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of Living

“PRANAAMS” TO PUJYA GURUDEV ON HIS 51ST BIRTHDAY



Dear Readers, Jaigurudev,

We have a “Lighthouse” Gurudev’s Birthday Special Issue to be released on 13th May 2007. All our readers can have the privilege of conveying their “pranaams” to Poojya Gurudev through our E-magazine. Please send a short message with your name, age and address. Your message must be unique and special! Please do email it to us at aolcbe@gmail.com within the next week.

There was so much of happening in our Art of Living family World wide, especially at Singapore, Indonesia, Philippines etc. where Pujya Gurudev had a rousing reception and large gatherings attending his discourses and events. The beautiful photos and reports are posted in our website www.aolcbe.org.

The Sri Sri Yoga at Coimbatore and the Advanced Meditation Course at Vellore had very good number of participants. It is now our turn at Coimbatore to show more number of participants at the Part II Advanced Meditation Course beginning from 17th May, 2007. The details of the course are given in the last page.

We have a new feature titled “Insights and Inspirations” This month Sri.Durga Prasad has taken the initiative. We want all our readers to share articles like these.

Shri.Arunji is sharing with us his vast knowledge on cultural heritage, values in life and Devotional Music. Readers who have any queries/suggestions may kindly write to us at aolcbe@gmail.com. Your queries will be answered.

“San Gach·Chhad·Wam” means “Let’s Move Together”. With our warm regards
Web Seva Team, Coimbatore.

Mani Gopalakrishnan, Durgaprasad, Thilagarajan & Suryanarayanan.K



DIVINE KNOWLEDGE & TIMELESS WISDOM



THE ART OF LIVING

Accept people as they are	Love
Present moment is inevitable	Joy
Don't be a football of others' opinion	Freedom
Opposite values are complementary	Knowledge
Expectation reduces joy	Peace
Give your 100 %	Enthusiasm
TOTAL	The Art of Living.

**Jai Gurudev
Mukul**

Are you Committed ?

Smaller commitments suffocate you because you have more capacity, but you are stuck in a small hole!

A river needs two banks to flow. The difference between flood and a flowing river is that in the latter the water flows in a particular direction whereas in floods the water is muddled and has no direction. Similarly, in our life if the energy is not given a direction, it is all confusion. The life energy needs some direction to flow. When you are happy, there is so much of life energy in you but when this life energy doesn't know where to go, how to go, it gets stuck and rots! Just as water has to keep flowing, life has to keep moving. For life energy to move in a direction, commitment is essential. Life runs on commitment. A student takes admission in a school or college with a commitment. You go to a doctor with a commitment saying that you are going to take the medication or listen to whatever the doctor prescribes.

Banks work on commitment. Government works on commitment. Needless to say, a family runs on commitment: the mother is committed to the child, the child is committed to the parents, the husband is committed to the wife, and the wife is committed to the husband. Whether it is love or business or friendship or any area of life, there is commitment. What really irritates you is non-commitment. You expect some commitment from someone and when they don't do it, you get upset. Or when someone doesn't keep up his or her commitment, you get upset. But see how much commitment have you taken in your life?

Our capacity or capability is also proportionate to our commitment. If you are committed to taking care of your family, that much capacity you gain. If your commitment is to the community, you will get that much energy, joy, that much power. Greater the commitment you take, the greater the power you gain to fulfill that commitment. Smaller commitments suffocate you because you have more capacity, but you are stuck in a small hole! When you have ten things to do and even if one thing goes wrong, you can keep doing the remaining things. But if you have only one thing to do and that goes wrong, then you are stuck with it.

Usually, we think we should have resources and then we will commit ourselves. It is actually otherwise. Greater the commitment you take, greater the resources that will come to you automatically. When you have the intention to do something, resources simply flow as needed. There is no growth in doing what you can do. Stretching a little beyond your capacity makes you grow. If you can take care of your company because it is within your capacity, there is nothing great about it. But if you stretch it little more and take commitment to take care of the whole town, then you gain that much more power. As you take on greater responsibility, your capability increases, your talents increase, your joy increases and you become one with the Divine force. In whatever capacity you do something for society, for the environment, for the creation, that much you progress both materially and spiritually (value wise). The heart opens up with a feeling that you are part of everyone.

