



LIGHTHOUSE

VOL II NO. 1 DIWALI SPECIAL ISSUE

OCTOBER 2006



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Dear Readers,

It gives us immense happiness wishing you all a "Happy Diwali". Along with this greeting, we are also glad that our "Light House" E-Magazine is entering its 2nd year today. A lot of transformation has happened after our coming into this wonderful knowledge of Poojya Gurudev. Some have got cured of their enduring diseases and illnesses with the efficacious "Sudarshan Kriya". Some others have got rid of their bad habits and have changed for the good. But there are many who have felt abundance in life. For them they have found a sea of change in their attitude, creativity, and rapid progress in their life. Even the web seva team members, we would have been no where if we had not been into this knowledge. Grateful to Poojya Gurudev for enveloping us into his fold and we are now here. The responsibility of sharing the information with the World Wide AOL family has been very rewarding and in the process during the past one year we had been in touch with many noble souls who had kept us going. We convey our Pranaams to the lotus feet of Poojya Gurudev for whatever we are today is absolutely by his blessings.

We are grateful to Sri.Arunji, who has been inspiring our efforts and very appreciative of our work. We are also grateful to the Tamilnadu State President VVK Smt. Akila Srinivasan and T.N. Apex Body Member Sri. R.Uthamraj for the encouragement and support.

This issue covers the Tamil AMC held at Bangalore Ashram from 4th to 8th Oct 2006. We also have a special report on Sri Arunji's Divya Satsang at Dhanwantari Temple, Coimbatore.

All of us are eagerly looking forward to Poojya Gurudev's visit to Pollachi and Coimbatore on 03 & 04 Dec 06.

With Diwali and Idu'l Fitr greetings,
In Divine Service,

Mani Gopalakrishnan, Durgaprasad, Thilagarajan & Suryanarayanan.K



A SPIRITUAL SOJOURN WITH THE MASTER Experience of Tamil AMC at Bangalore Ashram



The Bangalore Ashram bathed in greenery all around, a lively place very right for a refreshing vacation. I was one among the blessed ones to enjoy the Tamil Advance Meditation Course during the first week of October'06. The magnificent Visalakshi Mantapam was the venue, from here one can not only have a panoramic view of the entire Ashram campus but also enjoy the amazing sight of the sunrise and sunset. During the night fully illuminated V.M shines like a bejeweled crown. It is absolutely an amazing work of architecture. Inside the hall divine consciousness permeates and that gives you the wellbeing to enjoy the spiritual practices effortlessly. Besides this the Ashram Dining hall and Kitchen is another marvel which feeds thousands of people three times everyday. For staying comfort the rooms are very comfortable. There are well laid pathways without any impediment to the natural flora and fauna. The lush green lawns in front of the VM, captivates one to enjoy a walk on it. Above all these our Divine Master's graceful presence is what attracts you to the Ashram.

During the five memorable days in the Ashram, I got up early in the morning enjoyed the cool weather, listened to the chirping sounds of birds as I walked my way to V.M. There Sri. Kashiji with his wit and humor, hilariously helped me to get relieved from the aches and pains. He made me stretch, sway, jump, dance and laugh. Within a few hours I could feel my body energized and flexible.

As soon as the *Sadhanas* were over, I went into another world of splendor and blissful vibrations. The Rudra Pooja , was happening at the gigantic semi dome Yagyashala . With the Vedic School boys chanting *Rudram* & *Chamakam* seated in their midst gracefully was Poojya Gurudev performing Rudra Pooja. It was indeed a blessing to see the Divine performing Pooja to the Divine. In that heavenly ambiance my eyes automatically shut to go inwards and at times they opened to have a visual feeling of the divine vibes. As Gurudev started decorating the Shiv Lingam a melodious voice from behind sang " Om Namashivya" and a few more bhajans. Finally Gurudev performed the Aarathi for the Shiva Linga. The stimulating feeling with charged up energy what a way to begin the day!.



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After breakfast and a little seva every day I went back to VM Hall where Swami Sadyojatha Course Director continued with the sessions. One of the powerful processes was keeping silence. This silence is not only a tool to augment self-discovery but also helps the body and mind get deep rest and thereby regenerate energy and enthusiasm. With Meditations and “Pranayams” I could feel the hollow and emptiness inside me. It was a tranquil journey inwards and mere words cannot suffice the blissful experience. Time passed so fast and most of the time we wished the session to extend as it was so interesting listening to Swamiji. With almost every sentence he would say “Guruji Soliyirukaru” (Guruji has said). The other teacher Smt. Vasanthi Narayanan gave us tips to keep inertia away and made us do the meditations in the afternoon sessions effectively. Gurudev came to our sessions and answered a lot of questions from the participants. The “Hari OM” Meditation guided by Gurudev is unforgettable.

In the evenings a large crowd from the city attended the satsangs. The singers with their melodious voice, and with music to the beat, the resounding claps mingled with the soulful bhajans, and the exhilarated crowd soared to almost another level of existence. At those moments nothing but sheer bliss could be experienced. A lot of questions were asked and Gurudev in his own inimitable way answered them all. With his fire of wisdom Gurudev has been dispelling the darkness of ignorance from our lives. It is a great fortune listening to him that too in Tamil language. How elegantly he gave us answers with wit and humor laced. Sri. Balsree Ramanan a fellow Coimbatorean has shared the Q & A answer sessions wonderfully well and is available in our website www.aolcbe.org.

On the concluding day inspite of his busy schedule Gurudev met each and every one of the participants individually and when my turn came up I had wanted to say so many things. The moment he came near me, I forgot all that I wanted to convey. I was speechless and with my eyes filled with tears of gratitude I bowed down to touch his lotus feet. He kept his palm over my head and all my worries anxieties just vanished I felt I had conveyed everything I wanted. Those few moments are now embalmed in my heart and will remain there forever.

