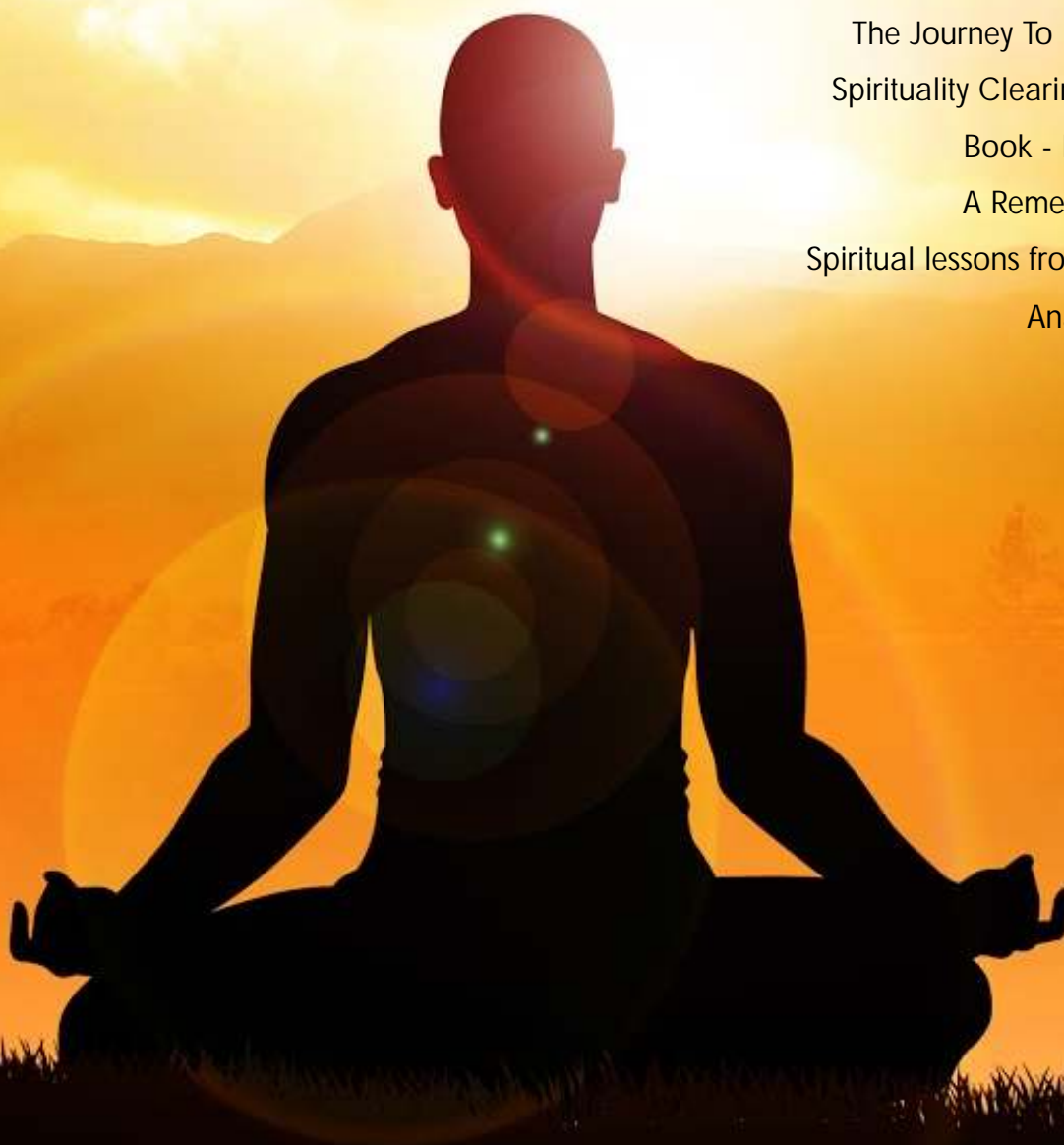


nurture

Nature, Child and Humanity



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Dedicated to



Warrior
FOUNDATION

THAMA SO MA JYOTHIR GAMAYA

nurture

Nature, Child and Humanity

an e-magazine from

Warrier Foundation

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Preeth Nambiar

From the Editors Desk

“There is something in life with which you have everything in life and without which you have nothing in life!”

