



LIGHTHOUSE

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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

In sharing there is joy and so please come forward to share those moments that have kindled joy and happiness within & around you .These are the moments of gratitude which brings more and more grace in our lives.

“Lighthouse” welcomes articles, photos, experience-sharing etc., from our Art of Living family.



GURUDEV IN MAURITIUS

Dear Readers, Jaigurudev,

Gurudev had predicted before the Silver Jubilee Celebration that it is a celebration which will remain in our consciousness for a few lifetimes. Nothing in the world is worth missing it. His prediction came true as an Art of Living member from China had captured some amazing photographs of the Silver Jubilee Celebrations These photos showed images of gods, goddess and the “OM” symbol in Hindi. The most astounding ones were the photographs of that part of the stage where Gurudev was sitting which was depicted by a golden light. It proves beyond doubt that not only two million plus people had come for the Silver Jubilee Event, but also equal or more number of Angels, gods and goddess and Souls were also present for the event. Gurudev praised the effort of the photographer as well as the progress of Science. I was one among fortunate ones to see a slide show of these photos at the Bangalore Ashram on 1st June 2006.

Our friend Sri. Ramesh Rajagopalan Kandaswamy, of Coimbatore now settled in Botswana . He along with his wife Smt. Sudha Kandaswamy shared some inspiring events from South Africa during Gurudev’s visit to that Country. Here are some highlights of his sharing.

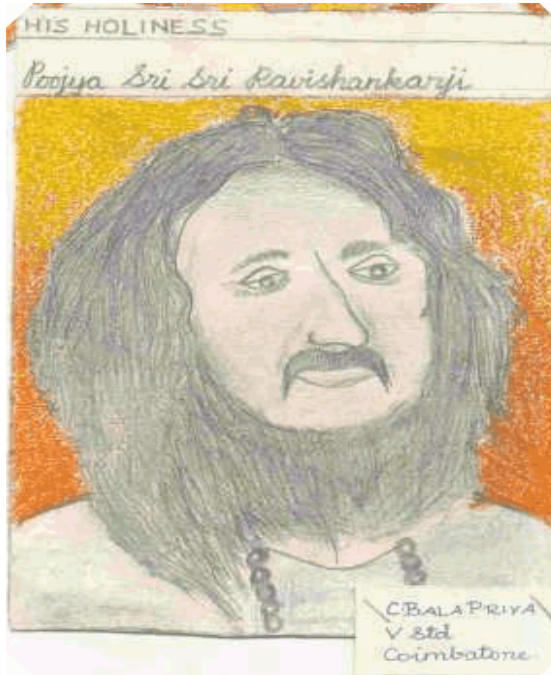
Poojya Gurudev released the album **Celestial Nectar Part 3 - 'Then Amudham' (Devotional songs by Sri.Arunji)** - during the Health & Happiness Retreat in Durban and the copies were sold out straight away. The South African children had taken a great fancy for some of the numbers, especially the opening bhajan on Ganesha. Smt. Sudha Kandaswamy was not lucky enough to get a chance to see the cassette.

Smt Sudha met a lady who was suffering from Arthritis and walking with crutches. After Gurudev had blessed her on Saturday and Sunday evening, she started walking normally. It was a miracle happening and Smt Sudha was just astonished.

With our hearts filled with gratitude to Poojya Gurudev for making each day of our life a celebration.

For Coimbatore Web Seva Team
Mani Gopalakrishnan, Durga Prasad, Thilagarajan and Suryanarayanan K.

FROM THE HEART



*My daughter **C.Balapriya** attended ART EXCEL at Venkatalakshmi Kalyana Mandapam from 23.5.2006 to 26.5.2006 conducted by Smt. Lalitha Aiyasamy. After attending the course I could see the ever smiling face of my daughter. She is doing Kriya and other exercises taught in the course, daily in the morning. Just seeing Guruji's photo she had drawn the attached picture, with the blessings of Guruji - **Smt. Revathi Oppanakkara Street, Coimbatore.***

At the end of the course, a participant who used to drink atleast 5 bottles of coco-cola a day, gave up the habit. This change of heart took place after the AOL teacher explained the harms in taking such drinks. Earlier advices by others did not work. Also many non-vegetarians switched to vegetarian food after the teacher explained that a beautiful soul is killed just to satisfy them.

