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Rishi Vani



Understanding
INDIA



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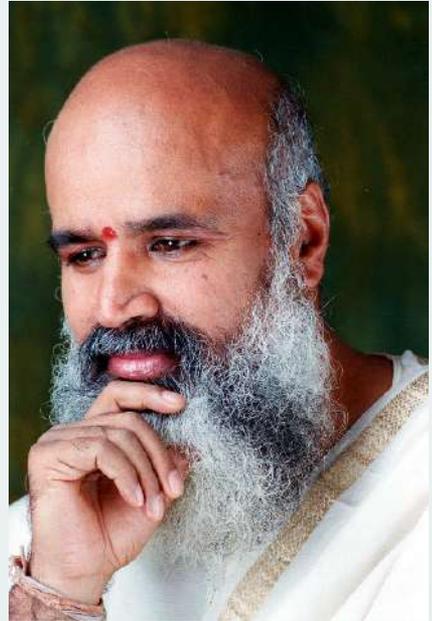
Guruji's Birthday on 2nd September (Janmashtami)

Poojya Guruji, a thousand Pranams. You have held our hands through every step of the way. On this great day we join hands in thanking you.

Your life is an example of inspiration, playfulness, simplicity, joyousness, dance, and a hundred percent commitment to a vision of creating a great world for everyone to enjoy.

On this day, we pray that you bless us to go deep into our sadhana and be a part of your vision. We are blessed to have a Master like you to guide us.

Pranams.
SSY Teachers and Meditators



Varsha Marathon ~ 2018 Katarkhadak Hills, Pune



In the midst of lush green hills, beside the lovely Mandi lake adults ran like there is no tomorrow with joy and surrender along with the Gurukulam and village children at Katarkhadak Hills. See page 34 ~

Editorial...



Dear Readers,

By the time you receive this issue of Rishi Vani, Guru Purnima will have passed. We all miss Pujya Guruji very much but he has trained so many of us and left us to continue our Sadhana and fulfill our duties towards all as 'Parents of the World'.

Hence, we find that most of our teachers have taken self responsibility to continue in various pockets what he has given us. Some have reached out to travel and include many more. Others are reaching new venues like Australia and other places in India, because what is compiled in SSY, is needed by every individual to grow so that 'Self Development to National Development' can take place.

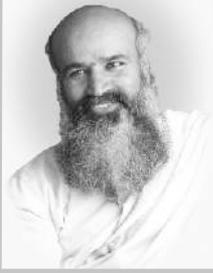
It is very easy to talk about the ancient texts and what our Gurus have taught us. But Guruji, Rishi Prabhakar went far beyond that as he had an amazing quality: to reveal that which exists and we apparently cannot see it.

Being caught up in the game of 'Rights and Wrongs', and 'Good and Bad' in this world we miss many realities. Here, Guruji opens our eyes to view; 'Chaos and Order' in the world and it's state in India. In fact, many even look down upon their own countries when they see the sparkle of materialism and order in other countries. But, Guruji helps us see new light with regard to this and Bhavinji has penned it.

Life has many coloured spectrums and Manojji has thrown light on this. We are happy to bring Vishaka ma's writings as she is bringing us wonderful articles with deep thoughts. We are also happy to bring 'Happenings and News from RSVK'.

Wish you all a very Happy Guru Purnima and hoping that you have thanked and connected to your Gurus. ~

Madhuma



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Going Within

Leads to Greater Understanding.

Greater

Understanding

Leads to Letting Go

and that Leads to

Freedom Within

&

Without .



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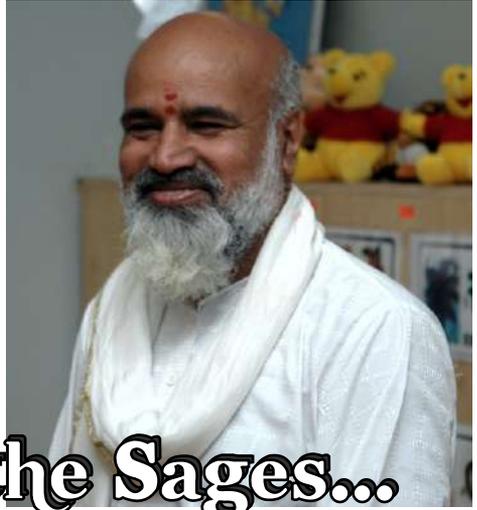
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Wisdom of the Sages...

All desires originate from the limited sense of oneself, or the ego. The desire is driven by the force of ego. It is always a process of taking something away from others. If one gains another loses. It is always a 'I win', 'you lose' situation. There is always a formidable force against you. Your expansion leads to another's contraction. This is the history of all desires and goals imagined as visions.

Desire comes from the feeling that things are limited. 'I' is more important than 'you'. It is my vision, my

desire, my plan, my right, my opportunity etc. Notice that 'I' and 'my' in all of these so-called visions.

Origin of Vision: A vision comes from a fulfilled mind and heart. It comes from a state of Everything is Okay. You are starting from Zero.

None of your past *karmas* hold you from starting from zero. You are free and happy and now envision a goal. Your happiness is not dependent upon whether the goal is manifested or not. You have to be in the state of energy where you experience 'anything is possible'. This happens when you realize that you are '**Nobody**' and life has no particular meaning.

You bring in a vision that inspires you. You are ready to give your life to your vision. Your life gets its meaning in the vision.~



Understanding India ~ 1

“Chaos often breeds life while Order creates habit’. This statement from the famous historian Henry Adams has a lot to tell. A few weeks back, on his return from Japan, Pujya Guruji, Shree Rishi Prabhakar was sharing how the whole country appeared so morose as if it has gone into a mass mourning till date ever since the Hiroshima episode.

He explained that this was simply because of too much order. Everything is right about Japan and that is the whole problem. When everything is right, the whole process becomes very mechanical and very robot-like.

Guruji had been in Japan for close to three weeks but didn't find a single man who was laughing nor one who was crying. In contrast, India is full of people who are laughing, people who are crying, people who are calling other people by shouting names across the street. It is all very vibrant.



However, most of us often condemn India for its disorderliness, its poor systems, its apparent chaos. It requires a very perceptive eye to be able to see how there is no other country like India. Let us take a deeper look into the merits of what we call order. Let us take one example to see this point. Imagine the scenario of a train in Japan or Germany vis-a-vis a train in India.

Everything seems right about the Japanese train. Jet speed, smooth movement, great décor, clean ambience. At the level of the tangible objects, everything is right.

However, at a subtler and more important level, the level of happiness of people, lots is wrong too. The train is full of sullen faces, tongue-tied people, where each one is doing his own thing and

as inaccessible as an island-unto-himself.

All passengers in these jet-speed trains are too polished to talk to each other lest they create a flutter. They are too busy with their heads reeling over a cell phone or their skulls dug inside a book. The ambience exudes nowhere close to a homely feeling, it is an office-like silence, rather a grave-yard type silence.

Compare this with an Indian train. On the face of it, everything seems wrong about the Indian trains. Slow speed, ordinary décor, somewhat unpredictable schedules, packed spaces, din and bustle. However, in what matters the most, all is right about the Indian train, a lively atmosphere and a homely feeling.

We are generally racing around on a daily basis at jet speed. A slow-running train provides you with time to be with yourself, more time to enjoy, socialize with others

and take a break in the otherwise jet-speed life. As Guruji says, unless you exercise the brakes from time to time, the vehicle running at higher and higher speeds than before, would run into a tree and be done forever.