Jaigurudev

**Photos Courtesy : Sri. Kumararaja, Subam Studio
Erode. Phone 98435-50836.**

M.Gopalakrishnan





A MUSICAL PRESCRIPTION



Sree Dhanwanthari Mandir, situated at the Ayurvedic Trust Hospital premises is one among the well maintained temples in Coimbatore. It is dedicated to Lord Dhanawantri an avatar of Lord Vishnu worshiped by people in need of getting relief from diseases. The rich traditional pujas and chantings together with the prayers of the people create a wonderful ambiance full of good vibrations that can heal people suffering from diseases. People from all over the world come for treatment and it is a practice that they also worship Lord Dhanwanthari and seek his blessings. During the Tamil month of "Purattasi" (from 2nd fortnight of September to 2nd fortnight of October) the Saturdays are considered auspicious for worshipping Lord Vishnu and hence a large number of people come here for worship. There is an auditorium of Sri Dhanwanthri Kalashetra, where bhajans, musical programmes, spiritual discourses are conducted on these festive days.

On 14th October, 2006, being the last of the auspicious Saturday, Sri.Arun Madhavanji of our Bangalore Ashram gave a special discourse on "Refreshing Dimensions of life Bakthi, Karma, & Gnana Yoga."

A large gathering blissfully enjoyed two and half hours of their evening, with abounding knowledge and melodious bhajans. Sri. Arunji spoke on the concept of GOD and said G stood for Gratitude, O for Obedience and D for devotion. He explained in detail on these three qualities and asked the audience to imbibe them in life. He also explained that scientific studies have proved that " Naval Pazham" (Indian Blackberry) and " Vilampazham" (Wood Apple) have medicinal properties . Especially for obese people it is very good. Our ancestors have long back explained these through "Slokas" (Hymns) in praise of Lord Ganesha.

Sri.Arunji said "Uyirodu vazvadhu vaazhkai alla ,Uyirpudu vazhavadhu than vazhkai" (Living is not just mere existence Life is to be lived with enthusiasm). To create that " Uyirpu" he said one should know the ABC of Life that is Awareness, Belongingness and Commitment, which will kindle the light that is inside in everyone. He explained in detail each with anecdotes. He mentioned how our Art of Living founded by Poojya Gurudev has been instilling these qualities in people. For the convenience of the large number of non Tamil speaking crowd he conveyed the knowledge in English as well.

In between the knowledge, Sri. Arunji gave us a foretaste of some wonderful bhajans from his forthcoming Album "Then Amudham -4" . "Sakthi Irukkudu inda moochile" with its vibrant and energizing music together with powerful lyrics will go well with youngsters. "Arul Vendum Tahyee" is very melodious with great lyrics. "Anjilee ondreya Petraan Anjilee ondreya thaavi" a very good Bhajan on Sri.Anjaneya (Sri.Hanuman). As usual Sri.Arunji kept the audience engrossed with his "Gowri Thanaya Sri Ganaraya" "Achutham Kesavam Krishnam Govindam" He made us chant the Dhanawanthri Mantra. The crest of the evening was the Chakra Meditation and for each Chakra he connected it with a City. The Meditation was very blissful. The audience most of them undergoing treatment in the Hospital had a very blissful evening. Gurudev's message has impressed them.

At the end of the Satsang a lady from Germany who was fascinated by the enriching knowledge and inspiring bhajans conveyed her gratitude to Sri. Arunji.

NEXT THAEN AMUDHAM DIVYA SATSANG BY SRI ARUNJI : >>On 25th Oct 2006 at the Kandha Sashti Festival of **Tiruchendur** Murugan Temple premises. (3pm onwards). >> On 26th October at the Sankarankoil Temple premises, near **Tirunelveli** (6 pm onwards).



VALUE EDUCATION PROGRAMME FOR CHILDREN

The Sanvitti team , Coimbatore has commenced a value education program called SANVITTI - for children between age (8 to 14 years). It's a weekly one hour program conducted over the weekend to inculcate values through interactive processes and activities . It's a free course. We welcome you to join, learn, experience, live, enjoy and enhance your life with Sanvitti. Contact details are available in www.aolcbe.org .

HAPPILY EVERAFTER



Our heartfelt congratulations to Sri N Manikandan (AOL teacher of Nagarcoil) and Dr S Jayasree of Bangalore who tied the nuptial knots at Bangalore Ashram in the divine presence of Pujya Gurudev on 04th Oct 2006. On behalf of all our readers we wish them all the best for a happy and committed married life.

INNER TRANSFORMATION

I consider peace of mind and love in heart as the biggest achievement of human life. It happened in my life only when I got churned in the divine knowledge offered by our beloved Guruji world wide. It was 01.01.1999 when I got connected with the Master through the basic course programme. Later on I attended several discourses and Silver Jubilee function at Bangalore. Combination of divine knowledge with purification of body (Panch tatwa) was the experience like pouring the clean water in the clean empty earthen jar during the course. I mean realization of self and real knowledge with feelings of joy was the experience. It is a life time realization. Today also whenever I encounter with worldly disturbing phenomena, I just close my eyes and remember those moments and Master. I get immediate solution and strength. In our course the faculty was Mr. Trehan, his wife and their two kids. During those days I was undergoing severe anxieties and depression due to upheavals of life and work generated stresses. I used to carry the load of all nonsense and irrelevant happenings around. The divine knowledge of Master has given a glimpse of real life. With some medication, meditations and attending the discourses of Guruji, I am now enjoying life with a purposeful objective. Life is just now, observe and enjoy it, love people and nature, surrender to god, are some of the key preaching's of the Master through which we are able to convert hate into love and bring peace.

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