



LIGHTHOUSE

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Jaigurudev

With "Pranaams" to the lotus feet of our beloved GURUDEV. HIS divine grace has inspired us to bring out this sparkling e-newsletter from Coimbatore.

GURUDEV has bestowed on us an abundant wealth of knowledge. We are delighted to share with you, whatever we had collected over these years. The News-letter is compiled in PDF format and sent by E-mail to all Art of Living members who have registered their E-mail ID's in our website www.aolcbe.org.

We also look forward to receive knowledge inputs from all our readers, which will be added in our monthly E-Mail Newsletters. This monthly E-Mail News-letter is appropriately titled "**Lighthouse**", as for all of us, who are seekers of GURUDEV'S profound knowledge and timeless wisdom; this "**Lighthouse**" shall illuminate our path. Whenever, we feel we are drifting away from the path and feeling low, we are confident Gurudev's knowledge will certainly bring us back home.

We are grateful to Sri. Arunji, Chairman Vyakti Vikas Kendra India, Smt. Akila Srinivasan, State President VVK Tamilnadu, Sri. Joseph Enok , Finance Coordinator VVK Tamilnadu and Sri.R.Uthamraj, Apex Body Member VVK – Tamilnadu, the District Development Team, all the Art of Living Teachers, Facilitators and Volunteers of Coimbatore for their valuable support and encouragement.

Wishing you happy reading and Vijaya Dashami Greetings,

From Coimbatore Web seva Team.

Mani Gopalakrishnan,
Durgaprasad
Thilagarajan.

Lighthouse wishes all its readers hearty greeting on the occasion of Dussera

FROM THE HEART
ART OF LIVING - A MILLION MIRACLES NOW

Man throughout the ages has been seeking something beyond himself, beyond material welfare – something we call truth or God or reality, a timeless state, which cannot be disturbed by circumstances. This seeking stops and blossoming begins when a “Satguru” comes into his life. He gets awareness about his self and starts learning to live life purposefully.

We are all fortunate to have Gurudev guiding us. HE is an incarnation of Love, Zest and Delight and is always ready to show us the path of knowledge leading towards our destination. HE is guiding us towards the path of spiritual elevation, Atmagyaan, holistic health, crime deterrence, social and community development, value education, conflict resolution and societal healing.

Millions of people from all walks of life, across 150 countries irrespective of their nationality, religion, color, race, culture or economic status feel a sense of belonging towards HIM. Through HIS “Sudarshan Kriya” millions have been healed of their ailments, millions have experienced positive transformation in their lives and millions more are experiencing peace and inner happiness. For each one of us he has opened the flood gates within ourselves and made us aware of the rich reservoir of love in storage.

HIS Love for every individual is unconditional and unique. HE is an exceptional blend of Tranquility and Dance, Silence and Song, Wisdom and Humor and always maintains the excitement of a child. HE knows everything yet pretends, as if he knows nothing. You believe you are meeting him for the first time, but HE appears to know you for ages. In one word HE is DIVINE in human form.

The Art of Living Foundation founded by HIM, of which, we are members is completing 25 Years and an occasion like this comes very rarely in our lives. Considering the phenomenal growth of our AOL family it is expected that more than two million people will participate in the Silver Jubilee Celebrations to be held at Govt Flying Training School grounds Jakkur, Yelahanka. Bangalore during 17th to 19th February, 2006. A wonderful opportunity to see more than 2 million devotees from World over congregating and meditating in the Divine Presence of GURUDEV. This occasion will also mark the 50th Birthday celebrations of our beloved GURUDEV.

GURUDEV has invited every one of us to take part in the Silver Jubilee Celebrations. If you have in anyway sensed HIS Grace and want to involve yourself as part of the SILVER JUBILEE spectacle, be there. You just need to bring with you the love in your heart and your commitment which of course is your persona.

During the past 25years AOL has earned a distinguished reputation for uplifting individuals and society throughout the world through dissemination of knowledge and Seva Projects under the 5 H Program. A well knit group of devoted volunteers are working in different centers around the World providing humanitarian service efficiently and successfully. From Youth leadership training programs in villages to disaster management and trauma relief, Art of Living Foundation is the most sought after NGO. We are involved in the prisoner rehabilitation programs and also in reforming extremists. Our progress, familiarity, experience and endeavors through these services, have made us to think with determination about continuing these programs on a bigger magnitude for the benefit of humanity.