(Kind Courtesy Management Next Magazine)

**SAMPRADAYA - A GLIMPSE INTO OUR RICH CULTURAL AND TRADITIONAL HERITAGE.****Transformation of Mind through Music :- By Shri. Arunji.**

The Vedic tradition uses Nada Brahma as an effective tool for transformation of Mind. Nada (vibration) initiates the evolutionary process from which energy and matter radiate. Brahma enlivens one's divine consciousness with the power to move the heart. Nada Brahma experienced by a calm mind leads to bliss, warmth and peace.

Nada Yoga through subtle vibrations brings the union of body and spirit. Mantras, Kirtans and Ragas were used to enhance the physical, mental and emotional quotients in Indian traditions. Tendency of our mind never allows us to go inwards to explore the deep wisdom inside. We therefore seek external stimuli to satisfy us which ends up bringing pain. Music has the ability to turn our attention inwards and unfold the blissful experience of fulfillment and inner peace. The phrase "Music calms the savage beast" is so true that cobras, monkeys, elephants and lions can be as enchanted by music.

Music is a powerful tool that facilitates healing and by merely listening to music we are able to realign our feelings. The transformational power of Music is that it can cater to everyone irrespective of whether they are healthy, disabled or diseased. Further it has no language but often it speaks the language of peace, harmony and guide one to attain Nirvana.

Exponents of Vedic discourses like "Harikatha kaalakshebam" even today skillfully use Music and Lectures alternatively, whilst imparting higher spiritual knowledge. These sessions usually held in the precincts of a temple, where the knowledge seeker gather after a hard day's work. Being aware of the audience's drop in attention efficiency, the "Harikatha" exponent deftly uses **musical rendition** of hymns to nourish and rejuvenate the right hemisphere of brain followed by a brief spell of meditation to stabilize the nervous system.

How does sound manifest within us

Nada is the pranic vibration expressed as sound. *Sahasrara*, one of the seven important energy centres in human body has 1,000 petals each with a different combination of the fifty beeja (seed) mantras. It is here that the psychic body of the DNA stores the secrets of existence. Internal nada can be heard, like the sounds of a conch, a bell, a drum, Krishna's flute and so on. We can heal both physical and mental imbalances and disharmonies, by singing in combination with breath and sound which awakens and harmonizes the sounds originating from the different parts of the body are connected to the seven chakras. Each charka represents different levels of consciousness. Sound and Music have therapeutic powers. People suffering from conditions such as Alzheimer's, Multiple sclerosis, cancer and those with restricted mobility can benefit from our classical ragas and chants. These can calm their mind, the body and bring peace to their soul.

Raga- Rasa

There is a saying in Sanskrit - "Ranjayathi iti Ragah" - which means "That which colors the mind is a raga." For a raga to truly color 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). There are 75,000 melodic ragas and their origins are ancient and sacred, they were composed by celestial beings and channeled by Indian Masters and lineages of musicianship through oral transmission.

Ragas are particularly fascinating as they reflect the earth's elements and rhythms. It is mathematically patterned to match the tonal series and tune our vibrations to penetrate the depth of our consciousness. It takes a life time of dedication between the master and the disciple to attain perfection. The training provides flow from one tone or swara to another smoothly and with gradation of pitch, intonation and octave divisions reflect the different manifestations of consciousness.



INSIGHTS AND INSPIRATIONS

MULTI-SKILLED

There was this typical CEO who was very fond of new management words and concepts. After returning from an in-service workshop, for two to three months he would have a pet word. When I first met him it was 'proactive approach' that found its way to the majority of dialogues that he delivered in a day. Then it was the turn of 'core competence'. 'We are not playing to our core competence', 'We are forgetting our core competence', 'This will divert our attention from our core competence', 'After all it is our core competence that matters most, you know' – were some of the sentences that one heard him saying often.

But one concept that became not only the frequent ingredient of his conversations but also made him to madly implement it in the organization was 'Multi-skilling'. So some of the clerks got training in driving, the drivers were trained in office jobs and computers and so on. The employees were happy on one count at least that one person was now no more indispensable to the organization and getting replacement for his leave period would not be a problem any more in spite of shortage of staff in a particular trade.

