



# LIGHTHOUSE

**VOL II 8A PUJYA GURUDEV'S 51<sup>ST</sup> BIRTHDAY SPECIAL MAY 2007**



**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

**The Next Full Moon  
Meditation at  
Vidyaniketan School,  
Puliyakulam Road,  
Coimbatore on  
31<sup>st</sup> May 2007.  
Time 6-30.P.M**

**FROM THE "LIGHTHOUSE" WEB SEVA TEAM COIMBATORE**

பல்லாண்டு பல்லாண்டு  
பல்லாயிரத்தாண்டு  
பலகோடி நூறாயிரம்.  
மல்லாண்ட திண்டோள்  
மணிவண்ணா!  
உன் செவ்வடி செவ்வி  
திருக்காப்பு.....!

**"PRANAAMS TO THE LOTUS FEET OF PUJYA GURUDEV".**  
**Dear Readers, Jaigurudev,**

We the Web Seva Team of Coimbatore with gratitude and our "Pranaams" to the lotus feet of our Pujya Gurudev, dedicate this Special Edition of "Lighthouse" to HIM. Gurudev's Birthday is a special occasion for all of us to celebrate. It is an occasion to share our abundance with others it is the time to take "Sankalp" to move together in knowledge and service. We feel honored that many of our Art of Living family members are joining us to convey their Grateful "Pranaams" to Pujya Gurudev.

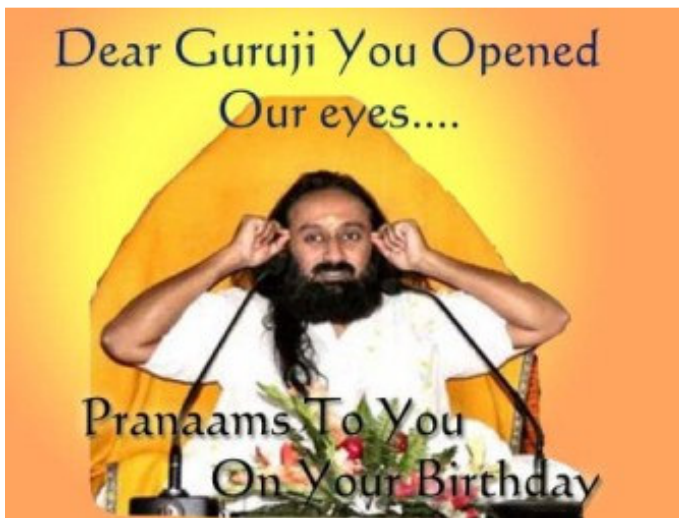
Pujya Gurudev last week visited Kashmir and the media reports were very inspiring to read. A photo glimpse can be seen in this issue.

We have a Part II Course (Advanced Meditation Course) happening at Coimbatore, beginning on 17<sup>th</sup> May, 2007. The details of the course are given in the 5th page. Shri. Arunji's article "Transformation of Mind through Music" is continued in this issue. Tamil verse in the above Photo should be familiar to all those who have heard the Music Album "Thean Amudham-4" Sung by Shri.Arunji. Translation of this Tamil verse is given in the last page.

**"Sam Gachchatvam" means "Let's Move Together".**

**Web Seva Team, Coimbatore.**

**Mani Gopalakrishnan, Durgaprasad, Thilagarajan & Suryanarayanan.K  
(Photo Credits to Ms. Rajashree Gopalakrishnan)**



**His Holiness Sri Sri Ravi Shankar is to receive prestigious Mahaveer Award at the House of Commons**

*Dated: 2007-05-09 11:08:38*

*His Holiness Sri Sri Ravi Shankar is a leading humanitarian and spiritual leader, a Nobel Peace Prize nominee and the founder of the Art of Living Foundation one of world's largest volunteer based organisations.*

His Holiness Sri Sri Ravi Shankar is to receive prestigious Mahaveer Award at the House of Commons in recognition of his message of peace and non-violence on 17 May 2007.