And there is little to say of the famous din and bustle. In an Indian train, there is so much cross-talk, so many hawkers hopping in. Such cross-talk is so heartening compared to the graveyard-style silence of a jet train in Japan. Hawkers appear to make the train crowded but then they bring in what you always wanted to eat or read or buy. In the train, you have a lot of free time to do it all. All this keeps the ambience very vibrant.

And the occasional unpredictability in schedules has its own merits. Wouldn't life be boring if everything went as per our planning, as per our anticipation? In that case, we would be more like machines and less like people.



An Indian train is a kaleidoscope of emotions and of disorder. But now having a clearer picture of this vibrant kaleidoscope, cross your heart and tell the truth : What would be more fun? An Indian Rail-Gaadi or a Japanese Jet train?

I am not trying to needlessly glamorize disorder or deprecate order. Nor is this to say that we should sit on the fence and watch disorder ripping apart all order. No doubt, order too is required with disorder and both go hand-in-hand. But all I wish to convey here is that too much order is no better than too much disorder.

And what of packed spaces in the Indian train? An Indian train is sufficiently packed and so lesser number of trains required. A

country with a higher utility percentage of its transport carriers damages the environment much lesser.

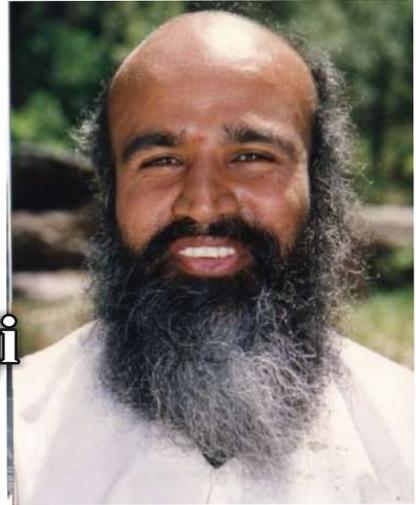
A high-speed train creates huge environmental damage. It consumes large quantities of fuels. This effect is compounded by a much lesser density of passengers and many more number of trains required. By and large, the more the luxury, the larger the carbon footprint. ~

Continued on page - 22

Knowing Guruji

Simply and loving called Guruji by all Yog Brahmarsi Shree Rishi Prabhakar is one of the most important teachers of Meditation, Consciousness, Management and Education in the world today. With studies in Engineering and early profession as scientist in Canada / USA, Guruji removed all mumbo jumbo from spirituality and presented the same in a verifiable experiential form.

Guruji's prime concern was to



offer a training that would transform the participant into a joyful loving individual and that is what Siddha Samadhi Yoga does. Several participants reported cure of many psychosomatic diseases within a few days - though unintended and that prompted Guruji to deeply study the physiology.

Several years of strenuous Sadhana

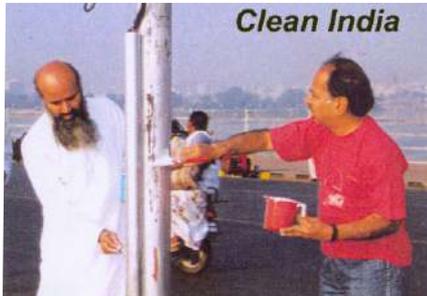
under Great Masters, silent meditators over the years and direct study of thousands of participants enlightened Guruji with a scientific analysis of physiology and its measurable relationship with mind and soul. Effects of SSY programs are a revelation even for expert medical practitioners. By undergoing the SSY programs, cleansing happens at all 5 levels of our being: see image.



The presentation becomes as much interesting to a specialized doctor or researcher as to a common person who truly cares for his sound physical and mental health. Guruji's deep concern, care and love for the whole existence took him to many cities and towns across the country to share his expertise with thousands of inquisitive citizens through a series of such seminars.

Whichever subject, it may be Education or Management, Physiology or Health, Food or Joy Therapy, Rural Development or Political System, Guruji has reached to something that is accepted as ultimate truth for the time being.

Guruji presents each subject in such a simple and lucid way that the



truth is driven into not only the mind but also the heart of everyone who sits across.

More often than not, the logic and analysis, presented by Guruji is revolutionary – never heard before and hence sometimes uncomfortable to a listener but very soon the listener starts accepting the power of truth and experience and rejoices every word flowing from Guruji – even that silence between two words or two sentences.

Whosoever listens to Guruji even for few minutes goes back with a new outlook.

Guruji has promoted several projects like Clean India – Green India, Rural Development, Gurukul based school, Global Religious Harmony programs. Annaprasad Kshetras and for the other humanitarian causes.

Guruji is composed of the 'Love of Sant Tukaram, Bhakti of Chaitanya Mahaprabhu, Truth of Gandhiji, Silence of Raman Maharshi, Patriotism of Swami Vivekanand, Simplicity of Vinoba Bhave, Spirituality of Sant Gnaneshwar'.~

The Signs of an Avadhoota

Bhagwan Vishweshwaraiah was Guru of Rishi Prabhakar since Guruji's childhood. Great souls are oblivious as also unconcerned to the ways of the world. So rapt in matters important to them they overlook the obvious. Bhagwan shares his experiences. Read on...

Frankly speaking I am not much interested in myself and my life. I sometimes forget my own self. For instance - I was once working as an apprentice at the 'Maharaja Mills', and my weaving master there was a very serious person and seemed never to have laughed in his life. He always wore a frown on his face. The only expression on his frowning face was that of anger.

Once, he came behind me and laughed loudly. I turned back in surprise and he told me that I was wearing my shirt inside out. It was then that I observed that it was so and hung my head in shame. I immediately went to the changing room, put it on properly and returned.

These sort of lapses or carelessness in dressing was a daily affair. At



another time I had gone to my institution with slippers on. I had gone to one of my students' house, and was on my way back. This student of mine started giggling. I felt hurt. I asked as to what she meant by giggling at her Guru or teacher. "I am laughing at the thought of how you managed to walk all the way by putting on a wrong slipper." (I had put the left slipper on the right foot.) Realising my mistake, I also felt shy.

At still another time I had gone for a lecture, and had left my slippers at the door. After listening to the discourse it was my habit to walk out with the speaker, speaking to him with folded hands. When I reached the door, I found my slippers missing. There were nine persons there and ten pairs of slippers. I just put on a pair and walked out. After I had walked a few yards, two persons came running after me,

each had a single slipper with them. They charged me that I had worn one each from the two pairs. Thus leaving two odd pairs and walking off comfortably with the third odd pair. I had not even felt the difference. God, who had snatched Maharshi Bhrgu 's eyes, could He give us sight?

In matters of food and dressing, I was careless. Unless someone asked me to change, I am not even aware that my clothes are dirty and I needed to change them!! One of my friends says 'Vishwa' would be wearing a woollen suit in summer and a thin shirt in winter. I would not be conscious of what I ate.

My mother used to say, "He is like a child, how will he manage when he grows older? If someone cares for him as a mother, it is okay otherwise he will be left with no one to take care of him." My brother used to call me Basavanna. This nature of mine may not leave me even after death. As the proverb goes, 'genetic

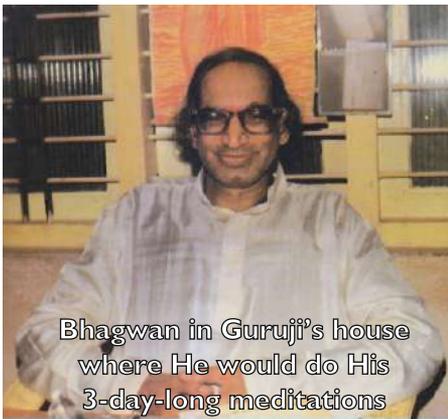
qualities will never change.'

