

nurture

warrier foundation's e-magazine

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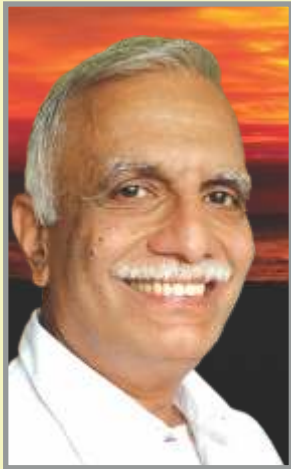
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A S Madhavan

THE ULTIMATE AIM OF LIFE

What is the ultimate aim of life ?

While I was travelling with Shri Ritodgata Mytri, Mr. Pratap Warier, Anandavalli Warriar and Mr. Udayan, we thought of having this question and look for the answers. Initially, general reply what we got was that we should live without harming anybody by thought, words and deeds and also we should support others.

Interesting aspect of conversation from Shri Ritodgata Mytri was really thought provoking. He was quoting from Vedas that life is for fulfilment of Dharma (Righteousness), Artha (Wealth), Kama (Passion/ Desire) and Moksha (Liberation).

• What is Dharma and way of life required for it ?

Truthfulness, do not tell lies, not to harm others, obey the law of the nature, Intelligence, Wisdom, Patience, Ahimsa, Cleanliness, Self restraint love to the humanity, mankind and nature, do action with your consciousness without expecting the result of it and so on. If we are living to uphold these values we can definitely see the entire world as a Universal family (Vasudhaiva Kudumbakam).

• Artha (Wealth) is highly essential, but it should not be accumulated and continue to flow. Even if you are keeping the water without flow at one place, it gets contaminated and spoiled. Living with generosity and contribute without having any expectation. Giving is more difficult, but we should be aware that for every action, there is a reaction. The more we give, the more we get. That is nature's philosophy. Alexander the great, before dying told his fellow-men to keep both his hands



Shri Ritodgata Maitri was an engineer and became a Saint and do travel Europe, USA, Australia periodically to have Satsang and spiritual camps with disciples. He comes very often as a councillor at Balamandir and do support the children giving high moral values. He also organizes spiritual camps at Universal Centre for Individual Integration of Warriar Foundation



out of the coffin when they are taking him to the grave yard. His intention was everybody should be aware that while going to the grave yard, we cannot take anything with us. At the time of our birth also our hands are empty. Hence, while living what we have to develop is total surrender to divinity, equal contribution of wealth, not only by means of materialistic but what we acquired on intellectual level also.

Birtruhari says wealth can have three 'Gati', a movement. Enjoyment (bhoga), Charity (Dana), Wasting (Nasa)

- Kama (Passion) is highly important for having inspiration and for doing work, but we should be aware that desire is the cause for sorrow, especially when we are looking for personal and selfish gains. The more we get, we want more and more and also we have comparison and jealousy when other gets more. Freedom from Kama leads to ultimate liberation. Kama should be pursued without sacrificing dharma

What is liberation – the state of Enlightenment ?

When we get enlightened we will realise that our inner being – the true self is everlasting, blissful state, which has no beginning, no end, no colour, omnipotent,

omnipresent and omniscience. There is no duality and we are one with the divinity – the GODliness. Our inner being like everlasting blissful sun and our mind is the cause like clouds or rotation of the earth, which causes darkness for the sun. Once we realise that state, we are just living for the moment and there is nothing to regret and there is no anxiety about the future. For an Enlightened person always seeing, seer and seen all are one. His intuition, his actions, his silence all are not being contaminated and hence it is powerful and blissful. The limitation of human ego / personality is being transcended.

The question what we asked “what is the ultimate aim of life”? cannot be understood at intellectual and mental level, but has to be self realized through Karma Yoga, Jnana Yoga and Bhakti Yoga.

Warrier Foundation gave me a platform to see the world as a Universal family. One of the visions of Warrier Foundation is to educate 1000 underprivileged completely free by providing shelter, healthcare and education and also support to the humanity.

A summarisation of Shankaraacharya "Brahma satyam jagatmithya; Jeevo brahmaiva na para" : Brahman is the truth, the world is unreal. Jiva (individual soul) is really Brahman, nothing else. - Adi Shankaracharya

Projects & Programmes of Warrier Foundation

Warrier Foundation have lot of projects and programmes in coming days in association with many other likeminded organisations and individuals for conducting social projects including medical check-up camps, eye check-up camps, plantation of trees and many more. There is an invitation for all of you to be a participant in following projects :

