

THURSDAY MESSAGES

(PART ONE)

(2006 MAY 18TH TO SEPTEMBER 21ST)



DR. N. GOPALAKRISHNAN, Ph.D., D.Litt.

**INDIAN INSTITUTE OF SCIENTIFIC HERITAGE
THIRUVANANTHAPURAM 695 018**

www.iish.org

Rs. 15

Heritage publication series 85

THURSDAY MESSAGES

(PART ONE)

(2006 MAY 18TH TO SEPTEMBER 21ST)



DR. N. GOPALAKRISHNAN, Ph.D., D.Litt.

**INDIAN INSTITUTE OF SCIENTIFIC HERITAGE
THIRUVANANTHAPURAM 695 018**

Heritage publication series 85

THURSDAY MESSAGES

PART ONE

(THE JOURNAL OF THE INDIAN INSTITUTE OF SCIENTIFIC HERITAGE)



THURSDAY MESSAGES (PART ONE)

Dr. N. Gopalakrishnan

M.Sc (Pharm), M.Sc (Chem), M.A. (Soc), Ph.D. (Chem); D.Litt.
(Scientist & Hon. Director IISH)

Published by:

Indian Institute of Scientific Heritage (IISH)

Registered Charitable Trust 328/99/IV

Ushus, Estate Road, Pappanamcode

Trivandrum - 695 018 (Ph. 2490149)

www.iish.org

Rs. 15/-

Printed at:

Sree Printers (DTP, Offset & Screenprinting)

Ind. Estate, Pappanamcode, TVM - 19, Ph. 2490135

DHANYATHMAN

IISH is spreading the messages of our motherland through our publications in the PDF format to all our well-wishers. Your support for the mission is welcome.

Details of the bank account

Beneficiary : IISH Trivandrum

Ac No : 57020795171

IFSC : SBIN0070030

Bank : SBI industrial estate, papanamcode
Trivandrum-19

In the service of the motherland and dharma

IISH Publication Team

Dhanyathman

'Thursday messages' is the consolidated compilation of the messages send from the Institute to thousands of the family members of IISH, every Thursday from the 18th May, 2006. This compilation is the essence of the Indian heritage for our application in the 21 century. It gives the essence of the Indian spirit and knowledge, both spiritual and scientific. For those who would like to get the bird's eye view of the heritage of India , these messages can fetch a small part of the knowledge.

We, the mission oriented workers of the Indian Institute of Scientific Heritage would like to request all of you to learn these points and teach others, which are the essence of the messages given by our great Rishies. It is easy to spread through the e mail and also through the publications.

There are two parts in Thursday messages. First, the general heritage knowledge primarily focusing on the cultural aspects, sent every Thursday . The second set is the scientific heritage of India, communicated on the first Thursday of the Sanskrit month.

Thursday messages are compiled once in four months and released as different issues with specific numbers under the same titles. Hope that you will be doing your dharma in learning, teaching and propagating the glorious heritage of our motherland, for building a strong India and taking her glory and achievements to further heights in the future. In our motherland, the past + present, science + spirituality, tradition + modern, good from inside + good from outside, value based knowledge + science based knowledge, should integrate. It should lead to the emergence of a glorious India which will be a model country for the world. Remember the words of Swamy Vivekananda " 21st Century belongs to we Indians"

2nd October, 2006

Dr. N. Gopalakrishnan

THURSDAY MESSAGE GURUVARA SANDESAM -(May 18)

Kindly inform all members of Indian Institute of Scientific Heritage. About this message and discuss for understanding more about it. Inform as many people as possible to download the speeches from www.iish.org

INTRODUCTION TO AACHAARAAS : In India the aacharaas are practiced for the following purposes and benefits -

*Aacharaath labhathe hi ayu: aacharaath dhanamakshayam
aacharaathlabhathe suprajaa: aacharo ahanthya lakshanam*

(Aacharaas are practiced for the psychological and physiological health benefits and for a long life; aacharaas are followed for prosperity and wealth; aacharaas are followed for strong family and social bondage and by following the aacharaas, one gets a fine personality and dharmic outlook/ vision) says our dharma saastra books and aacharyaas.

In India everyone practiced his/her dharma through these aacharaas for the psychological, physiological, family relation based, social benefit based and national integration based benefits. We should understand scientifically, rationally and logically the meaning and message of each and everyone of the aachara and practice them in our life and teach those messages to others.

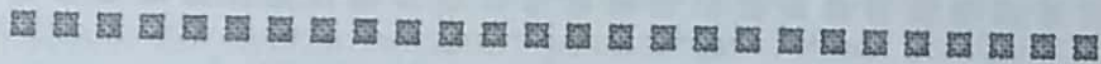
Aacharaas are the foundations of Sanathana dharma (aachara prabhavo dharma) hence Hinduism (a wrong word- it is Hindu dharma) is not a religion but a way of life i.e through these aacharaas every one leads the dharmic life. Say for example the aacharaas to be performed by mother is known as maathru dharma, by father is known as pitru dharma, by the son is putra dharma, by the husband bhartru dharma and by the wife patnee dharma. Even for the citizens we have poura dharma, for teachers the aachaarya dharma, for the kings Rajadharmam and so on !Now, The sanathana dharma can be defined thus: The maathru dharma + pitru dharma + putra dharma + putree dharma + bhartru dharma +.....+ raja dharma = sanathana dharma. The sanathana dharma has the following literal meaning also Sanaathana = chira puratana (older than the oldest) + nitya

noothana (ever novel). Dharma = dhaaranaath dharma = the one which is guiding you is dharma.

In sanathana dharma the followers have the freedom for criticizing the negatives, evaluating the merits, correcting the superstitions and mistakes, modifying the ideas based on desa (place) and kaala (time), adding any novel ideas beneficial for human beings, deleting which irrelevant and obsolete ideas/ customs, accepting anything good for the benefit of individuals/ family/society/nation, from everywhere rejecting any outdated practices. Any of the Hindu beliefs, thoughts, books, faiths, rituals, customs, concepts, can be subjected to the above process of refining through addition, deletion, correction and modification.

Because of the above freedom Hindus have as many as 1280 basic dharmic books as (mathagranthas with tens of thousands of commentaries) where as the people of other religion have ONLY ONE BOOK.

Because of the great freedom given by our Rishies for taking good from everywhere and rejecting bad at any time, Hindu dharma still remain strong even after more than a thousand years of foreign aggression and massacre. One should remember that there is not a final authority for Hindu dharma whose words are the final answers for coming to a decision on anything. You know other civilisations like Mesopotamia, Greek, Egyptians, Babylonia,,,,,,etc got wiped out from the surface of the globe Earth. Bharatheeya dharma did not die. It is giving light to billions of people world over. Its contributions have become a great subject for learning and practicing !



THURSDAY MESSAGE – GURUVAARA SANDESAM - MAY -25

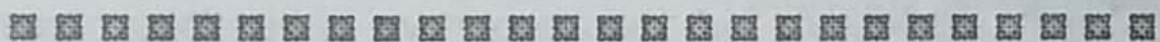
All the knowledge required for the progress of the human beings cannot be included in one book, nor one can take all the required message from one saint. Hence our forefathers wrote hundreds of books for the benefit of the human beings world over. That is sanathana dharma based literature. That is how we got more than authentic 1280 books and tens of thousands of their commentaries as our dharma granthas

Our aacharaas are explained in these books as stories, history, ritual, customs, directives, guidelines. You know that there are three factors known as the base of modern physics, the time, the space and the perceiver/observer. In the same way these three parameters influence the Hindu aacharaas also, the time and place/space of performing the aachars and also the persons who are eligible to perform it. Hence one should select good time, sacred place and cleanliness/suddhi of the body and mind.

The aacharaas are explained in puraanaas, itihasaas, dharmasastras, gruhyasootraas, sroutha sootraas, Upanishads, vedangas, upavedas, and darsanaas. The aacharaas connected with different individuals are explained in the respective books! Continuous refinement of each aachara has taken place in the course of time with the help of aacharyaas. Gurus are the reformers of Sanathana dharma.

Everyone has the freedom to refine the aacharaas by addition, deletion, modification and correction, depending upon the time, place and other parameters like country, where these aacharaas are performed. However the refining of the aacharaas is done without losing the spirit and message of the aacharaas.

The greatness of each and every aachara is that science and spirituality integrate in all these. The merits of the science and that of the value based scientific spirituality are to be utilized for personal/ family/society and national progress. Which are the prime aims of the aacharaas.



THURSDAY MESSAGE – JUNE- 1

The aacharaas do have one or more merits which can be classified under FIVE categories. Psychologically beneficial aacharaas, physiologically beneficial aacharaas, aacharaas strengthening family relation, aacharaas building the social bondage and the aacharaas beneficial for national integration.

Psychologically beneficial aacharaas : Chanting a mantra/ keerthan/ naamam. Faith in divine power (We Indians never say

god fearing but we are god loving - Eeswara Bhakti is what is required and not Daiva bhayam) taking blessing from elders, listening to the puranic and related stories, taking food with family members, visiting friends and relatives, doing yoga, sharing the problems with friends and family members.....