Some have called me an Avadhoota. I am a servant of God, alright. That is the only meaning of this term as I know. One of my students told me: "You do not even bother about your belly." She said, "Some times when people give you food, you eat like a municipality van (unlimited) otherwise for days together you do not eat. And do not realise it also. What kind of a person are you?"

Many a time, I too feel what people say about me is right. I myself can not explain my own behaviour. Nasty remarks were made about my forgetful nature. I do not keep anything even the worst I shall speak out. If I hide anything and not say it out, I feel I have a disease.

If my writing is sounding crude I ask pardon of the readers. I am free with people younger to me and elder too. For instance when my mother used the word 'Shrikantha' in the course of her singing I would ask her to repeat the word. This was my father's name and Indian women do not call out their husbands' name.

"You crack jokes with elders too," she would remark. I could crack a joke even about sorrows and joys. Of course I was not like Tenali Rama Krishna making a joke of 'Kalimai.' Fearing I might make a joke of Him, God had not given me his Darshan - (grace by appearing before him). ~



By - Manoj Lekhi, January 2016

Excerpts from his book:

'Are you a Super Leader?'



Moving up the Vibrational Spectrum

In my recent trip to Cambodia, with our SSY meditation practitioners for 'Vishwa Hridaya Sammelan 2015', we visited the Angkor Wat temple. The guide explained the history of this temple. Previously it was a Hindu temple and subsequently it was invaded by various rulers.

Cambodia was ruled for hundreds of years by the French who rediscovered the Angkor Wat. All the walls are encrypted with the stories of the Ramayana and Mahabharata. Various incidents from these two mythological epics are sculpted on the walls. It took them 30 years to build that architecture. He further explained one of the wall depictions. It was divided into three parts. Heaven which is up, hell which is down and in the middle stands the earth. This was sculptured in 3 layers on the temple walls.

We have heard it from our parents and they have heard it from their parents. Somehow we simply know that heaven is up, hell is deep down

and we are on the earth. Once we die and leave the body, the God of death: Yama decides where to put us, in heaven or hell depending on the deeds done by us during the past life. Somehow this is a fantastic way to induce fear in all of us. It makes us do things in the name of fear or creates guilt in all of us.

The temple walls depict scenes and pictures of people being tortured in hell in various ways when they do something immoral. We asked the guide to inform us more about heaven.

He said that in heaven people are happy and content. They get what they wish for and are rewarded, since they have performed good deeds. Hell is the place for people who have done wrong things. They go to hell and they get punished there. It was then that I connected this to the Law of Attraction and the Law of Karma, as I understand it.

Let me illustrate the same by explaining the Vibrational Spectrum

Chart created by us (inspired by Esther Hicks) and illustrated here. If, for instance, there is a scale of 0-100 depicting behaviour and emotions and state of mind of people, then these are the slots that these emotions occupy:

- 0 –Suicide
- 10–Revenge
- 20–Anger
- 30–Frustration
- 40–Disturbance
- 50–Irritation
- 60–Hopefulness
- 70–Peacefulness
- 80–Joyfulness
- 90–Blissfulness
- 100 – Total Oneness with the Universe/Seeing Godliness in Everyone.

0 is the lowest vibration and 100 is the highest vibration. So I thought to myself, what people meant when they were talking about heaven and hell? Whenever this took place thousands of years ago, they were talking about the state of life, their life and experience that was like heaven or hell.

I believe that there is nothing like a God of death deciding whether you belong to heaven or hell.

Heaven or hell is in fact experienced by us in each moment.

To put it in context,



to me 0 – 40 is low vibration, 41-59 is neutral and 60-100 is high. Also one can say that in the first fifty counts, we move upstream against the flow of life and in the next fifty counts we move with the flow of life.

In the first 40, we experience different levels of hell. A robber who experiences feelings of fear and insecurity while robbing is already experiencing a hell for himself. A marriage that is on the rocks where the partners are resentful is another example. A business in doldrums where everybody is frustrated is one more example.

In the 60-100 we experience different levels of heaven. A Super Leader who is all the time in gratitude experiences feelings of love, compassion and empathy and is already in heaven.

A Super Leader's awareness is very high and he lives in the higher spectrum, vibrating mostly between 80-100. This is the reason he is able to absorb all sorts of so called shocks, calamities, disturbances of the outside world like change in policies of the government etc. This resilience makes him very affluent too if he is an

"Lower vibrations exist with material reality, higher ones with mystical reality, and a full vibrational spectrum with expanded reality."

*** Dr. Valerie Hunt**

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What you know is past; what you learn ... is what you create



Getting paid for what you know is an old technology. Your remuneration is based on what you did in past. But your growth in salary, authority and freedom in the work place is going to be based on where you lead your company. The whole insecurity about not coping with the challenges, not keeping up with the demands of time etc. is due to this.

Challenges of today cannot be resolved by past solutions. What you have known so far only becomes your EGO and blocks you from finding new solutions.

Education is never about what you can repeat; it is only about how educable you are still. It is about how willing are you to explore and learn, how you enjoy the process of learning.



Today every repetitive work can be done by automation or systems. If at all it is about human intelligence in this area, converting know processes into automatic or robotic system is creation. It could be by using technology or by using the manpower available to you. As a leader in your profession you need to sharpen your creativity. This is the only quality which will keep you being the master of your life and sustain your role as a leader.

A dynamic leader is a visionary. He sees ahead of his time. He is able to see what others cannot. Only when you detach from obvious the unknown opens up.

Creation is a silent process. It originates from your deep unknown space which you explore during the meditative state. All greatest creations have happened as realization within a certain individual in his/her own inner experience of that silent moment.

Before Newton discovered Gravitational force of Earth, he and so many millions of people had seen

apples falling from trees. But it is only when he saw it happening and experienced the attraction between an apple and Earth, he understood their relationship with each other.

To be in this experience he had to be in a state where he is detached from world around him, even his own emotions at that moment and be an apple or the Earth himself.

Capacity and ability to be still without being disturbed by any external environment is the first fundamental quality you must attain. Only this quality will enhance your ability to create unknown. And this is the quality which will set you apart from just repeating the known to creator



of the unknown.

When ability to see the unknown flowers within, creation happens by itself.

This is the process of reaching one's highest potential.

Creation is a Self Realization process. ~

Creation in Silence



By - Madhu Bhatia

Creation is truly a Silent Process. One can see from our Rishis who were around us for generations. They were first and foremost Silent persons who have given the world so many firsts: Zero, exact distance from earth to the sun, etc. Awareness of the world being round was ancient awareness to India and much more.

Bhugol, the study of geography simply means bhu - earth, gol means round. The Varaha Avatar of Vishnu shows Him bring out the round earth on His horns from the depths of the ocean.

Eons ago, the Rishis were aware that the earth is round, while the rest of the world lived by: the earth is flat. These are just a few examples of awareness that India had because the base of this land was: 'Silence' which expressed into Creativity.