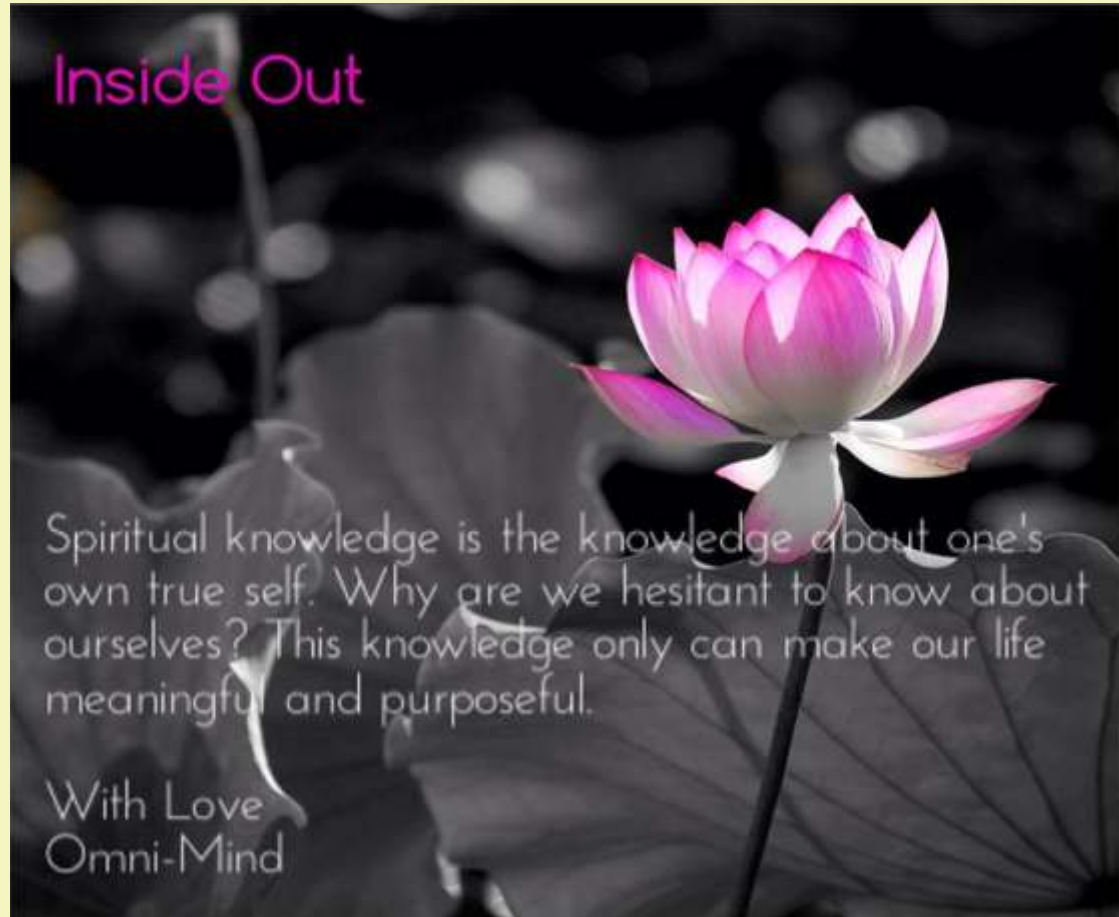
- We also would like to invite all of you to join the celebration of Children’s day and Annual day celebration of Warrier Foundation, Mumbai on 14th November 2016 at our Panvel Bal Mandir.
- We are also planning a Satsang-cum-yoga / meditation session and 3 day camp on 23, 24 and 25th December at Universal Centre for Individual Integration, Thirunavaya. All are invited to join us for this 3 days camp, which will be a great opportunity to interact with our children and learn something in different fields of life. Warrier Foundation’s Balamandiram, Thirunavaya will be celebrating the Annual day with variety entertainment programme in the evenings.
- Warrier Foundation also had a 3 day meditation camp and satsang on 13, 14 and 15 August 2016 at our Bal Mandir, Panvel.

The ultimate purpose of life is to live for the moment and experience it on a witnessing point being aware of the higher state of our being, the Godliness.



Balan Varier

He is closely associated with Warrier Foundation and also retired recently from Flyjac to lead a quite family life at Palakhat. He has published a book 'Fulfilment' and all proceeding from the books are donated to Warrier Foundation for the education for under privileged children. He is planning lot of vocational training programmes in coming days and if anybody would like to be a part of supporting to prepare educational modules, organizing vocational training, etc. are welcome to advise Warrier Foundation on Email ID : asmadhavan.warrier@gmail.com



Knowledge about One-self – a must for today's complex life.

All of us have undergone the lesser palatable experience of formal education. Some may be still undergoing it!

Once a child is about three years or so, parents are frantic and eager in pushing him or her to school from home. As a child, one is not clear why one is required to go to a school. But parents are clear: child should study and acquire degrees. The only doubt may be: what should be learned and why.

Initially in schools children start with more of play, but slowly they are pulled into the entire gamut of learning. The list of subjects runs like

this: mother tongue, English, Hindi, Mathematics, Science, Social Science etc. As children advance from schools to colleges, more and more of general and specialized subjects are introduced. Apart from all these, children are indoctrinated (both by the parents and the educational system) to learn and perform with high degree of competition which is almost detrimental to the personality and spirit. Success is measured by the grade or marks one obtains.

Why such a tyranny? The sole purpose of formal education or learning has got diminished to acquiring few degrees and grades and



then subsequently driving the students into business organizations in some capacity to serve organizational objectives. In other words, educational institutions, by and large, have become somewhat factories, churning out employees to take up some assignments in organizations, which are in the job of ‘building wealth’. So, a child, after completing the education, ends up in a ‘job’ to earn a livelihood (money). The organizations in their role of serving their stake holders, expect their employees to participate in the process of net-worth building!

It appears that educational system revolves around the above sole objective.

So far so good. However, when one starts the life in an organization and also starts conducting his/her personal life, the shortcomings and anomalies in the learning can be noticed. Challenges, both inside an organization and also in life, which are bound to occur, become so huge that the ‘educated youth’ get crushed under their weight! In fact, this is the juncture where the leanings got from educational institutions and from parents are supposed to serve as a beacon.

Children are unable to discern that ‘seeing’ ‘feeling’ and ‘thinking’ are an inside-phenomenon. Hence, ‘seen and felt’ images should be naturally smaller than the ‘Seer’ and hence external challenges are solvable by the ‘Seer’. Unfortunately, no one has imparted this knowledge to the youth nor did he/she bother to know about this ‘knowledge’ along with other subjects. We believe the perception that the world outside and also the challenges, are much bigger than ourselves.

Here comes the real need to know ‘oneself’; the study of the ‘self’ – the only knowledge that would serve as a beacon in all life situations.

Vidhyabhysam (Vidya+Abhyasam) means practicing (abhysam) of vidya (knowledge gained).It is a million dollar question whether a child gets the relevant knowledge to make the life fulfilling, when he is in an educational institution? Moreover, if he practices the knowledge gained from educational set-up, does it help him in his day to day living in this world ?

How many of us are aware that besides the visible and gross body, one is also subtle mind and intellect. When one says “I”, and assumes a ‘differentiation’, it not only connotes the body but mind and intellect as well. What is the role of the functional node of ‘mind and intellect’ in one’s living? Are they serving us in our living as true instruments? Is one taking care of the need of one’s mind and intellect? Is there a need to integrate all these three functionaries – body, mind and intellect – to lead a peaceful life ?