**The Question and Answer sessions at Bali Advance Course with Guruji during April, 14<sup>th</sup> and 15<sup>th</sup> shared by Sushil Nachnani'' [snachnani@gmail.com](mailto:snachnani@gmail.com) titled Bali Bliss.**

Q: How do deal with a troublesome mother-in-law?

Guruji: Don't see roles. It's when you see the role of mother-in-law that there is a problem. Didn't your mother also scold you a lot? Did you not forget it and still love her? See your mother-in-law as your mother and things will change.

Hurt is part of love. The crucification of Jesus was to show that -not to pay for sins and cause guilt and regret. It was to show that hurt is part of love.

Q: Any advice on raising children?

Guruji: I have no experience in this matter. I do the job of making adults into children! (clapping)

Q: When is the next swim?

Guruji: Why must everything be predictable? Let this be the course full of uncertainty. See, you may get tea in your room at 1:00 at night. Don't be surprised. Anything is possible in the course. (On the last day of the course Guruji confessed that he was planning to have all 600 of us sleep in the course hall one night but then there was not enough space so he dropped the idea!)

Q: Something about the morning's ceremony?

Guruji: After maybe a thousand years, the Bali and Hindu auspicious dates are at the same time. So this is a very special occasion.

Q: Was it a Hindu ceremony?

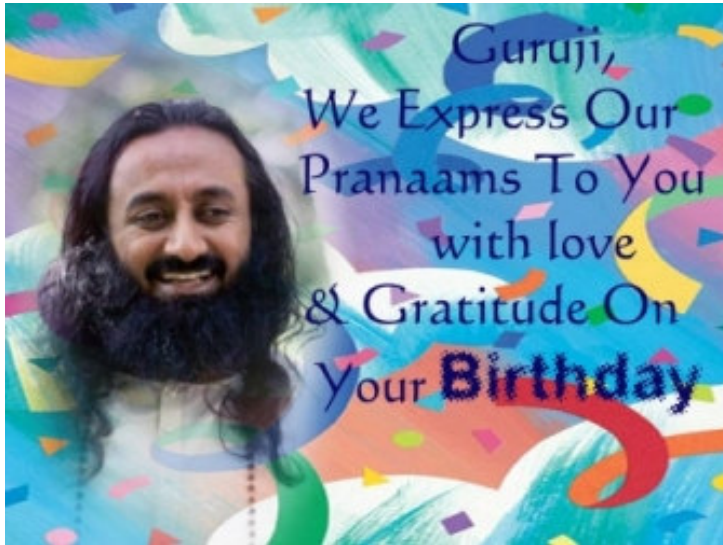
Guruji: Of course! What did you think it was! (he continued) You know, 25 years ago it was very difficult to talk about all these things. When you mentioned Yoga, people thought you were what do you call it, (he used his finger to make a circle near his head for the classic 'crazy' gesture) what's the word - cuckoo! yes, that's it - people thought you were cuckoo. Boozing was normal and it was normal to smoke - having a fire in your mouth was normal but Yoga was considered cuckoo!

He asked us if we knew the Balinese greeting - "wherever you go in the world, learn a few words from that culture. Om Swastiasu - this is the way the Balinese greet each other" it is from the Sanskrit word - Swast - which means to be established in the Self. So the greeting is - May you be established in the Self"

"In Bali and many other ancient cultures like the Native Americans, the medicine-man or doctor used meditation to diagnose problems. But it is hard to keep this tradition going. But this is a common thread through all ancient civilizations - aboriginals in Australia also."