Archimedes discovered accidentally in silent moments of soaking in a bathtub. But Gurujii has given us a systematic method to dip into Silence and Samadhi. Gurujii always said that the scientists of today are the New Rishis. ~

By - Amrut Vivek



Quit arguing in their presence!

Since ancient times, we have been hearing - "Do not argue in front of children! Do not fight in front of children! Do not shout in front of your children!"

We have been hearing this advice from our parents and we continue to give it to our children emphatically.

What is the reason for this? This is because when they see us like this, what they see is what they imbibe!

As we are aware, today, medical science has proven that every thought or emotion we experience during pregnancy itself, has an effect on the child!

So, where does it all begin?

An experiment was conducted on ADHD children whose brain is not so developed as others. An inquiry into why the child was refusing to take milk from the bottle shaking his head left and right not wishing

to take the milk. The mother had also refused to give milk till the child was extremely hungry and whenever the child would happen to look at the mother she would feed him milk. Again after he sees for a long while she would feed him and he would do the same thing and this went on and consequently the child trained himself that only when I look at my mother I will get the milk and the brain disorder was set in because of this.

This experiment goes to show that eyes play a huge part in imbibing the qualities or the scenario when we are young. Did you know 83% of the information comes through our eyes?

Hence, children are the most impressionable specifically at the young age of 0-7 years. When they see parents fighting, arguing and shouting at each other, that is the first quality they imbibe and unknowingly they set in a deep program within themselves.

Let us talk about early childhood starting from first 0-7 years, starting from pregnancy itself.

Every bit of information is assimilated by the child through the 5 senses - sight, smell, taste, touch and sound. However, seeing with the eyes absorbs maximum information from the surroundings.

It all starts not only after birth but even before the child is born. Information assimilation commences from conception itself. All that the mother thinks is transmitted to the child, everything that the mother feels reaches the fetus, every way that the mother acts also influences the fetus. The entire programming starts the minute the baby is conceived, so quit arguments in their presence! I would go further to state, not only in their physical presence, but quit arguing in your thoughts and taking it one step further, I would reiterate quit arguing within your feelings too.

In short, quit arguments, quit fights! The point to be emphasized here is that any kind of argument between the couple is immediately relayed to the child. Whether the argument is a verbal one or a physical fight; whether the couple is arguing in thoughts or is harbouring feelings of resentment toward each other; it is emotionally damaging to the child!

Let us understand the science behind this. Every child from the fetus

stage to 2 years, up to 7 years, then next 7 years and up to next 7 years and so on, observe what they see, hear, smell, touch, feel and taste and imbibe it all! During the fetus stage, the downloading of information to the brain is fastest of all through the mother's thoughts and feelings.

In the first 2 years they are said to be in the theta state where downloading is extremely fast. In the next five years, they are in delta state and after 7 years of age they are in the alpha and gradually move into the beta state where downloading becomes slower.

Thus what we as parents do in the first 7 years, plays a huge role in the child's programming and conditioning.

The deep understanding behind this as quantum physics explains, is the atom itself which is an energy field - more nothing than something i.e. more energy than matter – the electron itself is a pure space, vibrating at a very high speed to form something called matter. Everything is just pure vibration in this universe! And vibration travels from one place to another instantly!





Although the effect on the child is at a subtle level, we cannot refute the fact that this distant arguing has a detrimental influence on the subconscious mind of the child.

Now with this understanding... Would you as a parent argue, shout, fight in the presence of your children? It is obvious that the negative vibrations arising from the disturbing arguments are reaching the children and are having a deep adverse impact on their physical and emotional health.

I often ask my audiences: "Should we fight in front of children or shout in front of children?" Obviously they say "No". Then next question is, if the child is in the other room and parents are in another, will shouting and fighting affect the child? Some of them say 'yes', some of them say 'no' because children are not visually seeing the fight. To that I respond 'definitely it affects the child'. Then next we ask; "Suppose the children are in Mumbai and parents are in Delhi, will it affect the child if parents in Delhi are shouting and fighting?" Almost all say 'no', not at all! And I answer: "Of course it does"!!

If parents are in New York and children are in Mumbai, will it affect the child? 100% of them say 'no', and I counter: "Definitely it will as it is all about the vibrations travelling!"

When a child sees and physically witnesses the actions, there is maximum effect, but even if the parents are shouting in a separate space, and child is in a separate space, the collateral damage caused cannot be ruled out. Forget about shouting, even if they speak harshly, it affects the child. Forget about speaking ill but thinking ill also impacts the child. Forget about thinking even if a couple feels resentment or irritation against each other it influences the child. Forget about that, even if they intend to be disruptive to each other, it has a harmful effect on the child. Of course it is on a more and more subtle level but it eventually is instrumental in shaping the child's emotional health.

Actions are most obvious. Subtler than actions are words with tonality; subtler than words and tone are thoughts; subtler than thoughts are feelings, and subtler than feelings are intentions towards each other.

So simply quit arguing! When we say quit arguing, more than the verbal argument, I would urge you

to quit having ill feelings towards each other if you want to have the best of parenthood. Now this applies not only in the first 7 years but even during the young adult years and definitely during their adolescence phase too.

Children unknowingly, simply keep on imbibing, all what we do, be or even think, feel or intend.

We need to become more and more aware and conscious about how we create a super relationship with our spouse so as to give the best to our child. In fact it is extremely important for the couple to share a strong bond of trust and love with each other before even planning a child. A couple joyous from within sets the ground for nurturing a joyful family.

Easier said than done!

Now the golden question; how can we stop arguing and have a wonderful relationship with our spouse so as to give the best to our children?

Well, as we say marriage is a workshop just like any other training. Just as we have learnt soft skills or hard



skills, we have learnt how to build our body, build our muscles by regular practice, we have learnt how to drive a car by regular practice, we have learnt engineering or doctoring skills with regular practice and have also learnt how to do business or profession with regular practice. In the same way marriage also has to be worked upon! Yes it is a workshop! A continuous workshop 24x7x365.

A happy marriage makes happy couples, happy couples make happy parents. Happy parents make happy children. Happy children make happy families creating a happy and loving world!

We can undergo an inner transformation on five levels to truly quit arguments and convert them into an expression of love and understanding amongst parents. These are: Words, Actions, Thoughts, Feelings and Vibrations~

To be continued in next issue....

Magic of Marriage

Come as a couple, go back as one!

**August
3rd to 6th**

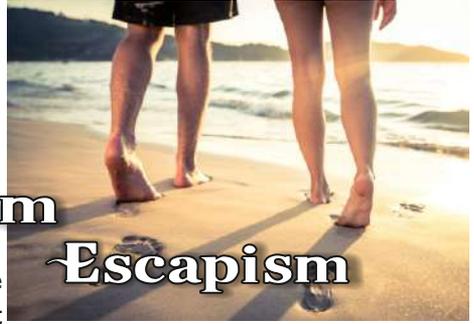
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By - Devang Shah



Escaping from

Escapism

We live in the city and call the country side a great escape. But right here in the city we stay glued to TVs, go watch movies and visit bars to escape from the daily humdrum of 'life'. I think it is the city which is a great 'escape'.

In the villages, you don't escape, you LIVE.

I am seeing people who spend money to escape from personal issues....they go shopping, they buy video games, they spend on luxury trips... basically anything that takes them away from the here and now. Then they spend their time earning more money which they 'need'.

To tell you the truth, most people go to work to escape from the fear of having to face themselves. We are afraid of ourselves and more importantly of our helplessness. But our vulnerability does not disappear by covering our heads in sand. In fact it only makes things worse.

