



LIGHTHOUSE

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PONGAL SPECIAL

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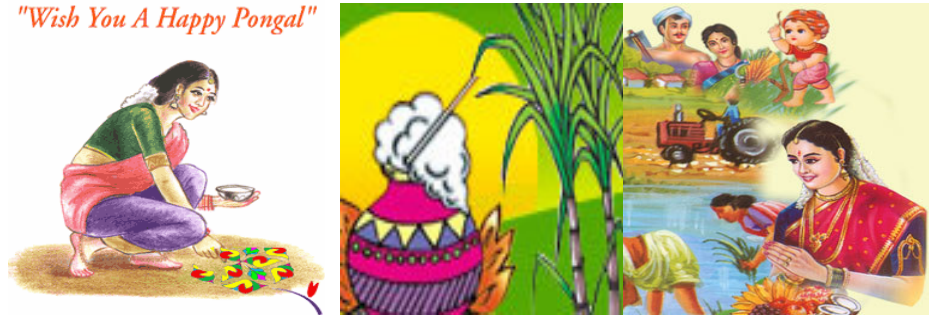
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Dear Readers, Jaigurudev

"Wish You A Happy Pongal"



Our harvest festival is called "Pongal" it is more or less the Tamil equivalent of Thanksgiving. "Pongal" captures the quintessence of south Indian culture in all its entirety and traditional practices. The four day festival with its meaningful customs and rituals are a proud part of our rich cultural heritage. A farmer cultivating his land depends on cattle, timely rain and the Sun. Once in a year, "Pongal" provides him an opportunity to express his gratitude to these.

The "Pongal" is prepared using newly harvested rice and milk boiled together in a well decorated pot in the presence of Sun God. The high point of the festival is the spillover of milk which is considered an auspicious symbol of abundance. Just like the "Pongal" pot, we too feel the abundance in our life brimming with joy and happiness. It is the right moment now to express our gratitude to Pujya Gurudev for imparting us this amazing knowledge which enables us to reap a bountiful harvest of inner wealth forever. Unlike "Pongal" Silver Jubilee Celebration of Art of Living comes only once in our life time. So just take hold of it. It is our best opportunity to convey our profound gratitude to our Divine Master and his timeless wisdom.

In another 34 days, we are all going to be part of an historical event, millions of people will congregate, meditate together, and do "Sudarshan Kriya" all in the divine presence of Pujya Gurudev. It is going to be an incomparably enriching experience. The event is going to create an enduring impression not only in our memory but also will find a place in history. It is very much necessary that all those wonderful people whom we know should be a part of this life time celebration. Let us share and enjoy the exquisite moments with our ever expanding Art of Living family. So put 100% efforts to gather as many Art of Living family members as possible and let us take them along for the 3 day Silver Jubilee event at Bangalore.

Once again we anticipate your valuable feed back and suggestions.
Wishing you a "Happy Pongal". Jaigurudev

Coimbatore Web Seva Team

"Poor people fight for food. Rich people share their food. Richer are those who share power. Richer still are those who share fame. Richest of all are those who share themselves. A person's wealth is measured by his ability to share and not by what he hoards." Pujya Gurudev

**A glance at the rich culture and traditions of India.****Kolam a very exquisite Art Work ...**

“Kolam” is a very beautiful art, which originated in South India thousands of years ago. It symbolizes beauty and provides a welcoming environment to the entrance of our home. Almost in every house, women begin their day with this creative art in front of their residence. They create exquisite design by using rice flour or white stone powder known as “Kolapodi”. The rice flour or the “Kolapodi” is pinched between the thumb and the index finger and rubbed together moving the hand continuously to create skillful designs on the floor in front of the house. A lot of practice with concentration is necessary to develop this art. In most of the families elders make it a point to teach the young ones this captivating art form and that is why it has been passed on from one generation to another.