“PRANAAMS TO PUJYA GURUDEV FROM ART OF LIVING FAMILY”



*If I'm born again, I'd like to be  
The rose of your garland  
The chandan of your forehead  
The grace of your being  
I'd like to be with you again... if I'm born  
again...  
Happy Birthday Gurudev!  
-Mukul Bhatia from Bangalore*

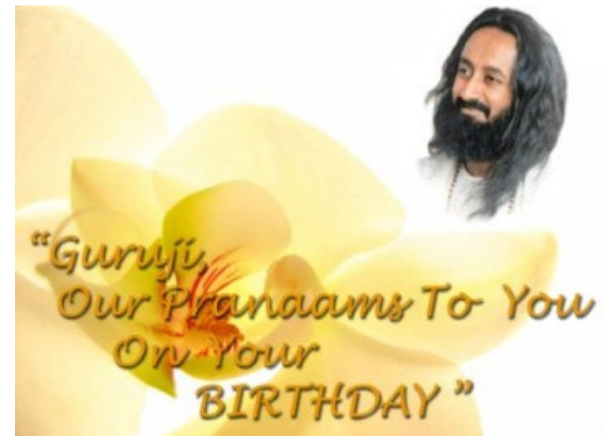
*“Piriyapatta Guruji: Eniya Vaazhthukkal!*

*Pallandu Pallandu Pallayiramandu  
Needuzhi Vaazha Vazhthukiren”.*

*Anbudan  
M Subramaniam Riyadh, KSA*

*Respected Sri Sri ~  
“You are holding so many of the flowers as well  
as the buds to be the flowers of tomorrow,  
You are the fragrance eternal –giving fragrance to  
the world.*

*Offering my greetings to Thee, with a flower in my  
hand and a Song in my Heart- May always  
together be- the flower and the fragrance,  
Let Thy will be, will be! with luv & respect”  
pragati mukhopadhyay  
iit-bombay (13 May 2007)*

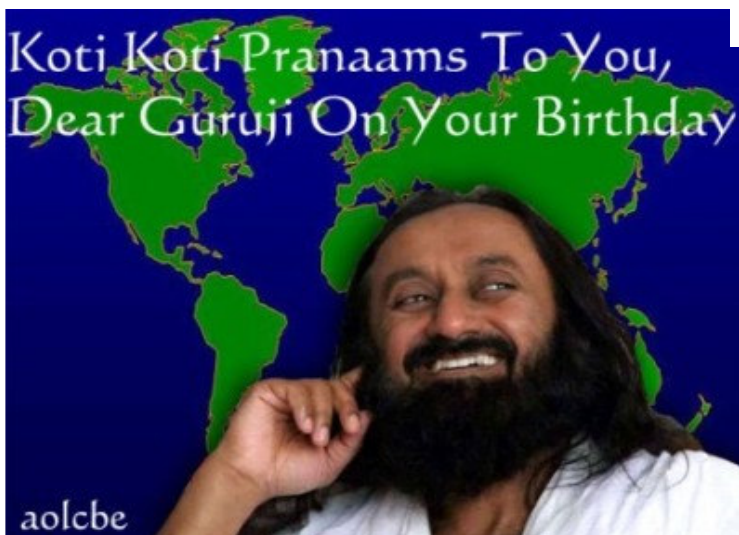


*“ Tum jio Hzaro Saal,Saal ke din ho pachas  
hazar”*

*Dr. R.P.Ugwekar, : 22 laxmi housing society  
Gorakshan Road Akola*

*“My "Pranaams" to you. I have nothing  
which I can claim to be my own and  
everything that is with me belongs to you.  
Still there is something very valuable which I  
could offer at your lotus feet and that is my  
sweet tears of gratitude. This is my Birthday  
Gift to you my dear Guruji.”*

*Mani Gopalakrishnan*



**“PRANAAMS” TO YOU GURUJI ON YOUR BIRTHDAY FROM  
ARUNJI, UTHAMRAJ, C.R.VENGATESH, SOUNDARARAJAN, K.R.DAMOTHARAN, DURGA PRASAD DASH,  
SHOBANBIKAI, V.S.PADMANABHAN, PANNERSELVAM, CHANDASEKAR, P.MOHAN, VITTAL MURUGAN,  
T.S.ARUNACHALAM, KOVAIPUDUR SUNDARARAJAN, ILANGO, JEEVA, C.DASS, SUNDARARAJU,  
SUBBURAJ, RANGASWAMY, RAJENDRAN, THILAGARAJAN, P.A.RAMASWAMY,SANKARANARAYANAN,  
GOVINDARAJ, PRABAKARAN, SUBRAMANIAM AND MILLIONS OF ART OF LIVING FAMILY MEMBERS.**



