



LIGHTHOUSE

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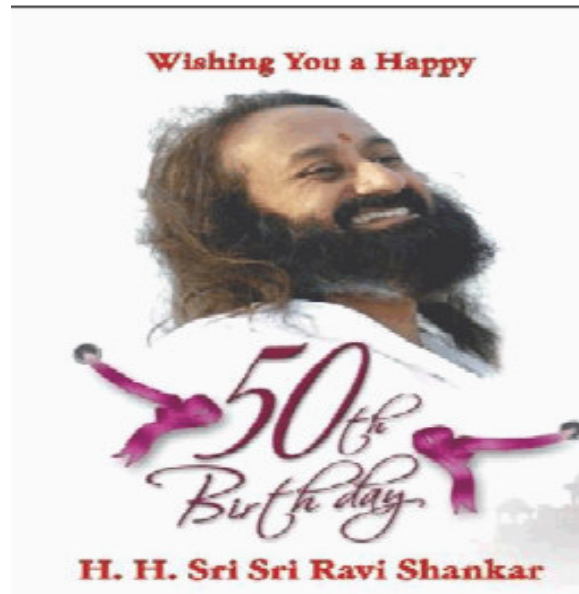


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Today is the day when the waves celebrate the Birthday of the Ocean

"Happy Birthday to our dearest Gurudev"

Art of Living Family Coimbatore

WEB SEVA TEAM
www.aolcbe.org

Dear Readers,

Whatever the Divine Master says is a lamp and whosoever carries it will never ever have to wander aimlessly. The ensuing pages of this magazine, brings you real life experience of people who have lived through the knowledge and enjoyed the grace of the Master.

Recently, in U.S.A. Gurudev said "Problems are an illusion, they are a shadow. And when can you see the shadow?, when your face is turned away from the light. If you turn your face towards the light, you will not see the shadow."

He also talked about how the old scripture talk about "Sankalp Shakti" How there is power in an intention. A spiritual person, a yogi has one intention for many days and a confused person has many intentions in one day. For an intention to fructify there has to be that focus, that attention, instead what we have is tension and not attention.

We are all fortunate that knowledge and wisdom from our Master flows perennially to brighten up our lives and your Light House is committed to bring out these every month. Jaigurudev. Web Seva Team.

It is said that the difference between a Guru and an Acharya, is that an Acharya is a teacher, a guide for the whole world; whereas a Guru is a teacher or a guide for you alone.

FROM THE HEART**Smt. Gitanjali's Experience**

I was a journalist when I did the Part 1 course with Nitin Bhaiya in 2003. At the time I saw myself from a victim consciousness perspective with lots of rage and negative emotions associated with my marriage and in laws. Thought my MIL and SIL were creatures from hell sent on earth to torture me and saw many screws missing from my husband's head and heart. My six year old son suffered as he saw his mom and dad fighting every day almost. My life was a constant roller coaster battle to save my identity and I did not know when I would have been able to get out and stay out of that marriage.

I was skeptical about swamis and men with beard. But gurudev pic in the newspaper in an ad caught my attention. I dragged my husband for us to do the course (he said I needed it, he did not). Our saving grace was our son. Neither of us wanted him to suffer, thought our actions were creating an environment of instability for him.

I took the course with an open mind (for a skeptic, that is a leap of faith). During the first Sudarshan Kriya, I felt a numbness taking over my entire body as well as heavy tingling sensations all over my body. Even if I wanted to open my eyes I could not. It was as though there was some magnetic field holding me down. I felt ugly, and twisted and after what seems like a good while of this, I felt literally as though a distorted mask was being wrenched off my face. I felt that pulling sensation as though a tightly gloved rubber mask was being ripped off my face (two competing push and pull effect). My hands felt similarly, as though a pair of tight rubber gloves were being ripped off.

Afterwards, I do not know what happened. I lost consciousness for a while. Until I heard Nitin bhaiya's voice. I woke up, feeling refreshed, as though my soul went thru a purification process and I did not want to speak to a single soul. I just wanted to savour that feeling of calm and peace to myself.

My second experience was not as great/elaborate but similar. I was really taken in and wanted to stay with it. Career wise, things were going well, I was promoted to Business Editor after the course (the luck aspect of AOL) But with a schedule of a journalist, I was unable to keep up with my practices. I went and did DSN with Nitin Bhaiya. The calling was there but the discipline was missing.

My life continued, with bouts of conflict. And I let go of all the practices in the quagmire of life. By the end of that year, my life again became a living hell. In december I decided to go to satsang and I got hooked on gurudev's patanjali series and would go every week without fail. I began to notice the shift within me. The desire to stop blaming others for my circumstances but to take responsibility for the state of my being and to start viewing my husband's responses differently. It was difficult but I kept at it.