Here's an analogy. A beach near Mumbai, Mandwa. Will you walk barefoot on this beach? Many people would call you a fool if you do, including locals. There is glass on the beach from reckless partying. So you wear shoes and continue the party.

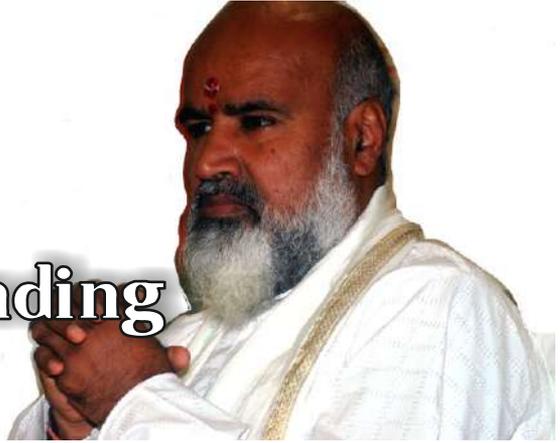
What if we all stopped wearing shoes? I think that is enough incentive to keep the beach free of glass. And I can tell you, if you weren't allowed to wear shoes on the beach, you won't throw any dirt, leave alone glass.

If we stopped running away from our helplessness, our vulnerability, the reality of the uncertainty, we would not waste our time watching movies, playing video games, wasting time at office, keeping the distance in our relationships and destroying our forests and rivers. We would get down to our life enjoying relationships, having fun, loving children, playing in the rain, jumping in muddy waters and eating from the trees. This is equivalent of walking barefoot on the beach.

If we stopped fooling ourselves into the cycle of earning and spending money, when actually we are simply escaping from the here and now, there would be enough food, water, shelter, clothes and space for everyone.

There would be no poverty.

This is the beach free of glass.~



Understanding India ~ 2

In a developed country, typically all tangible things are very important. The roads, the offices, the infrastructure, the works. Wherever tangible objects are important, people and their happiness get compromised. This is, by and large, a law.

For example, owing to our misguided approach, we wouldn't let our own child spoil the wall of our own house by scribbling over it to his utter delight. To us, the order in the room is more important than the happiness of the child. You could repaint your wall but you would never be able to revive for your child, his own childhood.



This shows how the apparent order in tangibles hides a disorder created at the level of people and their intangible well-being. If you are ready to accept disorder at the level of tangibles, you can easily create order at the level of intangible well-being of the people.

The train here was only a case in point. All of India operates in line with this principle, though incognito. Let us now also have a look into what is the law of nature: Order or Disorder?

What is more beautiful ? A garden or a forest ? A garden is all well-cut. A forest is disorder incarnate. However, a forest is far more beautiful than a garden. Don't you agree?

What is more beautiful ? A fountain or a stream? A fountain is super-symmetrical. Everything is seemingly right about the fountain? A stream bothers not of symmetry. Nevertheless, a stream is far more beautiful than a fountain.

A forest or a stream is the creation of the divine. A garden or a fountain is the creation of man. Disorder is intrinsic in the creation of divine. Order is intrinsic in the creation of man. Beauty is intrinsic in the creation of divine. Efficiency is intrinsic in the creation of man.



Strangely, disorder is beautiful; order is boring, beyond a certain point. Disorder is eternally beautiful, order is temporarily convenient.

Disorder (say, a forest) which is eternally beautiful requires less or no effort to maintain. Order (say, a garden) which is temporarily beautiful requires lots of effort to maintain.

Disorder is effortless, order is effortful.

Let us take a look into what is the nature of a human being ? What is the essence of life or the mark of a living person ? Nothing, but his capacity to violate.

A robot just can't violate a rule or flout a norm. It has to follow the rule book, it has to follow science. This makes it very boring. A human



Chaos and Order

being tends to violate every once in a while and revolt in the face of meaningless custom. He follows intelligence and not a set of orderly rules. It is this that makes him interesting.

Violations make life beautiful, a set of rules only makes life boring. Rules enhance efficiency; violations enhance fun. Rules sustain a culture; violations evolve the culture.

Rules and violations have to go hand in hand. Order and disorder have to go hand in hand.

Now, the million dollar question is: If disorder is the basis of life, why pursue order? Why is every human being perpetually involved in defeating disorder and enhancing order?

This one can be answered by another definitive quote by Henry Adams which says '**Chaos is the law of nature, Order is the dream of man**'.

All of us are into this world simply for Leela, for play. You can't play football unless you have a goalpost.

Disorder is our present state. Order is our goal-post. Were it not so,

Many of us often condemn India for its disorderliness, its poor systems, its apparent chaos. It requires a very perceptive eye to be able to see how there is no other country like India. ~ - Guruji

there would be no fun in the game. Nature supports us by increasing disorder; a human being enjoys his Leela by defeating this disorder, by reviving order.

In light of what we have discussed, try to look at India from a different paradigm and you will observe how what you see is not what you get. You have to be very perceptive and thoughtful to be able to wean the jewels out of the hay-stack.



Do not judge a book by its cover. Appearances are often deceptive. Think twice next time before you unconsciously bad-mouth places with lesser luxuries and apparent disorder and proudly migrate to places with greater luxuries and apparent order.~

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By - Louise L Hay



Relationships & Self

“All my relationships are harmonious”.

It seems all of life is relationships. We have relationships with everything. You are even having a relationship now with the book you are reading and with me and my concepts.

The relationships you have with objects and foods and weather and transportation and with people all reflect the relationship you have with yourself. The relationship you have with yourself is highly influenced by the relationships you had with the adults around you as a child. The way the adults reacted to us then is often the way we react toward ourselves now, both positively and negatively.

Think for a moment of the words you use when you are scolding yourself. Aren't they the same words your parents used when they were scolding you? What words did they use when they praised you? I'm sure you use the same words

to praise yourself.

Perhaps they never praised you, so then you have no idea how to praise yourself and probably think you have nothing to praise. I am not blaming our parents, because we are all victims of victims. They could not possibly teach you anything they did not know.

Sondra Ray, the great rebirther who has done so much work with relationships, claims that every major relationship we have is a reflection of the relationship we had with one of our parents. She also claims that until we clean up that first one, we will never be free to create exactly what we want in relationships.

Relationships are mirrors of ourselves. What we attract always mirrors either qualities we have or beliefs we have about relationships. This is true whether it is a boss, a co-worker, an employee, a friend, a lover, a spouse or child. The things you don't like about these people

are either what you yourself do or would not do, or what you believe. You could not attract them or have them in your life if the way they are didn't somehow complement your own life.

Exercise: Us Versus Them

Look for a moment at someone in your life who bothers you. Describe three things about this person that you don't like, things that you want him or her to change. Now, look deeply inside of you and ask yourself, "Where am I like that, and when do I do the same things?"

Close your eyes and give yourself the time to do this. Then ask yourself if you are - **WILLING TO CHANGE**. When you remove these patterns, habits, and beliefs from your thinking and behaviour, either the other person will change or he or she will leave your life.

If you have a boss who is critical and impossible to please, look within. Either you do that on some level or you have a belief that 'bosses are always critical and impossible to please'.



If you have an employee who won't obey or doesn't follow through, look to see where you do that and clean it up. Firing someone is too easy; it doesn't clear your pattern.

