



LIGHTHOUSE

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Please visit our
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www.aolcbe.org

To get updated
information on
Guruji's visit.

Dear Readers,
Jaigurudev



HAPPY GURUPURAB FROM WEB SEVA TEAM.

Today is 5th November 2006 and is the 537th anniversary of Guru Nanak Devji taking form in the world as a Spiritual Teacher & the Founder of Sikhism. The three basic tenets of Guru Nanakji's Teachings are:

- (1) Naam Japo - Constant meditation on God's name,
- (2) Kirat Karo - earning livelihood through honest means,
- (3) Wand Chakko - Sharing one's earnings out of love and compassion for others.

Our dear Guruji too gives emphasis to these and has been time and again stressing the importance of love and service. We have a brief article on the life and teachings of Guru Nanak Devji.

All of us are eagerly looking forward to Poojya Gurudev's visit to Pollachi Coimbatore and Erode on 03 & 04 Dec 06. We are pleased to share with you the information on Guruji's visit to Tamilnadu and Cochin.

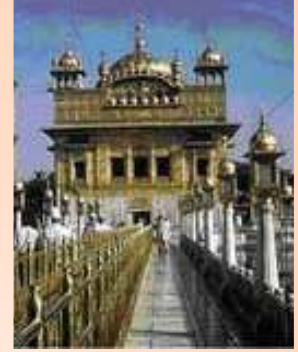
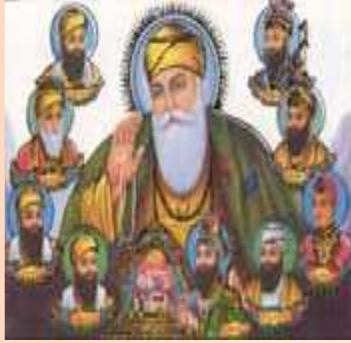
We extend a warm welcome to all our AOL family to join us and be part of the celebration.

Web Seva Team

Mani Gopalakrishnan, Durgaprasad, Thilagarajan & Suryanarayanan.K



GURU NANAK AND HIS 'SIKHS'



Guru Nanak (1469-1539), founder of the Sikh religion, and the first of ten Sikh gurus, or prophets was born into a family of Hindu Khatri (merchants) in the village of Talvandi, near the city of Lahore, Pakistan. As a young man he was employed as an accountant in the service of Daulat Khan Lodi, a Mughal administrator in the northern Indian town of Sultanpur. He was inclined to spirituality from early childhood. In his youthful days, in the company of a Muslim bard named Mardana, He set off on a lengthy series of pilgrimages in search of enlightenment. He finally returned permanently to the northern Indian region of the Punjab about 1520 and settled in the village of Kartarpur on the banks of the River Rāvi, to the north of Lahore. In the years that followed, his reputation as a spiritual master spread, and he attracted a steadily increasing number of devotees, whom he described as Sikhs (learners). Nanak died in Kartarpur in 1539, having appointed one of his most devoted followers—whom he renamed Angad (my limb)—as his successor. Over time, the community at Kartarpur developed the distinctive elements of the Sikh religious outlook and way of life.

Nanak's teachings are collected in the Adi Granth, the Sikh scriptures (also known as the Guru Granth Sahib). Nanak's thought was shaped under the influence of the Hindu Sant tradition of northern India. The Sants, a school of mystical poets, advocated monotheism (belief in only one God), social equality, and the central role of the satguru, or true teacher. Like the Sants—in addition to many other mystics in both the Hindu and Islamic traditions—Nanak sought to see beyond the illusions of everyday existence in order to achieve sahad, or union with God. For Nanak, as for his Sant predecessors, God was simultaneously transcendent, or beyond the ordinary range of perceptions, and immediately immanent, or existing within humanity. According to Nanak, the goal of sahad could not be achieved by either reclusive asceticism or ritual observances but only by the constant practice of spiritual discipline (sadhana) under the guidance of the Guru.

For Nanak, the principal obstacle to achieving sahad was the influence of haumai, or self-centeredness. As a result of haumai, the human soul inevitably loses itself in the temporary pleasures of existence (maya). Nanak held that the most effective remedy for the effects of haumai was spiritual introspection. As a result of an all-consuming commitment to truth, and with the assistance and guidance of the Guru, one could become steadily more aware of the cosmic shabad (sound), of which all existence—and hence also the devotee—was simply a form. Meditation on these truths would gradually permit devotees to become aware of the anahad shabad, (unstruck music) within themselves, and by progressively working against the otherwise undisciplined self, enable the devotee to advance further toward the ultimate goal of sahad.

