



# LIGHTHOUSE

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For  
Latest news on Art  
of Living



**Leaders pledge to end caste discrimination Adopt a seven-point action plan to end un-touchability at NEW DELHI, on MARCH 9, 2007**

Dear Readers, Jaigurudev,

The 'Truth & Reconciliation Conference' hosted by Poojya Gurudev on 9<sup>th</sup> March, 2007 in New Delhi had a fantastic response as the Leaders pledged to end caste discrimination and Adopt a seven-point action plan to end un-touch ability. Read a detailed report of the same in the ensuing page.

We convey our best wishes to the members of the Art of Living Foundation-United States for the 25th anniversary gala celebration on March 28th at the John F. Kennedy Center for the Performing Arts.

In the knowledge section, we have an awe-inspiring speech delivered by Poojya Gurudev at "Jamia Hamdard College" on 11<sup>th</sup> September, 2002. There is something on good parenting and moral stories.

From this month onwards Sri.Arunji is going to share with us his vast knowledge on cultural heritage, values in life and of course healing through music.

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



**Leaders pledge to end caste discrimination Adopt a seven-point action plan to end un-touchability at NEW DELHI, on MARCH 9, 2007**

A large number of Dalit and caste Hindu leaders today vowed to end un-touchability in this country. They adopted a seven-point action plan to this effect at the '**Truth & Reconciliation Conference**' hosted by Poojya Sri Sri Ravi Shankar in New Delhi. The leaders took a pledge to implement the same.

Addressing the conference, which was attended by over 5,000 people including leaders of about 25 communities, Sri Sri said, "We need to make people realize that discrimination is not sanctioned by religion. Every Hindu should be educated to the fact that many of the sacred texts he or she reads were written by Dalits."

"It's time to move forward and not to reel in past mistakes. The anger of the past should not engulf us and divide the country. Fear and communication gap between communities are what is keeping us apart. We must accept the reality and reconcile the differences," he said.

Several leaders from the participating communities lauded Sri Sri for his endeavor to bring the communities together through the historic conference. "I have been working for several years in this direction. Now I have full confidence that with Sri Sri's blessings and leadership, my efforts will get new vigor and inspiration," said Dr Bindeshwar Pathak, founder of Sulabh International Social Service Organization. Dalit leader and president of Indian Justice Party Udit Raj welcomed the initiatives taken by Sri Sri and added that leaders of other communities must contribute to the cause of Dalit upliftment. "If caste discrimination has to be eliminated, Dalits have to be integrated in all streams of society. The posts of the head of maths, especially the maths of Shankaracharyas should be filled by priests from every caste on a rotation basis," he said. (Please read the link below for a wonderful article by Sri.Goutham Sidharth)

[http://www.dailypioneer.com/columnist1.asp?main\\_variable=Columnist&file\\_name=siddharth%2Fsiddharth213.txt&writer=siddharth](http://www.dailypioneer.com/columnist1.asp?main_variable=Columnist&file_name=siddharth%2Fsiddharth213.txt&writer=siddharth)

"The current generation is not exposed to the enormous contribution of the Dalits to Hindu religious literature."  
-- Poojya Sri Sri Ravi Shankarji .



**SRI SRI YOGA COURSE BY INTERNATIONAL FACULTY**

(Age 14 Years and above)

Dates: 17<sup>th</sup> to 22<sup>nd</sup> April 2007 ( Two hours Per Day)

Morning Batch : From 06:00 am to 08:00 am at Purandardasar Hall, RS Puram, Coimbatore-2

Evening Batch : From 06:30 pm to 08:30 pm at Vignesh Mahal, Opp Caramel Garden School, Puliyakulam Road, Coimbatore - 45.

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In Coimbatore, from March, 2007, we have started Full Moon Meditation at Vidyaniketan School, Puliyakulam, Coimbatore. The next Full Moon Meditation is on Monday 2<sup>nd</sup> April, 2007. at 6.30 P.M. Those who have not done the Part I course can also come and enjoy the bliss.

Many times a picture can speak more than words. Poojya Gurudev's visit to Patna as usual had very large gatherings for the Maha Satsang and also for the Health and Happiness Course. The media coverage was very good. The link to the photos <http://picasaweb.google.com/aolcbe/GurujiPatna> (courtesy Patnadaily.com)



**Talk given by Poojya Gurudev at Jamia Hamdard College, New Delhi. –  
On 11th September 2002 Transcribed by Dr Sunita Khara**

It is nice to be with you all this afternoon. We will have an informal discussion. Today's topic is – How to cope with the stress? During the talk, if you have any questions, ask me, just feel free to do it. I don't know how to give a formal talk. All that I can do is a cordial interaction. Are you all ready for it? So we will have a cordial interaction, something authentic to your life. To talk something from heart, you need a cordial and homely atmosphere. A formal talk does not bring out authenticity or subject or ideas we want to share. So on first note I will say that we will go for informal chitchat.

