



LIGHTHOUSE



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Living



“ Sant Dnyaneshwar World Peace Award ”

Vishwashanti Kendra honoured Poojya Gurudev with “Sant Dnyaneshwar World Peace Award” given by former Chief Election Commissioner Shri. T. N. Sheshan in the presence of Senior Musician Shri Hirudhaynath Mangeshkar and Shri Vishwanath Karad .(from Lokmat Marathi New paper - Pune dt. 12th Jan' 07)

Dear Readers, Jaigurudev

His message for the New Year to all of us - Accept both good and difficult times - learn from both good and difficult times that we went through during the previous year. Pray that we derive the Strength to face difficulties instead of wishing that there should not be any difficulties since we can learn a lot from difficulties too. We usually hold on to the difficult times in our minds instead of letting it pass after learning the lessons, just like the sugar cane which is sent to crushing unit - the juice (Knowledge) which needs to be held on to and the bagasse (difficulties) need to be dropped behind. He then asked us to question ourselves as to what we can do to the country, the world and to others, take a sankalpa for the New Year.

Starting from 1st January 2007 we have extended the e-notice board facility to our global family. Some of the Art of Living Centers have already started having their virtual notice board in our website.

We have the time, space, inclination and the enthusiasm to include as many centers as possible. You can visit our website www.aolcbe.org for sample notice boards.

Please feel free to contact us for further clarification.

With best wishes

At your divine service, Web Seva Team, Coimbatore
Mani Gopalakrishnan, Durga Prasad , Thilagarajan and Suryanarayanan.K.



PONGAL, MAKAR SANKRANTI & LOHIRI

The festive season comes bustling with the nature giving its best. Warmth of the Sun shine, splendor of the blooming flowers a bountiful harvest no doubt brings celebration. Although known by different names like, Pongal, Makar Sankranti and Lohiri, these harvest festivals are a mark of gratitude for the abundance and prosperity bestowed by Mother Nature. This is the time to honor the cow and cattle a grateful gesture for the untiring service they render to mankind. We all know that there is no Sunday for Sun God who transcends time and also the one who rotates the Wheel of Time and the harvest festival is the time to gratefully remember “Aditya - the Pratyakasha Devata” for his glorious divinity that blesses one and all tirelessly. The Lord Indra for the timely rains without which no vegetation is possible is also remembered with gratitude.

When we look deep into these celebrations, we can find resemblance to Poojya Gurudev’s timeless wisdom. For example take the Bhogi festival where we throw out all useless materials into the bonfire and keep the house neat and clean. By doing “Sudarshan Kriya”, we clean and remove the dirt and garbage from our body and mind. Like the mud pot filled with rice and milk when boiled overflows as “Pongal” bringing forth joy and celebration around, the fire of knowledge brings forth the enthusiasm and joy inside each one of us. We are able to spread the happiness and celebration in our surroundings. No doubt for an Art of Living member everyday is a celebration. The harvest festival teaches us peace, gratitude, compassion and unity. Wishing you all a Happy Pongal, Happy Makar Sankranti and Happy Lohiri

Celestial Nectar-4” (“Thean Amudham-4”)

With the blessings of Poojya Gurudev, the audio CD and Cassettes of the Tamil Bhajan Album “Celestial Nectar-4” (“Thean Amudham-4”) was launched on New Year’s Day at Aruppukottai near Madurai. Composed and Sung by Sri.Arun Madhavanji, it has music by Sri. Karuna. and vocal support by Anuradha, Latha, Pradeep and Saindavi. Sri. Arunji has used scientifically proven healing ragas like “Shanmugapriya, Amruthavarshini and Sindhu Bhairavi.” These ragas instill in the listener a sense of intense tranquility, which can take one deeper inward and facilitate healing through deep relaxation. It is said the Raga “Shanmugapriya” has the power to sharpen the intellect of the singer as well as that of the listener. The Album begins with a song “Sakthi irakkuthu intha mutchille” which honors the breath. The expressive lyrics tuned to soft rock music is sure to go well with the Generation next.