ENGLISH/ HINDI PART I COURSE WAS HELD AT VIDHYANIKETAN SCHOOL DURING 30TH MAY 06 TO 4TH JUNE 06. HERE ARE SOME OF THE SHARINGS FORWARDED BY THE TEACHER SRI DURGA PRASADJI

The course has been beyond my expectations. I felt everyday after the course that I am becoming more and more calm, ego has melted down. I am sure with regular practice I will be able to be more useful to myself, my surroundings and humankind. The course is recommended for each and every person to be a better human being and live a peaceful, happy and fulfilled life. --- **Sri R.K. Gupta, Commissioner of Income Tax, Coimbatore.**

The course has been extremely enjoyable and beneficial for me. I have learnt to cope with all the harsh realities of life. I am sure regular practice of the techniques taught in the course will bring more benefit to me and I will continue to practice those techniques. --- **Mrs Bhanoo Wallia, Housewife.**

SRI ARUNJI CAPTIVATES BOTSWANA

Sri. Ramesh Rajagopalan Kandaswamy, of Botswana shares with us exciting events that happened during Gurudev's Golden Jubilee Birthday month at his place.

On 13th May, 2006 : The AOL family celebrated Guruji's birthday at Smt.Hema Rajaraman's residence in Gaborone, Botswana. The celebration started with Guru Pooja followed by an hour of Divine Satsang.

14th May 2006 : The Gaborone residents including non AOL members were sent deep inwards with the electrifying Divya Satsang by Sri. Arunji, from Bangalore Ashram It was a satsang with a difference as Sri. Arunji filled in with tit-bits of knowledge in between melodious Bhajans. The Satsang was attended by the First Lady of Botswana and notable Parliamentarians. Gaborone based businessmen Mr and Mrs. Ish and Tina Handa hosted this graceful Satsang at their Mansion. The ear-full and mind-full satsangees were fed stomach-full by the host and the hostess.

15th May 2006: The exotic Phakalane golf course conference centre was the venue for a short course "Success without stress". Teachers Divya and Nidhi centered the attendees with a dose of Yoga-asanas, Pranayama and Long Kriya. Sri. Arunji, imparted very useful tips on how to de-stress, especially prepared for corporate managers. The general awareness of the audience was raised by a wonderful professional power-point presentation prepared and presented by Sri. Arunji. The course finished off with a "sattvic" lunch (a very rare menu in Botswana) especially arranged for the AOL family (Thanks to the facilitators).



GURUDEV ON GOOD GOVERNANCE

1. From 17th May, a law has been passed which bans sale of un-iodised salt in India. Iodised salt is available for an average of Rs 10/- whereas un-iodised salt was available for @ Re 1/-. Where are ten rupees and where is one rupee? Iodine is essential for memory power and as an essential ingredient in food. However iodine also evaporates above temperature of say 35 degrees Celsius. So due to hot climate in India, as soon as we open the salt pack, most of the iodine content gets evaporated. We add salt in food - do we add it while it is being cooked or after it is cooked? If we add it during cooking, the temperature is definitely more than 45 degrees which means there is no iodine content in food transferred from salt! Iodine is available in green leafy vegetables like spinach and 6 such other natural sources. Salt alone need not be forced upon as iodine source. So cold states like Himachal, Arunachal, J&K can have that as a law to have iodized salt. But why the whole of India? Just so that MNCs can get 15000 crores of rupees from selling iodized salt in India? Whom are we favoring here? Indian folks or MNCs?

Cattle in villages are fed broken rice & cattle drink for which people add salt, and typically they buy bags of salt (say 50kg)+ they also need large quantity of salt in coastal area to feed the coconut trees; so this issue was talked about in South-Kanara with regards to cow-feed and coconut farmers. They can not afford to buy iodized salt. Gurudev said, this is like a repetition of history. Mahatma Gandhiji had started Satyagraha for a restriction passed on by British rule on salt manufacture and sale in that era. It so happened that when Gurudev was told about this, He was returning from South Africa! In British rule, 30% of income had to be spent on salt so that Britishers could make money out of erstwhile Indian pockets.