That is when the shift within me really started happening - almost seven months after my first basic course. There were some problems with the centre and I did not go back to satsang for a few weeks but when Tanujaji came to do a basic and advance course I again signed up. It was a new experience all over. My desire to be different, to change my responses was great. I wrote everyone in my family and my husband's family apologising if I ever hurt them, offering olive branches for relationships I did not take responsibility for.

Gurudev kept smiling. I got a scholarship to study for my masters and I went to Canada to do advance course with him and then off to the UK to study. However, my two sons (an additional one by this time) were not allowed to accompany me as I did not have accommodation as yet but Gurudev created the situation for my children to be granted visas to accompany me. They saw him at Warwick University.

The little one kept chanting thru the meditation guji guji. I managed to work 72 hrs some week to take care of my children, save money for my trip to Bangalore Ashram, and to put in time for my masters. I was the only one who did this and missed graduating with a distinction by three marks. I got a merit, thanks to Gurudev.

My life today is absolutely blessed. My husband and I still have differences but we work them out (instead of slugging them out). My children know gurudev, they take blessing from his pic each day.

My relationship with my in-laws have all changed, save and except for my MIL (who still views me as she did 12 years ago) and refuses to see any good in me. I still feel hurt by her words and actions but I keep away to save my mind and keep thinking of gurudev teachings when the resentment in me rises.

I am still indisciplined when it comes to my practices, but I know I am getting better at it each day and my will power increases. now, i do not allow two days to pass if I miss my kriya, the fear of losing that connection with Him takes over and come what may I sit and do it. I know there is none but HIM and I love none but HIM. He is with me, each step of the way. His journey into my heart began with skepticism, love, yearning, doubts and now I am HOME.

Gitanjali

PEARLS OF WISDOM FROM GURUDEV.

Why argue ?

When you argue, you're creating a different type of energy around you, a defensive energy. Have you noticed that? Do not depend on arguments. Mystery is beyond argument, and miracle is beyond argument. And love is a miracle in life. Enlightenment is a miracle in life. Joy is a miracle in life. Everyone is in love, but they start arguing. And in the argument, the candle flame becomes a house fire. Do you see what I'm saying? Any argument---just step out from that shoe you are in and see you can counter-argue that. This is what the laws and law offices do. Isn't it? Whether you agree with me or disagree with me, what does it matter to *what is? What is is*. Logic is not loyal to any one party, any one side. It's like a hired taxi. Anybody can hire the taxi any time.

Why is it that we always after practice, get up on the right side? Also, in our self, what is the difference between the right and the left?

Okay, you are asking some deeper questions. Our left side is cooling and right side produces more energy in the body. Means? If you are lying down to your left side, what has happened? Your stomach is like this, right? So, in sleep, you get good sleep because the food will all stay there. If you turn to the right side, the food comes up to the esophagus. So it is best to sleep on left side down. When you sleep left side, your right nostril functions, then the metabolic rate in your body is 50% more. When the right nostril functions, the metabolism in the body is 50% more than the normal. Supposing the metabolic is, if it is 100 unit, it will be 150 unit when the right is functioning. So, reverse will happen when you sleep on this side, right side. What will happen? The left nostril will function. At that time, the metabolism in your body is 50% less. When it is 50% less, there is more calmness, there is more serenity. More completion is there. So when you get up, stress release, all activities are all over, you feel very complete and settled and serene. That's why after meditation, after Kriya, we lie down on our right side so that when we get up, our left is functioning. It soothes the whole system. Left side soothes, right side invigorates the system. So, always we do that. There is so much more that later, another time, when you go on a long teacher's training, we'll dive into that.



SRI.K.R. DAMOTHARAN – AOL PART I TEACHER. MORE THAN 300 COURSES – MORE THAN 15,000 PARTICIPANTS – LESS THAN FIVE AND HALF YEARS. AN EXCELLENT EXAMPLE OF COMMITMENT AND DEDICATION.

Last month during the Teachers refresher meet at the Bangalore Ashram, it was a moment of pride for Sri.K.R. Damotharan as Poojya Gurudev appreciated him for his excellent efforts to spread the knowledge to most number of people.

CONGRATUALTIONS SRI.DAMOTHARANJI. WE ARE PROUD THAT WE BELONG TO YOU.

NEWS IN BRIEF

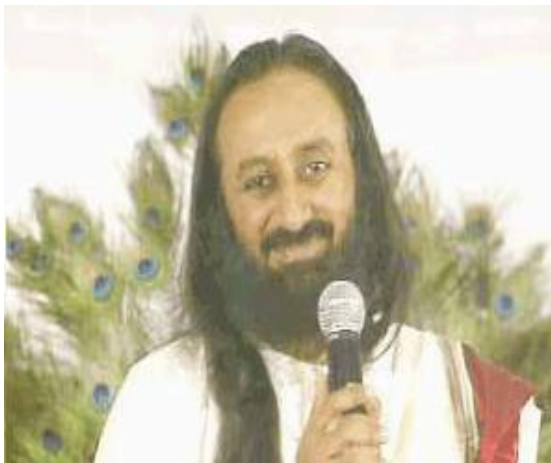
Miss Dhanaselvi, Art of Living Teacher writes:..On the Sunday 16th April, 2006 at Udumalpet we had a wonderful evening where 120 Satsangees gathered. We started the satsang with Guru pooja followed by mass blessings. Three hours passed in deep silence and meditation. End of the session people shared they felt Gurudev's touch and vibration. A 7 year old Sudharshan shared he felt Guruji touching him.