Continued.....page 3

There is no better thing you can leave your children than your own good actions. Giving your children a good education is great, training is great, wealth is great, but your good works for others will bring your children the most happiness, will influence their lives for the best! – *His Holiness Sri Sri RaviShankar*

During the Silver Jubilee Year the foundation is preparing itself for a great movement of love, service, knowledge and devotion which will find a place in the annals of history. This saga of service will endure for generations to come. Each one of us touched as deeply as we are by His Grace, contribute to the collective consciousness that will be responsible for this supernatural revolution.

GURUDEV has given us guidance towards a wonderful and unselfish life. We have felt and experienced his grace working on us. He has transformed our lives, and every one of us had experienced immeasurable change in our lives, be it physically, mentally, economically or socially. In return GURUDEV has not sought anything from us.

We have now come to know HIS Vision of adopting One Lakh villages in India and construction of Temples of Knowledge in select cities which includes Coimbatore. The financial resources for the same are being mobilized and this is the right time and opportunity for us to express our devotion and gratitude to GURUDEV. Let us contribute liberally either in cash or kind immediately. We are sure that there may not be a better occasion, in the near future, so just grab this chance to donate the maximum possible amount that will help to accomplish GURUDEV'S objective and at the same time an opportunity for conveying our gratitude. Remember for every trickle of wealth you share for the benefit of the community showers of blessings are bound to drench you. Again, bear in mind. We are going to be the beneficiaries of HIS great vision. The Meditation Hall to be constructed at Coimbatore will be useful for us to conduct Art of Living events.

For details regarding Donations. Please contact :

Mr. R.Uthamaraj (mobile: 98422-15015).

Coordinator Silver Jubilee Committee or Sri. C.R.Vengatesh

Address: SILVER JUBILEE CELEBRATIONS COMMITTEE

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Here is an experience from Sri. Mukul Bhatia. I hope most of us have had similar experience one time or other after coming into Art of Living family.

Subject: **An instance of His Grace**

I wish to share the following experience with you and will be happy if it can serve as an inspiration for all, as it has for some. I am a guy working in Saudi Arabia with a moderate salary and slightly difficult financial circumstances back home in India. Recently I was in Mumbai for my vacation and during one of the weekly satsangs I happened to listen to one of the Art of Living teachers talk about Guruji's vision for the Silver Jubilee celebration in Feb 2006 and 'His' call for people to come forward and contribute towards the initiation and success of the many service projects on this occasion. It touched my heart that all along I have only 'received' from Guruji, and to my greatest fortune for once my Master is asking for my contribution. So to reciprocate to His love in my own small way, on the spot I pledged to contribute one month's salary.

For the next 10 days, my small mind, with due counseling from its companion the intellect, tried to convince me that I could not make the mistake of donating one whole month's salary as it is a fairly big amount as per Indian standards and I would be in a mess if I did so! But I remained steadfast in my devotion to what I had decided in spite of being conscious of the consequences... and eventually did hand over the cheque to a volunteer along with a smile from the heart.

The real juice of the story comes now...

Upon returning to work in Saudi Arabia, I learnt that in my absence I have been given a "promotion with a handsome salary hike" and that too effective from a date well before I handed over the cheque to the volunteer in Mumbai! And mind you, our company doesn't give such increments very easily.

With this experience I only wish to share with you that I got more than what I gave, and 'much before' I gave! Truly, the Master takes nothing from you, but only finds ways to give... His Grace is unparalleled.