Once it is clear that one needs to know ‘oneself’ to ‘live in the world’, the next question is: how should one go about it? As of now, this is not a subject in the formal educational system to be taught to children; this is rarely a subject matter of discussion and deliberation with the friends. At home, whether it is there or not, is one’s own guess.

At this juncture of awareness, there are only two choices. Either one can leave this subject to be learned and known by others, treating it as something alien, or one can venture into it boldly. For the one who ventures, the reward is certain: the reward of knowledge about the self, which is the core for a peaceful and purposeful living here in this material world.

Balan Varier





A life story of an ex student of Balamandir

LIFE – THROUGH THE EXPERIENCE

BY PRINCE P.

Prince was a student of Balamandir and completed his graduation and is working in Flyjac, Cochin office. He is coming from a very poor family background. He will become a beacon light from the upliftment of his family. While studying he was doing labour jobs to meet basic requirement till he joined Balamandir.

It's been almost two and half years, during which I have been working in Flyjac Logistics (Cochin) as an executive in the Import Department, both Air and Sea. I have been taking care of my family and leading a peaceful life. But every time I look back, my journey to this point never ceases to surprise me. It's the greatness, love and wishes of our Madhavan uncle, Muthachan and our Amamma that has helped me reach here.

Let me introduce myself. My name is Prince. I am one of the Balamandiram inmates. I belong to a small family -with my mother and three brothers. When I was young, my father passed away. Then it was my mother who did everything for us. She struggled a lot for our livelihood and education. Because of which two of my brothers couldn't study much. At young age itself they started going for small jobs to help my mother. It was me whom they sent for studies upto HSC. In the mean time, one of my brothers married and he shifted to another place. Then it became the responsibility of my second brother to take care of my family. Since he had not even completed 10th standard, he could not get a good job. He began working for daily wages. So I couldn't ask him to help me with my higher studies. I started searching for a job. Since I had done my HSC



Prince P.

in Science I got a small job in a medical shop. I worked there with a minimal salary but was happy with that.

Then I wished to go for my higher studies, but my family situation pulled me down. And I kept aside all my wishes. One day I came to know about Balamandir. So I decided to go and inquire in person.

It was in June 2009 that I took that decision and stated from my hometown to Balamandir. Throughout the journey I was very anxious and tense about the thought of not getting an admission there. When I entered the gate I saw a man (whom I later called Muthachan) sitting there. After seeing me, he asked me to sit. On seeing them my anxiety increased and I forgot everything I wanted to say. In a short time, Amamma also came. And I still couldn't say a word. They asked me why I had come to Balamandir.

When I told them the story, I was told that they weren't taking any more inmates, since it was already full and they were only open to students from 5th to 12th standard. I guess they didn't want to send me away disappointed, so they added one more line saying that we will call you if any opportunity presents itself.

I felt dejected as I returned back to home. After seeing me so silent and disappointed, my mother encouraged me saying, "Be confident, just call them once again



tomorrow and everything will be okay.” Even this couldn’t console me.

The next day as per my mother’s instruction I called Amamma again with all my expectations. If I got a negative response I would abandon my wishes and start going for some daily wage job. But the response I got from Amamma was really surprising, and she asked me to come and join the college on the next day itself. I felt very happy. Without wasting a single moment, I started arranging things to move there. On the next day Amamma also accompanied me to get an admission in the college.

That also was a strange experience to me, I usually went alone for everything. I felt very happy. I was the eldest inmate in Balamandir and I got the opportunity to take the responsibility of leadership.

The peaceful atmosphere there changed my life entirely and I got a lot of opportunities to improve my personality. I never participated in any dancing programs because of my shyness. It was Madhavan uncle who shed my shyness away as illustrated by the

following story.

Most of the kids would participate in the annual day dancing programs, but I would make myself busy by helping them and escape from having to participate. One day Madhavan uncle caught me and asked me why I wasn’t participating in the dance program. He asked me, “Do you have any physical problem?”

I said, “No, I don’t”. Then he asked me why I wasn’t participating and I couldn’t say anything. Then he asked me “So are you going to leave Balamandir or stay here?” The question shocked me and I replied that I wanted to stay. Then, with a smile, he asked me to dance in the programme and so I did, for the very first time. The three years in Balamandiram went by quickly. Once I completed my degree, Madhamama asked me whether I was willing to work for Flyjac Logistics. I accepted the same wholeheartedly and it remains an unforgettable day.

It was time to leave my Balamandir in Thirunnavaya and move to the Balamandir in Cochin. I found it difficult to leave the place, because we were all so

Warrier Foundation’s Balamandir, Thirunavaya





attached to each other, like a family. Moving from there made me sad, but it was time for me to leave. It was nice during the initial days to be with them. I got a lot of love and respect from the younger ones. Even though I had to travel for almost three hours to my office every day to and fro, I did not want to move to any nearby places. I wanted to take care of the younger ones and happily live there. I took the responsibility of helping them with their studies, which was a great pleasure for me. But good times don't always last. The people who prepared food for us frequently used to fight and scold the other kids, which I couldn't bear. When they would unnecessarily scold the kids I questioned them. This made them angry on me and they started telling to everyone that I was behaving inappropriately towards the kids. And it became a big issue. Those who came to know about the issue interpreted it in a wrong way. I felt very bad, and I decided to move from there, not wanting to be a burden. When I left, one of Balamandir inmates also came along with me. He said that I want to live with you and I let him accompany me. And we took a flat for rent.

The next day I got a call from Madhamama, who asked me to take a ticket to Bombay. I got afraid and felt remorseful about the way I left from Balamandir without tackling the issue. It was my first trip to Bombay, all the way I felt very strange and I couldn't sit peacefully. When I finally reached, a Flyjac employee named Dutta came to pick me up from the railway station. It was very difficult for me to interact with him since I didn't know Hindi and he didn't know English but we communicated with each other in broken Hindi and English. Finally I met Madhamama and began to feel a fear engulfing me. He started talking to me as usual and didn't shout at me at all, instead, with a peaceful mind, he welcomed me and took me along with him to meditate.