Now, there are four T's which I feel need reinterpretation and revival. One is TECHNOLOGY. It needs revival very often. Is not it? The cell phone you got two years back today is outdated. New types of cell phones have come. The cars model change every few years. So in Technology there is always revival.

Similarly TRADE also needs revival. TRADITION also needs revival. So does TRUTH. Basic TRUTH in our life needs reinterpretation, re-understanding again and again. This has been happening through out history. We have been re-understanding values, Fifteen- twenty years back, we all through antibiotics are very good for us but today the latest research has revealed that they are not good.

Chemical farming was thought to be the best a few years back. Today we are going back to organic farms. This is what I mean by revival of Truth.

Similarly we need to understand about our self, our mind, what is our mind? How does our mind work – very interesting! Our mind swings between the past and the future. Any given moment, you are either regretting the past or anxious about future. When it happens too often, you get stressed. Isn't this an experience? You can't be angry about the future; you are angry about the past and anxious about future. When this oscillation of mind happens, it creates so many toxins in our body. The body and mind are linked and emotions in our system affect our body and cause stress and disharmony.

You must have noticed that if you are given ten compliments and one insult, what would you take. You usually forget all ten compliments and you hold on to that one insult and nurture it. This tendency of mind is not in the children. If you look at children, they cry one moment and the next moment they can smile, they can laugh. But for adults, if you are crying now, how much time does it take you to smile back? Have you noticed that we need to learn how to manage our mind, don't you think so? You feel sad, depressed, unhappy, you continue for so many days. You don't know how to manage that. That is what we need to learn and understand. Are you all with me? 100 %

As I am speaking, your mind is saying, 'yes', 'yes', 'No', 'No' – your mind is having a dialogue. Are you aware of this dialogue? Are you all here? Let me see how many of you are smiling – a very few. You know a child smiles 400 times a day, an adolescent smiles only seventeen times a day and an adult does not smile at all. I feel the purpose of education is to have a big smile on you face. Why are you all so serious?

The way to eliminate stress is to keep smiling. Do you agree with me? Why don't we smile more? When you smile you use four muscles in your face and when frown, you are using seventy two muscles in your face. Personality development is that which makes you smile more. I see the sign of success in measured by the smile that you have on your face. You can ask me, well Sri Sri you are telling us to smile more. How can I smile when I have a problem? Now I ask you a question back. By keeping a long face, can you solve the problem? Is it going to make a difference? I think if you are smiling, you are relaxed and calm; you get ideas by which you can solve the problem. You can bring harmony in your system. What do you say? Do you agree with me?



Unfortunately, we think higher we go up on social status in society, more serious we became, the more stressed face we keep. Every officer thinks that people will take advantage of me if I smile. I have a question for you all. Who would you like to be with? Someone who is serious and frowns, or someone who is pleasant. Who do you feel at home with? Comfortable?

Sense of belongingness we need to create. I see this as main part of education. You all are students here, Most of you are students. In a class you are 40 to 50 people. If anyone asks you how many friends you have in the class, I am sure you don't say all the 50. Maximum 2-3-5 - you have a small group of friends.

Now I have a question. If you can't be friendly with all the 50 or 60 boys or girls in your class, when you came out of college, how are you going to be friendly will billions of people? Everyone is not the same. People are all different. In one family, there are four brothers, they are all different.

But can you be friendly, at home with people of different tendencies aptitudes and mindsets. How much can you develop that, accept people of different variety. That much bigger and stronger is the purpose of our education, to make you so strong, powerful to be able to smile, to relate with everybody, to create harmony within you and without you ... isn't it so ?

Mind clings with the negative, it leaves all ten positive points and clings to negative. In life there is 80 % joy and 20% problem. But your mind makes 20 into 200. How to handle our mind? If you are upset and angry how to get over it?. Neither at home, nor in school has anyone taught you. In this the breath plays a very important role, you can't handle mind directly. But through breath, you can handle the mind when you are angry, how do you breathe? When you are calm, how do you breathe? For every emotion, your breath changes. If you attend to your breath, in very little time you can get over all emotional problems that we face.

Do you know there are four sources of energy? First source of energy is food. If you don't agree with me, then fast for a few days. Food should be of right amount- not too much, not too less if you eat too much, you feel exhausted. As students you have problem after lunch time, you aren't able to focus right! How many of you have experienced this. The class which happens immediately after lunch is the most boring one. Though you sit through the class, it is hard to keep your eyes open. Our food affects our energy level. If you have heavy food for lunch it certainly affects your state of mind. But one day you just have soup and salad for lunch. In many universities abroad they only serve salad and soup for lunch so that no one sleeps Dinner will be very heavy. Five O'clock they will give heavy dinner.