There is something in life with which you have everything in life and without which you have nothing in life. Tell me, what is it!” I asked a group of students hailing from various countries assembled at the Centre for International Youth Exchange at Bangalore. Students started pondering over the question and there were a number of answers too.

“Money?” “Health?” “Happiness?” - answers were many but nothing could categorically answer the question. When the murmuring of the gathering settled, I told them – It is nothing, but discipline and integrity with which you have everything, without which you have nothing and the same needs to reflect in every aspect in your life, not merely the ‘so-called-discipline’ but an attitude inborn and developed, as a character with integrity, love and compassion.

Our being reflects our discipline, let it be in the way we eat, the way we speak, the way we behave in society, the way we live and so on! Movement of the body with music is termed dance, or else it would be referred as merely insanity. And due to discipline in all levels, you will have to listen and understand things, then you will contemplate and slowly will act and become a behavior pattern. This discipline and the Path will lead and built up your character, your being. Your being is beyond body, mind and intellect, and this awareness will bring restraint in all facets of your life for which our ancestors have imparted a technique, which is famed across the world as ‘meditation’ is the path to be adopted for realizing our true self.

योगश्चित्तवृत्तनिरोधः

Yogaścittavṛttinirodhaḥ|

It is often said that yoga and meditation will integrate within ourselves and will enable us to observe the mind. Mind is flow of thoughts and due to ignorance, we are identifying ourselves with our ego and we become victim of our mind. Through meditation, we will find that our inner being is “AhamBrahmasmi”. In that state of being





we have not contaminated by the mind and having stillness within us as an observer of the mind we are accessible to our intuitions. The goals what we are fixing through intuition are selfless and we are also free from attachment and desire. Hence the goal can be achieved easily. Through meditation, we are reaching that higher state.

“Warrier Foundation is not merely an organisation to instigate the eternal values of humanity, but aims at the holistic development of an individual who in turn would shed the light of love and joy and for establishing this objective.”

Warrier Foundation is not merely an organisation to instigate the eternal values of humanity, but aims at the holistic development of an individual who in turn would shed the light of love and joy and for establishing this objective, the Universal Centre is organising a number of programmes that ultimately aims at the well-being at personal realm and as a universal being. The success stories of the residents of Balamandiram also signify the lessons of meditation along with Yoga that they acquired from their treasurable days that makes them befitting any challenges in life.

“The intention of this edition is to contemplate by every spiritual seeker to start meditating without any procrastination.”

The second issue of ‘Nurture’ is on ‘Meditation’, an inner journey to realise our true self, the enlightenment. The intention of this edition is to contemplate by every spiritual seekers to start meditating without any procrastination. We are very confident that if every one start doing breath meditation continuously for 21 days for one hour – may be ½ an hour in the morning and ½ an hour in the night – it will definitely bring them contentment and happiness. At present, we are looking for happiness by pleasing our desires of our 5 sense organs, which is momentary. An inner journey through meditation will give you an everlasting blissful state. If we break our commitment for meditation in any of the days, please continue again for 21 days. Subsequently, you will realise that meditation will become an integral part of our life, which will give you harmony and happiness.

ॐसर्वेषांस्वस्तर्भिवतुसर्वेषांशान्तर्भिवतु
सर्वेषांपूरणंभवतुसर्वेषांमङ्गलंभवतु
ॐशान्तःशान्तःशान्तः !!