If there is a co-worker who won't cooperate and be part of the team, look to see how you could have attracted this. Where are you non-cooperative?

If you have a friend who is undependable and lets you down, turn within. Where in your life are you undependable, and when do you let others down? Is that your belief?

If you have a lover who is cold and seems unloving, look to see if there is a belief within you that came from watching your parents in your childhood that says, 'Love is cold and undemonstrative'.

If you have a spouse who is nagging and non-supportive, again look to your childhood beliefs. Did you have a parent who was nagging and non-supportive? Are you that way?

If you have a child who has habits that irritate you, I will guarantee that they are your habits. Children learn only by imitating the adults around them. Clear it within you, and you'll find that they change automatically.

This is the only way to change others - change ourselves first. Change your patterns, and you will find that 'they' are different, too.



Blame is useless. Blaming only gives away our power. Keep your power. Without power, we cannot make changes. The helpless victim cannot see a way out.

Attracting Love

Love comes when we least expect it, when we are not looking for it. Hunting for love never brings the right partner. It only creates longing and unhappiness. Love is never outside ourselves; love is within us.

Don't insist that love come immediately. Perhaps you are not ready for it, or you are not developed enough

to attract the love you want.

Don't settle for anybody just to have someone. Set your standards. What kind of love do you want to attract? List the qualities in yourself, and you will attract a person who has them.

Examine Your Beliefs

You might examine what may be keeping love away. Could it be criticism? Feelings of unworthiness? Unreasonable standards? Movie star images? Fear of intimacy? A belief that you are unlovable?

Be ready for love when it does come. Prepare the field and be ready to nourish love. Be loving, and you will be lovable. Be open and receptive to love.

Begin to believe and live by: "All my relationships are harmonious" ~

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By - Rachna Gedam

Inspiring Lives



Power of Perseverance

Marvan Attapattu is a Srilankan Cricketer. It's a story that Harsha Bhogle, India's most loved cricket commentator, loves to tell, over and over again. Making his debut in Test cricket for Sri Lanka, Marvan scored a duck in his first innings. And again, in his second innings.

They dropped him. So he went back to the nets for more practice. More first-class cricket. More runs. Waiting for that elusive call. And after twenty-one months, he got a second chance.

This time, he tried harder. His scores: 0 in the first innings, 1 in the second. Dropped again, he went back to the grind. And scored tonnes of runs in first-class cricket. Runs that seemed inadequate to erase the painful memories of the Test failures. Well, seventeen months later, opportunity knocked yet again. Marvan got to bat in both innings of the Test. His scores: 0 and 0. Phew!

Back he was to the grind. Would

the selectors ever give him another chance? They said he lacked big-match temperament. His technique wasn't good enough at the highest level. Undaunted, Marvan never gave up, kept trying.

Three years later, he got another chance. This time, he made runs. He came good. And in an illustrious career thereafter, Marvan went on to score over 5000 runs for Sri Lanka. That included sixteen centuries and six double hundreds. And he went on to captain his country. All this despite taking over six years to score his second run in Test cricket. Wow! What a guy!

How many of us can handle failure as well as he did? Six years of trying, and failing. He must have been tempted to pursue another career. Change his sport perhaps. Play county cricket. Or, oh well, just give up. But he didn't. And that made all the difference.

We all hear stories of talented people who gave up before their

potential was realized. People who changed jobs and careers when success seemed elusive.

The next time you are staring at possible failure or rejection, think of Marvan. And remember this: If you don't give up, if you believe in

yourself, if you stay the course, the run will eventually come. What more you could even become captain some day.

NEVER GIVE UP. NEVER, NEVER GIVE UP ! BELIEVE IN YOURSELF AND KEEP GOING ON. ~

*By - Manisha Navle, Principal of
BAMS Ayurvedic College*

SSY Srirampur Celebrates

Guru Purnima Celebrations at the SSY Joy and Wellness Therapy Centre at Srirampur were organised on 1st July 2018 from 5 pm onwards. The program started with melodious bhajans and sadhaks enjoyed the bhava/devotion. Galandeji introduced Acharya Suhas Phadkeji, a senior SSY teacher of Pune who hosted the program.

The program was initiated with a tree plantation session and release of Dr. Karasgaonkar's video on Pranayam. Suhasji started a thought provoking speech with inspiring examples of Guru Bhakti/devotion and Guru Mahima/importance. He gave an understanding of the difference between 'Change and Transformation'. Change is temporary but transformation is permanent.

He had a discussion with three eminent persons who gained success



and won awards in their field of work.

He questioned Dr. Deshmukh and his wife, Sujata a National award winner in farming. Suhasji asked her: 'Who was her first Guru'? She explained that her mother, father and husband played an important role in her success. She completed her education after marriage and learnt many things after marriage. She learnt time management, patience and hard work from all her workers, farmers, family members and all she met. Without any knowledge of farming she succeeded due to her ability to work hard, her openness to learn from all and her passion for farming. She gave credit for her success to her workers and all those she worked with and said

that they were her real Gurus.

Dr Avinash Deshmukh gave credit to his wife Sujata and appealed to all Sadhaks to give an opportunity to women to take their own decisions. Finally, Mr. and Mrs. Deshmukh were felicitated.

Suhasji also had a discussion with Shri Kishor Nirmalji, a successful businessman of the Prabhat Group. Kishorji explained how he started his business and what were the difficulties he faced.

He too said that his first Gurus were his parents. He visited all the states of India to see how a business runs. He thanked his poor financial condition which promoted him to shift his business. He thanked the farmers who supported him to start a separate unit for training farmers to look after the cows and their food to get a better yield of milk.

Kishorji gave credit to SSY for being the base of his success story as his entire family has undergone the SSY training. He gave credit of his success to his brother who has kept a healthy bonding in the family which lead to success. And all this has transpired because of Guru tatwa, he said. It was an inspiring revelation and finally Suhasji felicitated Kishorji.

Lastly, Suhasji introduced Shri Indrabhan Dange who is the Principal of Pritisudhaji English Medium School at Rahata and a successful educator.



He has received many awards for establishing 'The Dange Pattern of Education,' a successful educational system. Dangeji explained that he had a many Gurus, as every person from whom he learnt any art was his Guru. But his grandmother was his first Guru who taught him to work hard. He struggled in life and was diagnosed with cancer, so contemplated ending his painful life. But, then he decided to serve the students as a teacher. He shared his memory of Guruji, Shree Rishi Prabhakar's and Ramadevi Amma's visit to his school. They were an inspiration to him in making him think higher.

Dangeji, suffering from cancer detected 9 years ago overcame it because of his passion to teach children. Meeting Guruji further strengthened his path. When others see him moving around in spite of an external bag connected to his bladder and yet enjoying in this state they are highly inspired and begin to see that their own problems are very tiny. He inspires others to take care and not carry any fear.

~

Continued on page - 36

By - Hemali Raichura

This is My Experience

My Wonderful Journey with SSY

The wonderful journey of my life started 22 years ago when I joined Siddha Samadhi Yoga in August 1996. As I look back today, I see it as a most wonderful journey of my life. I used to wonder how so many shifts have happened in my life, my intellect was not ready to accept that how can I be so happy for no reason.

At the retreat also I could just come to a conclusion that this was all planned, they have played some trick to make me so happy, It took years of sadhana to understand the science behind it. And of course it would have not been possible unless a dedicated teacher was there giving it, the teacher's being is transmitted to students during SSY if they are open to receive it.