In olden days Kolam was drawn by using rice flour which was done to give food for the small living creatures like the ants. Women always bend themselves while drawing Kolam and this enables increased blood circulation to their brains. In short it is an useful effortless morning exercise. Drawing Kolam enables one to improve mental discipline and concentration.

There are many varieties of Kolam’s. The ones with different colors is popularly known as “Rangoli” in North India, another variety of Kolam which is called as “Poo Kolam” (designed with colorful flowers) mainly seen during Onam season in Kerala. In Tamilnadu there is “Pulli and Neli Kolam”. “Pulli” means Dots. “Neli” means Curvy. We have something very interesting to learn from these. They say that the “Pulli” or dots are symbolic of challenges that we have to face in life and the “Neli” curvy lines around these dots is our journey of life. There is a Tamil phrase “Vaazhkayin Nelivu Sulivu” (means strategy of life) possibly it must have come from seeing a Kolam.

The Tamil month of “Markazhi” (From mid December to mid January) and during “Pongal” festival large attractive Kolams in front of the House greets every visitor and portray the happiness and well being of the people living in the house.

NEWS FLASH:

WASHINGTON: US Congressman Joseph Crowley has nominated Pujya Gurudev for the Nobel Peace Prize saying that the Gurudev had helped bring peace to thousands of people through his Art of Living Foundation. Links to the articles are here. <http://timesofindia.indiatimes.com/articleshow/1369606.cms>
<http://www.hindu.com/thehindu/holnus/001200601121654.htm>

NEWS FROM AROUND THE WORLD.

In United Kingdom a lot of people have expressed interest in a parachute jump to raise money for IAHV disaster appeal (SJ fund). The jump is a 13,000 foot tandem skydive jump. It sounds scarier than it is because you are jumping strapped onto an instructor! (See picture on <http://www.ukskydiving.com/gallery.htm>). This is a great way of raising money through sponsorship and bringing awareness of our cause.

In U.S.A. Sanfransico Bay Area a Goodwill Marathon Event is taking place. A unique event with the most unique artists and the most unique music for peace!!



Silver Jubilee enthusiasm is radiant throughout the World. Here are some of the interesting events.

Bangalore.

On 18th Jan, 06 Sumeru Sandhya (Music, Meditation, Knowledge and Laughter) by Sri. Bawa , Sri. Dinesh Ghodke & Sri. Vikram Hazra at Chowdiah Memorial Hall from 6 pm to 9 pm.

Pujya Gurudev will be the Chief Guest and deliver the special address, On 21st Jan, 06. "The Concept of God in Hinduism and Islam - in the light of sacred scriptures" Venue: Palace Grounds, Mekhri Circle, Time : 6.30 pm.

Chennai.

On 20th January, 2006 at Kamarajar Arangam, Anna Salai, Teynampet,. Sri. Vikram Hazra 's Rock and Raag.

Padayatra With "SWAMI SADYOJATHA" Date: 22nd Jan 06. Time 3: 15 PM. Venue: Behind Lighthouse (Marina).

FROM OTHER PLACES IN INDIA.

Sri. Parag Shah, a devotee of Baroda chapter will be traveling from Gujarat Ashram (Vasad) to Bangalore Ashram. This distance of about 1500 kms will be covered in 25 days on Bicycle. Details contact on +919825094264.

Pujya Gurudev has blessed our Web Seva Team member Sri.Durga Prasad Dash and made him Part I and ArtExcel Teacher. We wish to share this most cherished moment of happiness with our readers.

GRATITUDE



How can that stone express its gratitude that has been picked from the dark dungeons of filth to be turned into diamond!

How can that star express its gratitude that has been admired and appreciated in the midst of infinity!

How can that flower express its gratitude that has been chosen for the garland worn by the most beautiful one!

How can that sand particle express its gratitude that has been sheltered by the mountain!

How can that servant express its gratitude that has been lifted to royal heights and been offered the king's throne!

How can I express my gratitude to You my beloved Master.
By Sri.Mukul Bhatia

The silver Jubilee theme song is now ready log on to www.sahiljagtiani.com/support_songs.html