Physiologically beneficial aachaaraas: Doing soorya namaskara (Sun salutation) which is an ideal exercise for all the movable skeletal joints, morning prayer at the time of waking up (chanting karaagre vasathe lakshmi...) for balancing blood pumping pressure of the heart, touching the floor as bhoo vandanam (samudra vasane devi...)for releasing bio static electricity from the body through fingers, taking morning bath for cleansing external body, prayer before taking food (for activating salivary glands and digestive enzyme glands)avoid keeping head towards north while sleeping to keep the body position non-parallel to earth's magnetic field for a long period for facilitating the smooth blood flow to the brain, taking vegetarian food, putting chandan/ kumkum/bhasma/on the forehead, keeping tulasi(sacred basil) in the back of the ear, cleaning the legs/hands and face after a long walk outside,.... (you can give more examples)

Family bondage strengthening aaachaaraas: All the shodasa (sixteen) aachaaraas like, naamakaranam, annapraasanam, nishkramanam, upanayanam, vivaaham,.....etc and the concept of maathru devo bhava, pitru devo bhava, etc., the aachaaraas connected with pitrukarma/ anthyeshthi, the guruhya aachaaraas to be performed by the (married) couples,etc. are examples for this type of aachaaraas

Social bondage strengthening aachaaraas: Celebrating the festivals, like sivaratri,navaratri, janmashtami, onam, etc. Inviting family members, relatives and friends for celebrations attending family ceremonies, etc..... are the aachaaraas strengthening the social bondage and relationships.

Aachaaraas for building national integration: Doing prathasmarana by chanting the manthras in which the names of holy mountains, rivers, cities, heroes, etc., are mentioned, reading Ramayana and Mahabharatha can fetch benefits of National integration .National integration can also be achieved through

national languages/ Sanskrit, cultural traits on dress, food, Vedic and puranic messages, pilgrimage, etc.



THURSDAY MESSAGE JUNE 8

There are hundreds of sadaachaaraas in Hindu dharma. Unfortunately there are few duraachaaraas also, which create problems sometimes, if we do not analyse them properly, rationally, scientifically and logically. Almost all these durachaaraas crept into the Vedic culture at a later stage. Majority of them are only decades old, and some are centuries old and none are millennia old. Duraaachaaraas are those customs and rituals which can create permanent bad effects for any one or more than one of the following. Aachaaraas which produce psychological bad effects, physiological bad effects, affecting negatively the family relations and social bondages and also those which works against national integration. They are just opposite of the sadaachaaraas. Sadaachaaraas give positive effects and duraaaachaaraas give negative effects. There are some aachaaraas which are not required, even though they do not have any negative effects. They are known as the anaachaaraas (unnecessary aachaaraas).

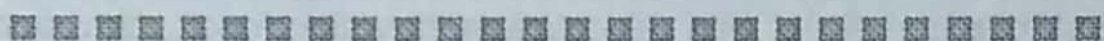
Cursing somebody, chanting mantras aiming at a bad purpose, sacrificing/kuruthi animals like chicken, goat or camels for getting something through the so called blessings of the gods, offering liquor as a part of religious rituals, misinterpreting the aachaaraas for negatives .etc are duraachaaraas.

Few more examples : It has been wrongly advised that one should stay till the cremation of the dead body, if one visits the house where someone has died. This advise was originally given for getting the support of the relatives but now misinterpreted and made a durachara. Dropping half burnt human dead body in the holy rivers like Ganga is a durachara. If anyone dies in dhanishta panchaka (dhanishtam to revati) there can be five more deaths in that house is a terrible durachara. Hanging some Chinese music instruments for vaastu based benefits for solving family

problems is a durachara. 'This week for you' astrological predictions is a misleading anachara. Predicting Mr. X is going to become the prime minister, based on the so called mundane astrology is another durachara.

Changing the positions of windows or the position of kitchen are also duraachara. Remember there are a number of good information in vastu and astrology which should not be misinterpreted. It creates superstitions in people about silly things. One has to take the benefits from Vastu and astrology instead of practicing the non-senses advised by quack type astrologers and vastu 'experts'.

Analyze every Aachaaraas and classify them as Sadaachaaraas, duraachaaraas and anaachaaraas. Select and use the best after refining them based on the scientific principles. (8th June, 2006)



THURSDAY MESSAGE- JUNE - 15

Today is Mithunam 1st, the day Sun is entering into the Sign of mithuna. The day we can take a pledge for improving ourselves. What to do for improving ourselves? According to Lord Krishna the aims and pathway for a better life is (Bhagavath Geetha) Uddhareth atmanaatmaanam na atmaanam avassadhayeth aathmaivahi athmanobhandhu: athmaiva ripuraathmana: The ultimate aim of our life is elevating/ raising/uddharanam of ourselves and never belittling ourselves. We ourselves are our best friends and we ourselves are our worst enemies. (This upadesa has been given in the 6th chapter 5th line of Bhagavath Geetha). So let us elevate/ improve ourselves, our family, our society and our motherland. Let us never denigrate ourselves, our family, our society, our culture and our motherland.

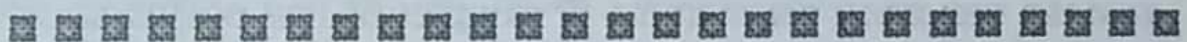
Lord Krishna has given another advise for improving ourselves jnaanam vijnaana sahitham yath jnaathwaa mokshyase asubhaath. Every bit of spiritual knowledge should be analysed and practiced scientifically for avoiding the practice of superstitions.

Lord Krishna's third message for improving ourselves is: swalpam apyasya dharmasya thraayathe mahato bhayaath: Follow atleast some/ few dharmic values in life which will protect us from many horrible negatives in the life.

Whatever we are doing or not doing are factors connected with us. Nobody has given you the responsibility to analyse what others are doing/ not doing. Worry not too much about others ! says Lord Krishna in his message : Na hi kalyaana krith kaschith durgathim thaatha gacchathi: If you do good, the good results will definitely follow and will not have to experience any negative in life. Do good and take good We will get the reward/result of every action.

Always remember this message of Lord Krishna when ego conquers you: Nimitthamaathram bhava savya saachin: "You are only a tool in the hands of the divine power". Let us elevate/ improve ourselves with all courage, devotion, dedication and sincerity and also elevate our culture and motherland. Never become a coward. It is your dharma to protect the sanaathana dharma of our motherland which is the heritage of all the 1080 million Indians.

IISH has already initiated the great mission of spreading Indian heritage to 100 million people from August 15th 2006, to August 15th 2008 as a two year program of learning and teaching Indian heritage using ultra modern scientific tools. These mission oriented activities are connected with the Shashtyabdapoorthi/ diamond jubilee (60th year) of Indian Independence. (Aug. 15th 2007)



THURSDAY MESSAGE – JUNE 22nd 2006

Today we are giving some selected concept on worship, with a scientific basis and philosophical approach.

There are 8 types of worship according to sanaathana dharma saastra.. Every Indian should know what is meant by worship through these eight methods.

1. Sravanam : Listening to good keerthans, manthras, prayer,

naama japa, stories of puranaas which are known as sravana – (listening - remember your ears)

2. Darsanam : Seeing the picture of divine power, nature, all living and non living being realizing that the divine power exist in each and every living and non living beings. Pilgrimage to temples, visiting great scholars and great avathaaras who have devoted their whole life for human welfare and also seeing all the divine people who came to the earth for serving all the god's creations. (darsanam - remember your eyes)

3. Keerthanam : Chanting manthras, keethanas, namaas, telling stories, giving upadesas, guiding people, appreciating good actions and satkarmaas, are all known as keerthanas (chanting - remember your tongue)

4. Smaranam: Remembering the divine power and the guiding force existing in all the 1.6 million type of animals, 4 lakhs type of plants 80, 000 type of trees and one million types of micro organisms. Remembering that we are only the tools in the hands of the divine power. Remembering that every second, we are under the guidance of the divine power. That is smarana (memorizing - remember your mind)

5. Archanam : Offering the flowers, manthras, fruits, leaves, etc (a part of whatever you posses) to god is archana. Even thinking that you are doing archana is also archana (offering – remember your hands)

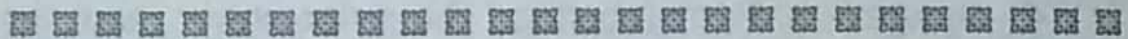
6. Vandanam : Bowing the head, saluting and doing the namaskaara to the divine power/ god and elders, scholars, gurus, parents, athithies. All these include in vandana (Remember your hands)

7. Sevanam : Serving all the creations of the Lord and treating all living beings as your own family members and implementing the applied spirituality principles of Lokaa: samasthaa: sukhino Bhavanthu . Serving the aged, orphans, sick, both people and animals is sevanam. Nara seva is narayana seva says our Rishies (Remember all your karmendriyaas)

8. Samarpanam: What ever we have as our own, offer a part of that to the deserving people or god and that is

samarpanam. Samarpanam has to be done with a good intention and selfless vision. In India we have annadaanam, vastra daanam, netra daanam, bhoo daanam, koopa daanam, raktha daanam, and so on. All these are samarpanam to god itself.

9. Some times paada sevanam is also included with the above method of worship, in which helping the people without considering any background. Those who are serving the people are known as avatharas. In India there are avatharas even today who are doing their best to serve the people, during earthquake, flood, hurricane, famine, etc. They served people directly and indirectly in Lanka, USA, Bangladesh, and in many other countries without selfish motives – hence they are known as avatharas). IISH COMMUNICATION TEAM



THURSDAY MESSAGE 29th JUNE .