So Food is the first source of energy. Second source of energy is SLEEP. If you have slept well and someone asks you a question, you will be able to answer them with a pleasant Mood. If you haven't slept well the same question throws you out of balance. Proper SLEEP is the second source of energy. Third source of energy is BREATH. First thing we did when we came into this planet, we took a breath and started crying, Last thing we will be breathing out and making others cry. In between we ignore our breath. I would say we need to learn a little bit of it.

I also say that there are 7 layers of existence – BODY, BREATH, MIND – by which we observe, see through the eyes, hears through the ears, we taste, we smell- INTELLECT is something that says yes and no. It is a debate within you. MEMORY is another faculty and EGO - I am somewhat, somebody. There is something beyond, ego and that is CONSCIOUSNESS – this is the basis of all mind, ego, and memory. To learn a little bit of each one of these gives you enthusiasm, energy, love and sense of belongingness. I call this ART OF LIVING – to have a sense of belongingness with everybody... with the whole world.



Another point is that we should learn good things from everybody. We accept food from every part of the world. Don't we – you don't need to be a Chinese to eat Chinese food. Many students eat Chinese food don't you?. When you eat pizza, you are not an Italian, you still eat Pizza. So we accept food from everywhere, we accept musk from everywhere. Similarly we should accept wisdom from everywhere. Some good knowledge, good wisdom, where ever it comes from whether Laos, Japan, China, India, Indonesia – any part of the world. Whether it is from Buddha, Jesus, and Prophet Mohammad, or from Upanishad. There are some good things you can learn, absorb. If you absorb them, you became more natural and richer in life. Guru Nanak Dev, Mahavira have some wonderful things to teach. Learning from where ever it comes, what ever source it comes will enrich our life. What do you say?

We should also have broad mindedness and broad vision about our life. Just ask this question. Who am I? What do I want in my life? You are going to be on this planet for 50-60-100 years. How do you want this planet to be in the coming years? Do you want to leave behind a more beautiful, more harmonious world behind? Or do you want to leave very intense and stressed world behind you? These are some of the questions. When we ask ourselves these questions, depth starts happening in us. Love starts coming in life. Don't you think this knowledge is needed today?

Make your smile cheap and anger expensive. Tell yourself, I haven't grown up. I am like 10 years old boy or may be less – as an eight year old child we can feel free, why we feel so inhibited. We have the maximum suicide rate in India; Poor people are not committing suicides, who are committing suicide? People who will get job anytime are committing suicide, why? Because they haven't attended to their emotional needs. We haven't taught our students, our children how to clear negativity from their system. When we are sad, upset, depressed, we don't know how to get out of it.

I tell you - through BREATH - Simple technique – It brings you in the present moment, Just blow away the past and don't be anxious about the future all the time. Jai GuruDev

#### DIVYA SATSANGS WITH SRI.ARUNJI NEWS FROM KARAMADAI & CHENNAI.



On the First of March 2007 at the Annual Temple Festival of Lord Ranganatha of Karamadai, a large gathering of people from almost all parts of Tamilnadu had come for the Divya Satsang lead by “Thean Amudham” Sri. Arunji.( Link to the report in website <http://www.aolcbe.org/repo/karamadai.htm> )

On 6th March 2007 Chennai citizens witnessed a Mega Satsang with Shri.Arunji at the J.S.Hall Chennai At the request of devotees, Arunji spoke inspiringly on the subject ‘Life management – Transformation of Ego’ Justice Sri.R.Regupathi, Judge of the Madras High Court, himself an AOLite, presided over the function. A report from Sri.N.Raman and Photos have been put in our website [www.aolcbe.org](http://www.aolcbe.org)



### From Great minds on CHILDREN AND PARENTING

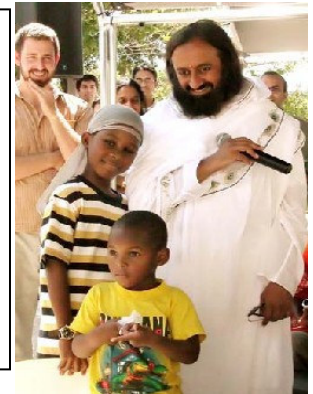
'Come and hire me', I cried, while in the morning I was walking on the stone paved road. Sword in hand the king came in his chariot. He held my hand and said, 'I will hire you with my power.' But his power counted for naught, and he went away in his chariot. In the heat of the midday the houses stood with shut doors.