Many people in India do not even know about this law so far. We need to spread awareness and do the right thing to indicate our displeasure. There are cigarettes and liquor sold very openly in India, with just one message 'consumption is injurious to health' that makes it good enough for sale. Government does not do anything for such substances, and they are behind salt! In villages like Malegaon etc in India, even remote villages than these, we can easily get soap 'Dove' - MNCs have penetrated to the roots of India. Look at any other country -you will get what that country manufactures, anywhere in that country first and then you may have to look for other country items. Is this the case in our India? We should all start using homegrown products wherever possible. Else we are going to end up in making our country poorer and poorer by such salt laws in future

2. After such a long time, the time had just begun in India when the differences due to caste system or religions were starting to diminish a bit, people had started moving together in progress and Government thinks about the reservation – to introduce those differences all over again. If there are two friends in the same class, and one comes to know that another will get a seat for higher studies even if he/she gets 50% marks just because s/he is from a particular caste and the 'general category' friend cannot get that seat even if s/he gets 80-90%, will they remain as friends?? In Andhra they have introduced religion based reservation! This is even worse! Gurudev said that He has shown His support to the medicos who are fighting for the right human rights, however He also discouraged youth from adopting foolish means like fasting. If youth fast, where will they get strength from for fighting? When first Mandal ayog strike had happened,150 students had burnt themselves. Such a case should not repeat by any means, he said.

3. For Bangladesh's freedom from Pakistan, India has sacrificed lives of 1000s of jawans in the past. But is that country repaying us in fair means? By no means. Tripura is abundant with natural wealth. Pineapples in Tripura are the sweetest pineapples you may get in the world. One pineapple costs Rs 2/- there but due to expensive transport cost, it gets sold for at least Rs 10/- elsewhere. This is due to 1000 extra miles it has to cover for going around Bangladesh and then entering Indian terrain. We have been requesting Bangladesh to provide one corridor which can save a lot of fuel and other cost for the transport. We are ready to build the road, and we will even fence it so that there is no infiltration in their country. But Bangladesh refuses to comply. What is Government doing in this regard? In fact, Bangladesh is not being very nice to Hindu people based in that country, they are making Hindu people go elsewhere. There are 18 training camps in Bangladesh of those organisations or entities which cause terrorism in India. And their Government supports that! Where is our action?



4. Manipur youth are so upset they do not feel they are part of India. They do not even want anything from India anymore. In British rule, say @ 1920s, law was passed that those staying in plain area will not have a right to purchase any land in hilly terrain. In Manipur @ 15% is only the plain terrain and rest 85% is hilly region. But we are stupid enough to enforce the same law even now. The city is getting more and more saturated whereas the tribals in hilly region continue to enjoy abundant land for themselves. Tribals constitute 15% of population and rest are all crunched in the city limits. This is for what - so that the government is assured of the vote bank of 15% population of tribal folks. Manipuri youth are deeply unhappy for lack of genuine interest by Government in their welfare. When Guruji met them, they said, you are the first Guru who have ever bothered to come and meet us.

5. Our Government overreacts to such an extent that they cause loss to our own business, reputation and morale. In US, there was only a warning that some Ayurvedic medicines showed heavy metal content. It was a warning and not a ban. No other country put ban on Ayurvedic products. And in some cases of health, heavy metal content is essential in the medicine. These days, there are so many items with metal content. However, now Indian Government is posing more and more trouble for sending any Ayurvedic medicines outside. Iran, Iraq, North America, Africa all these places have a great demand for Ayurvedic medicines and what we do - overreact and make it more of a problem. However, there is no such trouble for all the banned drugs in US those are still being sold in Indian market.

6. In Russia, anyone can practice Yoga without having any tax implications. But, even if Yoga is from our own country, Government has put 12.24% tax on all Yoga practice related activities!

7. World Health Organisation has included all types of health, physical, mental and spiritual health as their motive. But we secular Indian Government, are allergic to spirituality! In Russia, all doctors have tied up with AOL and all are undergoing Yoga and Pranayam training camps now. But we cannot have it in India!