OM sarveShaa.nsvastirbhavatusarveShaa.nshaantirbhavatu
sarveShaa.npuurNa.nbhavatusarveShaa.nmaN^gala.nbhavatu
OM shaantiHshaantiHshaantiH

**May all become fortunate, may all attain peace,
may all achieve perfection, and may all be blessed.**

OM



Preeth Nambiar
Editor-in-Chief





The journey to BALAMANDIR

Thushara B.

Thushara was a student of Balmandir was highly intellectual and committed and did Graduation and completed MBA while working in FLYJAC. Her sister was also a student of Balmandir completed her course in Nursing and serving in a hospital. She was also always stood first or second in her studies, sports & other activities in College. Even though their father passed away recently now they are contented and confident in pursuing their life positively.

The journey to Balamandir was a beginning of new chapter in my life, from the darkness to the lightning world. After finishing my Plus two it was a big question mark for me how to continue my education and how to support my family. As we say, there will be one door kept opened for us when other doors are closed, for me it was Balamandir of Warriar Foundation who kept their doors opened. I came to know about Balamandir from our neighbor, which has given a great hope in my life. Now I realize it was the greatest turning point in my life.

Basically we were a middle class happy family consist of Papa, Amma, myself and my two naughty sisters. Pappa has expired last year, mother is Home worker, One sister working as Nurse another sister is doing her Plus two. When I was in 7th standard my papa got stroke and became paralyzed which led our life into darkness. Then it was the day's running into hospitals for my father treatment. Somehow I completed my 10th standard with a good mark in spite of all these. I realized that there is no way for me to continue my studies. I kept all my wishes inside me and decided to be at home. But when I looked at my family it didn't allow me to sit idly. I started going in one small shop as a sales girl with a salary of Rs. 1000. the first earnings in my life. After that i completed my plus two in an aided school with the help of my teacher who took the responsibility of my education. She was big inspiration for me, who made to dream high. After finishing plus two, i didn't know how to go for higher studies. And I didn't feel to tell the same to my mother, because she was running behind the big question how to take care of



all of us. But my mother was very much aware of me and my desire to go higher studies. one day we came to know about Balamandir from our neighbor. the day I felt that God is there with me with his helping hand. Myself and mamma decided to go Balamandir. With all my hopes and prayers I stepped into Balamandir.

It was a drastic change in my life. I was in stepping into a new world filled with love, care, affection everything. the life in the Balamandir made me to dream more and strengthen me to face all the situation with smiling face. The presence of Ammamma and Muthachan made our life so colorful. It has given a lot of opportunities for my self-developments. It was not an institution or organization for us, it was our family,



where we had all happiness. it added lot of values to my life and to my personality. I learned how to behave in the society, how to care people, how to face the situations. The days in the Balamandir added self-confidence and courage to my life. The Main inspirational source of Balamandir was our Ammamma, who is there in all our happiness.

It was the turning point in my life. The moments, days I was there in the Balamandir helped me to success in my life. I did my B Com in Calicut university. After Completing B Com I got the opportunity to work with Flyjac Logistics, Chennai by the greatness of Madhvanmamma. By holding the values which I got from Balamandir I started my journey. I moved to Chennai for my job. I never felt any fear or tension when I joined in Flyjac. I started working there. It was little difficult for me to adjust with the situation since I don't know the language either English or Tamil. But I had the confidence that I can do it and I did it .the basis of success in my life is Balamandiram and its value which has the power to nourish the life of a person. also the Grate kindness of Madhammama helped me to conquer the success of life. Now I completed My MBA in International Business, where I thought I can never reach. But I conquered it and I feel I am in the top of success.

