



DHARMIK DARSHAN

वागर्थाविव संपृक्तौ वागर्थ प्रतिपत्तये ।

जगतः पितरौ वन्दे पार्वतीपरमेश्वरौ ॥

TRUE JIVANMUKHTA, WHO IS HE?

Who is that true Jivanmukhta ever happy and what is he like? Adi Sankara has answers to it. He has given us the **Hastamalaka stotra** and the eight-sloka **Para Puja** to dispel delusion about God. Hastamalaka stotra is indeed enlightening.

Hastamalaka was born to a Brahmin and from childhood he was very indifferent to worldly affairs. His worried father took him to Adi Sankara when Sankara visited his village. The father lamented about his son saying: “ *My son is now 13 years old and indifferent to worldly affairs nor is he interested to study Vedas which a Brahmin is duty-bound. Why is my son in such a dull state of mind?*”

What the world had failed to understand about Hastamalaka, Sankara instinctively senses the boy to be a true Jivanmukta or one aware of Eternal Truth. Sankara puts the first question to the boy: KASTVAM SISO KASYA KUTO'SI GANTA (*O Child! Who are you?*) The boy replies fluently and the crux of what he says is “**I am NIJABODHARUPAHA**” or the Eternal Self, **not the self identified with a physical decaying body.**

To know more about Hastamalaka, click the QR Code on your smart phone or visit the following website. <http://bhagavatadharmaco.uk/docs/Hastamalaka.pdf>



PARA PUJA

And the second gem from Adi Sankara is *Para Puja*. It offers some idea how mundane is our effort in pleasing God. Here is what it is:

When the indivisible, eternally blissful, free from transition or change, and induplicate gets stationary (or understood) in mind, then tell me how can I do the prayers!||1||

What should be used to invoke the complete and what should be used as a seat for the One Who is the supreme pillar of existence? Where is the way to clean the feet of the spotless and where is the way to purify the pure.||2||

Of what use is a sacred thread to One Who has no caste or creed? What is the use of fragrance for the One Who cannot be applied and what is the use of garland for someone Who cannot wear?||3||

What is the use of jewellery for One without discrimination and What will be an adoration for the formless?||4||

What will a dispassionate One, Who is omnipresent, do with dhūpa and dīpa? And of what use will be savory sweet for that Who is satisfied in One's own bliss.||5||

What is the point in offering tāmbūla to the Father of the bliss of the world, Who is self-luminous, Who is the universal spirit, and Who shines forth the sun, the moon and others.||6||

How is circumambulation of the infinite, Who is induplicable, possible? How do we eulogize an entity Who is beyond the scope of the sentences of the Veda.||7||

How do we offer light to the resplendent self-luminous One? And how do we dress someone Who is complete in every way?||8||

This is the only Parāpūjā that should be kept without doubt, in every age, by those who know the Brahma.||9||

O Śambhu! You are my Ātman, Girijā is my mind, Your accompaniments are my life-forces, Your body is my residence. My various enjoyment and constructions be Your prayer. My sleep be the state of meditation. My walking be Your circumambulation and my spoken words be Your eulogies. And whatever I do, that all may be Your adoration.||10||

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CLASSIFIEDS EVENTS AND FUNCTIONS

The South Bangalore Dharmik Samaj (Regd.) celebrated *Maharudra Yagnam* on Saturday, 10th December 2016 and the annual *Saastha Preethi Celebrations* on Sunday, 11th December 2016 at Sri Kuchalambhal Kalyana Mantap 9th Main, 2nd Block, Jayanagar, Bangalore 560011. The function was well attended by all sections of the community. The highlight of the programme was the Bhajan by Mr Vinaychandra Menon & party.

ACCOMODATION AVAILABLE FOR RENT AT PANCHAVATI

Panchavati Senior Citizen's Trust at Jigani, Bangalore offers one BHK units on rent for two years with all facilities including food for seniors. Suitable for a couple or singles. Families who desire to stay for short term of six months can also apply. For details contact

NEW PRODUCTS

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ARE YOU HOLDING ONTO THINGS THAT GOD WANTS YOU TO LET GO OF?