Spread these messages through your friends and relatives. Give the copies of these information to the newspapers, magazines, and other publications in your region /place also. Inform everyone to download the heritage speech free from www.iish.org .Also register for getting the newsletter

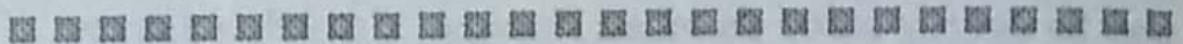
Today we are describing some thing about manthras. Many people are ignorant about manthras. There are many superstitions connected with the manthras.

What are the manthras and how many types of manthras are there. Mananena thraayathe iti mantra = by repeated chanting the one which protects you is known as manthra. When a manthra is chanted in rhythmic tone/sound with its ups and downs, it creates a melodious musical effect in the brain/ body . This effect can be defined as the neurolinguistic effect. Remember the neurolinguistic effect can be derived even if you do not know the meaning of the manthra. Hence, one need not understand the meaning of every manthra. At the same time if you know the meaning of a manthra, it has got an additional effect/advantage which is known as Neurolinguistic (NLE) + Psycholinguistic effect (PLE). Many people are doing research

and indepth studies on this subject and important results derived out of that. One of the famous professors Dr. T. Temple Tutler, of the Cleveland University, USA has conducted series of researches on the application of these effects which are remarkable. The NLE and PLE effects are due to the production and spreading of curative chemicals in the brain. These curative chemicals give smoothening and curing effect in the body. Thus mantra chanting is not a superstition/ or merely religious ritual . It can also be directly called as music therapy or mantra therapy in modern science. Listening to mantras lowers blood pressure, normalizes heart beating rate, brain wave pattern, adrenalin level and even cholesterol level. That is the reason doctors advise the people under high tension 'to sit and listen to music or mantras'. This has become an accepted practice world over like the yoga and pranayaama practices. Even chanting the keerthans, melodious bhajans, songs, etc have the good effect almost similar to the NLE and PLE as proved by the research studies published in the Indian Journal of Traditional Knowledge. However there should be a melodious pattern for the music or mantra . The music/ song/mantra should never be hard/ harsh/ rough/. The speed of chanting also should have a smoothening effect. For example Gayatri mantra chanting should be done at the range of 4 - 8 times per minute, Om Namō Narayanaaya at 38 -62 and Om Namassivaaya at 42 – 68 times per minute.

Chanting the mantras systematically at fixed times everyday can fetch very good result . In physics the time, space and observer are the three important factors. Here also the time, space and the person connected with chanting/listening mantras are three important factors for deriving benefit of mantras. Hence sareera suddhi, ahaara suddhi, mana suddhi, vaak suddhi and karma suddhi are essential for deriving the full benefit of chanting the mantra. Also the place where we are sitting should give calming and comfortable feeling. The ideal timings are the prabhata sandhya and saayam sandhya; Morning and evening. Group chanting is very good. Absolutely no mistake is expected in Vedic mantra chanting. Due to health reasons or old age if you are incapable of chanting the mantras, do not worry too much. Mantras are chanted for good and positive effects.

Whether one is chanting the manthra or not chanting it, should not become another worry for us. The ideal sound for manthra chanting can be maintained, if possible within a radius of 7 meters from the person who chants it to the person who listens. Chanting the Vedas in the Vedic way is not easy so it is advised to chant after learning under the guidance of a guru. More about manthras next Thursday- IISH COMMUNICATION TEAM



THURSDAY MESSAGE:- JULY 5th 2006

(Manthras continued): There are four types of mantras. The Vedic mantras, the puranic mantras, the itihaasic mantras and karma mantras. Veda mantras have ten types of sruthees/ swaras/ tones known as udaattha, anudaattha, swaritha, repha, hraswa, pracheya, anunaasikaa, kampa, deergha kampa, plutha. Learning the Vedas at a younger age with all these swaras is easy. Chanting Veda mantra means chanting with sruthi. According to the opinions of some scholars sruthi of Vedas is more important than its meaning. At least we have to consider that, the sruthi and meaning are equally important. Hence even without knowing the meaning one can chant/listen to the Vedas for getting the Neurolinguistic effects. If the meaning and the sruthi are known then Neurolinguistic and Psycholinguistic effects are derived for mental/ physical and spiritual merits (like normalization of brain waves, heart beat, blood pressure, cholesterol level, and the level of adrenalin in the blood – due to the formation of curative hormones/chemicals in the brain.) This is something similar to music therapy. One should remember that even the meaning of the manthra may change if not properly chanted. Hence it is generally advised that one should not chant Veda mantra carelessly, but can listen (sruthi) for getting the positive effects. One need not be a Brahmin for learning Vedas. There are many scholars in Kerala, who are not Brahmins by birth but have attained even a higher level than Brahmins, who are chanting the Veda mantras. There are thousands of ladies in Karnataka who chant Vedas perfectly and also some of them perform Yaagas. It takes years together for anyone to learn the

Vedas and rigorous customs and rituals (rules) are to be followed during the period of learning. However now a days the rigidity/strictness has come down. These strict rules and codes are implemented to see that Vedas should not go to those who are not serious. Generally the Vedas are chanted in each and every step in Yaagaas. But in poojas/ archanas and prayers only few lines/sookthas of vedas are chanted. Majority of the mantras chanted in poojas and in temple rituals are not Veda mantras. They are puraana mantras and karma mantras. Purusha sookatha, Sreesuktha, Bhaagya sooktha, Rudra, Chamaka, Navagraha sooktha, Gayatri manthra, Mruthyunjaya manthra, etc are few among thousands of the veda mantras.

Purana mantras are those mantras which are present in one or more of the eighteen mahapuranaas or upapuranaas. They can generally be chanted by anyone including ladies independent of caste and religion (even though opinion varies) with sareera sudhi, aahaara sudhi, manasuddhi, vaak suddhi and karma suddhi. In these mantras. Generally there are no rigid sruthies and rules for chanting the puraana mantras. One can opt for their own ragas. The rules for learning the purana mantras are not rigid, but one should have clear voice/sound, devotion and sincerity. Purana mantras can be chanted for poojas or as evening and morning prayers. Sometimes even as a time pass (instead of wasting time by thinking useless matters) one can chant these mantras. Lalitha sahasra naama, devi maahathmya, siva sahasranaama, ganesa sthothras, etc. are purana mantras. If you want to chant purana mantras; just go ahead ! Do not ask any questions to Pandits.

Remember that Manthra (mananena thraayathe iti manthra) Chanting is for getting a good feeling. By not chanting the manthra nothing will happen. (continues next week)



THURSDAY MESSAGE – JULY 13TH 2006

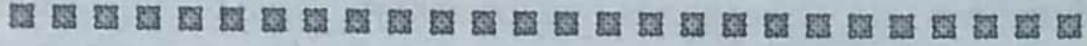
Let us continue our discussions from the previous classes.....We have already studied in our previous issues that every Indian customs and rituals are meant for the betterment of

ourselves, family, society and our nation. But aacharaas should not become a burden for our day to day life. It should not confuse us at any time. Lord Krishna Says-samsayaathmaa vinasyathi - doubting people will perish . We need not worry too much about minor issues while performing the rituals. There can be variety of variation in following the aacharaas. The variations are permitted. As mentioned before, the ultimate aim of every aacharaas is for making the life on the earth equal to heaven and not going to heaven. Hence analyse each and every aacharaas on that basis and follow them . Do not ask the doubts to those who are not an expert in the field. Do not go to fake astrologers or Vaastu experts or thaantric experts. They may mislead you. You can (or should) meet only good and sincere people who are well known experts. (this is true even in modern medicine, engineering,also). We would like to inform you that instead of deriving a benefit from practicing the aacharaas, due to doubts and negative thoughts the aacharaas should not become a burden for us/you.

Now we will continue our message on manthras , part of which was given during the last two Thursdays. You have learned in the previous issues that generally there are four types of manthras. The Vedic manthras and puranic manthras have already been discussed There are many manthras, prayers and sahasranaamas (like Vishnu sahasranama) coming as the part of Itihasa, which can be chanted like puraana manthras during poojas, prayers, etc. The only condition for chanting these manthras is that one should have pancha suddhi.sareera-ahaaramana-vaak-karma suddhies are essential Women, Hindus, Christians, Muslims, Atheists, Progressives, Leftists, Rightists, Middilists,... anyone can chant (Of course there are difference of opinions about this- logically everyone can chant these manthras with proper suddhi). They are prayers written in Sanskrit language, instead of regional languages

Karma manthras are those manthras which are Sanskrit lines/prayers/ Sanskrit statements/descriptions/ written or composed as poems/verses or as prose. Eg. Deerghaayushman Bhava, kaayena vaachaa manasaa indriyairvaa buddhyaathmanaa

vaa prakruthe swabhaavaa.....(another) ya: pateth priyatho nityam thrisandhyam sraddhayaanvithaa.....etc. All the phala sruthies of the manthras, many prayers, many praarthanas (kaamyas and moksha prarthanas) are all karma manthras given in books connected with poojas, prayers, sookthas, etc. Some times even purana/itihahasas/ etc also give some of these karma manthras. IISH COMMUNICATION TEAM.



THURSDAY MESSAGE. 20th July 2006.