I had benefited so much that I had decided to give up my job and dedicate my life to spread this knowledge. I am so grateful to all the teachers who have helped me all through my journey. I sometimes



still wonder where this culture has brought me.

I used to get disturbed for every smallest thing not happening the way I wanted it to be, like anyone else. I would be so upset and angry that many a time I could not let go and was not able to sleep till midnight. At night I would be going on contemplating why things happened in this manner, why s/he does not understand me. I would blame and curse the other person for whatever happened. I never had the courage to go upfront and tell the person what is bothering me.

Before undergoing SSY my uncle was my saviour. I would go to him when I was very troubled and narrate to him how difficult life is. Every time I went to him the only thing he would be doing is give me some good *samskara*/ingraining such as we don't become like them,

we don't pick up from others what we don't like about them. Sharing with him would relieve me of my pain and 'not-ok' state and I would again be ready to face life as it comes.

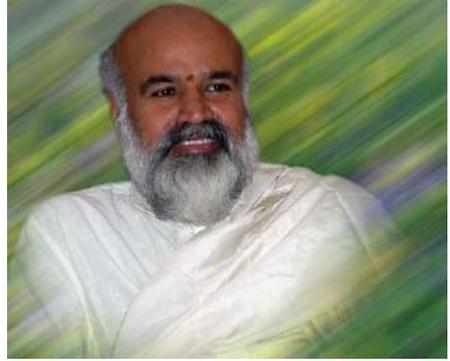
He was my guiding light till the time I did SSY and came in contact with Guruji, Madhuma and many teachers who have helped me groom and have contributed tremendously in my growth and in making me independent and self sufficient.

Today I am able to withstand the biggest shocks very, very easily. I am able to come out of it very fast and look at things very differently. Also I can find out and take up what next can be done instead of going around and getting stuck into why it happened to me.

Now as an after effect of an incident I don't stop myself from being wonderful to people around.

After SSY Madhuma became my saviour and after I lost my mother I was totally dependent on her till recently. With lot of her effort and Guruji's blessings I can say now I am learning to be independent. Now I live being fully responsible for everything that happens to me.

We are very blessed to have a Master like Guruji, Shree Rishi Prabhakar amongst us who taught us how life can be easy, effortless and enjoyable for no reason.



My *koti, koti pranams** to Guruji and all the Masters. *Prostration with my whole being.

All those who have not found a Guru in their life, may find ONE who can make their life worth living and can give them *abhay* daan*; the highest *daan/gift* given by a Guru, I am there with you, you need not worry. *Fearlessness

We all at RSVK, Rishi Samskruti Vidya Kendra, experience Guruji's presence even though He left his body in 2014. We are truly blessed.

~

What is SSY?

***It's a shift from
Outside to Inside
Taking to Giving
Noise to Silence
Bondage to Freedom
Hatred to Love
Separation to Togetherness
Exclusion to Inclusion
Humanity to Divinity
Man to God ~***

By - Rhonda Byrne

Magic Dust Everyone



Gratitude is a powerful energy, and so whomever you direct gratitude's energy toward, that's where it goes. If you think of gratitude's energy looking like sparkling magic dust, then when you express gratitude to another person in return for something you've received from them, you are literally sprinkling them with that magic dust!

Restaurants, bus or cab drivers, customer service people, cleaners, or the staff at your work. Think about the cleaners, streets, public bathrooms, trains, buses, airplanes. You can't personally say thank you to all of them, but you can sprinkle

them with magic dust by saying thank you next time you pass one of them.

If you are travelling by plane, sprinkle magic dust by saying thank you to the check-in people, the people who serve and the people next to and around you. I don't use magic dust only for the people who serve; I use gratitude's magic dust in all kinds of situations.

When I say goodbye to my daughter before she drives to her home, I feel gratitude for her having arrived home safely, and I wave my fingers in the air and imagine sprinkling magic dust over her and her car.~



By - A Runner



Varsha Marathon 2018

Monsoon is a special way in which nature expresses its love towards us!

And we were blessed to experience this abundant love at the Varsha Marathon 2018 at Rishi Gurukulam, Katarkhadak Hills, Pune.

A passionate group of about 25 Runners of Striders group, arrived from Mumbai late evening at Katarkhadak Ashram to a warm welcome of ginger tea and buttered corn. As soon as we freshened up we were treated to an energetic show of music, dance and gymnastics by the children of Rishi Gurukulam. We were amazed and in awe of their skill, flexibility, team work and the ease of their performance.

The evening concluded with a hot nourishing carb-loaded dinner.

The rain gushed and roared on the roof of the hall as we slept in, all together. We wondered if the run will happen on the next day. One by one we woke up at dawn, getting

ready to put forth our best. Our youngest member, 5 year old Neev, was all ready for the run, having eaten bread and jam for breakfast.

At the first break of sun rays we assembled at the start point where one of the experienced, 80-years young runner, Dr. P. S. Ramani guided us with warm-up and stretch exercises.

As the sky started brightening, the surrounding landscape gradually emerged, draped in all its beauty.

The Striders Runners, having run all over the world, were visiting for the first time and were mesmerized by the magnificent scenery. One exclaimed "It's a mini Ladakh!" It was truly and simply breath-taking!

With the blessings of Guruji, the Marathon started with about 130 enthusiastic runners including our Rishi Gurukulam students, teachers, first-timers and veteran runners. The exceptionally fit and determined group of Mumbai runners

were an inspiration to all of us here in this Magical Monsoon Marathon.

The long silvery road meandered like a snake through the green carpet as if specially laid out for us. A zillion shades of dazzling green - emerald, fluorescent, olive, lime, aqua - adorned the Earth's canvas. The hills surrounded us like cheer leaders and the heavy rain clouds hung low, cooling us now and then with their light drizzle. Water soaked paddy fields on the right, sleepy villages on the left and the blue-grey lake in the distance to keep us company. Sky-scaping blue above the verdant hills beckoned us on and we ran along like children in a magical land.

We ran on! 3.5 kms, 10 kms and 21 kms. We kept running, each one inspiring the other, running one step at a time, sometimes falling slow and being overtaken by the agile children of Rishi Gurukulam, sometimes running faster than we believed we could, a feeling energized by the crisp fresh air and mystical beauty of the valley.

Every 3 kms we were greeted by

the cheerful Gurukulam team who were specially stationed at the water points to offer us nourishing tidbits of bananas, coconut, jaggery, lemon juice and salt to keep us running onward. Bright red, blue and green flags fluttered in the breeze to mark our progress and a hug, a wave and a bright smile at each support point enhanced our joy of running.

The most endearing aspect of the Varsha Marathon was the 100% participation of our young, pre-primary and primary standard children of Gurukulam along with 13 village runners from Katarkhadak Zilla Parishad School. They readied themselves with start-up exercises, guided by their Sports Sir and Didis, and ran the race with sheer joy and abandon.

Each Runner, on reaching the finish point, was greeted with thundering claps and cheers from friends and supporters.

Our 21 km Monsoon Marathon culminated at the banks of Mandi Lake with the Doodh Ganga waterfalls in the backdrop in full flow...



as if celebrating our joyous run!

The surprise awaiting us was the icing on the cake! Each Runner received a unique medal, specially handcrafted by the students of our Gurukulam – A symbol of energy! A symbol of love! And a symbol of togetherness!