“Arul vendum thayee” is a beautiful prayer to the Divine Mother set to a melodious music and Sri.Arunji’s aesthetic rendition will tempt everyone for repeated hearing. “Paarkadalil Pallikonda Adi Keshava” a Bhajan on Lord Vishnu, with soul stirring lines “ Adathavarai adavaithu, Padathavarai padavaithu, Nadathavarai Nadavaithu, Naalum Unai Thedavaipai” (You made the non-dancer dance, non-singer sing, non-seeker to seek you every day). Grace and charm of Sri.Arunji’s voice blends brilliantly with the intellectual content of his lyrics. “Anjile ondrai petran Anjile ondrai thavi” a part of the lyrics from “Kamba Ramayanam” includes all the five elements of nature, like Air, Water, Earth, Fire and Space to praise Lord Anjaneya. The lively voice of Sri.Arunji takes us to our inner core.

Sri. T.R. Dinakaran a leading industrialist of Arupukottai, during the launch of the CD said, “ God can only be captivated by music and Sri.Arunji has that ability to bring divinity through his gifted voice.” He specially liked “Kaakkai Chiraginiley Nandhalala”. Sri. Arunji by his mellifluous voice has enlivened the wonderful lyrics of Mahakavi Subramaniya Bharathi.“Suttum Vizhi Chudardhan” is another masterpiece from Bharathiyar’s collection “Kannama en Kaadhali” which is fittingly rendered in soft classical music that would make eyelids shut automatically enabling one to go deep well within. There is something from our rich cultural heritage. “ Lakshmi Kalyana Vaibogamé Seetha Kalyana Vaibogamé” often sung in temples and during marriages as “ Unjal Pattu” (Swing Song). When this song is played our head automatically sways from one side to another making us feel as if we are on a swing moving back and forth. Finally, “ Bhoomidhane Perisu” takes us into a Tamilnadu village. The lyrics of the folk song is a combination of innocence and intelligence, which with Sri.Arunji’s voice modulation is certain to hang around in the minds of music lovers for a very long time.

Once again Sri.Arunji in a unique style of his own is presenting Bhajan listeners yet another inspiring devotional album. The hallmark of it proves that music is beyond language. The listening experience can be summed up in one word “Athmanubhavam” (Experience of the Soul). Celestial Nectar-4 is certainly worth owning one and of course can also be a valuable gift for your loved ones.



POOJYA GURUDEV AT M.I.T. CAMPUS – PUNE 11.01.2007



Poojya Gurudev, during his visit to the Maharashtra Institute of Technology's School Of Government (MITSOG) on 11/01/2007 said, "We need to have a school for politicians because we need politicians to take care of people and have concern for citizens. One needs to have loyalty and choice in life. If you are loyal to your party you don't need any franchisee."

Do parents induce fear in kids? - Knowledge from Poojya Gurudev.

Wondering what surrendering would really mean and how do you surrender? Let me tell you. Never try to surrender. Your trying to surrender is an obstruction. You are already apart of the whole, just remember that. Know that there is somebody who cares for you and who is taking care of you and you will be all right. Your life is not your life, you see? Your life is just an event in the infinite stretch of happenings called time. You have surrendered when you know that your life is insignificant in the span of time and space. When you know there are millions and millions of stars - just look at astronomy books and see how big the solar systems is and where the Earth is - then you will come to think of how small and insignificant your life is.