But after six months the statistics made the CEO a little furious. Leave percentage of personnel had increased by 20% and minor accidents by 60%. Number of hours spent for checking clerical errors had increased and completion of many of the routine tasks got more and more delayed.

Of course these results do not universally undermine the merits of having multi-skilled employees. What I want to emphasize is that instead of blindly giving training to each individual in a number of skills, it could be more productive to assess each employee's aptitude and interest before giving her training for deployment in a number of assignments.

My own observation is that, while every body has the innate ability to excel in at least one field, it is not in everybody's genes to be skillfully multi-skilled. However as one becomes more and more calm and centered and increases one's level of awareness, one's chances of becoming multi-skilled increases. Ancient techniques like yoga, pranayama and meditation can play a major role in this. We have seen this happening to many individuals who practice 'Art of Living'. Regular practice of AOL has brought out the hidden talents and skills of many individuals.

By nature women are more multi-skilled than men. I remember my mother attending to many things simultaneously, without adversely affecting the quality

of any. Same is the case with my wife. Look at a working Indian woman. In many cases she has no other alternate but be multi-skilled to keep up with the 'great expectations' from colleagues, children, husband and sometimes in-laws.

From the age of 18 to 36 I was a tobacco addict. Before I fell into the bad habit I excelled in a lot of fields. Addiction narrowed down my range of fields making me less multi-skilled. My complete de-addiction coupled with my practice of pranayama and meditation, thanks to the Art of Living programme, I am now re-discovering my potential to be multi-skilled.

Lord Krishna, Mahatma Gandhi and Sri Sri Ravi Shankar are a few of my favorite personalities whom I consider highly multi-skilled. Lord Krishna is said to have 16 kalas (skills or talents). He was a combination of contradictions and played many different roles perfectly. A flautist & dancer, he could be equally adept in the Art of War. According to Guruji he was a hard core communist who was also deeply spiritual. The playful charmer gave the highest spiritual knowledge in the form of 'The Bhagvat Gita' in a war field.

Mahatma Gandhi could write, publish, provide consultancy (to top political leaders of that time), weave out his own clothe, lead the freedom movement, take care of the smallest details of his ashram and the inmates – all in a day's work.

His Holiness Sri Sri Ravi Shankar's mere physical presence is mesmerizing. Once you are in His presence, even if you are one among the thousands, you will not have a feeling of being left out. Whenever I am in His presence I watch Him with a sense of awe. If this moment deep wisdom flows effortlessly through his voice the next moment He could be as playful as a child. Singing, music, dancing, cooking, gardening, architecture – you name it and He could be an adept in it.

One of the reasons I fell into tobacco (and some other substances) addiction as a teenager was a subtle belief that it would make me more skilled. Now I realize how terribly wrong I was. There is no better way to become multi-skilled than being deeply spiritual with the grace and guidance of a Sadguru. Now the corporate world too has realized the importance of increasing the spiritual quotient of the employees. It is a step in the right direction.

--- Durgaprasad

**GURUJI'S QUESTION AND ANSWER AT PHILIPPINES PUBLISHED IN THE ASIAN JOURNAL -**

What is your idea of God and how can man reach him through the Art of Living course?

"That which is the basis of all creation, from which you can never be separate, that is Divinity, that is God.

"So there are different levels of understanding. On one level, on the intellectual level, God is like the space, the basis of the whole creation in which we are, we remain and we dissolve all there was, all that is, and all that will be. On the emotional level, we all seek love. Love is God and God is love.

"You cannot know God through the five senses, that has to be felt from the heart. That is why we say love is God, because only in the state of love you can experience love. "The AOL course can get you into that unstressed state of mind. You cannot experience love if you are stressed; so when you get out of stress and tension and go into deep meditation, then you realize that you can feel the love for God. "

Have you seen God?

"There are certain questions for which no answer is the right answer. Like if someone is sleeping and you ask 'Are you sleeping?' and if he doesn't answer, then he must be asleep."If he says 'Yes,' that means he is not sleeping. This is one such question. God is not an object of your senses, it is the very basis of your life."

What is your concept of hell and heaven?