Indians pray with bhakti/devotion and not with bhaya/ fear. The concept of god in India is different from the concept of Semitic Religion. The approach towards the divine power is through the relation between devotee and the divine power which is known in Sanskrit as bhakti. The bhakti in English is the sum total of devotion + love + affection + respect towards the divine power/ god. This approach is unique Indian spirituality. Just like the human relations, the relation with the divine power/ god has also been defined very well, in Hindu dharma. It has been stated in our earlier messages that, in the Semitic religion, the relation and feeling towards the god is 'fear', in the local language it can be defined as daiva bhaya = god fearing. Hence the highly religious people are also known as 'the god fearing people'. They are afraid of god or the punishment given by god. In India, the divine relation is not through fear complex but through bhakti. As mentioned above it is a mixture of many feelings. There are different types of human relations like the relations between servant – master, among friends, parent – children, student – teacher, among lovers, etc. In sanaathana dharma these relations are simply translated into the relation between god/eeswara and bhakthas (devotees) depending upon the approach of the devotee. This relation can be classified under five + one categories. The five relations are positive and the sixth one is negative but finally it also leads to positive. Given below are these type of bhakti. Our relation with the god/divine power can also be any one of the following, or even a mixture of these.

Saantha bhaava bhakti: The respectful devotion in which the god and devotee are approaching a saantha bhava. Bhishma, Vidura, Dronachaarya, Dharmaputra had saantha bhava bhakti towards Lord Krishna. Vasishta had the same bhakti towards Sri. Rama.

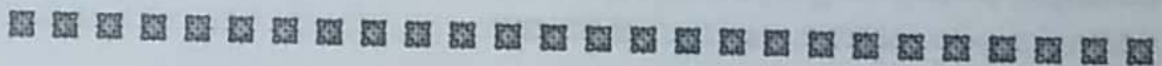
Sakhya bhaava bhakti: Devotional relation similar to that of friends. Arjuna and Uddhava had this bhava towards Lord Krishna. Sugreeva and Vibheeshana had the sakhya bhava bhakti, at the second stage of their relation, towards Sri. Rama. Sudhama/ Kuchela had this bhava.

Valsalya bhaava bhakti: Yasoda, Nandagopa and Kunti had vaatsalya bhava bhakti towards Lord Krishna particularly at earlier stages. Thyaagaraja, Viswamitra, Thulasidasa, had this type of devotion towards Sri. Rama.

Maadhurya bhaava bhakti: It is the sweet bhakti bhava like Gopikas and Meera had maadhurya bhaava bhakti towards Lord Krishna.

Daasya bhaava bhakti: The bhakti in which god is the master and the devotee is the servant. This is the bhakti that Hanuman had with Sri. Rama. Partly Sudhama/ kuchela had this bhakti (+ partly sakhya bhaava) towards Krishna at a later stage when he recived all the help from him.

Satru bhaava bhakti: This is considered as the 6th bhava which has a negative approach of doing/ thinking/ propagating/ against divine power. God is considered here as the enemy. But still the name and thought (smarana) remains in the mind always of the person, which leads indirectly to positive. The approach/ relations between Ravana and Rama, Kamsa and Krishna, Hiranyakashipu and Narasimhavataara are through satru bhava. This finally resulted in the merger of their soul to the divine power itself through Moksha from the earthly life. Their soul was not thrown to the hell for fighting against Rama/ Krishna/ Narasimhavataara. IISH COMMUNICATION TEAM (July 20th, 2006)



THURSDAY MESSAGE 27th July, 2006.

Send this message to minimum 100 people

I was asked by an American Journalist who is a Professor in the Social Works Department of the Cleaveland University. Is there anything like Ten Commandments in Sanaathana Dharma ? The answer is YES ! The ten commandments of sanaathana dharma are given by Pathanjali Maharshi, 2400 years ago in Yoga sootra/saastra . They are the following upadesas.

In the Ashtanga Yoga the ten commandments (dasopadesa) are given in two sets of five each as the primary requirement for learning and teaching yoga . First set is known as Yama and second set is Niyama. The Yamaas are 1. ahimsa, 2. satyam, 3. aastheyam, 4. bhramacharyam and 5. aparigraham. The Niyamaas are 6. soucham, 7. santhosha, 8. thapa: 9. swaadhyaaya, 10. eeswara pranidhaanam. Given below is the meaning/message

Ahimsa: One should not create pain by words or deeds to others. But ahimsa never prevents protecting ourselves, our family, our society, our culture and our country using force or with weapons. Cowardice can never be justified or interpreted as ahimsa.

Satyam: Searching for and understanding the truth, fact and essence. There are two types of truths and facts. Paaramaarthika satyam (ultimate truth) and vyaavahaarika satyam (relative truth). One should understand both these truths and appropriately use them.

Aastheyam: Stealing is stheyam and non stealing is aastheyam. Taking or grabbing anything/name /fame/ position / money/ material/ is stealing. One should never do that.

Brahmacharyam: Knowing the ultimate aim and meaning of living/ life is brahmacharya. Every one is expected to understand clearly the goal of his/her life and path way to achieve the same. They are expected to understand and follow the pathway through experiment and experience for reaching the ultimate goal envisaged by self or by prakruti.

bhootha sankhya, katapayaadi sankhya and, Aryabhateeya sankhya . One should know the correct way of presenting all the four systems. Sanskrit number system is very common and many people know it, and Aryabhateya number system is not used frequently. Hence we need not worry about it. We should know the other two number systems for understanding every concept of Indian mathematics and astronomy. The same number systems are sometimes used in Ayurveda and Vaastu also. Within 30 minutes we can learn the bhootha sankhya. In Bhootha sankhya the numbers are written as Sanskrit words and their synonyms. Each of the numbers/ words has some story/ principle/ message/ historical facts/ subject... based information for getting the number value.

Roopam, bhumi (earth), sasi (moon), and all their synonyms in Sanskrit have the value- = 1 ; yama, nayaam (eyes), hastam, karnam, paadam, yugmam and their synonyms = 2 ; guna, moorthy, rama, agni, and all their synonyms = 3 ; veda, samudra, vanam, and their synonyms = 4 ; bhootha, sara, anka, praana, indriya, and their synonyms = 5 ; Rithu, rasa, chakra, and their synonyms = 6 ; Muni, rishi, adri, giri, swara, and their synonyms = 7 ; Dik, vasu, naaga, gaja, aswa and their synonyms = 8 ; graha, randra, nanda and their synonyms = 9 ; vyoma, soonya, ambara, kha and their synonyms = 0

Rudra, mahadeva, sankara and its synonyms = 11; Aditya, soorya, ravi ..= 12; viswedeve = 13; manu = 14 thithi = 15; dhruvi 18; jina 24; bhaa , nakshatra = 27; dantha = 32.

Majority of the names represent corresponding mythological, historical, scientific, philosophical information Eg. Rama = 3 (parasurama, balarama and sreerama), Agni = 3 (aahavaneeyagni, garhapatyaagni, dakshinagni.) Bhootha = 5 (pancha bhootha), Rasa = 6 (flavors are six- shad rasa). muni/rishi = 7 (saptha rishi), gaja = 8 (ashta diggajas), manu =14 (because fourteen manus). Ekadasa rudras are there in purana hence Rudra/ mahadeva =11, Dwaadasa sooryaas are mentioned hence soorya and its synonyms are =12and so on

Learn how to write a number. Write the digits/numbers in the order of 1st, 10th, 100th, 1000th, 10000th place Eg. S'ara (5) adri (7) rama (3) anala (3) yojanaani kuvayu kakshya paritha:= the circumference of the vaayumandala of earth is 3375 yojana.

The number of days in a mahayuga = vyoma(0) soonya (0) s'ara(5) adri (7) indu (1) randra (9) adri (7) adri (7) sara (5) indava (1) - vyoma-soonya-sara-adri-indu-randra-adri-adri-sara-indava = 1577917500 days . See how the number is placed towards left .

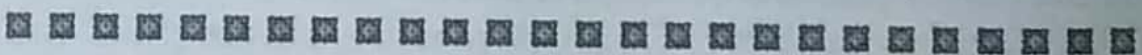
Remember that the synonyms are commonly used for all the above Sanskrit words and presenting the data in a poetical verses keeping the number of letters in each word to make the rhythm/ prosody

More examples: roopa nanda agni vasu rudra hathe = multiply with 118391; kha rasa swara muni bhootha roopa indu manava: = 141157760; sara rasa nava bhu bha ambara karna nadi veda hruthe = divide by 4420271965...

In Lakhu bhaskareeyam, Mahabhaskareeyam, Vateswara siddhantham, Aryabhateeyam, Sishyadhi vrudhi tantram, and more than a thousand mathematical/astronomical books the use of bootha sankhya is common.. In ayurvedic/metallurgical books also use of this number system can be seen at some places. Very few people know this number system. Without the knowledge of this number system one cannot understand the Indian scientific heritage.

We, Indians could not take the credit of the ancient Indian discoveries including hundreds of theorems, exclusively because of the ignorance of these number system. Say for example Gregory's theorem discovered 300 years before James Gregory by Sangama Grama Madhavacharya has this line: Vyaasaath vana sangunithaathmeaning the diameter is multiplied with vana (vana = forest = 4). None of the mathematicians knows that vana means 4. So we were/ are not in a position to interpret the theorem. Atleast now let us learn it thoroughly. There are thousands of knowledge bits still available, but remaining hidden due to the lack of the fundamental Indian knowledge like number systems.