The cheerful little girl with bouncy golden curls was almost five. Waiting with her mother at the checkout stand, she saw them, a circle of glistening white pearls in a pink foil box. "Oh mommy please, Mommy. Can I have them? Please, Mommy, please?" Quickly the mother checked the back of the little foil box and then looked back into the pleading blue eyes of her little girl's upturned face.

"A dollar ninety-five. That's almost \$2.00. If you really want them, I'll think of some extra chores for you and in no time you can save enough money to buy them for yourself. Your birthday's only a week away and you might get another crisp dollar bill from Grandma."

As soon as Jenny got home, she emptied her penny bank and counted out 17 pennies. After dinner, she did more than her share of chores and she went to the neighbor and asked Mrs. McJames if she

could pick dandelions for ten cents. On her birthday, Grandma did give her another new dollar bill and at last she had enough money to buy the necklace.

Jenny loved her pearls. They made her feel dressed up and grown up. She wore them everywhere, Sunday school, kindergarten, even to bed. The only time she took them off was when she went swimming or had a bubble bath. Mother said if they got wet, they might turn her neck green.

Jenny had a very loving daddy and every night when she was ready for bed, he would stop whatever he was doing and come upstairs to read her a story. One night as he finished the story, he asked Jenny, "Do you love me?" "Oh yes, daddy. You know that I love you." **"Then give me your pearls."**

"Oh, daddy, not my pearls. But you can have Princess, the white horse from my collection, the one with the pink tail. Remember, daddy? The one you gave me. She's my very favorite." "That's okay, Honey, daddy loves you. Good night." And he brushed her cheek with a kiss.

About a week later, after the story time, Jenny's daddy asked again, "Do you love me?" "Daddy, you know I love you." "Then give me your pearls." "Oh Daddy, not my pearls. But you can have my baby doll. The brand new one I got for my birthday. She is beautiful and you can have the yellow blanket that matches her sleeper." **"That's okay. Sleep well. God bless you, little one. Daddy loves you."** And as always, he brushed her cheek with a gentle kiss.

A few nights later when her daddy came in, Jenny was sitting on her bed with her legs crossed Indian style. As he came close, he noticed her chin was trembling and one silent tear rolled down her cheek. "What is it, Jenny? What's the matter?" Jenny didn't say anything but lifted her little hand up to her daddy. And when she opened it, there was her little pearl necklace. With a little quiver, she finally said, "Here, daddy; this is for you."

"With tears gathering in his own eyes, Jenny's daddy reached out with one hand to take the dime store necklace, and with the other hand he reached into his pocket and pulled out a blue velvet case with a strand of genuine pearls and gave them to Jenny. He had them all the time... He was just waiting for her to give up the dime-store stuff so he could give her the genuine treasure.

The Moral of this story

So it is, with God. He is waiting for us to give up the cheap things in our lives so that he can give us beautiful treasures. **Are you holding onto things that God wants you to let go of?**

Are you holding on to harmful or unnecessary partners, relationships, habits and activities that you have come so attached to that it seems impossible to let go? Sometimes it is so hard to see what is in the other hand but do believe this one thing."

God will never take away something without giving you something better in its place."

CARNATIC RAGAS & BENEFITS

Ahir Bhairav: Gives free relaxed feeling and mitigates dust allergies and skin disease. Good for arthritic conditions

Amrutavarshini: Ushana vyathi nasini (alleviates diseases related to heat)

Ananda Bhairavi: Suppresses stomach pain in both men and women. Reduces kidney type problems. Controls blood pressure.

Bagesri: Helps in attaining Guru's grace.

Bhairavi: Reduces anxiety, pressures, skin, disease, allergies.

Bhupala: To awaken someone out of deep sleep.

Charukesi: 26th raga in the melakarta scale (parent) of the south Indian classical music. Rejuvenates the mind helping one to age gracefully. It enlivens the singer and listener.

Desh: The suppression of the senses releases a negative force. The process of sublimation needs a spiritual path. Rag Desh can provide that. Its energy gives the listener serenity, peace, inner joy, right valor, universal love and patriotism.

Dwijavanti: Quells paralysis and sick orders of the mind.