"I have none. Heaven is, perhaps, when there is harmony in your environment and within yourself, and hell is when there is no harmony within you and around you."

You said, if you wanted to introduce religion, let it be the religion of happiness. That sounds like a negation of religion as we know it.

"No, definitely we should learn a little about every religion and we should be firm and strong about our own religion. Religion should not create hatred, guilt but happiness. "One who is full of happiness, compassion and love is truly religious; it is when one doesn't see that one gets disheartened. Religious people should bring that happiness. If a religion does not have love and broad-mindedness then it is not worth following."

What are your long-term objectives?

"To see a smile on every face, a smile that is not fragile, a smile that does not evaporate and disappear just like that." Well, Guruji will surely see a lot of smiling faces in the Philippines like he has never seen anywhere in the world.

KULLU (NEWS IN TRIBUNE DATED. 01.05.2007)

ART OF LIVING TO ADOPT VILLAGE: Founder of the Art of Living Sri Sri Ravi Shankar has decided to adopt Diyar village here. It will be the first village in the state to be visited by him. On May 4, he will visit the village and have interaction with villagers. This was stated by in charge of Kullu shivir Kamlesh Barewal at a press conference held at the Circuit House here on Monday. The plan was to make Diyar a model village.

Mumbai, April 29: Sunday morning at Arthur Road Jail. Satsang: 1,500 prisoners performing yoga asanas, meditating and singing bhajans in the courtyard. Among them Pravin Mahajan and Dawood Ibrahim's brother Iqbal Kaskar. (NEWS IN INDIAN EXPRESS DATED.30/04/2007)



Sri Sri Yoga Mega Course at Coimbatore

Last week the talk of the town in Coimbatore was “Sri Sri Yoga” that took place in Nehru Vidyalaya grounds in the mornings and at Vignesh Mahal Mantapam during the evenings. From teens to senior citizens nearly 750 participants underwent simple asanas, efficacious “Pranayama” and deep meditations. They enriched themselves with knowledge and wisdom to combat stress. Photos and details visit www.aolcbe.org

LAKSHMI TARU (*Simarouba glauca* DC), cultivation

Here is a message from Ms. Sasipriya Palaniswamy on a very good seva project.

” We are a group of software professionals from Chennai and would like to plant trees for a cool environment. Our base plan is to provide sapling to all our office staffs to plant it at their home. Each one at least one plant. Give it to interested school students and with govt. approval, plant it on road side. We like to do this in Chennai & Coimbatore.”

Those who are interested may contact Ms. Sasipriya. Mobile : 99400 80246. Our Web Seva Team at Coimbatore is happy to extend our support for this project. In this connection we have opened a forum to facilitate and carry out the project. Please login to our special page on Lakshmi Taru <http://www.aolcbe.org/repo/laxmitaru.htm> and send us your suggestion and support for the project.

ART OF LIVING PART II COURSE (ADVANCED MEDITATION COURSE) WITH SRI ARUNJI

DATE : 17TH MAY, 2007 TO 20TH 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.

FOR REGISTRATION CONTACT : VYAKTI VIKAS KENDRA, INFORMATION CENTRE - COIMBATORE Ph: 0422-2542766 - Email : vykce@rediffmail.com or aolcbe@gmail.com

The Full Moon Meditation at Vidyaniketan School, Puliyakulam Road, Coimbatore on 2nd May, 2007 and on 31st May 2007. Time 6-30.P.M.

Bangalore Ashram Announcements

For those, who are planning to attend only **Guruji's Birthday celebration at ashram (i.e ONLY for May 12,13th)**, separate accommodation has been arranged inside and around the ashram campus .So ALL are welcome to be the part of this Grand celebration. People, coming in small or big groups kindly send an email in advance with the details to ashramhousing@artofliving.org and ashramcourses@gmail.com positively by May 5th,2007. Contribution would be as follows: 1. Room (4-6 sharing) - Rs 300 per person per night stay (subject to availability) 2. Dormitory- Rs 100 per person per night stay.

International Women's Conference

This three day conference "Celebrating Women will be held in the international Headquarters at Bangalore, India between June 7th - 9th 2007. For details please log on to www.artofliving.org