We congratulate Sri. Muthukumaran, who completed the Guru Puja Course at the Ashram.

An audio-visual quiz that aims to raise awareness about the environment, conservation and health is being organized by the Bahrain Chapter of the Art of Living Foundation. The team with the best name that demonstrates the values of Art of Living will also be awarded a prize.

What a lovely way to start the morning with soft bhajans, walking with Art of Living people with their patent smile spreading the message of love of Poojya Gurudev. The program is name “ Prabat Pheri” and is now happening in Lucknow., U.P. with Sri. Rishi Nityapragyaji

The Art of Living Foundation would open a management institute in Goa, which would offer high quality education, blended with spirituality and human values. The Institute of Management studies would be inaugurated by the Pujya Gurudev on June 11, 2006. "The institute will create 21st century managers who not only will have sound fundamentals of corporate management but also develop a complete personality imbining spiritual aspects of life," Sri. Rishi Nityapragyaji told reporters here.



One Day Part-I Refresher Course in Bangalore Ashram with Poojya Gurudev on 18/06/2006 (Guruji's Gift to Tamilnadu AOL Members) Golden opportunity to spend a day with our beloved Master. Contact chapter office / your nearest AOL teacher /facilitator for registration.

International Conference on Integrated Value Education 26th - 28th June 2006 at Bangalore, India. For details visit Web Site www.aolcbe.org

Art of Livng Program at 8.30 am on 14/05/06 on Vijay TV

INTERESTING HAPPENINGS AND NEWS LINKS**AYURVEDIC CONSULTATION (NADI PARIKSHA)**

Ayurvedic Doctor from Bangalore will be available in Coimbatore for consultation from 14/05 to 16/05/06. Venue : Annamalai Hotel, State Bank Road, Coimbatore. Room No1. Prior registration is mandatory. For details and registration contact: 2443431, 94434-88371.

SRI SRI YOGA WITH SRI KASHIJI (SENIOR ART OF LIVING TEACHER – BANGALORE)

From 23rd May, 2006 to 27th May, 2006. Time (06.00 TO 08.30 AM)

VENUE: VENKATALAKSHMI KALYANAMANDAPAM, TRICHY ROAD.

Time (06:00 TO 08:30 PM), VENUE : PURANDARADASAR HALL, R.S.PURAM

FOR MORE DETAILS AND REGISTRATION CONTACT 2392796, 3959209, 98422-77800

A wonderful Article titled Sri Sri's global appeal by Sri.D.R Karthikeyan, director-general, National Human Rights Commission.<http://www.dnaindia.com/report.asp?NewsID=1028897&CatID=19>

"There is a site: www.indianblooddonors.com where in you can search for a particular blood group. You will get 100s of donors addresses (that too citywise).

Read an interesting Article Beyond barriers by Ms. UMA MAHESWARI about Sri.G. Gopalakrishnan, a self-made architect, who has renovated and designed more than 70 mosques in Kerala.

<http://www.hindu.com/mag/2006/05/07/stories/2006050700060400.htm>

HUMANITARIAN HOLY MAN by Robert R. Selle

Viewing the world's people as one family and teaching techniques for handling negative emotions, His Holiness Sri Sri Ravi Shankar has established a global, volunteer-based organization that brings hope to prisoners and the poor, and relief to victims of violent conflict and natural disasters. <http://www.worldandi.net/service.html>



Here is Gurudev's schedule for May 2006

May 13 - 14 Germany

May 16 - 17 The Netherlands

May 18 19 Germany

May 21 - 24 South Africa

May 26 - 27 Mauritius

PART-1 COURSE IN HINDI/ENGLISH 30/05 TO 04/06/06 TIME:6.00 TO 8.00 P.M.
(INTRO TALK/REGN ON 29/05/06)

**AT VIDHYANIKETAN SCHOOL,PULIYAKULAM ROAD,
OPPOSITE TO KIDNEY CENTRE, PULIYAKULAM.COIMBATORE: 641 018.
PHONE NOS 5563504,9994394505, 530030, 2223637**

ART EXCEL COURSE IN ENGLISH FOR CHILDREN.

Dates : 06/06/06 TO 11/06/06

Venue : MANCHESTER PERKS APARTMENTS, SOWRIPALAYAM, COIMBATORE.

Contact Phone: 5563504, 9994394505, 530030, 2223637