IISH COMMUNICATION TEAM (3RD AUGUST, 2006)

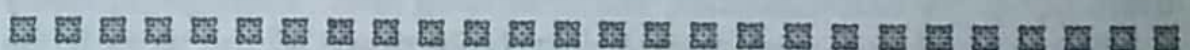


THURSDAY MESSAGE 10TH AUGUST 2006

Indian (daily- prati dina) achaaras and their scientific explanation: It is advised to wake up early morning by 5.30 (In India, Indian time) . This is the ideal time for keeping the re-energised brain cells active for the common man . For saadhakaas , it can be any time after 3.30 am as the brain is fresh to get imprinted with the saadhana messages. After waking up, sit on the bed and pray for 30 seconds . The advise given by Rishies 3000 years ago has also been now given (10 years ago) by the experts of WHO. This aachara gives the time gap for balancing the blood pressure and heart function when the body changes its position from horizontal to vertical level. Touching the earth (bhoo vandana) aimed at releasing the bio static electricity through fingers, for reducing the chances of arthritis etc. affecting the leg. It is advised to avoid bed coffee to prevent the flow of the obnoxious materials from the mouth to the stomach. After the morning routines, take bath for cleansing the external body. Do not walk in your home before bath as the body odor spreads. After bath, give a tharpanam saying maathru devo bhava for mother and pitru devo bhava for your father, if your parents are no more. Prayer in the pooja room/ prayer room for atleast 10 minutes . This will cleansse the mind. Ten times you have to take deep breath/ pranayaama for cleansing lungs and blood , five suryanamaskaras (it is now known as the king of the exercises) for smoothening movable skeletal joints of the body without taking much strain to the muscles and heart. The suryanamaskara has 7 yoga asanaas in it and when 5 Sun salutations are done per day, it is equal to doing 35 yogaasanas ! Drink two glass of tulasi water for cleansing the blood by 'washing' it and filtering the waste through kidney. Take coffee/ tea only after 10 minutes, more. Do not read the newspapers early morning just after the above routine. Because it is said that a variety of negative news goes directly to the morning fresh mind. The psychologists advice to read something else or do some other work or office work before reading the news paper. Help your children to go to school and bless them before they leave home. Go upto the gate for bidding them goodbye to the school, with a smiling face. Keep punctuality for doing anything and everything. Note down all the work to be

done, in a paper. 'X' mark after completing each work. This method saves time and energy. Before the food, spend few seconds for silent prayer or for group prayer. It activates the salivary gland and also the digestive glands. Keep a smiling face always. It reduces BP, cholesterol and adrenalin in the blood. Never think that the life is always positive. It is a mixture of positives and negatives. Keep this in mind, it will give strength for facing any incidents. Know that the 'Positives' and 'Negatives' are temporary. Go to the office/ school/ work place with positive mind and happy mood. Return home if possible at correct time, with a smiling face. Fresh up. Sit with your family and children at least 30 minutes discussing their problems and motivate them. Do, if possible a group prayer or spend ten minutes for prayer after an evening bath. Take atleast one meal a day with all family members. It can contribute for strengthening the family relation. Give and take love and affection. Appreciate the achievements of your children when they sit for studies during the late evenings. Try to go to bed in correct time, which gives the body a bio-punctuality. Never keep your head towards north on the bed because the hemoglobin is a magnetic material, which gets blocked in the brain capillary when you sleep lying parallel to the magnetic meridian of earth. It may lead to headache, irritation, loss of memory, etc. Try to avoid keeping the head towards south also, if you have enough space to keep your head towards east or west, that is best. Before going to bed spend few seconds for prayer on the bed. The prayer/ reading/working etc. should be done by keeping the face towards east, for improving the capacity of the brain functioning. This again helps to maintain smooth functioning of the heart as the body changes its position from vertical to horizontal.

Use your ears, eyes, tongue and mind for good purposes. Listen good words and make others listen good words. See good things and make others see the good things. Talk good and make others talk good. Think good and make others think good. Do good for others and let others also do good for everyone. Make every day a happy day for you, your family members and all those who are associating with you (IISH COMMUNICATION TEAM -10th august, 2006)



THURSDAY MESSAGE 17th AUGUST 2006

Dhanyathman:- Until 1947 Aug. 15th the foreign rulers of this country destroyed our culture and heritage. After 1947 Aug 15th our own rulers are destroying our self-respect glorious culture and national values. Even after 60 years of independence, the 1080 million Indians are ignorant about India and Indian heritage. They are even ignorant that they are ignorant about India. We do not have any shame to belittle and denigrate our country and culture. We, even make fun of our values, heritage, culture and laugh on ourselves. We support others when they denigrate and make fun of ourselves. Some of our thinkers, intellectuals, rulers, politicians and scientists continue to play the cruel role in these negative activities. Some of the politicians reap by dividing us, like the British rulers did. Both the foreign and Indian rulers were/are successful in the heinous activities. We always talk about values and value based education !Can we import them ? If yes, from where can we import these values ? Do you think that they are available for importing as capsules ? Look into the progress made by Japan ! A country which got resurrected from the ashes after two atom bomb explosions! How could they achieve this great position in the world .Each and every Japanese child took the pledge that he/she will build a modern Japan from the ashes using science and technology, without killing their great heritage, culture and values. The patriotism and nationalism were their roads for progress, value based life was their driving force, perfect unity was their vehicle, dedication and punctuality were their qualifications, glory of their motherland was their ultimate destination. The land of volcanoes achieved what they wanted to achieve. Now, the world is saluting Japan for their quality and efficiency. Can we not follow them? Better late than never! We may be Christians, Muslims, Hindus, atheists, leftists, rightists or middlistists... If there is a will and sound patriotism nothing is important. We are Indians that is important. Let us take the inspiration from India . We, THE INDIAN INSTITUTE OF SCIENTIFIC HERITAGE, are undertaking a great mission of spreading the modern and ancient Indian message through INDIA SIXTY VISION AND MISSION to 100 million people within a

period of two years from 2006 Aug.15th to 2008 Aug. 15th in connection with the SHASHTYABDAPOORTI of Indian independence which falls on 2007 Aug.15th. Let us all together build a proud India by inculcating self respect and patriotism in our mind. As our President Dr. A. P. J. Abdul Kalam put the mission, let us all focus our karma and dharma towards taking our *maathru bhoomi, karma bhoomi, jnaana bhoomi, yajna bhoomi to vikasitha dharma bhoomi* by 2020 or before that.

Dear Parents !

- ☺ Every parent should know that there are positives and negatives in our life. They should inform their children that there are happiness and unhappiness, gain and loss, ups and downs.... in everyone's life.
- ☺ Your children should learn *putra/putree dharma* from you, through the demonstration of your affection and respect towards your parents. Whatever way you are treating your parents you will get back in the same level.
- ☺ Your children should feel that they are the proud children of honorable parents. You should elevate yourself to that dharmic level for making them feel so.
- ☺ Explain the importance of values in the personal-family-social-life and in the cultural and national values.
- ☺ Create an awareness about the glories of the Indian heritage, the achievements of present India and the great future of the modern India.
- ☺ Create a positive vision about the future of your children. based on *sadaachaara, dharma*, love, affection, respect and dedication plus scientific knowledge.
- ☺ The academic ranks received from the schools are good but it is temporary. The true rank is based on the performance and standard of living.
- ☺ Keep your home clean, neat and fill it with love and respect in every word and deed. Your children will learn directly from this experience.

- ☺ Teach your children when and where to use (and not to use) their ears, eyes, tongue and mind for leading a meritorious life. Let your children learn from you, the truths, facts, and essence of a happy life.
- ☺ Remember that less than one third of the childhood, your children are spending in school. Remaining part they are living with you. Give all the valuable knowledge, do not expect that the school authorities will give all the values.
- ☺ Attain a status in the mind of your children as directed in *dharma saastra* : *maathru devo bhava, pitru devo bhava*, let them learn from you the principles of *raashtra devo bhava, aachaarya devo bhava* and *athithi devo bhava*..

Dear Teachers !

- ☺ Let your students get the best knowledge from your experience and exposure plus from the books, TV, Radio, CDs, Cassettes, Newspapers and so on..
- ☺ Let the students get a clear understanding how to face the failures and success in life. Give them the valuable examples and narrations.
- ☺ Teach them how to integrate science and spirituality and how to take the good from the old and from the new .
- ☺ Let them know the values of sincerity, devotion, dedication, love, respect, punctuality and optimism. Let them not become blind atheists, terrorists, selfish, pecimists and blind followers of religious doctrines and superstitions.
- ☺ Teach them how to convert the information into knowledge and how to acquire knowledge through listening, watching, discussing and intellectually analyzing.
- ☺ Tell them that they should not denigrate or belittle their heritage and Bharath. Let them not involve in cheap politics, irrational rationalism and destructive activities.
- ☺ You know that a building is constructed using bricks and cement. The bricks play the role of increasing the height of the

building and cement gives the beauty, strength and durability. Similarly using modern knowledge, let your students grow higher and higher and let the value based knowledge give strength, durability and beauty for their life.