This was a new experience for me. I simply sat still and closed my eyes, focused on my breathing, and it truly helped me relax. We sat like that for hours, and in between he started asking me about what actually happened, and I began answering his questions while

meditating. After some time he asked me to open my eyes. When I opened my eyes and I felt my burden roll away.

I was then sent to the guest house with instructions to meditate and reflect as a test. But the travelling and emotional overhaul had left me drained and I fell asleep while meditating.

The next day, I went to meet Madhamama in his cabin and when he asked me about my meditation I told him the truth. He immediately sent me to a room to go and complete my meditation. After a few hours he asked me if I slept well! We shared a few laughs at the incident.

Then on the very same day I returned to Kerala, before I left the only thing he told me was this. Mistakes could be done by anyone, but a person who could correct himself is truly great. He advised me to go and talk to the people who had spoken ill about me and made me realize that it was my mistake that I left Balamandir without speaking to the people directly. He advised me to go and meet those people with a gift and deal with the issue.

I promised him that I would do whatever he asked me to do and so I did. After reaching Kerala, I went and met them and apologized for my mistakes. I felt free and understood that life becomes easier when we learn to apologize for our mistakes. The moment we realize our mistakes and try to rectify them, our life will change.

I felt that everyone deserves somebody to make them look forward to a new day and for me that person is Madhamama. I am now able to go through any kind of situation and face everything with a smiling face because getting angry or acting without thinking will create more problems. Right now, I am really happy with my life and it is all because of Madhamama who taught me to analyze the problem and act accordingly.

I recently went to attend the stone laying ceremony for a new Balamandir building and I felt very happy, knowing that I'm a part of this initiative and intent to do my level best.

My Visit To Balmandir

- Haripriya Sreekumar

Haripriya is daughter of Sreekumar, ex-Flyjac and just joined college after securing 93% marks in SSC. She is having lot of ambition and vision in her profession and social career

We had gone to Kerala after my Board exams in April. Daddy had been talking about Madhavan uncle's balmandir at Thirunavaya and the new building called Universal Centre for Individual Integration (UCII). It was familer since daddy had attended it's inauguration in August 2015.

While we were in Kerala and were very pleased to visit the place and meet ammamma (Tilakam Warriar) and the children at balmandir.

On 28th April, we started for Thirunaya early by 6 a.m. We travelled by bus, since it was the most commonly used means of transport in Kerala. We reached the place before 10:30 a.m. The balmandir was very nice and refreshing, spread over 4 acres of land, with alot of coconut trees around it. When we reached, we saw ammamma dealing with a vendor who was supplying rice. We were welcomed with a nice cup of tea each. Following that, we met some inmates there. One aunty named Omana and her two children, Anandu and Anakha were staying there. Omana aunty was the cook. We also met Neetu and Nithya who were studying. Majority of the students were not there because of vacation.

We, then took a round to see the building. UCII had two floors and an auditorium named 'Krishnakripa'. It was named after ammamma's deceased husband Krisnankutty Warriar. The room assigned to us was 110. It was very big with four cots and two bathrooms. It also had an additional door. It could be partitioned and used as two rooms.

We had lunch with ammamma at one o' clock. The lunch consisted of special dishes like 'Sammandipodi' and 'Kondatamulaku'. The



Haripriya Sreekumar with her mother

Sambar was prepared by Nithya didi who was a student of catering management. the lunch was delicious and sumptous. Soon Mukundan uncle, who came from Chennai, also joined us. We took some rest in the afternoon.

In the evening ammamma and Mukundan uncle along with us visited Pankaja vallyamma's (Madhavan uncle's sister) house. We also visited 'Ushas', a bungalow meant for Gita aunty. Nearby, there was a boys balmandir also. Afterwards, we visited 'Navamukunda Temple' at the banks of the river 'Bharatapuzha'. We could also learn some legendary stories connected with the temple. The scenic and traditional beauty of the temple were complimented by the river.

We had dinner after returning, and were off to bed by 10 p.m. The day had passed happily. The balmandirs of Warriar Foundation is a great establishment catering to the needs of underprivileged by giving free food, education and shelter.

Kumbha Mela

Vishnu - He is the principal of our residential veda pata sala of Warriar Foundation and being associated with us more than one decade. Our resident vedic students normally attend the exam conducted by Ujjain University and 10th class exam of CBSE conducted by Pune Open University.

Vishnu is a vedic scholar, highly spiritually evolved and committed to the children's education.

During our visit we have contacted Ujjain University and have already applied to have the recognition for Warriar Foundation to become a Vedic Padha Saala. His dream is to make Warriar Foundation an Unique Universal University with spiritual values.

As all of you are aware, our country is a mix of various cultures. I am going to talk about Kumbh Mela. This time the Kumbh Mela took place in Ujjain.

First of all we should know what is meant by 'Kumbh'. According to Puranas, the story goes like this. Once Devas and asuras were churning the ocean. During the churning 14 gems came out. At the end, one pot (Kumbh) came out filled with nectar (amrut). When this nectar came out, there was a fight between the devas and asuras to drink the nectar. During this tussle, from the pot, the nectar fell at four places, namely, Prayag(Allahabad), Haridwar, Nasik and at Ujjain. In every 12 years, the Kumbha Mela takes

place and it is believed that the person who takes part in it, becomes immortal. It is also the belief that Devas from Heaven also visit the Kumbh Mela.

A few representatives from Warriar Foundation, Mr. AS Madhavan and I could witness the Kumbh Mela in Ujjain. During this time, we could see some very interesting and surprising events. As all of you are aware, during Kumbh, many sages (Babas) arrive there. We could visit a few Babas's camps (shibir).

A few students from Balamandir of Warriar Foundation were also there during this occasion. participated a camp of 41 days organised by Nityananda Swami. Children were reading books by blind folding the eyes, telling the happenings at our home through visualisation like how many room are in our house, the colour of our cupboard, walls, carpets and so on. It is important for the children to attend many camps and other activities to have different experiences in life for future growth and expansion.