8. The rise of Naxalism in youth is because of misplaced communism. Misguided youth are clutching the principles now obsolete and causing more trouble. We all should talk to youth and prevent more Naxalites to be born anymore. Naxalites had protested when India became nuclear power. They said there is no food and how can we waste so much money in nuclear power. Gurudev continued, then similarly, we need not even have television, railways, cinema so on so forth! The so called communist countries are now getting freed of the obsolete concepts but the Naxalite movement is still crying aloud in the dark.

9. When Gurudev visited Afganistan, He was warmly welcomed by political leaders there. He came to know that we pay 600 million dollars to that country every day. And what happens in turn? Our software engineer's head gets slit! Holland on other side, has been a generous donor and we receive much of help from Holland. But this year, PM sent a note denying any further help from Holland. When Guruji visited Holland, the donors said that they are hurt by such denial and they are diverting the help to other third world countries. They were happy as roads were being built in India or electricity reached to few more villages in India with their money. Even if our PM says that we have ample money and we do not need any money from Holland or elsewhere, the fact that we do not have enough water or electricity, our roads are not in good condition - this we cannot hide. The world will anyway know!

10. As AOL members and citizen of this nation, its our responsibility to choose the right candidate based on their honesty and dynamism. Journalists and spiritual leaders should never attach to any political party. Both lose their perspective if they do so. In India, most of the newspapers are now with one or the other party and they do not print anything against that party. It turns actually not in favour of that party as party leaders will not know what is going wrong within. **Our problem is we do not even go for voting. We should execute our rights, respect the structure which is made for us, people and put it to better use by voting with eyes open.**



POOJYA GURUDEV IN THE LAST 25 YEARS HAS ESTABLISHED MORE THAN 25 ORGANISATIONS AND GIVEN THE WORLD MORE THAN 25 COURSES. BELOW ARE SOME OF THEM FOR INFORMATION.

THE ORGANISATIONS

- 1) VYAKTI VIKAS KENDRA
- 2) VED VIGYAN MAHAVIDYAPEETH
- 3) IAHV – INTERNATIONAL ASSOCIATION FOR HUMAN VALUES
- 4) 5 H ORGANISATION
- 5) SRI SRI AYURVEDA
- 6) PRISON SMART
- 7) SRI SRI VIDYA MANDIR SCHOOL
- 8) DWAJA STHAMBA YOGANA
- 9) VISTA- RURAL DEVELOPMENT FOR WOMEN
- 10) CARE FOR CHILDREN –
- 11) LAUGHTER INTERNATIONAL –
- 12) SUMERU SOFTWARE SOLUTIONS
- 13) AOL – HUMAN RESOURCES
- 14) AOL – MATRIMONY
- 15) SRI SRI INSTITUTE OF MANAGEMENT STUDIES...IN GOA :
- 16) SRI SRI INSTITUTE OF AGRICULTURAL SCIENCES AND TECHNOLOGY
- 17) SRI SRI RURAL DEVELOPMENT PROGRAMME
- 18) SRI SRI COLLEGE OF AYURVEDIC SCIENCE AND RESEARCH HOSPITAL.
- 19) SRI SRI CENTRE FOR MEDIA STUDIES.
- 20) SRI SRI ACADEMY FOR TEACHERS TRAINING
- 21) SRI SRI GLOBAL MEDITATING DOCTORS ASSOCIATION.
- 22) SANKARA EUROPE
- 23) SRI SRI SCHOOL OF PERFORMING ARTS & FINE ARTS
- 24) VVM RESEARCH CENTRE FOR ALCOHOL & DRUG DE- ADDICTION
- 25) SRI SRI RAVISHANKAR PRE UNIVERSITY COLLEGE.

THE COURSES.