Jai Gurudev
Mukul

The day you feel hopeless, horrible, and worse, on that day get out of your room and ask people, "What can I do for you?" That service you have done that day will bring a revolution inside you. It will change your whole "gramophone record." - *His Holiness Sri Sri RaviShankar*

KNOWLEDGE

Indigestion of Knowledge

Knowledge must be properly digested and assimilated. Indigestion of the Knowledge leads to development of a subtle ego which has no cure. Subtle ego gives rise to habits that are not life-supporting. Indigestion of knowledge leads to:

- 🍷 Subtle ego
- 🍷 Adamancy
- 🍷 Tendency to preach
- 🍷 Using Knowledge for one's own small ends
- 🍷 Familiarity without depth or understanding--flakiness
- 🍷 Disinterest, taking for granted, lack of awareness
- 🍷 "Heart": burn

Your inability to break a habit can cause a pinch; when you are deeply pained, that will rid you of the habit. When you feel pained by your shortcomings, you are a *sadhak* (seeker). Pain takes you out of addiction. When you are in love with the Divine, you can digest the Knowledge. Love is the appetizer, seva is exercise; without love and seva, Knowledge becomes indigestible.

"I Belong To You!"

The Self being non-dual, there is no question of dependence or independence. One who seeks for independence is a beggar. One who knows that it is an illusion is a king. When the sense of belongingness is not well founded, there is a volatile state in the life of a seeker. Then the ego finds some excuse to revert to smallness,. It is not yet totally soaked in the totality of knowledge. As it is not used to it, the mind finds every little excuse to revert back to the ego and to be aloof, independent and separate; and it finds any small fault and blows it out of proportion.

The Only Thing You Must Remember

The only thing you must remember is how fortunate you are. When you forget this, you become sad. Sorrow indicates:

- 1) your attachment to negative qualities, and
- 2) your attachment to positive qualities.

Your negative qualities make you sad. And when you think you are so great, you start blaming others; this also makes you become sad. The purpose of sorrow is to bring you back to the Self, which is all joy. But this realization is possible only through Knowledge--awareness. Knowledge leads sorrow towards the Self. Without Knowledge, the sorrow does not get completed and instead multiplies. Knowledge completes sorrow. Only with the power of Knowledge do you transcend sorrow. In this Path you have everything.

This beautiful Knowledge is complete with all flavors in it: wisdom, laughter, service, silence, singing, dancing, celebration, yagyas, complaints(!), problems(!), complications(!), And chaos to add spice.

... His Holiness Sri Sri Ravi Shankar

(Contact your nearest Artofliving Bookstore/Divine Shop or visit www.bookstore.artofliving.org for Guruji's valuable knowledge in books/tapes/CDs)

Want, or desire, arises when you are not happy. Have you seen this? When you are very happy then there is contentment. "Contentment" means "no want." - His Holiness Sri Sri RaviShankar

SNIPPETS

COURSE ENROLMENT INCREASES MANIFOLD AS 'ART OF LIVING' JUGGERNAUT ROLLS

Pappampati Pirivu is a small T-junction on the Trichy Road on the way to Sulur but it has now become very popular during the past two weeks. At the Lakshmi Kalyanamandapam here from 26th September, 2005 to 9th October, 2005 two back to back courses saw about 225 participants undergoing the Part I Course. The AOL Teachers Sri. Padmanabhan & Sri Shanmugavel were so much elated to conduct the course. The volunteers in this area have done wonderful seva by spreading the awareness by word of mouth. We appreciate their good work.

THIS BIG EVENT COMES ONCE IN 5000 YEARS

Guruji has decided Live Maha Sudarshan Kriya day to be Feb 19th 2006 Guruji has said that this time it is after 5000 years that all planets and stars will be aligned in a particular way which will make it most auspicious day and time ... HE will lead Mahakriya for expected 3,50,000 people from across the globe from all walks of life

This is just one thing apart from many other spectacular things you will be part of during the Silver Jubilee celebrations (SJC) ...

Let us all start working for the Mega Grand Finale from now itself. We need to carry out many many projects and seva activities for our Silver Jubilee.

----- A Subash <a_subash2000@yahoo.com>

VISITORS' VIEWS

Some of our website (www.aolcbe.org) visitors have provided us with useful feedback, suggestions and encouragement. Our heartfelt thanks to all those who have written to us. Here are a few of those:

I am very happy to know about the dedicated website for AOL Coimbatore. As a Coimbatorean now in Doha Qatar I get the Coimbatore news through esatsang mail from time to time. Now we will be able to get more details on the developments immediately. My heartfelt congratulations to all in Coimbatore Chapter.