Ganamurte: Helpful in diabetes.

Hamsadhvani: Energy giving. Provides good thinking, chaitanya. Sarvarogaharini (panacea).

Hemavati: Good for joint and back pain.

Hindolam: Improves digestive power. Cures stomach related problems.

Kalyani: Gives energy and removes tension and acts as general tonic. Dispels the darkness of fear; Gives motherly comfort and increases confidence. Kalyani means mangalam. Recited with faith and devotion, it is believed to clinch marriage alliances. Many authentic reports exist about the raga's power to destroy fear in many forms: fear of poverty, of love, of power, of ill-health, of death, and so on.

Kapi: Sick patients get over their depression, anxiety. Reduces absent mindedness.

Karaharapriya: Curative for heart disease and nervous irritability, neurosis, worry and distress.

Kedaram: Gives energy and removes tension.

Keervani: Promotes dhyana (meditation) at mental and physical levels.

Kokilam: Helps to prevent stone formation, burning sensations, sleeplessness and anxiety.
 Madhuvarshini: Good for nerves. Cures diseases like slight headache, sleeplessness, and sinus problems.
 Madhyamavati: Clears paralysis, giddiness, pain in legs/hands, etc. and nervous complaints.
 Malaya Maruta: To awaken someone out of deep sleep.
 Maya Malava Gowla: Counters pollution. It can be called the Gateway to Carnatic music. The history of Carnatic music says that the blessed musician, Purandaradasar, introduced the system of Mayamalava gowla. This raga has the power to neutralize toxins in the body. Practicing it in the early hours of the morning, in the midst of nature will enhance the strength of the vocal chords. Mohanam: Mohanam is present where beauty and love coexist. It filters out the ill-effects of kama (desire for sex), krodha (anger) and moha (lust), bestowing immense benefits on the listener. Also said to cure chronic headaches, indigestion, and depression.
 Neelambari: To get rid of insomnia.
 Ranjani: Cures kidney disease.
 Rathipathi: Adds strength and vigor to a happy wedded life. This 5-svara raga has the power to eliminate poverty. The prayoga of the swaras can wipe off the vibrations of bitter feelings emitted by ill will.
 Rohini: Cures back pain, joint pain, etc.
 Sama: Makes mind sober, tranquil, induces good sleep. Good for world peace.
 Saramati: Elevates from depressed state. Cures balagraha dosham in children (undiagnosed crying and irritability). For sleeplessness, itching, eye and ear problems, skin problems, and the problems of hearing irregular sounds.
 Sindu Bhairavi: Removes sins and sorrows and saves from unforeseen events.
 Sivaranjani: Powerful raga for meditation; bestows benevolence of God. Removes sadness, ushana roga santi (diseases related to excess heat). Good for general health.
 Sandhya Kalyani: Cures ear, nose and eye diseases. Relieves chronic colds. Gives good sleep and freshness.
 Shankarabharanam: The power of this raga is incredible. It cures mental illness, soothes the turbulent mind and restores peace and harmony. If rendered with total devotion for a stipulated period, it can cure mental disorders said to be beyond the scope of medical treatment. It also is said to have the power to shower wealth.
 Shanmugapriya: Sharpens the intellect of the singer as well as the listener. Instils courage in one's mind and replenishes the energy in the body.
 Subhapantharali: Alleviates mental dilemmas and indecisiveness.
 Suddha dhanyasi: Remover of sorrows. Gives a happy feeling. Tonic for nerves. Cures rhinitis and migraine.
 Suruti: Mitigates stomach burn, insomnia, fear, disgust.
 Vakulabharanam: Alleviates asthma, bronchitis, heart disease, depression, skin disease and skin.
 Varali: Varali is good for vayu tatva, heart, skin ailments and gastric problems.
 Vasanta / Vasanti: Controls high and low blood pressure, cures heart as well as nervous diseases. Can clear the fog of confusion when a series of medical tests has to be analysed. It heals nervous breakdowns.
 Vasantham: Cures paralysis.
 Viswambari: General tonic, acts quickly.
 Yamuna Kalyani: Gives freshness and dynamism

From

To

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