Although Nanak's thought is both complex and sophisticated, his central commitment was to raj men yog, or the achievement of transcendence within the context of everyday life. The accessibility (and its apparent simplicity) of Nanak's inspirational teaching was crucial to its popularity. Nanak's nine successors, the Sikh Gurus, followed the example of his life and elaborated the teachings that form the basis of Sikh life today.

Golden Temple Located in Amritsar, Punjab, serves as the most important house of worship for the Sikhs. Originally built in 1604, the temple sustained repeated damage from attacks by Afghan invaders. During the early 19th-century reign of Maharaja Ranjit Singh, the temple was rebuilt using marble, copper, and an overlay of gold foil.



"In the presence of the Enlightened, something can happen. It triggers, the very presence triggers, and your heart starts blossoming."

~ Sri Sri Ravi Shankar

DATE & TIME	PROGRAMME	VENUE
03.12.2006 – 3.00 P.M	GURUJI'S ARRIVAL	COIMBATORE - AIRPORT
03.12.2006 – 4.00 P.M	LIVE MAHA SUDARSHAN KRIYA	ARUMUGHA NAGAR, MAHALINGAPURAM , POLLACHI
03.12.2006 – 6.00 -9.00 P.M	ATMANADHA UTSAVAM 2006	- SAME AS ABOVE-
04.12.2006 – 8.00 A.M	RUDRA POOJA	CODISSIA TRADE FAIR COMPLEX, AVANASHI ROAD, COIMBATORE.
04.12.2006 – 11.00 A.M	ADDRESS COLLEGE STUDENTS (ADMISSION RESTRICTED)	AVANASHILINGAM UNIVERSITY, COIMBATORE.
04.12.2006 – 6.00 - 9.00 P.M	MAHASATSANG	V.O.C. GROUNDS, NEAR ERODE BUS STAND, ERODE.
05.12.2006 – Morning	GURUJI' S ARRIVAL	CHENNAI
05.12.2006 – 6.30 P.M.	MAHASATSANG	ANNA UNIVERSITY GROUNDS, CHENNAI.
06.12.2006 TO 08.12.2006 06.30 P.M. TO 8.30 P.M	COURSE ON HEALTH AND HAPPINESS	ANNA UNIVERSITY GROUNDS, CHENNAI
08.12.2006 6.30 A.M	LIVE MAHA KRIYA	ANNA UNIVERSITY GROUNDS, CHENNAI
08.12.2006 -4.00 P.M	SYMPOSIUM ON MANITHANEYA AANMEEGAM	KAMARAJAR MEMORIAL HALL, CHENNAI.

CONTACTS

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All are eligible to attend the Health & Happiness Course***. General Public who Have not done any AOL Course, are also Eligible to attend the Health& Happiness Course. "Guruji Will Conduct the Course"

CHENNAI CONTACT

Sri. S I Nagarajan - +9841580075/ Sri. Sriram - +9884088788/ Sri. Ranganath - +9841034247

GURUJI'S COCHIN PROGRAMME : Venue : International Stadium , Kaloor , Ernakulam , Kerala

1] 28th Nov-2006 – 6.00 pm onwards- MOHINIYATTAM (Traditional Dance Of Kerala) by 1000 Artists
MUSICAL SYMPHONY -BY 200 ARTISTS- MAHASATSANG

2] 29th Nov-2006 to 1st Dec-2006 – 6.30 PM to 8.30 PM- MEDITATION & HAPPINESS course taken by Guruji.
Register your name in advance before 10th November-2006 -Contact :9388846260 , 9447576801



Editor Poojya Gurudev, Honorable Chief Editor of "Vijay Karnataka" newspaper, is seated at his desk in the newspaper's office in Bangalore.

Poojya Gurudev was the Honorable Chief Editor of "Vijay Karnataka" a leading Newspaper published from Bangalore.

Gurudev guides us, inspires us and bestows his blessings, that brings forth the creativity in the Web seva Team. We are grateful to our Divine Master for this I.T. (Inner Transformation & Information Technology.) enabling us to keep in touch with such a big family.