What is your life? Then you can understand that you have already surrendered. And when you know somebody is really behind you, who loves you so dearly that you can't even imagine and then it is for sure that you have surrendered. Feel the connection, and then surrender has happened. Don't think, "I am someone different and separate." When a cup of water feels "I am in the ocean" and the water in the cup knows that "I am the ocean", it gains strength. The sense of belonging develops. When you know you belong to someone or something, there is no fear. It cuts the root of fear. How has fear arisen in your life, do you know? Up to eight months, kids are not afraid of anything, even falling down and hurting themselves. But when the 'separateness' starts when the child has to be independent for longer periods and does not get as much attention or love from the mother, as he used to get earlier, then he develops the fear. Or, parents induce fear in children. It's the parents who induce a sense of fear in the children. Fire, height, vehicles, etc., are the child's fears, apart from those of being separated from the parents. But then, is there any alternative to teach a child not to touch the stove, instead of developing a fear in him? How should one approach that without evoking unnecessary fear? Now, I didn't say that it should not have been there. It is impossible for somebody to grow in life and not know fear. At some point or the other, they will know it. It will come to them. I am just making you aware of how it starts, how it was not there in the original child when it was born. I don't mean that you should eliminate it or it should not be there. If you are aware, then you know it is not your nature. It can go away in life.

In India, people worship Kali. Do you know Kali? There is a great significance behind that. If you look at a Kali's picture, it is dreadful. Anybody would be frightened at all the skulls and huge staring eyes. She holds a head in one hand and she has hands all around the waist. If someone could love that fearful picture, then fear disappears from the mind. The fear gets transformed into love. Because it is the only one energy which manifests as fear or love. It all has to do with the heart. When you are in love, there is no fear. When there is fear, there can't be love. So, when the fear comes, surrender, this is the best thing one can do. When you surrender to Kali and love Kali, you become very brave. There is no fear in your life. That is the concept of it. Kali means darkness. Darkness is the mother of light. There is darkness in the eye. Through that darkness only we can see the light. The pupil is dark in your eyes. If it is not dark, then you cannot see light. And if there is no darkness, you cannot appreciate light. Kali is the mother, and the goddess of knowledge.

Through Kali, knowledge awakens, light flows in and wonderful minds brought the symbol of Kali. It is very, very beautiful. God is conceived as beauty.



PART II (ADVANCE MEDITATION COURSE) AT VIRDHUNAGAR AND NEW YEAR EVE DIVYA SATSANG AT ARUPPUKOTTAI 28/12/2006 TO 31/12/2006.

The Part II Course (Advance Meditation Course) at Noble Matriculation School, Virdhunagar had more than 170 participants besides Art of Living Teachers. The Course Director, Sri. Arunji from Bangalore Ashram skillfully nurtured the participants imbued them with knowledge and guided them on meditation sessions. The enthused participants were seen refreshed, rejuvenated and with an outward expression of inner smile. After enjoying four days of silent celebration, some of them spoke to me about their memorable experience.

We had a young couple from Sri Lanka, Sri. Jeyathas and Smt. Linogi. The course gave them the inner peace which they were searching for. Sri. Jeyathas spoke to us on the situation prevailing in Mullaitheevu, in strife-torn Northern Sri Lanka, where Tamil people are undergoing enormous suffering. People are unable to get basic amenities like food and water. Like him, Tamils in Sri Lanka are having more faith in Gurudev and they are hopeful that he could restore peace. We put forth to him a question as to why should not, the Tamils seek justice by non violence. For which he promptly replied that the majority of the Sinhalese are Buddhists and Buddha is an embodiment of peace. If only they (Sinhalese) had practiced what their religion had taught them, the war would not at all have happened. He is now optimistic that the YLTP course and Art of Living Courses happening in Sri Lanka could speed up the peace process.

Sri. Sivagnanam of Gobichettipalayam, who had experienced a miracle healing during the Basic Course from "Trigeminal Neuralgia" a most painful affliction affecting the face, nose, ears, lips and eyes. Constant aching pain, burning sensation, and at times electric shock like feelings are the unbearable sufferings for an afflicted person and he may not be able even speak during an attack. The trigger of an attack can happen during trivial routine activity like brushing the teeth, putting on facial make-up or even a mild breeze. Regular intake of anti-depressant drugs can bring some relief but does not promise long term cure. Ever since Sri. Sivagnanam took the basic course and started doing "Sudarshan Kriya" he has not felt even a mildest symptom and he is filled with so much gratitude that he has become an active volunteer in his area. For him this Part II course gave a feeling of inner serenity and now feels fully relieved of "Trigeminal Neuralgia". Another participant said the mind is strong, forceful and always restless. Therefore it is not easy to have control over it. Only during courses like these, we are given guidance to regulate it. Guruji's profound knowledge helps us find simple ways to realize it.