Vishnu Gautham



Self Development

Nowadays, whether it is in school, college or any office, we hear about personality development. What is meant by personality development. Is it wearing good clothes, or wearing expensive watches or travelling in big cars. Or is it buying big house. Or by showing off, whether one's personality develops. If we think that these are all personality development, then we are in darkness (ignorance) and in darkness personality does not develop.

One needs to travel from darkness to light and one should develop oneself in such a way that one is able to function with even mind. Whether it is praise or



Meditation session at Warriar Foundation's Balamandir



Meditation session at Flyjac warehouse

world. Through many practices, one can have inner development - like yoga, meditation, reading and disciplined living. When everyone develops then only the civilized humanity flourishes. Alongwith civilisation, the environment should also be protected. If the nature is protected, humans can survive. Otherwise, everything gets destroyed. The way the body is to us, so is the nature to universe. If these are protected, then development happens, otherwise, only destruction will be there. May we not have any hostility towards anyone.

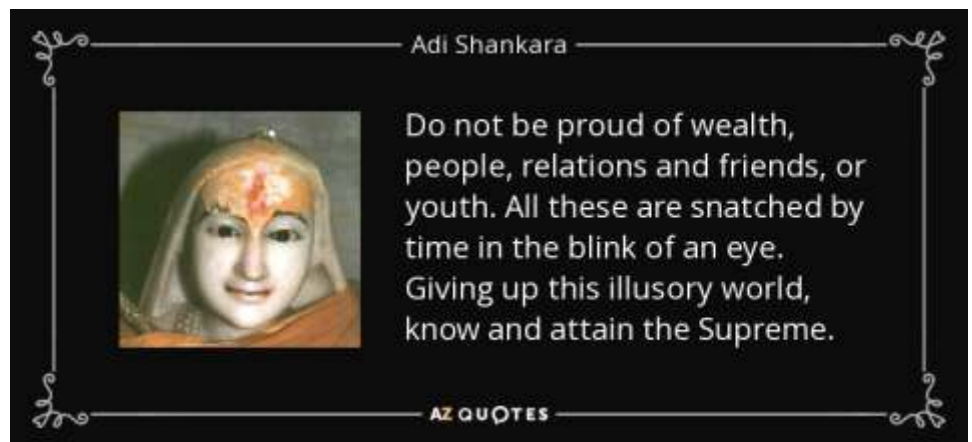
Om shanti, shanti, shanti.

- Vishnu

condemnation, profit or loss one has to be even minded.

Self-development means becoming self-less, be kind to all sentient beings, not to nurture hatred towards anyone and to consider all beings as self only.

For self development, one needs to look inside and develop our inner



GIVE BEFORE YOU RECEIVE

- Premkumar

Premkumar is GM at Flyjac Logistics, he is a playback singer in many films and also have a Orchestra troupe in the name of Saphthaswara. He organized lot of fund raising programmes with a commitment of donating the amount received as profit to Warrier Foundation for the benefit of education for the under privileged children

Once a man got lost in a desert. The water in his flask had run out two days ago, and he was on his last legs. He knew that if he didn't get some water soon, he would surely die. The man saw a small hut ahead of him. He thought it would be a mirage or maybe a hallucination, but having no other option, he moved toward it. As he got closer, he realized it was quite real. So he dragged his tired body to the door with the last of his strength.

The hut was not occupied and seemed like it had been abandoned for quite some time. The man entered into it, hoping against hope that he might find water inside. His heart skipped a beat when he saw what was in the hut - a water hand pump... It had a pipe going down through the floor, perhaps tapping a source of water deep under-ground.

He began working the hand pump, but no water came out. He kept at it and still nothing happened. Finally he gave up from exhaustion and frustration. He threw up his hands in despair. It looked as if he was going to die after all. Then the man noticed a bottle in one corner of the hut. It was filled with water and corked up to prevent evaporation.

He uncorked the bottle and was about to gulp down the sweet life-giving water, when he noticed a piece of paper attached to it. Handwriting on the paper read : "Use this water to start the pump. Don't forget to fill the bottle when you're done."

He had a dilemma. He could follow the instruction and pour the water into the pump, or he could ignore it and just drink the water. What to do? If he let the water go into the pump, what assurance did he have that it would work? What if the pump malfunctioned? What if the pipe had a leak? What if the underground reservoir had long dried up?

But then... maybe the instruction was correct. Should he risk it? If it turned out to be false, he would be throwing away the last water he would ever see. Hands trembling, he poured the water into the pump. Then he closed his eyes, said a prayer, and started working the pump.

He heard a gurgling sound, and then water came gushing out, more than he could possibly use. He luxuriated in the cool and refreshing stream. He was going to live! After drinking his fill and feeling much better, he looked around the hut. He found a pencil and a map of the region. The map showed that he was still far away from civilization, but at least now he knew where he was and which direction to go.



He filled his flask for the journey ahead. He also filled the bottle and put the cork back in. Before leaving the hut, he added his own writing below the instruction: "Believe me, it works!"

This story is all about life. It teaches us that "We must GIVE before We can RECEIVE Abundantly".

More importantly, it also teaches that FAITH plays an important role in GIVING. The man did not know if his action would be rewarded, but he proceeded regardless. Without knowing what to expect, he made a Leap of Faith. Water in this story represents the 'Good things in Life' something that brings a smile to your face. It can be Intangible Knowledge or it can represent Money, Love, Family, Friendship, Happiness, Respect, or any number of other things you Value. Whatever it is that you would like to get out of life that's water.

The water pump represents the Workings of the Karmic Mechanism. Give it some 'Water' to 'Work with', and it will 'RETURN' far more than you put in.