After being an inmate in the Balamandir, I came to know the importance of Indian culture, values etc. till the time the importance of our epics like Mahabharata, Ramayana, Veda were lying in its

name only. I started learning Yoga, meditation, our cultural value from Balamandir. Its our Madhammama who inspired us and taught us about meditation. The mantra which he has given us to success in our life is meditation and love. Meditation Brought a big impact in my life. it made me strong inside. When I started meditation, I realized what am and what is my problems. I was very sensitive in my character, small issues will make me so upset and took me into depressions. But after doing Meditation I realized it's the game of my mind which I need to remove fully. I started analyzing myself instead of being emotional, I acted on the circumstances, which made to feel happy and satisfied. Now am able to control my anger, irritation, Unnecessary tensions etc. The deep breath helped me to go in depth of me. Really I started enjoying my surrounding's, even if it is in work place, home, wherever I enjoyed a lot. Meditation helped me to give attention to what I am doing which made to be more confident and happy. meditation given me a peaceful, worriless, happy life. It helped me to come out of all my fears and tears

My family is most important for me because the base of my life is my family. How much I can keep my family happy that much happy I will be. If am happy I can make others also happy, because when you are sad u feel everything around you is not good . when you are happy u feel everything around you is good, even your smile which is coming from your heart can make others happy.

I feel I want to spread happiness, love, and care in the

Contd...





Balmandir - *A movement*

There are several orphanages among other communities intended to endow the underprivileged children of their community with accommodation, food and education both academic and religious. The inmates of orphanages are time and again reminded of being orphans, dependent and deprived. They are not able to grieve and come to terms with their orphanage. The shattered life at the tender age makes them vulnerable to antisocial activities and majority of the inmates finally succumb to the circumstances and take rebirth to streets.

Here is an institution with a difference! It imparts Sanathana Dharma to its inmates. It is not a religious institution. It has a proven track record in empowering the underprivileged kids. It is 'Balmandir' that functions with the objective of nurturing the dreams of the underprivileged children - let them be from any community - to shape their own future.

Balmandir is not just an institution but a movement. It was born out of the wisdom of a humble human being Mr. A. S. Madhavan, a Mumbai based business magnet. An institution that began with two inmates twenty five years back have flourished to support more than 100 kids. Girls and boys have separate buildings for their stay. Children enjoy the love, affection and attention of a grandmother



from the eldest sister of Mr. Madhavan, Smt. Thilakam Variyar, who looks after the Bala Mandir. The inmates of Balmandir are no orphans, but belong to poverty-stricken families. The primary criterion of selection to this institution is sheer merit – the financial backwardness of the applicant.

Balmandir has a unique thought system. The glimpses of the ancient Bharathiya Gurukula system of education can be found deep-rooted in every nook and corner at Balmandir. It imparts education on the Indian Value system to its inmates. The day of an inmate starts at five in the morning with a session of meditation. Yoga classes are mandatory for them to help them relieve the stress. They are moulded to lead a stress-free ambitious life. It is a state of liberation from the limitations of existence for the inmates Bala

Mandir, thanks to the magnanimous effort of Mr. A. S. Madhavan.

Dressing up the dreams of these children is a silent service towards nation building. Balmandir has stood the test of time and continues to guide the children from the poorer sections of the society.

Achuthanandan P T
Social Activist - Kerala

Contd... The journey to **Balmandir**

society. I want to help people to meditate so that they can also find the real happiness hidden inside them. Those who are falling into darkness can be awoken with a small helping hand

I was there in Balamadir almost 3 and half years, one among the elder inmate in Balamadir I got lots opportunities to take different responsibilities over there. for all the activities we have given our utmost attention, which helped me to get a leadership quality. We have started monthly manual magazines, we have organized different programs among the inmates. I got an opportunity to help my younger ones in their studies, dance and other activities.

Now I am working in Cochin Flyjac branch, which is not that much faraway from Balamadir. and I wish

along with my professional career I want to get involved in Balamandirm activities and I want to serve for Balamandir how much I can.

Nothing in this world is permanent, so let's be happy always and share the happiness among us. My life has taught me that it's not money makes your life happy, its love, care, affection makes you happy when you are giving and getting it back. For that we should find ourselves, so spend time for meditation find yourself and be happy

And I would like to thank Madhavan mamma, Amamma, Muthachan, and the whole Balamandir Inmates my family who has strengthen me and made my life successful. ■



Transformation through MEDITATION & SATSANG

I firmly believe it was in my destiny to get associated with the wonderful organisations – Flyjac and Warrier Foundation. Flyjac expects its employees to live by its philosophy “Customer Delight, Self Development and Social Welfare”. The organisation ensures to create a platform and provide ample opportunity for its employees to excel themselves in all these areas.