## SAMPRADEYA – OUR RICH CULTURAL & TRADITIONAL HERITAGE.



**Sri.Arunji's – New CD "ITHAYA SANGAMAM" Released (Recorded with Sri Lankan Singers in Sri Lanka) - Message from Smt. Uma. (AOL Teacher Sri Lanka)**

Sri Lanka was blessed with Sri. Arunji's " Divya Satsang" on 26th of April and a part II course at Wellavaya ---6 hrs journey from Colombo.

Hanuman came to Sri Lanka with Lord Rama's message and took a ring from Seetha, So came Arunji carrying Gurudev's great message which brought transformation in 88 participants and took away the CD --ITHAYA SANGAMAM --recorded in Sri Lanka with local singers and released on 26th at Kathiresan Hall Bambalapitiya. The volunteers are ready again to arrange another course for him with more than 100 participants!

### Transformation of Mind through Music :- By Shri. Arunji.

(Continued from the previous issue May 2007.)

#### Mantra

Mantras calms the mind, intensify its focus, concentration, and energy levels. Mantra can expand our self-understanding, develop memory and creativity. They can alter and improve our attitude, our self-expression and our sensitivity to subtle vibrations.

In yoga psychology, mantras are used to correct psychic disorders, which are viewed as an imbalance of energy in the mind. David Frawley a US medical practitioner has found that while psychoanalysis can often keep a client self-centered, mantric energy can dissolve thought-constructs like a magnet rearranges iron filings. The magnetic property of the mantra can realign and release positive energy and thoughts.

#### Kirtan

Combined with the mystical qualities of music, the power of mantras is heightened. Sanskrit language has the added purity of its rhythmic patterns reflecting natural sounds, which have been faithfully maintained throughout the centuries and hence regarded as the language of the Divine. One doesn't need to understand the meaning of the words. Many evolved Masters have admitted that what they could not achieve with so many years of sadhana (spiritual quest), what they attained by singing a name which they did not have faith in.

Other factors contributing to kirtan's potential are that the mind is tranquilized and calmed. The monkey mind becomes captivated and consciousness becomes attentive. Kirtan differs from other forms of songs and bhajans because only the name is repeated. The effect of united consciousness is concentrated and therefore, uplifting and transforming. Hence chanting in a group intensifies the vibration. Sound when it becomes music, is capable of captivating people and make them drop all their inhibitions.

People suffering from pain can diligently sit in meditation with others. Chanting the Lord's name for half an hour, the pain in their body would diminish, and restored by tranquility, peace, joy and a sense of lightness.

Rishis, the earliest practitioners of yoga would chant and because of this they were able to meditate for hours. They were able to channel their divine wisdom which we still honor today. "When the Lord's Name is chanted the mind merges in bliss. It loses its individual identity in bliss and becomes one with the bliss itself."

#### The nature of music is sound

Not all music is uplifting. Stress can be caused by the body rhythms being constantly bombarded by sound, natural or man-made, harmonious or disharmonious, energizing or debilitating, audible or not. Some sounds can be detrimental to our health, diminished efficiency, dizziness, loss of balance, nausea and convulsions.



During the 1970s Dorothy Retalleck, from the USA, performed experiments with plants in scientifically controlled chambers. She found that plants grew abundantly with Bach's music and the strains of sitar, in comparison to jazz, country and western music. It was noted that plants withered with rock music. These experiments suggest that it is not mind that uplifts, but the vibration, the essence of sound.