The Varsha Marathon 2018, under the guidance of Manojji, was excellently coordinated by Bindu, Narendra and Rahul Sir and the Katar-khadhak team and eagerly supported by Mumbai Striders Jayesh-bhai Chauhan, Devang, Preeti, Amit,

Meghana and Nandini to bring together enthusiastic Runners from age 3 years to 80 years for a most marvellous and memorable experience!!

This Rural Run was an example of perfect organization, wholehearted participation and a thrilling oneness -with each other and with resplendent nature!

We returned home with a promise in our hearts to participate again next year, to run, to laugh, to feel and to savour this exhilarating experience once again!! ~

Continued from page - 29

Dangeji's inspirational sharing enlightened all sadhaks and created a lot of confidence in all those who were suffering from different diseases.

The Guru Purnima celebrations touched all of us to experience the Guru Tatwa. We are all very fortunate that we are blessed with a great master, our beloved Gururji who had shown the path to freedom and effortlessness.

Suhasji explained that just as milk may cost only Rs. 25 per litre, but as it is churned into butter it is more valuable and when ghee is the end product it is even costlier say Rs. 500.

Similarly, the value of our lives is enhanced only when churned under the guidance of a Master or Guru.

We realised how rich we are with

SSY Srirampur Celebrates...

the SSY Sadhana. The compassion, love, bonding, seeing God in everyone, sharing and caring that we experience with SSY sadhana is truly amazing. After performing Guru Pooja, annaprasad was lovingly served to all sadhaks.~

Write to us



We invite you to share 'Inspiring stories', or 'Your Realisations', or 'Your Experiences', etc with us on Rishi Samskruti Vani, it is your magazine. Add photos and your mobile number. If you feel you cannot write; just talk to us at 093240 82188 / 9 or Email to ssyrishivani@gmail.com

By - J. P. Vaswani

Story Time



The Stunning Gift

There was a young man, an architect by profession. He married an heiress, the only daughter of a wealthy and powerful man.

Soon after the wedding, the father-in-law called the architect and said to him, "I am going to offer you a challenging assignment which anyone in your profession would love to accept!"

The architect was a greedy man. He would have preferred a more materialistic wedding present! However, he asked his father-in-law to tell him more about the project.

The wealthy man had acquired a large plot of land atop a green hill, overlooking a magnificent view of a river. It was what any architect would call a dream location. On this site, he wanted his son-in-law to design and construct a beautiful bungalow for him.

"I am going abroad and I shall be away for a year at least," he said to his son-in-law. "I leave this project

entirely in your hands. I want you to build for me the most beautiful villa you have ever designed. Money is no consideration! Just send the bills to my office. I have left instructions that you be paid as soon as the bills are submitted. No one will ask you any questions. Just give me the house of my dreams when I get back."

The unscrupulous architect saw the assignment only as an opportunity to make money. He used substandard material; he took all possible short-cuts; he made a fortune out of the assignment, and built a bungalow, beautiful to look at, but with a hundred unseen structural flaws.

'My father-in-law is such a rich man,' he thought, 'it's no sin to fleece him!'

The father-in-law returned at the end of the year.

Meeting him at the airport, the son-in-law said to him, "Sir, your bungalow is ready for inspection."

The father-in-law shook his hands warmly. "We will all go together to look at it tomorrow," he said.

The next day, father, daughter and her husband drove up the hill to see the bungalow. The architect had taken care to give it a magnificent elevation and painted it beautifully, on the outside - never mind what lay behind the appearance!

The car stopped outside the wide gates. The rich man looked at the bungalow and smiled in satisfaction. Handing over the keys of the house to his son-in-law, he said, "This is my surprise gift to your wife-my precious daughter!" The architect was



stunned to silence.

This is the great law of life-our dishonesty recoils on us!

When we think we are cheating others. We are only cheating ourselves. ~

Laughter in life



Teacher: If you have Rs.100 and I ask you for Rs.50 as a loan, how many rupees would you still have?

Student: Hundred

Teacher: What do you mean?

Student: Just because you ask me to loan Rs.50, it doesn't mean I am going to.

Teacher: How much is half of 8?

Student: Up and down, or across?

Teacher: What do you mean?

Student: Well, up and down makes a 3 and across the middle makes a 0! ~

The Strengthenner



1 cup shredded pumpkin, $\frac{1}{2}$ tsp grated ginger, 2 tsp crushed roasted sesame seeds, $\frac{3}{4}$ cup fresh grated coconut, few curry leaves, 1 tbsp lemon juice, salt to taste, 1 tsp mustard for tempering. Add black pepper as per taste. Same salad can be made with carrots or beetroot.

To enhance the taste add paneer, raisins and nuts. You may add corn in its season and garnish it with coriander. Chill and serve in a nice bowl. Kids too will enjoy it.

To make it as a sweet dish squeeze it, add condensed milk, cardamom powder minus salts and seasoning.

Liya Office: Plot No 244, Room No D-45, Sector II, Opp MTNL Office, Charkop, Ganesh Mandir Lane, Kandivali (W), Mumbai - 67

Mumbai Update



Liya - Info Center: 022 296 55 66

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7 pm to 9 pm

- 1st Aug Celebrating Life
- 8th Aug Satsang by Reshma Jain
- 15th Aug Acupressure Power Points
- 22nd Aug Life Loves You: Inner Mirror
- 29th Aug Being with Guruji



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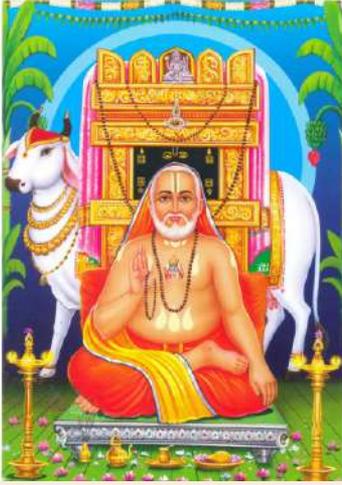
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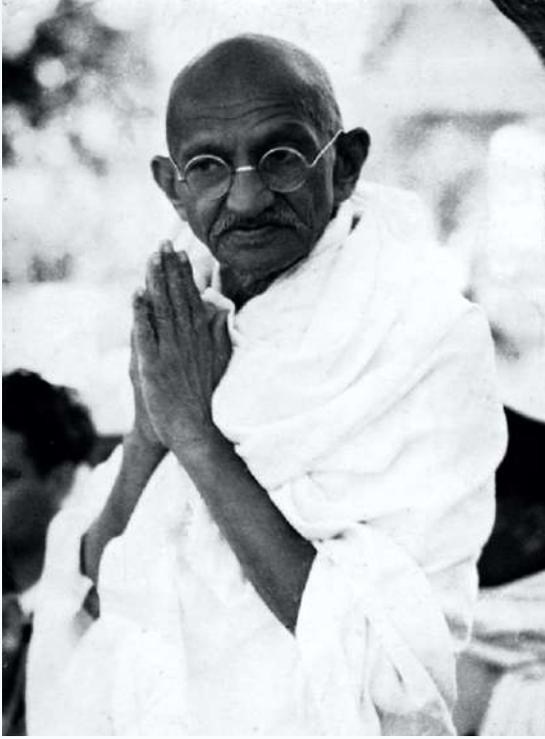
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**The Gurus and the leadership
of Mahatma Gandhi
moved our country or else
we could not have been released
from the exploitive British forces,
without a single bullet being fired.~**

- Guruji, Shree Rishi Prabhakar

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