Art of Living launches campaign against ban on natural salt

BANGALORE, OCTOBER 9, 2006: The Art of Living has launched a campaign against the imposition of iodised salt on the people of India. Launching the campaign after garlanding the statue of Mahatma Gandhi in Bangalore on the occasion of Gandhi Jayanti, His Holiness Sri Sri Ravi Shankar said, "People should be given the freedom to choose their food."

Using its vast network of volunteers, the Art of Living will create awareness among people that iodised salt is not as indispensable and safe as it is made out to be. "We are not against iodised salt. The issue is about retaining the freedom to choose our natural foods," said Swami Brahmatej, a senior disciple of Sri Sri who is leading the campaign.

The government banned the sale of natural common salt citing that the addition of iodine to this everyday item appears to be the most effective way of combating deficiency. "Our question is that when only an estimated 2 per cent of India's population suffer from iodine deficiency, why compel the remaining 98 per cent to consume iodised salt," he asked.

"We are ready to join hands with the government to augment any programme to tackle the problems of iodine deficiency, but we are not in favour of putting the majority at risk to more complicated problems while trying to solve a problem of a small minority," he added.

Apart from taking away our right to choose, mandatory consumption of excess iodine could lead to serious long-term repercussions for the country. As early as 1977, Martindale: The Extra Pharmacopoeia, concluded that "continued administration of iodine is known to lead to mental depression, nervousness, insomnia, impotence, myxoedema and goitre." Also a recent survey in Ernakulam district in Kerala, India found that 22 per cent of adults still suffer from thyroid dysfunctions despite 97.5 per cent of the district's population using iodised salt.

"We fear that there could be a link between the rising cases of mental illnesses and other symptoms such as heart diseases and high blood pressure and excess iodine intake. This needs to be studied and probed," said Swami Brahmatej. "We love and care for our country and our people. The ban on natural salt is a direct blow to our right to choose. Today, it's salt; tomorrow it could be water or any other food that we eat. Knowing full-well the dangers of alcohol and cigarettes, they are still sold in the open market, with a mere statutory warning. How can we justify the ban on common salt?" asked Swami Brahmatej.

"In our country salt is connected to our loyalty and self respect. The first salt satyagraha awakened the country to the bondage of the British. The second one will awaken us from our slumber and complacency and make us stand up for our rights," he said.

If you are interested in having more information on WHY WE ARE AGAINST THE BAN? Please send an e-mail to us at aolcbe@gmail.com

**QUESTION AND ANSWERS FROM GURUJI.**

Q: Guruji, what steps can one take to let go of a relationship headache?

A: There are no steps, one should just let go. As in the vedas, when someone dies, they are cremated and only ashes are left. When you put the ashes in the river, you don't even look at where they are going, you just turn back, you go away from the past. Why hang on to something that has gone? Life is too short to worry about what has happened in the past.

Q: When I am sad, I don't do spiritual practices, there is a resistance. Why is this? Please help me.

A: Why do you want to understand? That's how it is. If you observe your breath, deep within, a desire for pleasure and happiness is engraved there. Everything you do is because you want some joy. There are two ways to get rid of this. The first way, the Buddhist way, is to know that this wanting for joy is the cause of problems. The other way, the Vedic way, is to know, 'I want greater happiness than this... the ultimate happiness.' Both are the same.

Q: Can you be peaceful and, at the same time, have a career in the armed forces?

A: Why not? You can retire fast in the armed forces, have a greater pension and a happy life. Anyway, now there aren't any wars, apart from Iraq. It's not like Vietnam. You know, 43 Iraqis came to the Bangalore Ashram, some were doctors and engineers, and they took the courses... now they will go back to Iraq to bring peace through the Art of Living courses. It's good news.

Q: How can one deal with anger?

A: I have a technique for you. Whenever you get angry, sing. If you get angry at your husband or wife, scold them by singing. See if you can do it. Anger comes when you go out of a certain rhythm. Music is bringing that rhythm back. The antidote for anger is music, exercise and martial arts such as karate. You know, martial arts should be practiced without anger. In the Bhagavad Gita, Lord Krishna said to Arjuna, "Fight, but not with anger or hatred." Anger does not take permission before coming. Don't regret anger. It is alright to show anger with children if required. If you don't get angry, they become so weak in the world. They cannot take criticism. You should know the limitation though. You know how much salt should be put in the food. Your finger will tell you how cold or warm the food is. As parents, don't feel guilty for scolding your children. Thinking that way, you become stressed and prepare yourself to get even more upset or angry.