Sri. Arunji's evening satsang sessions were a recipe of valuable knowledge and blissful Bhajans which captivated everyone. The arrangements and hospitality by the Aruppukottai volunteers were excellent. Sri. S.V. Shanthakumar- Part I Course Teacher, the organizing team consisting of Sri. T.R.S. Karthikeyan, Sri. Y. Rajarathinam and Sri. K.R. Gopalakrishnan had left the participants with no choice but to rename "Aruppukottai" as "Anbukottai" (Fort of affection and hospitality).

Since it was a New Year eve, a "Thean Amudham Divya Satsang" was arranged at the vast ground adjoining Sri Jayavilas Subburaj Marriage Hall in the heart of Aruppukottai town. The stage backdrop was beautiful and festoons of colorful lights throughout the ground created a magnificent ambience. For three and half hours bhajans interlaced with knowledge formed a fitting accolade for the past year 2006 and presented a glorious welcome to the New Year 2007.

During the satsang, Sri. T.R. Dinakaran a leading Industrialist and Philanthropist of Aruppukottai launched the "Celestial Nectar -4" (Thean Amudham -4) Album Composed and sung by Sri. Arunji. He said that Sri. Subramania Bharathiyar's lyrics got enlivened by Sri. Arunji's melodious singing. Sri. Kannadasan from Tirupur shared his view on the Album in a poetical style. During the Bhajans, children dressed as Krishna, Muruga, Shiva, Parvathi and Vinayaka came on stage to add a divine charisma.



Sri.Arunji shared an anecdote of two persons who were having a discussion. One of them said that there is mistake in God's creation. A huge pumpkin weighing nearly 10 kgs had only a small stalk in a creeper, whereas there were small mangoes in a huge tree. The other person who is a good devotee replied that there must be some secret behind it. But he too had now felt something true in the other person's opinion. They went and rested below the Mango Tree. Suddenly there was a storm and mangoes from the tree fell on the ground. Now both realized if God had chosen to put Pumpkins on the tree, they would have been hurt. They realized that God's creation is a secret and that it has a purposeful meaning behind it.

We are all Ajathashathrus and have our enemies inside us. They are Anger, Lust, Greed, Craving and Egotism. These have to be removed for a better understanding of the Divine and his creations. To overpower these enemies and throw them out, we need to seek the help of Breath which is more powerful. By doing "Pranayama" controlled breathing; we are able to keep our body and mind clean. Sri.Arunji also narrated how a child's lungs is bright pink in color and as age increases it gets to become faded and in the case of smokers it even becomes black. By doing regular "Pranayama" the lungs get cleaned and bad habits like smoking ceases to exist.

Just before midnight, we had a blissful meditation guided by Sri.Arunji, and as we were singing the "Vasudeiva Kutumbakam Song" fire crackers and sparklers rented the sky. In the middle of the stage everyone could see Guruji in a video waving and making us experience his presence. The traditional lamp was lit and New Year 2007 began with happiness and joy.

Jaigurudev

M.Gopalakrishnan

Web Seva Team Coimbatore congratulates Sri.K.R. Damotharan for becoming Yes Course and Art Excel Teacher

Guruji will be coming to your homes every morning from 0630 to 0700 IST via AAJ TAK channel.

SPECIAL COURSES

[AMC in Bangalore Ashram in Guruji's Presence \(for Indian Residents\) : Jan-Feb](#)

[International AMC and Blessing course in Bangalore Ashram](#)

[Part 2 Course at Chennai \(25-28 JAN\)](#)

For details visit our website www.aolcbe.org