lord Krishna makes Arjuna aware of this dimension on the battlefield of Mahabharata.

**Meditation** makes us realise this, and we transcend the storm of emotions, we become "watcher on the hill." This state of consciousness is serenity and bliss.

## ART OF LIVING PART II COURSE ( ADVANCED MEDITATION COURSE) WITH SRI ARUNJI



DATE : 17<sup>TH</sup> MAY, 2007 TO 20<sup>TH</sup> 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.  
FOR REGISTRATION CONTACT : VYAKTI VIKAS KENDRA, INFORMATION CENTRE - COIMBATORE  
Ph: 0422-2542766 - Email : [yvkcb@eth.net](mailto:yvkcb@eth.net) or [aolcbe@gmail.com](mailto:aolcbe@gmail.com)

**' An Enchanting Evening of Celestial Nectar and Meditation' with Shri Arunji on March 1, 2007 from 6 pm onwards. At Aranganathar Temple Karamadai.**

Karamadai is a small temple township about 30 Kms from Coimbatore on the way to Ooty. The Lord Aranganathar temple situated here has historical prominence.

"Last year Sri. Arunji lead a wonderful Divya Satsang at the Temple festival. The concluding 10 minutes was titled as "The Karamadai Express" which got everyone into the band wagon singing and dancing. No one wanted it to stop. It was a lively atmosphere and the crowd experienced the true meaning of celebration."

We invite everyone to come with family and friends and enjoy the blissful evening.

## AN EVENING OF MOON, MUSIC AND MEDITATION

Guruji says that the mind and the moon are connected, and on full moon days the mind is very light. Group Meditations on full moon nights are highly beneficial..

The next Full Moon Meditation programmes will be conducted at **6:30 PM on 3<sup>rd</sup> March 2007 (Saturday) at Vidyaniketan School, Puliyakulam Road, Coimbatore.** We request everyone to participate and enjoy the bliss. Prior to the Full Moon Meditation we will sing and chant Bhajans together and share some timeless wisdom from Guruji. The programme is open to all. Therefore please do invite people who have not done the Art of Living course.

For details contact : 98432 57396, 99943 94505, 2563200, 6457290.



**WISHING SRI. VIKRAM HAZRAJI AND SMT. TINAJI  
A HAPPY & PROSPEROUS MARRIED LIFE.**

**Their marriage took place in the Divine Presence of Poojya Gurudev On February 9<sup>th</sup>. The couple tied the knot in a simple, outdoor morning ceremony at the Art of Living ashram in Bangalore.**

**Living life is an art, says Poojya Gurudev News from Jabalpur on Feb. 13th, 2007**

“One has to be like a child to reach close to the God. Life is an art and it should be lived like an art. Anger is a sign of weakness and everyone must have some humour in his or her life”, said Sri Sri Ravishankar while speaking at a special inter-religion conference organised by the Jabalpur Inter-Religious Forum at the jam-packed Manas Bhavan auditorium on Monday.

His holiness Sri Sri Ravishankarji was the chief guest of the conference. Rt Rev Bishop Gerald Almeida of Jabalpur Catholic Diocese, Dr Swami T Tritha, Dr Maulana Hameed Ahmad Quadri, Sadhvi Dr Prabha Jain and Sardar Sohan Singh Reel were present as special guests on the occasion. Mayor Sushila Singh and Dr Father Davis George, Principal of St Aloysius College, welcomed Sri Sri Ravishankar by presenting bouquets. Reading the felicitation message for Jabalpur Inter-Religious Forum (JIRF), Senior Advocate of Madhya Pradesh High Court Rajendra Tiwari said that its a matter of pride for Jabalpurians to have Sri Sri Ravishankarji among them. A certificate of honour was presented to him from Jabalpur Inter-Religious Forum. Dr Father Davis George extended gratitude towards His Holiness Sri Sri Ravishankarji for his gracious presence

### **Gurudev's Question to the planet**

**Guruji has asked a consciousness- provoking question through the "Ask the Planet" platform of Yahoo!.**

**The question HE is asking is, How have you experienced the power of prayer in your life?  
Being connected with HIM, we have often experienced the power of prayer in our life.  
Let's share it with the world.**

**You can answer through the following links : <http://in.answers.yahoo.com/>  
<http://in.answers.yahoo.com/question/index;ylc=X3oDMTE3MjgzNmNkBF9zAzIxMTQ3M>**

### **Passive & Aggressive People (Sharing from a Blog)**

I am influenced by the simple talks of Sri Sri Ravi Shankar, i would like to share one. His talks enlighten you instantly.

He says there are two types of people in the world - those who are passive and those who are aggressive. Aggressive people do not achieve much. For that matter, passive people also do not achieve much!! It is easier to be aggressive or passive...and this is what has been happening in our country. There are people who are very passive -who don't do anything, who don't get involved in anything, and there are people who are very aggressive- they do anything (legal, illegal, right, wrong) to achieve whatever they want. Sooner or later both find their hands empty- both feel failure.

Then Sri Sri is elaborating on Gita....What is the Gita about? Is it passive or does it instigate one to be aggressive. The answer is , It does neither of the two!! The Gita says: " Dynamism with calmness" . Dynamism with calmness is worth having in our lives. The serenity, which is proactive, is what is needed; it is what would be the right solution to any problem.

In very simple way he explains the essence of life to people.