Kay Gardner, a contemporary musician and music therapist, has found from her extensive research that all global aboriginal cultures have the heart beat as the basic pulse of their music. Rock and roll uses an anapestic beat (tata tahta, tata tahta) which actually clashes with the heart's natural rhythm. The Tantras and the Upanishads explain that the source of music is sound and that sound is a vibrational energy, prana. This concept can be difficult for the modern mind.

### **The essence of sound is vibration:**

According to Atomic theory all living and non-living things comprises of three states of matter, solid liquid and gas. The positively charged protons and negatively charged electrons which revolve around the nucleus create vibrating waves of energy. They strive continuously to attain stability, by interacting with other atoms. For example, two hydrogen atoms and one oxygen atom combine to form water. Thus the whole universe is constantly moving, dynamically creating vibrational motion, which creates and transmits different sound waves with varying frequencies.

Astro-physicists at Yale University, USA, were able to describe the sounds of the planets. For example, Saturn hums a slow, dreamy melody and Mercury has a chirping, quick-silvery sound as it rotates through space. Hans Jenny used a Cymatics tonoscope to test the vibration of different tones, music and mantras, using inorganic compounds, such as plastic, and found that the sounds formed organic shapes. Particular mantras produced precise, balanced geometrical patterns or "yantras", which naturally hold conceptual energy.

D.H. Andrews, a chemist, also researched the relationship between form and frequency and found, that the note A, below middle C, in the western scale, vibrates at 23 cps (cycles per second), manifests the colour red-orange and shares the same frequency as the metal copper. He concluded the concept that all elements which constitute our body are all attuned with different sound vibrations.

Dr Hiroshi Motoyama, of Japan, has researched on PSI energy, and the existence of the subtle and casual dimensions of the body. He confirms that the mind's power not only to transform and re-form material objects but also vibrationally change and re-form inert objects. He cites the example that a paper weight manifested on the testing room floor was found in a desk drawer in the room above. The ceiling between them had been specifically reinforced with layers of lead, copper and cement.

Many psychics, yogis, saints and sages, in their experiences, explained the activity of the kundalini, the chakras, and the 72,000 nadis that exist within our subtle body. With practices such as swara sadhana or toning, we can visualize, activate and feel these charkas. This can realign, release and revitalize the pathways of energy as well as tone the nerve plexuses and balance the endocrinal and other systems of the physical body to experience inner states of profound fulfillment and joy. (Courtesy Windows & Aisles in Flight Magazine of Paramount Airways)

**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.**  
**FOR REGISTRATION CONTACT : VYAKTI VIKAS KENDRA, INFORMATION CENTRE - COIMBATORE**  
**Ph: 0422-2542766 - Email : [vykcb@rediffmail.com](mailto:vykcb@rediffmail.com) or [aolcbe@gmail.com](mailto:aolcbe@gmail.com)**

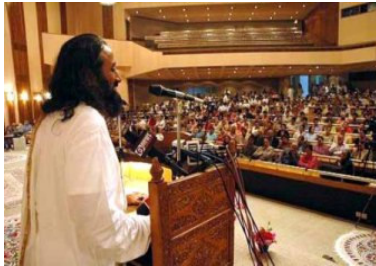
### **International Women's Conference**

This three day conference "Celebrating Women will be held in the international Headquarters at Bangalore, India between June 7th - 9<sup>th</sup> 2007. For details please log on to [www.artofliving.org](http://www.artofliving.org)