MAGNANIMOUS EVENT

Warrier Foundation, in association with Flyjac and also with some other likeminded organization have sponsored the construction of 12 houses at Tulasingapuram village, behind Chennai International Trade Centre, for the poor families, whose hutments were totally destroyed during the Chennai flood in Last December. It was great honour for us to hand over the keys of the houses to the 12 poor families on 3rd July 2016. Hon. Judge of LokAdalat, Chennai High Court, Dr. T. N. Vallinayagam was the Chief Guest and Shri K.



Chief Guest and other dignitaries visiting the houses

G o p i n a t h ,
G e n e r a l
Secretary of the
Tamil Nadu
Udavikkaram
Association,
and Tamil
N a d u
Differently
Abled Welfare
Association
was the Guest
of Honour.
After the flood,
some of the
families were

sleeping on the floor on a plastic sheet spread over and they did not have any roof over their head. One of the ladies could not even walk and since she did not have a wheel chair, she was scrawling around the place. The chaotic situation created by the flood was horrible and many families had become homeless.

A small gesture of providing accommodation for at least 12 families is a blessing to serve the humanity.

All these contributions to the underprivileged society is like the little boy, on a seashore, was putting one by one star fishes back to the water. There were thousands of star fishes on the beach. An old man walking on the beach, asked the boy “what are you doing”? If you throw one by one star fishes back to the water, where is



12 Family members with key of the newly constructed houses with Mr. Ravikumkar, MD of Flyjac, Mr. Unnikrishnan and Hon. Judge of LokAdalat, Chennai High Court, Dr. T. N. Vallinayagam and Shri K. Gopinath, General Secretary of the Tamil Nadu Udavikkaram Association, and Tamil Nadu Differently Abled Welfare Association.



Houses before construction

the end, as there are thousands of star fishes. The boy picked up one more star fish and thrown it into the water and said with a smile “I had the opportunity to serve and make a difference to at least this star fish”.

Let us visualize and see how we will be an instrument to the divinity and serve the society. Warrier Foundation’s vision is basically to educated children and also taking care of old age people.



THE STORY BEHIND OUR 1ST BALAMANDIRAM MAGAZINE - BALAPADHMAM

- Thushara

She completed her graduation as an inmate of Warrier Foundation and joined Flyjac and subsequently did MBA. She is the backbone to support her family and also taking care of the study of her sisters since her father was critically ill and also passed away recently. During holidays or if any functions are there at Warrier Foundation, she is always there to support Ammoomma (Thilakam Warrier) for all activities. Her gratitude and relatedness to Warrier Foundation are highly commendable. They will be future stars for social commitment and services...



It was very surprising for us to see the first magazine which includes so many stories, poems, experiences of balamandiram inmates. Our madhavan uncle who given us an idea to make a monthly magazine, but we were not having an idea how to start, how to design etc. We all are asked to write something, but everyone was in confusion what to write. Most of them given excuses that “we don’t know what to write”, “I don’t know to write poem, story etc.” For the first time it was a big deal for us to create a magazine. Days over, but we couldn’t organize even 10 write ups.

Whenever madhavan Uncle used to call ammamma, he started asking about how the magazine work going on? how many pages it became? We didn’t have any answer for that. We started thinking why he is asking us to make a magazine, what benefit he is going to get from that. Days Over we are forced to make a magazine, because when he comes and ask what answer we will give. Then all started doing something. Writing Stories, poems, Drawing Pictures, Paintings etc. And I took the responsibilities to organize everything. We have collected all the write-ups and drawings, started arranging everything. it was really fabulous to see that such talented kids are among

us. Many Drawn pictures very beautifully, some wrote small poems which will melt our mind. And it was really amazing to read all those write ups. Then we have done small corrections and made a small magazine consisting of 80-90 pages. The specialty of the magazine is, everything in the magazine is our own hand writing.

Then the next question rose, what name we can give for the Magazine, many of them put so many suggestions. We discussed with ammama to get a good name. Finally we took the name “Sree Padhmmam”.

During those days madhavan uncle visited balamandir, whenever he comes we will have an interacting session with him. This time the main topic was “Magazine”.



Everyone was quite silent; he started asking the progress of our magazine, by the time it was almost done. And we informed him that it’s already given for binding. He was very happy, and appreciated our efforts. But it was not the ending over there, he thrown the next question to us. Who are all given contribution



for the magazine and who are all not given? I found that many of them with smiling face and some of them with bending heads, which was a clear answer for his question, and he asked us to raise the Hands who has not contributed for the magazine. Some of them raised their hands. He raised his voice and Shouted at them, and told if you are not able to do things then why you be here, then With a Cunning smile he told “am going to lock them in the Room where there is no toilets, whatever they want and they likes I will feed them. But never allow them to come out “all started laughing. Then he started telling to us, whatever we learned, we receive in our life, we should make use of it. We may be talented in many things, but we may not aware about that. So whenever we get a chance we



should make use of it. Otherwise there will not be any value for the knowledge, experience we acquired in our life. With this magazine he was putting a big message into us. When you start writing something, it will make you to think about something, may that something will lead you to bring drastic change in your life.

INNER AWAKENING –

An Experience While Doing Meditation

It was great privilege for me to do long meditation for 5 days by the guidance of our spiritual teacher, who is based in UK along with some other initiates and some of them even meditated for 10 days. An inner journey will definitely happen when we can withdraw from our 5 sense organs and also developing an ability of witnessing our mind. Meditation starts when thought stops. An inner awakening will happen to everyone while they realise their true self, which is everlasting blissful state. It has no beginning, no end, no colour and it is omnipotent, omnipresent and omniscience.

Warrier Foundation is always giving lot of emphasise for the inner journey. Our veda students gets up at 4:00 am and do find time for yoga and meditation in the morning and evening. Even other students, who are going to normal school do have bhajans, yoga and meditation. Many of the students, who left our Balamandram after completing their education are still continuing their meditation. This gives them inner strength, confidence to face any challenges and have a witnessing capacity of their mind and also get freedom from inhibition and ego.