I wandered along the crooked lane. An old man came out with his bag of gold. He pondered and said, 'I will hire you with my money. He weighed his coins one by one, but I turned away. It was evening. The garden hedge was all flowers. The fair maid came out and said, 'I will hire you with a smile.' Her smile faded and melted into tears, and she went away alone in the dark. The sun glistened on the sand, and the sea waves broke waywardly.

A child sat playing with shells. He raised his and seemed to know me, and said, 'I hire you with nothing.' From thenceforth that bargain struck in child's play made me a free man.

----- **Ravindranath Tagore in Gitanjali**

Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you. You may strive to be like them, but seek not to make them like you. You are the bows from which your children as living arrows are sent forth. The Archer sees the mark upon the path of the infinite, and He bends you with His might that His arrow may go swift and far. Let your bending in the Acher's hand be for gladness; For even as He loves the arrow that flies, so He loves also the bow that is stable. ----- **Kahlil Gibran**



### Monday Morning Blues – Poojya Gurudev. (Courtesy Gokulam Magazine for Children)

"How do you feel when the week begins? How do you feel about going to school on Monday... and how do you feel on Friday...? Some of you are waiting for the weekend to come and some of you are waiting for Monday, to get back to school.

When school is not fun, you wait for the weekend. But what makes you feel that school is not fun? You feel there is no freedom in school. This is because you get bored when you force something on yourself. Change can stop the boredom. Move away from textbooks now and then. Pick up a book at random from the library and read - you will not feel the time pass. You will overcome boredom.

Making a new friend can make your school life fun. Are you on friendly terms, with everybody in the classroom? If you can make one new friend a week, then something in you blossoms. This is real education. Real education is how strongly your personality develops and how much you can relate to people around you.

What stops you from being friendly with everyone? It is because we have a fear of other person's opinion of us. These barriers are our own creation. These 'blocks' lie in the way of friendship. As we grow older the barrier becomes bigger and very hard to break. So right here in school you have a wonderful opportunity to get over this barrier.

Anything that you feel you can't handle by yourself, go and talk to your teacher. If you find it difficult to be open to a teacher who doesn't respond, put yourself in your teacher's shoes. The teachers have twenty children in a class. The teacher can only put out one hand. Who is going to shake that hand? It is up to you to shake it. Then you find that the teacher is not cold. You will feel the change. When we were young we were so attached to our class teacher, that we would give our teacher a flower or something everyday. We felt so close. The teacher helps to develop your personality and make it blossom fully."



### QUESTIONS & ANSWERS WITH SRI. ARUNJI.

We had a conversation with Sri.Arunji on 1<sup>st</sup> March, 2007 which included various topics ranging from spirituality to music. Sri. Arunji has shared with us his vast knowledge and wisdom. This is the first part and will continue in the ensuing issues of Light House. Readers can send in your questions which we shall forward to Sri.Arunji and answers will be published in our E-Magazine and Website.

How can a person strengthen the society to make a positive change in the World.?

In a Bicycle wheel the spokes that connects the circumference with the hub gives strength to the wheel. If one or two spokes are missing it the wheel could still be used. If an individual things that his or her involvement does not matter, what really happens is the society loses its strength. Everyone in the society is important as they are individually like the spokes that adds strength to the wheel. Recent scientific research has proved that an individual can play a collective role in the society. If he remains as an individual he will remain isolated and that is the reason why he or she is born. Once you understand that the purpose of our life is to work collectively for the improvement of the planet. If that goal is realized then he becomes part of the collective body. A collective body can do miracles. The research study tells that collective consciousness can bring major changes in the monsoon, major changes in the people atmosphere of the whole society. In a village 25 people meditating can transform the consciousness of the whole village. Lots of studies have proved that. So an individual has to transform first to give a big push to the collective consciousness.

What is the significance of satsang ?

Satsangs have been the time tested boon for generations across this great Nation. Our Masters had conceived this practice as an outlet for individuals to awaken simultaneously to the Authentic Self and experience the energy This when the individual ego is overcome helping people to experience a heavenly feeling.

Your experience as a teacher of Art of Living :

There is a saying in Sanskrit - "Ranjayathi iti Ragah" - which means, "That which colours the mind is a raga." For a raga to truly colour the mind of the listener, its effect must be created not only through the notes and the embellishments, but also by the presentation of the specific emotion or mood of each raga. One can express every human emotion, every subtle feeling in man and nature through rich melodies in our music eg. 'rasas' like Hasya (humour) Veera (heroic) Adbhuta ( child- like wonder and amazement) and Shanta (peaceful). It is a great joy for me as a teacher to convey the spirit and rasa of the Masters' knowledge as a live wire *medium* as well as to live upto the very same instruction and knowledge both inside and outside the class room!

**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.**

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