- Just like you look after and take care of your children for fulfilling your dreams, nurture your students and make them capable of fulfilling the dreams of their parents.
- Never use sharp and cursing words. Prevent your students from becoming drunkards, drug addicts and smokers.
- You should not allow anyone to spoil the peaceful environment of the academic institution . You should attain the status of a very honorable teacher.
- Let every teacher be the guardian for their students. Let every student remember you throughout their life. Let your words be in their memory for ever.

Dear Students !

- You should feel proud that you are the inheritors of a great heritage of your motherland and say proudly that you are Indian.
- You should take all the good from modern scientific knowledge and also take good from the ancient knowledge .
- You should acquire knowledge on value based life from your parents, teachers, elders and also from the messages of great scholars.
- You should remember that there are positives and negatives in the life and prepare always to face any challenges in the life.
- You should know that there are hundreds of inventions and discoveries made by ancient Indian scientists some of which are known in the names of foreign scientists, even though you may have to write the names of foreign scientists in the answers papers for getting marks.

- ☺ You should know Indian achievements in the field of Information technology, computer science – communication- transportation – agriculture – industrial-medical- atomic energy- defense science -technology and spiritual science.
- ☺ It is the duty of every one to eradicate whatever minor negatives and superstitions present in the society with the help of science.
- ☺ You should never belittle or denigrate the heritage of Bharath. Never laugh at our achievements, never support the negative discussions degrading our culture and values. Correct those who are doing/telling negatives about our people/ country/ heritage and culture.
- ☺ Try to understand spirituality with a scientific background. But never entertain the superstitions. Do not think that all modern scientific knowledge are perfect There are many superstitions and dirty practices in the modern science too. Use sadaachaara and giveup duraachaara.
- ☺ Your daily routine should be systematic. Get up at 5.30 am, sit for 30 sec. (and pray) till your heart beat and BP get balanced, touch the floor (*bhoovandanam*) for releasing the biostatic electricity through your fingers, do not take bed coffee to avoid the dirt from the mouth going to the stomach, take morning bath for cleaning the body, pray for atleast 10 min.. for cleaning your mind, do *praanaayaama* for 5 min. for cleaning the lungs, do *soorya namaskaara* for giving a smooth and harmonious exercise to all the movable skeletal joints, drink two glass water in the morning for cleansing the blood, pray before taking food atleast few sec. for activating the digestive enzyme glands through salivary secretions and also pray before going to bed (sitting on the bed) for balancing the blood circulation. (all these spiritual *sadaachaaraas* have science in them)
- ☺ Spent atleast half an hour with your parents after the evening prayer and discuss all the happy and unhappy events of the day with them. Take at-least one of your every day home

- meals with your parents. Tell them to share their life experience with you. Childhood days are the happiest days in one's life, enjoy it every minute positively, with parents.
- ☺ Remember that the blessings of the parents is the most glorious blessing in the life. Take it every day from the parents before leaving to school. Touch the feet of parents and take the blessing messages also from them before leaving for exams.
 - ☺ You are privileged to get the care, love and affection from your parents. When your parents become old, you have to look after them by giving all the care, respect, affection and love. Never leave them in old age homes at the mercy of others. You have to remember that the way you treat your parents will reflect in the way your children treat you when you attain that age
 - ☺ You should prepare to build a happy and very useful personal and social life with a scientific vision, patriotic mission.
 - ☺ Whatever may be the limitations of our nation and culture, ours is the only nation which prayed *lokaa: samasthaa: sukhino bhavanthu.* Let everyone become happy and prosperous. *saha naa vavathu saha now bhunaktu saha veeryam karavaavahai thejaswinaavadheethamstu maa vidvishaavahai* - Let us exist together, let us share the result of the work together, let us work together, let us enlighten ourselves and let us not hate anyone. *Aa no bhadraa: krathavo yanthu viswatha:* Let noble thoughts come towards us from all over the world.
 - ☺ You should also become one of the topmost authorities in your subject .

Dear spiritual leaders !

- ☺ World over people are trying to integrate the spirituality and science. You also have a great role in this mission.
- ☺ Keep the spiritual centers and centers of worship clean and neat. Cleanliness is equal to godliness. Never make it a cinema theatre complex for cinema shows, cinematic dances, pope music, mimics, culture less dramas and so on.

- ☺ Spiritual centres should be peaceful and calm. Do not pollute the environment with sound, smoke through crackers .
- ☺ Let there be no extravaganza and luxury in the name of god during festivals. Do not convert them like market places for drunkards, smokers and drug addicts.
- ☺ *Annadaana* given as the *prasadam* should reach the poor, hungry and deserving people.
- ☺ The center should be free from politics. Keep the purity of the premises with *pancha suddhi* of the body, mind, (*ahaara*) food, *vaak* (conversations) and karma.
- ☺ The spiritual center should not become a butcher house for sacrificing goats, buffaloes, doves, chicken, ducks, camels, in the name of gods. Protecting and nurturing all living beings are the great dharma (*ahimsa paramo dharma*) and greatest sin is killing them..
- ☺ Hindu, Christian, Muslim and others with *pancha suddhi* should be permitted to enter and worship without any discrimination.

Dear intellectuals !

- ☺ True intellectuals are the guiding force of any nation. The intellectuals should not get guided by selfish motives like position, publicity, name, fame and money.
- ☺ Your knowledge and wisdom be a marking force for guiding the Indians through the dhaarmic pathway.
- ☺ Do not think that you and your knowledge can solve all the problems of our nation and let you not get addicted to liquor and political influences.
- ☺ Do not get intoxicated with the social respect and support of power you are getting . Do not become pseudo intellectuals and do not act as you are an intellectual (if you are really not).

Dear Government servants !

- ☺ You know that the rulers are not permanent in a democratic system. They may come and go so are the leaders and their

followers. Some times you may be compelled to do something bad. Do your best to keep ethics and dharma in every situation and activity.

- Whatever may be the negatives and positives you are facing, serve the deserving people without the influence of caste, religion, financial and political status.
- Do not get addicted to or influenced by bribes, liquor and immoral activities.

Dear elected parliamentarians !

- You are elected by the citizens of India and you are indebted to each and everyone in this country. You are the representative of every Indian and your activities should aim at the upliftment of India.
- Do not discriminate people in the name of caste, religion and political outlook. Never try to get focus by media by doing malpractices. Create a clean image in the mind of millions of people by doing good to them and country.
- Let you give a powerful guidance for building a modern India on the sound heritage knowledge and strong scientific and technological foundations.
- Guide the rulers to implement in our country also, the good policies successfully experimented anywhere in the world, with required modifications to suit us.
- Your words and deeds should never denigrate India and the status of Indians. Your image should not get tarnished by involving in bribes, frauds, immoral activities. A politician should never become an embodiment of evils.
- Remember that some of the policies and decisions can even ruin our country. Judge, prior to implementing, any reforms and policies. India and Indians should not suffer by your policy and decisions.
- Never follow the divide and rule policy. We have suffered

(and suffering) a lot by following that ugly policy for the last six decades. Never exploit religion, caste, politics, regional, linguistic and minority/majority issues .for your selfish motives and achievements.

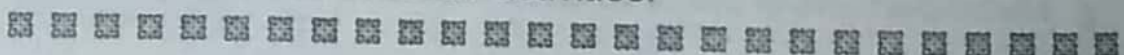
Dear media friends !

- ☺ Your words, writings, evaluations and comments should not denigrate our nation's prestige and dignity.
- ☺ Do not create inferiority complex in the readers and viewers by making fun of our culture, heritage and traditions.
- ☺ Present the news and commentaries with an impartial and unbiased analytical caliber aiming at all round corrective measures keeping the ethical standards.
- ☺ Never support the terrorism and antinational activities. Keep the rulers and public informed about the antisocial and antinational activities..
- ☺ Expose those who are exploiting the religion- caste – politics and irrelevant narrow issues. You should not support antisocial activities for improving your circulation and viewership.
- ☺ Your pen and camera should move for the poor, needy, helpless, supportless, grieving people for solving their problems.
- ☺ Communicate all good and valuable messages to the people. Let your dhaarmic courage never get diluted. Let each and everyone of you become the corrective/ guiding force for the policy makers and rulers.
- ☺ You should remember that the foreign media depend mainly on you for reporting all that what are happening in India. Anything denigrating India will be reproduced there. Millions of people will get the messages about India which should elevate and depress our image in the national and international level.
- ☺ You should keep a powerful ethical standard and always stick to that. Media plays the greatest role in maintaining law and order situation of any country.
- ☺ Media persons of the developed countries are highly matured.

Let us follow their ethical code also and attain maturity in hearing, seeing, writing and reporting.

Dear citizens of India !

- ☞ We have to remember that India is going to celebrate the 60th year of independence. But we are ignorant about our country and our glorious heritage.
- ☞ From hereafter, let us go through a different pathway, to understand all about India and let each of us become a proud Indian.
- ☞ We should take every useful knowledge- the spiritual, scientific, technological, social, anthropological or basic knowledge- from anywhere in the world and adopt with suitable refinement. Our ultimate aim should be the progress of our country . We are still following the crude policies, slogans, theories designed by the foreigners. Their ultimate aim was dividing Indians for their benefits.
- ☞ Remember the Aryan Invasion, Arya -Dravida war, Aryan - Dravidian languages, Adivasies - Dalits, the caste by birth theories are all put forth by British for proving that Indians are also invaders like the British invaders. The ultimate aim of these theories has clearly been stated by Lord Macaulay (British Parliament speech on 2nd Feb. 1835 “..unless we break the backbone of this nation, which is her spiritual and cultural heritage, and therefore, I propose that we replace her old and ancient educational system, her culture for if the Indians think that all that is foreign and English is good and greater than their own, they will lose their self esteem, their native culture and they will become what we want them.....”
- ☞ Try to understand the true history of India and learn the good and bad from the history. Never do anything further, which may negatively affect our culture .
- ☞ Never denigrate our heritage in the name of atheism, radicalism, regionalism, religious and political motives. Do not justify the criminal and antinational activities.