Participants of a spiritual session at Flyjac, Mumbai

We will realise that the ultimate truth of our Being has to be realized and cannot be taught. Vedas, scriptures, science and other types of learning will lead you to a direction to reach the ultimate goad self realization. An inner journey of meditation is highly essential by the guidance of a spiritual teacher. When we have an immense urge for spiritual journey we will definitely come across a perfect master who is already enlightened and also can give you that state of Being.

**An open invitation from Warrier Foundation to join a
Variety Entertainment Programme for Fund Raising to the
cause of Education of Under Privileged Children
at Lady Andal Auditorium Chennai on 3rd Sept. 2016**



VARIETY ENTERTAINMENT SHOW

Live Musical extravaganza with renowned playback singers and many more celebrities...

Shakthisree Gopalan

Bijunarayanan

Parvathy
Airtel Super Singer

Comedy show by

Honest Raj
Kalakkapovadhu Yaru
Multi talented artist

Anand
Kalakkapovadhu Yaru
Multi talented artist

And much more surprising packages.....

Powered by
FLYJAC
Inspiring Your Dreams

**VENUE: SIR MUTHA VENKATASUBBA RAO CONCERT HALL
(LADY ANDAL AUDITORIUM)**

DATE: 03.09.2016

TIMING: 6:30PM TO 9:30PM



An invitation for generous contribution to Warrier Foundation to achieve the dream of free education, health care and shelter for 1000 children



BALAMANDIR

Presently we are educating 300 children and providing Free Shelter and Health-care. Our aim is to educate over 1000 Children within two years.

Our Balamandirs at Panvel, Navi Mumbai and Thirunavaya and Ernakulam in Kerala, we focus our energies on developing individuals rather than providing them education or teaching them to make a living.

Our focus at Balamandirs is to teach our children the right values, help them realize their purpose in life and find the means to achieve it. At our facilities, their basic needs of food, clothing and shelter are fulfilled. They are having immense practice in yoga, singing shujans and meditation. This enable them to have mental strength contentment within themselves.

Vedic Teachings - We also have gurukuls (residential) education for 45 Students through vedic methods to have a far-reaching impact on the overall development and character of the child. They have annual examinations linked to the Ujjain University based on their curriculum. In addition they are also furthering education in Maths, Science, English, Computers and the regular subjects. Subsequently they have also gone to pursue higher studies such as Post Graduation, Ph.D.

Today, some of our children are engineers, doctors, nurses, management practitioners, hospitality professionals, skilled labourers and so on. The praises showered on them by their educational institutions, employers and families are fruits of our activities.

At Panvel, we are also associated with Jankalyan Sevashram and Girja Foundation and educating 150 Students.

Balamandir, Thirunavaya Ernakulam, Kerala is home to more than 125 children — some of who are now appearing for their Graduation and Post-Graduation. While we have covered more than 300 students within our ambit currently, we hope to touch the lives of more than 1,000 Children within two years. And that can happen only with your generous support and blessings.



UNIVERSAL CENTRE FOR INDIVIDUAL INTEGRATION



WARRIER FOUNDATION

CAUSE OF THE EVENT

- Construction of new **BALAMANDIR** at Cochin - to accommodate 100 children
- Expansion of activities at Mumbai and Thirunavaya Balamandir - 300 children
- Support for students higher Education and Professional studies

ABOUT US

Warrier Foundation is a non-profit Indian Charitable Organization founded with a mission of reaching out to the underprivileged and needy, to help them face the world and live their lives meaningfully. In association with like-minded people and organizations, Warrier Foundation has launched several initiatives on the social service front.


OUR INITIATIVES:

- Save a child
- Spiritual Awareness
- Sponsorship Of Schools
- Home for old age people
- Relief measures
- Eye Check-up camp
- Blood Donation Camp




Powered by **FLYJAC**

Nurture A Child
(To provide education, shelter and healthcare to 1000 children)



AN APPEAL

BALAMANDIR



'UNITE FOR A NOBLE CAUSE'

Sponsorship Form for Construction of new BALAMANDIR at Cochin, Expansion of activities at Mumbai and Thirunavaya Balamandir, Support for students higher education and professional studies

Yes, I/We want to contribute :
I/We want to be a part of this noble cause. Please accept my/our donation as per plan chosen by me / us. (All payments to be made by cheque favouring "WARRIER FOUNDATION").

Name: _____
Address: _____
Tel: _____ Mob: _____
Email: _____

Payment Details:
Cheque/DD No. _____
Dated _____ Bank _____
Branch _____

Name of a/c : WARRIER FOUNDATION
Bank : Indusind Bank Br : Andheri East
A/c number: 100002018093 IFSC Code : INDB 0000018

DONATIONS ARE EXEMPTED UNDER 80G OF IT ACT

WARRIER FOUNDATION
Reg. No. : E-18425 MUMBAI
1501, Solitaire Wadhwa Group, A.S. Marg, MHADA Layout, Powai, Mumbai - 76.
Email : asmadhavan.warrier@gmail.com | www.warrierfoundation.org

You may support monetarily by contributing to any of the following sponsorship plans. Please tick your choice:

For Balamandir

<input type="checkbox"/> Construction of Common Hall	: ₹ 12 lakhs
<input type="checkbox"/> Construction of Dormitory Rooms	: ₹ 4 lakhs/room
<input type="checkbox"/> Construction of Rooms	: ₹ 2 lakhs/room

For Nurture a Child (to Provide Education, Shelter & Healthcare)

<input type="checkbox"/> School and College Education	: ₹ 3 lakhs/child
<input type="checkbox"/> School Education	: ₹ 1.5 lakhs/child
<input type="checkbox"/> One Year Education	: ₹ 25,000/child
<input type="checkbox"/> Any other Donation	: ₹ _____

For Release of Souvenir

<input type="checkbox"/> Cover Page - Back Outer	: ₹ 50,000
<input type="checkbox"/> Cover Page - Front/Back Inner	: ₹ 30,000
<input type="checkbox"/> Full Page Color	: ₹ 25,000
<input type="checkbox"/> Full Page Black and White	: ₹ 15,000

Organised By **FLYJAC**
Integrating Social Change
FLYJAC LOGISTICS PVT LTD



LATEST DEVELOPMENTS OF BALAMANDIRAM AT KOLANCHERI, ERNAKULAM

It is amazing to see that the local village people and many other socially oriented people including Panchayat President and members are totally involved for building up this Balamandiram at Ernakulam. Even though, we had planned the inauguration of the building in September, now it has been postponed to November. This is because now we have got permission for raising one more floor for the building. There was an internal meeting on 5th of August. During the meeting there was lot of sharing by the participants. They also committed that they will be an integral part for providing value oriented education and also for the financial support.