----- K.P.Rajasekar, Doha, Qatar

It is a very wonderful job. Kudos to you and your team. I have visited your site. The design is very catchy. I wish the other District/State Chapters of AOL in the Country emulate your example. The site provides lots of information about the AOL activities in the district. Once again congrats to you. Certainly it is the grace of the Master that makes things work.

----- Kumaran K, AOL Teacher, Mumbai

I visited the aol-cbe website. IT IS AS AMAZING AS GURUJI! it is soooo good! I have visited many aol websites that are all over the world, but THIS IS THE BEST. I appreciate the news feature. You update it so regularly!! Many congratulations to the Coimbatore volunteers. You are amazing!!! ----- Prabu <prabu@uga.edu>

Just visited your website...woow...great..ur team has done wonderful job....website very nice and very informative.....I am at Jaffna and spreading GURUDEV's knowledge in and outskirt of jaffna...

----- N.Manikandan, AOL teacher, Jaffna, Srilanka

Do you do this? Any day that you are disturbed, instead of yelling and screaming and shouting at other people here and there, blaming other people, have you ever said, "Oh, I want to do more chanting, and let me sit. Today I feel disturbed so let me go and love more people around me." Have you ever done that? – Pujya Gurudev

COIMBATORE SATSANG SCHEDULE: OCTOBER 2005



12TH OCTOBER WEDNESDAY – VIJAYADASAMI DAY-
TIME 6.30.P.M.
SHARDAMBAL TEMPLE
RACE COURSE, COIMBATORE : 641018.

15TH OCTOBER, SATURDAY TIME – 6.30 P.M.
RAMAR KOIL – RAMNAGAR,
COIMBATORE: 641 009.

16TH OCTOBER, SUNDAY TIME 4.00 P.M TO 6.00 P.M.
SIVAN KUDIL – KOVAIPUDUR,
COIMBATORE.

23RD OCTOBER, SUNDAY TIME 6.00 P.M.
OKKILIGAR SANGAM BUILDING,
ALAGESAN ROAD,
SAIBABA COLONY
COIMBATORE : 641 011.

COIMBATORE COURSE (PART-1) SCHEDULE: OCTOBER 2005

10/10/2005 TO 16/10/2005

S.No	VENUE	ADDRESS	CONTACT	TIME
1	PEELAMEDU	N.G.R. HIGH SCHOOL, OPP TELEPHONE EXCHANGE PEELAEDEU, COIMBATORE .	2667240 94433-49259	6.00 TO 8.30 P.M

17/10/2005 TO 23/10/2005

1	PURANDARADASAR HALL. R.S.PURAM	BEHIND RATHINAVINAYAGAR KOVIL STREET, R..S. PURAM, COIMBATORE: 641 002.	2392796 98422-77800 3959209	6.00 P.M TO 8.30 P.M
2	VIDHYANIKETAN SCHOOL. PULIYAKULAM	PULIYAKULAM ROAD, OPPOSITE TO KIDNEY CENTRE, PULIYAKULAM.	98432-57396 2223637 2223258	6.00 P.M TO 8.30 P.M

By The Way

In a popular Indian TV Quiz Show while the contestants could answer fluently to questions about film stars and sport stars, when it came to simple questions about our spiritual heritage many faltered. It was appalling to note the ignorance of even a high ranking government official (who must have been selected after a tough general knowledge test) about our scriptures and cultural heritage. Facts like these underline the need for educating all segments of our society about our rich spiritual and cultural heritage in proper perspective.

At the same time this is reason enough for us at aolcbe.org to start from next issue a regular feature titled 'Stories from Scriptures'. Also starting from next month will be columns like 'Herbal Health'.

Any new suggestions?

As always, we wait for your valuable feedback.

Jai Guru Dev,
aolcbe.org WebSeva Team.

There is some power, someone who is really caring for you---not just someone: there is only One in the whole universe. That One in the Universe is caring and taking care. Relax; just be peaceful.- Pujya Gurudev