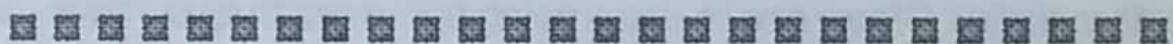


THURSDAY MESSAGE 24th AUGUST 2006

The Indian spirituality has two branches. The basic/ pure spirituality and applied spirituality. We have heard, chemistry and applied chemistry, physics and applied physics, mathematics and applied mathematics. Like that we have pure Spirituality and Applied spirituality. In India, the dharma could stand all the test of times because of the integration of the spirituality and applied spirituality in every cultural traits. The pure spirituality is defined as the understanding of the ultimate satyam (satyam = truth+ fact + essence). Our great rishies have defined this ultimate truth as the prajnanam Brahma, aham Brahmaasmi, thathwamasi, ayam athma brahma. These four lines are known as mahavaakyaas. Understanding the meaning of the Brahmam is the Brahma jnaanam, actualization of the same is Brahma saakshaathkaaram, the experience one gets when he realizes the Brahmam is Brahmaanandam. Brahmam is the ultimate truth which is the paaramaarthika satyam. According to Upanishads this is present in everything "from smallest to the biggest and in all living beings". What all the things which we are seeing are vyaavahaarika satya which are temporary in nature.

Hence it is said that Brahma satyam jagath mithya. Brahmam is present always and existing in everything, which can neither be created nor be destroyed as energy. Where as what we are seeing as existing in front of us are generally temporary and not permanent. Hence it is vyavhaariaka satyam which are temporary. If you consider the life of a laddu or a banana or yourself compared to the period of the existence of this universe, you will understand the correct meaning of mithya, which means temporary. When one is undergoing the deep thapas, sadhana and dhyaana for manay years, the mind acts as the laboratory and the saadhana acts as the experimental tool and the experience becomes the scientific observation of the ultimate Brahmam and ultimate truth. This Brahmam is defined as the intrinsic, inherent, self guiding, self motivating, self energizing, awareness (prajnaanam) and consciousness (swabhodham) present in all living and nonliving beings. Understanding and realizing this is the ultimate point of spirituality or basic (theoretical) spirituality.

Once you know that this brahmam is present in everything, that realization leads to compassion, sympathy, and all sorts of positive feelings that 'we are all one and embodiment of the same chaitanya'. Or we start realizing that we are all the part of the same chaitanya. If we are all the part of the same Brahman, then we are all the same family members. So we are one and the same embodiment of the divinity. Hence we have to exist together, work together, share the result of the work together, eat together, we have to become enlightened together, serve each other as we are all family members. This is known as applied spirituality. This is our prayer saha naa vavatu.....! lokaa samsthaa.....!....Sarve bhavantu.....! asatho maa.....! which means we are all one; whether we live in India, Lanka, America,or whether we speak different languages, follow different customs, live in different faith.....! Hence our acharyas served every living beings without any difference. That is why Indians did not convert people to their religion or to sanathana dharma, nor conquered other people using weapons, nor destroyed others. We can see the symbols of Christianity, Islam, Judaism, with the omakaram in Puttparthy, Vallikkavu, Guruji's asram, Sri. Narayana guru's temples, Chinmaya mission-Vivekananda mission, Ramakrishnasram and so on. This is because of the mission of our applied spirituality which guides us to feel that we are all one. This is the same applied spiritual force which motivates Indians when they serve the people during Tsunami, hurricanes, and earthquake or natural calamities hit. Let us understand both, the pure spirituality and applied spirituality in us. IISH COMMUNION TEAM AUGUST 24TH



THURSDAY MESSAGE 31ST AUGUST 2006.

There are three gunas in each and every living and non living beings. This has been explained in detail by Lord Krishna in Bhagavath Geetha. These Gunas are Satwa (SATWIC) Guna, Rajo (RAJASIC) Guna and Thamo (THAMASIC) Guna. Each and every individual and animal has these three gunas in their behavior. I.e. These gunas will come out in all the process of talking,

watching, thinking, analyzing, evaluating, understanding, communicating and so on. For those who have predominant level of Satwa Guna, they are known as people of satwic nature (it does not mean that they do not have other gunas. It only means that the other gunas are not predominant). Rajo guna people have Rajasic characters prominent. Similarly people of thamo guna have those characters predominant in them. There are satwic, rajasic and thamasic food, personality, work, music, dance, worship, knowledge, etc. E.g. satwic food, rajasic food and thamasic food which are respectively, good vegetarian food, milk, curd etc are satwic food, meat and animal products + highly pungent food, etc are rajasic and the alcohol/ alcoholic, fermented food, etc are thamasic food.

Even for a satwic man, depending upon the environment/ surrounding responses, the rajasic and thamasic feeling can arise. Even for a thamasic individual at instances, the satwic feeling can rise up. Hence the upsurge of the gunas depend mainly on ; what you hear-see-talk-feel-think and experience. Hence the best method for controlling ourselves is to control our ears-eyes-tongue and mind. Remember even the great Rishies with all their satwic nature can suddenly change to other nature. You know Kumbakarna is the thamasic man. But he advised Ravana in a satwic way against all the latter's misdeeds. When a satwic man takes thamasic food/drinks that influences him. The terrorism is nothing but injecting rajasic and thamasic feelings in satwic people. Bribe, murder, fight, sex and theft are combination of rajasic & thamasic qualities (generally) created by circumstances/ friendship and which is based on what you hear/see/talk/ experience.

Some people are compelled to do Rajasic work by profession. Kings, soldiers and policemen fall under this category. They may even need Rajasic food to maintain their professional qualities. Some people are expected to do thamasic job, as butchers, soldiers and security persons. Raising satwic feelings in them may even prevent them from doing their job efficiently.

Generally what an ordinary man like us to do ? If we are

laboratory should be established under the supervision of a minister who is a scholar and also in-charge of the affairs of chemicals. The laboratory should be established in a spacious clean land with four entrances/gates around the four boundary walls .

The working rooms of the laboratory should have sufficient light and ventilators/windows. The walls are to be decorated with excellent pictures. The labs should have enough cupboards and almirahs for storing things safely. The chemical (store) rooms should have doors for sufficient light and aeration.

The front of the laboratory should have a flag, a beautiful decorated umbrella type arrangement and other decorations with flowers. The melodious music should be played. The garden around the laboratory should be beautiful and clean like mirror. There should also be an auditorium with all required arrangements, in the middle of the garden." Now let us go through the Sanskrit slokas which give the above messages.

Aathanka rahithe dese dharmarajye manorame
Umamaheswaropethe samruddhe nagare subhe
karthavyam saadhanam tathra rasa rajasya dheemathaa
athyantha upavane ramye chathurdwaropa sobhithe
tathra saalaa prakarthavyaa suvistheernaa manoramaa
samyak vaathaayanopethaa divya chitrai vichitrithaa
thath sameepe samee deepthe karthavyam rasamandapam
athigupatam suveestheernam kapaataargala sobhitham
dhvaja chatra vithaanaaddyaam pushpamaalaa vilambitham
bheree kaahala ghandaa srungeenaada vinaaditham
bhuh: samaa thathra karthavyaa sudruddaa darpanopamaa
thanmadhye vedikaa ramyaa karthavyam lakshnaanwitham

RESEARCH SCHOLAR (Rasaratna samucchaya 6-6). This is definition of the research scholar working in a chemical laboratory.

"The research scholar should be devoted and dedicated towards the teacher(supervisor) having high moral and ethical values, dedication, truthfulness, loyalty, energetic, duty bound, obedient, without ego clashes and dedicated to the dharma of

the chemists . He/she should be a genius, stabilized worker knowing (and eager to know) the principles and formulae of chemistry. These are the qualification required for a research scholar who is interested in working in chemistry”.

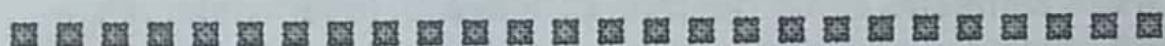
Gurubhakthaa: sadaacharaa: sathyavantho dhrudavruthaa:
niraalasyaa: swadharmajnaa: sadaa aajnaa paripaalaka:
dambha malsarya nirmuktaa: kula aachaareshu deekshithaa:
athyanta saadhakaa: saanthaa: manthra aaraadhana thalparaa:
ithyevam lakshanai yukthaa: sishyaa syu: sootha siddhaye

LABORATORY ASSISTANT (Rasa ratna Samucchaya 6 - 7). Every laboratory has an assistant for helping the chemists. What were their qualifications ? Those are given below.

The (laboratory) assistant should be highly enterprising, more dedicated than the research scholar (mentioned above) noble, obedient and dedicated to the chemistry work and to the supervisors.