Initially, we thought of constructing the building with one floor having approx.. 3500 sqft whereas now the designs and extended planning will lead us to have a



Projected Balamandiram, Kolancheri, Ernakulam

building of approx.. 12,000 sq ft. Balamandiram at Ernakulam will be a centre not only for the education of the children but also for organizing multi-varied projects like vocational training, healthcare check-up camps, satsang and many other activities. Appreciating the magnanimous support and unity of the people at Kolancheri, Ernakulam.



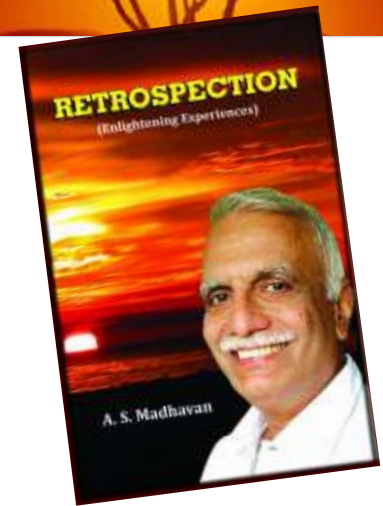
Foundation stone laid for the Balamandiram at Kolancheri, Ernakulam & work in progress. Inauguration of the building will be on 27th November, 2016... An open invitation to grace the occasion

RETROSPECTION

(Enlightening Experiences)

A.S. Madhavan

LEADING STEPS FOR SELF REALISATION



First, sit on a stable and comfortable seat, and concentrate your mind in inhalation and exhalation at every breath, our mind will become calm and peaceful.

While sitting for meditation, the body and mind should be in harmony. Concentrating on inhalation and exhalation, we should continue the meditation. We will attain a state where we can meditate three to six hours continuously.

We also should have faith and confidence to a path and the Master, before asking for a mantra. Once you are blessed with a specific mantra (incantation) which will vary from individual to individual depending on their state for further meditation. Subsequently a personal mantra also will be given. After meditating on the specific mantra for a long time, the mediator will have the ability to meditate longer hours periodically.

He will be matured enough to receive the initiation from a senior disciple of the Master once he received the grace from the Master. He also should have the ability to meditate for three consecutive days while seeking for initiation. On the day of initiation by the grace of Master, the initiates will be revealed an inner light and sound, which is beyond mind and body. While meditating on light and sound, we realise our ego, the 'I'ness will be merged with light and sound. The light and sound will give the ability to witness the thought to the initiate than becoming

a victim of it. Then our inner being, will not be contaminated by the mind and will realise that the true-self is everlasting blissful state. In a deep-sleep-state, our body, mind and intellect is not existing. While meditating on light and sound, we will have a higher freedom and an

enlightening state of being of oneness. That is the "Satchitaananda", a state of total bliss. That state have to be simply experienced.

After prolonged meditations for quite some time, the Master can again give you a grace to reach the next level of state of being. We reach the state of a permanent bliss beyond the body and mind transcending the illusion of birth and death. To achieve that state, one should prepare to have long meditation and should have lot of patience and surrendering.

To realise that state is completely depends on your devotion, surrendering to the divinity of light and sound and the Master. Someone can achieve that state without taking many days. But some of them must sit even for more than two to three weeks. We do not require any preparation but should have a immense urge as a spiritual seeker to realise the ultimate truth.

We should continue the meditation. Spiritual Masters always have unconditional love and compassion. Once we have immense faith and total surrender, the Master can elevate you to the ultimate truth, the self realisation, the state of enlightenment. We should have the determination to sit even for longer days, more than 3 to 4 weeks. This is state which we can not aspire for. Which is a divine gift offered by a blessed Master.

But it is highly essential to discipline and also maintain the integrity of our body, mind and intellect. Once the state-of-being enlightened is attained, the world that we believe to be true turns out to be an illusory world like a superimposed dream world. Realising the state-of-being, the entire creation becomes only actors in this illusory world and our ignorance identifies

ourselves with body, mind, intellect. The body, mind, intellect are only an instrument in that drama. It is this realisation that makes us able to assimilate the Upanishad concepts of "Tatwamasi" (Thou Art You - ie, That is You) and "AhamBrahmasmi" (I am infinite, the God).

I have been practising meditation under my Guru for more than 35 years now. We need peace of mind, healthy body and relief from stress for a happy, tranquil living. We should be able to do actions with utmost care and concentration. I have been able to understand and absorb several techniques to achieve this tranquility, from various spiritual mentors of modern times. It is great to gain such knowledge that dissects the mind. But, we should not restrict our spiritual knowledge to that alone. In fact, slowly we realise that there is no need of any of these for real spiritual realisation. We reach a state of total freedom when we spiritually awaken. Meditating for temporary and distinctive pleasures is indeed only due to ignorance and foolishness.

Abilities 'to create objects out of atmosphere', 'to understand the mind of others by looking at them', 'to read the contents of a closed book blind folded', etc. are all temporary and materialistic. In a spiritual journey, we should pass on these 'divine' performances treating them as just sightseeing and should not be get attracted. As a spiritual seeker, one should develop full commitment, self confidence and an ability to meditate days-together with devotion and dedication. That is the state we are emptying ourselves with an awareness of Neti, Neti (I am not that, I am not that). Then we will be blessed with Master's grace due to our devotion and surrender.

If anybody would like to buy Book 'Retrospection - Enlightening Experiences', please feel free to call on 9820050071 or mail to asmadhavan.warrier@gmail.com