1. COURSE – PART I
2. ADVANCE MEDITATION BASIC COURSE – PART II
3. SAHAJ SAMADHI MEDITATION COURSE
4. DIVYA SAMAJ NIRMAN COURSE - DSN
5. ART EXCEL
6. YOUNG ADULTS
7. YOUTH EMPOWERMENT SEMINAR
8. YES PLUS
9. SRI SRI YOGA
10. ETERNITY PROCESS
11. GURU POOJA COURSE
12. BLESSINGS COURSE
13. YOUTH LEADERSHIP TRAINING PROGRAMME
14. APEX COURSE – COURSE
15. CORPORATE EXECUTIVE PROGRAMME
16. COMMUNICATIONS SEMINAR
17. NAVA CHETNA SHIBIR – FREE COURSE FOR VILLAGERS
18. BREATH WATER SOUND
19. PARENTING THE ANGELS
20. NADI PARIKSHA – AYURVEDA
21. COMMUNICATION COURSE FOR CALL CENTRE
22. TREATMENT FOR ALCOHOL AND DRUG DE-ADDITCTION.
23. TRAUMA RELIEF WORKSHOPS
24. TEACHERS TRAINING PHASE I
25. TEACHERS TRAINING PHASE II



**Ego, Love and the Purpose in Life – A Short Article by Poojya Gurudev
(as appeared in the Times of India)**

I never say that some emotions are good or bad, right or wrong. We are looking at what the consequences are. In fact, when anger comes, what can you do? You may think a hundred times, “Oh I should not get angry,” but when the mood comes, it comes like a thunderstorm. You are unable to control it. You are swept by your emotion. Emotions are 20/30 times more powerful than thoughts and promises you make. Understanding this mechanism opens your heart. In fact, anger is an instrument. Anger is essential when you are able to be in control of it, when you are able to know it, how to use it, where to use it, and how to apply it. That takes skill –the art of handling your own might. Knowledge and anger are mutually dependant. This knowledge gives a possibility for you to be flowering in life at any moment, anywhere, anytime. Maybe you are walking on the beach; suddenly you are in love with the whole entire universe, the sun, the moon, stars, the sunset, the waves on the beach and the wind in the trees. Everything appears to be very lively to you. So alive you become that moment and it stirs something deep inside you.

Simultaneously, there is awareness in you, and there is love flowering. Our capacity to love depends on how deep and open we can be. The capacity to love can be increased by knowledge, by diving deep into oneself. When the capacity to love is greater, the ability to know and understand also becomes greater. Typically, we limit ourselves. A Hindu says Hinduism is great because he is a Hindu not because of what it is. A Christian says the Bible is great, because he is a Christian. Muslims say Koran is the greatest book in the world, because they are Muslims. If a Hindu says “Bible is wonderful,” it is more authentic than a Christian claiming, Bible wonderful. We think things are great just because we belong to that thing. Why not wake up and see that all that exists in this world, from time immemorial belongs to you? “Am I not just from time immemorial, do I not belong to you?” I am not just from America, I am not a German, I am not just an Indian or an Asian, or an African, but I am at home everywhere and with everybody. All the wealth of humanity belongs to me, whether it is the Gita, Koran or the Bible, or Sikhism or Jainism, all this wealth is mine.”

A mature person would claim the whole world as his wealth. Maturity is – someone does not limit the wealth that is present in the world and divide it. He says, “The whole entirety belongs to me and I belong to everybody.” That is enlightenment. The whole evolution of man starts from being somebody. Being somebody is ego. “I am great, I am very evolved.” This is an ego. Recognizing the truth of the two steps of evolution takes one from somebody to being nobody to being everybody. To an enlightened person, everyone is a form of God. Everyone is a form of the Divinity.

An enlightened person when he speaks does not speak from the position, “You are all ignorant, I am very enlightened. I am going to tell you something.” No. He knows nature, the Divine is providing this beautiful knowledge, and it is just coming out in another form. An exchange is happening. In fact, everything in life is just a happening.



**One Day Part-I Refresher Course in BANGALORE ASHRAM with GURUJI
on SUNDAY 18/06/2006 (Specially for Tamilnadu AOL Members)**

This is a Golden opportunity to spend a day in Bangalore Ashram with our beloved Master. Contact chapter office / your nearest AOL teacher /facilitator for registration and more information.

**International Conference on Integrated Value Education
26th - 28th June 2006 Bangalore, India TO REGISTER CONTACT -
psychologistricha@gmail.com**