\*\*\*\*\*



## NEWS FROM FAR &amp; NEAR

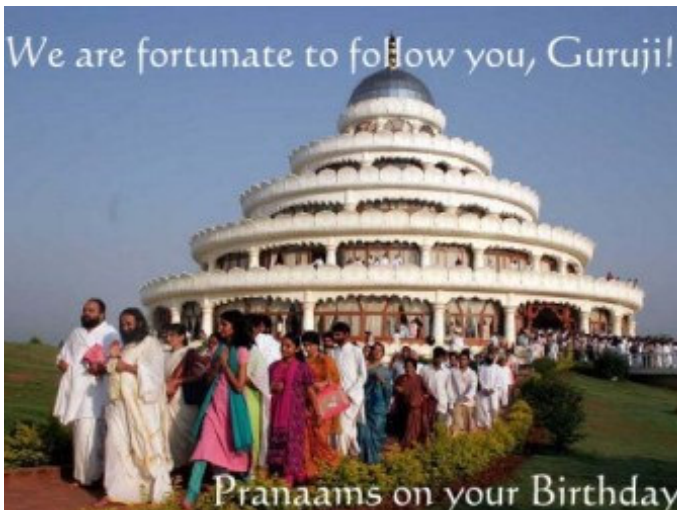


May 08, 2007: Spiritual Guru and founder of Art of Living Foundation Sri Sri Ravi Shanker addressing an interactive session of intellectuals and leaders from different parties at Srinagar, summer capital of Indian administered Kashmir on Tuesday. On his second visit to Kashmir Shankar hopes to start a peace mission in the region aiming to build a consensus among different factions with varied opinions on the possible future of this insurgency ridden state



May 08, 2007: Spiritual Guru and founder of Art of Living Foundation Sri Sri Ravi Shanker during a meeting with Chief Minister Ghulam Nabi Azad at Srinagar. On May 09, 2007: Spiritual Guru and founder of Art of Living Foundation Sri Sri Ravi Shanker meets senior separatist leader Syed Ali Shah Geelani at Srinagar, Guruji said that 'peace is coming back to Kashmir which is the land of Sufis and saints'.

(Photos & News courtesy : Kashmir Newz Communications, India )



On May 13, 2007, at 6.15 pm from Bangalore ashram, Gurudev will lead millions across the globe in taking a pledge to work to foster a sense of brotherhood, friendliness, compassion and a commitment to serving humanity in this planet. Let's make it a historic public event where people from all walks of life and backgrounds are encouraged to join in taking the pledge. The main event in Bangalore will be webcast LIVE and **Sanskar TV** is Telecasting the entire evening celebration Live from 17.00 Hrs to 19.00 Hrs. Join Guruji in taking the Global Pledge to Nurture Human Values. Please inform as many people as possible

\*\*\*\*\*  
(Meaning of the Tamil Verse of Periazhwar's Thiruppallaandu in the first Page was taken from Sadagopan.org)

Samvathsam is used as a measure of Life (SathAyu:Purusha:, Veda NooRpurAyam NooRu. AayushmAn aaslrVAdham). AzhwAr uses that unit of Samvathsaram (AaNDu, Year) to multiply and ends up wishing limitless years of undiminished glory to the sacred feet of the Lord.

**PaliANDu:** Many years of glory to You arises from Maanusha Varsham (Human year/365days ) and moves upto Deva varsham (320 human years is a day for devAs); Deva varsham (360x320 human Years)is implied with the use of "**PaliANDu, PaliANDu**". Brahma Varsham is the many multiples of Deva Varsham: **PaliAyirathANDu**. Several crores of Brahma Varsham and the limitless time scale beyond is wished for the protection of the undiminished glories of the Lord with the paasuram passage: "**pala kOti NooRAyiram**". Lord is the Swamy and (Master/Seshi) and is of Uthkarsha Svaroopam. AzhwAr is the lowly human servant of the Lord (Nishkarsha Svaroopan and Seshan). When a nishkarshan hails an uthkarshan, nishkarshan (Seshan) identifies with his svaroopaa daasyam and the Svaroopaa Swamithvam of the Lord (Seshi) and identifies himself as the Lords beautiful **Thiruvadi (Sevadi)**. **ThirukkAppu:** This means perfect, blemishless rakshai for the Sevadi. This rakshai is for banishing of any inauspiciousness (amangaLams) and for the introduction of any mangaLams that are missing. ThirukkAppu is the foreword for all the Paasurams to come.

\