Q: As the saying goes, charity begins in the home. How can we do seva outside when we are needed at home?

A: You need to balance. If you say, 'I'll do all my home work before I do seva', then seva will never happen. This is because so many things keep coming for home, it doesn't stop. You cannot neglect your home, but at home it's called duty, not seva. Outside, it is called seva.

Q: I feel I'm losing control of my life.

A: When were you in control of your life? If you ever thought you were in control of your life, then I'm sorry for your ignorance. What are you going to lose? Do you have any control over your thoughts? They come like a stream. After pranayam and meditation, you become aware of your thoughts. Now you know what's happening, then you start questioning. So now you are getting control, you are becoming aware of your thoughts. When we conducted courses in prison, prisoners remarked that they could watch their thoughts. They regret that had they learnt this before, they would not be there in prison. Don't worry, you are not losing control. These are the moments when you realize nothing is in your hands. Pray. Prayer will make your desire strong. It will fructify.

Q: Is it possible for me to observe joy and sadness, envy and praise etc. at the same time?

A: Emotions are not very clear. Sometimes you are happy with something, and unhappy with something else. Sometimes, when you change a place, you are happy about moving to the new place but sad about leaving the old place. I've seen conflicting emotions of envy and praise, even between father and son or husband and wife. Energy moves, it's a flow of energy. There's no demarcation.



WORDS OF APPRECIATION.

Thank you very much for sending Light House Magazine so promptly. I am a native of Coimbatore district, no wonder I have lot of attachment, affection, admiration for my native place. I think this (in Tamil)"man vasanai" gets into one's heart very intense, when one is away from home. Though I have been getting all the news about aol cbe I am very glad to receive LIGHT HOUSE. My heartiest congratulations to one and all for the superb seva you are doing. Aol cbe has become an ideal example for everyone to emulate. I am very proud of my native place for all its beauty, culture, courtesy, hospitality and honesty but I am all the more proud as you people have made a prominent place in the world map of AOL.

Smt.Kala Karthikeyan – Art of Living Teacher New Delhi.

For some reasons, I am not receiving rishimukh last few months even though my subscription will expire in Feb-2008.

But, I am getting the same feeling and effect after I go through the e-edition of Light House. Please continue this wonderful Seva. Jai GuruDev,

**AV Muthu
Singapore**

YOUR WORDS OF APPRECIATION AND ENCOURAGEMENT WILL INSPIRE US TO DO BETTER.

SRI ARUNJI'S 'THAEN AMUDHAM' TOUR : TIRUCHENDUR AND SANKARAN KOIL.

Have you heard of Brahmamuhurtham in the afternoon between 2 to 4 P.M,? when the air is still, refreshing with full of positive vibrations. But it happened at Tiruchendur on 25th of October, 2006 amidst the grand Skandha Shashti Festival, where thousands of pilgrims had assembled from all over India, Malaysia Singapore and Srilanka. This coastal shrine was the much talked about place of worship that stood safe amidst the onslaught of the Tsunami.



The satsang was the talk of the town as it was telecast live. The highlight of the programme was the powerful "Om Sharavana Bhava" Meditation that took the entire population off their feet, virtually the people floated in divine grace. Thus the Satsang, interspersed with Gurudev's knowledge and short inspiring stories, turned out to be one of its kind during the seven day devotional events.

While it was Brahmamuhurtham at Tiruchendur, it was Subhamuhurtham at Sankarankovil the following day, when Arunji's Satsang was held at Sri Sankaranarayana Temple from 6 to 9 P.M. AOL devotees from Rajapalayam, Srivilliputtur, Sivakasi, Tuticorin, Tirunelveli, Nagercoil, Kovilpatti.... why the entire Southern parts of Tamilnadu were represented. It was Arunji's magic all the way captivating the entire audience by his melodious voice. They listened to all the compositions first hand that will appear in the forthcoming Thaen Amudham Vol 4.

Arunji was honored and felicitated by the local VIPs. The people of Sankarankoil who were listening to the Satsang of this sort for the first time were really thrilled and no doubt they are ready to adopt the 'Art of living' in their lives in a really BIG way.

--- Sri S.Potrivelu,Tuticorin.