Sahaayaa: sodyamaa thathra thathaa sishyaa thatho adhikaa:
Kuleenaa: swami bhakthaa cha karthavyaa rasa karmani

India could give such a perfect definitions on every aspect of a chemical laboratory, laboratory assistant and research scholar. Every aspect described can be seen in every modern laboratory, world over.



THURSDAY MESSAGE 14TH SEPTEMBER, 2006

You might have heard about avatharas. The avathara means, celestial body which comes down for giving light to the world. There are ten avatharas for Mahavishnu, known as dasavatara. In Bhagavath Geetha Lord Krishna has clearly indicated that whenever dharma degrades and adharma triumphs, the dharma will be reinstated by me (the divine power). It means the system will adjust itself in such a way that the dharma never perishes and adharma will never take the position of dharma. I.e. The effect of change from dharma to adharma will be nullified, and the

dharma will triumph always. This will happened in each and every individual, family, society and nation

You know that our motherland, India has so many specialties. One among them is that India is known as deva bhoomi and karma- punya- jnaana- yajna- thyaga-bhoomi. When god sent his son or prophet to other countries that too only once, the same divine power himself/itself came to Bharata varsha directly. That too ten times. It is said that still he/it has to spend here through one more avatara.

Those ten avataras are coincided with the yugarambha or yuga avasaana. But in between the almighty divine power is continuously coming to this land in different forms as avataras. For any divine avatara, the ultimate aim is lokaa samasthaa sukhino bhavanthu. Let all the world be happy! For the avataras, there are no barriers on religion, language, age, sex, country, or other factors. The avatara 'works' for all through everone in all countries, at all times. That is the reason for calling them the avataras.

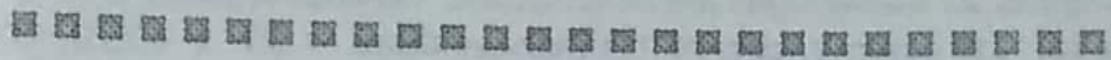
Bharata is now fortunate to have **AVATARA TRAYAM**. Three avataras, are living in India now giving darsan to one and all, doing the best service of the mankind everywhere in the world, without converting them even to their own religion. These avataras are Sri. Satya Sai Baba known very well to each and everyone in the world as Bhagavan and swamy. Matha Amruthanandamayee Devi, known to everyone as Amma and Sri. Sri. Ravisankar, known world over as Guruji. You can see an ocean of people with them. From world over they come (men and women) without any restrictions and take the blessings. The mission oriented workers serve people with their guidance, wherever they are. They know Nara seva is the Narayana seva. Their soft touch spreads the place where earthquake hits, Tsunami hits, Hurricane and many other natural calamity hit. They do everything for supplying drinking water for the poor, food, medicine, education, values to millions. They are successfully implementing the projects, where even the UNO agencies and many Government agencies failed. They integrate science and spirituality. They bring

together people from world over. Instead of contradicting they do everything for complementing. They make hospitals, academic institutes, orphanages, homes, AIDS centers, Old age homes, and service centers, world over and echo the glorious Veda mantra of Sarve bhavanthu sukhina:.....Saha naa vavatu... and so on.

You can see people from almost all countries in Puttaparthi, in Vallikkavu, in Bangalore asram. Millions assembled in Jawaharlal Nehru Stadium during the 50th Birth anniversary of Amma, Millions assembled for the Silver Jubilee of Art of Living and 50th Birth anniversary of Sri. Guruji. Millions assemble every year for the Birth day of Swamy ! Rarest incidents in the world map of great men! In all these places people from the developed countries sit with the people from developing countries. The male -female difference is not existing. Rich - poor, literate - illiterate, scholar - pauper, leader - follower, Indian - non Indian,difference never exist. Nothing is a barrier for you to come together here. That is what we say in India, everyone is equal in front of the divine power. Everyone is equal in front of these **avatara trayam** also. That applied message you can see in front of your own eyes ! You can see only in India. India is still alive because it is the spiritual capital of the world. The **avatara trayam** give the messages of the glorious life, from that spiritual capital to all Hindus, Christians and Muslims..

All these avatara trayam give the same message given by our Rishies, thousands of years ago. They bless everyone, they serve everyone. They live for everyone. As our forefathers lived for everyone. Their message was ayam matha pruthvi putroham pruthivyaa... krunvantho viswamaaryam.. this earth is my mother and I am the son of the mother earth..... make this world a glorious place of scholars. Avatars are in India again for reinstating and reestablishing the dharma of this punya-karma-jnana-...bhoomi of Bharat. Let us work in their mission to serve the people, directly or indirectly. Let us learn how to do the selfless service, without expecting any garlands, bouquet, padmasree, or any other awards,.....! Thyaagenaike amruthathwamaanasu:

through sacrifice only we can attain immortality. (IISH communication team)



THURSDAY MESSAGE 21ST SEPTEMBER, 2006

The space, time and observer are three important parameters in the modern physics of the 20th and 21st century. These three are also important for any Indian ritual or custom, for many millenia. In the Maha sankalpa we always chant lines connected with these three parameters. First we explain where we are doing this ritual (space), then we chant the mantra connected with when we are doing this (time), and the last who is performing this ritual (perceiver/observer) and what is the ritual (the observed). The explanation starts from the Universe -> to this galaxy -> to this solar system -> to earth -> to Asia (jambu dweepa) -> to Bharata varsha -> to southern part of Godavari -> to Parasurama kshetra and -> to Ananthapura desa (if you are in Trivandrum) -> to the temple or house (sannidhi) where you are doing the ritual. (thus space is made clear)

The time we specify is from Kalpa -> to Manwanthara -> to Mahayuga -> yuga -> varsha/ year -> ayana -> maasa/ month -> paksha -> thithi – samaya/time. This is mentioned here as the 7th Manwanthara, 28th Mahayuga in which the 4th yuga which is the Kaliyuga, and Angirasa samvatsara, which is the 5108th year of this kaliyuga, dakshinayana, maasa, paksha, thithi, then to the time of doing the ritual.....(Thus the time is specified).

In this explanation we can see very interesting scientific content. One kalpa is 14 Manwantharas which is equal to one day of Lord Brahma. Starting from 7th Manwantara, 28th Mahayuga in which the 4th yuga which is kaliyuga, the year, the month, the day and the time! Shall we calculate these period ?

One Manwanthara = 72 Mahayuga and one Mahayuga = 43,20,000 years.

The present Manwanthara is 7th one known as Vaivaswatha Manwanthara. That means 6 Manwantharas are over which equals to $6 \times 72 \times 43,20,000$ years ! (=A)

In the 7th Manwanthrara, this is the 28th Mahayuga which means 27 Mahayugas are over. So the number of years elapsed after the commencing of this Manwanthara = $27 \times 43,20,000$ years. (=B)

This is the 28th Mahayuga in which Krutha, Thretha and Dwapara yuga are over. According to which the number of years elapsed in this Mahayuga (according to one system of counting) = $43,20,000 \times \frac{3}{4}$! (=C)

The present yuga is kaliyuga and the year is 5108. So the elapsed years is 5107 ! (=D). So the total number of years after the beginning (one day of Brahma is equal one manushya kalpa) of this Kalpa = $A + B + C + D$

Total years after the beginning of the Brahma's day = $6 \times 72 \times 43,20,000 + 27 \times 43,20,000 + 43,20,000 \times \frac{3}{4} + 5107$ years. This is the 'time' elapsed which is the time used in our Mahasankalpa.

(There is another, but little different calculation for the years elapsed after the beginning of the 28th Mahayuga. Because as mentioned earlier three yugas (krutha- thretha- dwapara yuga) are over before the beginning of the kaliyuga. According to another system of calculation the krutha yuga = $4,32,000 \times 4$ years; thretha yuga = $4,32,000 \times 3$ years ; dwaparayuga = $4,32,000 \times 2$ years + If all these three put together is E. Then the number of years elapsed after the beginning of this kalpa (according to the second system of calculation) = $6 \times 72 \times 43,20,000 + 27 \times 43,20,000 + ((4,32,000 \times 4) + (4,32,000 \times 3) + (4,32,000 \times 2)) + 5107$ years i.e $A + B + C + E + 5107$ years.

This will come approximately 199 crore years (~2000 million years). It has been proved that this is the archezoic era, during when the life began on the surface of the globe earth as micro organisms like amoeba, bacteria, etc. RIGHT !

Our Mahasankalpa has the same points as the modern science ! That is the scientific India ! Here the ultra modern science integrated with ultra ancient spirituality through the ritual based mahasankalpa (IISH communication team)



Visit

MAZHUVANCHERY MAHADEVYA TEMPLE

Where Science & Spirituality Integrate



NATIONAL HERITAGE CENTRE

Where we Learn & Teach Indian Heritage



HERITAGE MUSEUM

Where Heritage materials are displayed



HERITAGE LIBRARY

Where Indian Heritage books available



HERITAGE HISTORY DISPLAY

Where events in Indian history displayed



BHARATHEEYA VIDYA VIHAR

Where values integrate with education

&

BHARATHEEYA SISU VIHAR



All at one campus of

INDIAN INSTITUTE OF SCIENTIFIC HERITAGE

Mazhuvanchery, Nr.Kechery, Eranellur,

TSR-GVR road- Trissur 680501

(04885-240236 / 9847310663)