Before I joined FLYJAC 11 years back, even though I had a successful professional career in different organisations and was leading a disciplined and happy family life, I never had any opportunity to do meditation and enjoy its benefits. Even though, I was carrying out my day-to-day worldly activities something was missing. I could not understand that the missing part was the inner journey to realise my true self, which is the Everlasting blissful state of Being.

Close association with Mr. Madhavan, Founder Managing Director of FLYJAC and Managing Trustee of Warrier Foundation helped me start doing meditation and attending Friday morning satsang in office on a regular basis. I was initiated to the Path of Light and Sound. Meditating on Light and Sound helped me to dissolve my identity – ego – and able to appreciate the

Advaita philosophy. Slowly, I started observing the changes happening in me due to meditation.

This state of being helped me to develop a witnessing capacity to see the external events as we see a movie without getting affected by the result of the events. My relationship with family, friends, colleagues and the external world had undergone a sea change. The confidence level and comfort level in dealing with different people have increased resulting in improved performance, breaking inhibitions and expressing love and compassion to everyone. Due to increased energy level through meditation, I am able to carry out various jobs throughout the day without feeling tired. This divine energy keeps me self motivated and enjoy every moment of life.

I can vouch from my own experience that whoever undertakes this inner journey of self realization will definitely be able to enjoy the benefits of meditation. The result is guaranteed.

My salutation to the wonderful organisations – FLYJAC and Warrier Foundation – and its Management for creating this platform for all for fulfilling their professional, personal, family, social and spiritual commitment.

For a spiritual seeker, the foremost and important aspect is to identify and surrender to a teacher who can reveal the inner Light & Sound – the primordial energy of creation. The basic guidance and directions in meditation is highly important in our spiritual journey.

Gopalkrishnan Warrier
FLYJAC - Mumbai





SPIRITUALITY

Clearing the myth



Balan Varier

A spiritual initiate & Writer

The article is based on the fundamental truth that there is a 'supreme all-pervading invisible intelligence' from where everything emanates, exists for sometime and then vanishes back into the void.

THE INTRINSIC URGE FOR GROWTH, IMPROVEMENT AND FOR KNOWING THE PURPOSE

Humans have a special place in the scheme of Universe, as they are bestowed with higher faculties, capabilities and infinite scope for developing skills compared to other living beings.

The scientific and technological progress that we see around is the testimony of our drive for growth and excellence. While a sparrow makes its nest the same way it did centuries ago, humans have improvised their skills in unimaginable way to build modern mansions to live in.

The materialistic world that we see and enjoy today is part of the creative skills of the humans. The amazing discoveries – the God particle, gene-splicing, communication through two brains and development of technologies to the extent of space and planet travelling - are all tall indicators of the progress brought in with human capabilities. Similar testimonies abound in other fields like academics, sports, arts, research, medicines and so on. This is the hallmark of human potential 'to know and allow It to manifest' in creative ways. The more we explore, the more we find.

In spite of these latent potential and also the contributions



done for external richness, if we examine ourselves, by and large, we operate from a space of 'limitedness'; rarely do we realize that we have 'unlimited potential'. If we look into our own actions and the motives behind, we find that most of them sprout from the field of 'deficiency or insufficiency' rather than 'fullness'.

Does this mean that we are unaware of our own potential and capabilities and the method to harness them consciously?



KNOWING FROM OUR OWN BODY

The body is such magical and immaculate functioning, definitely there needs to be a connection to a higher intelligence.

So, as a first step, let's observe some of the wonderful activities that happen in our body - the visible component. This should help us to know, gauge and appreciate the principles and intelligence behind its functioning.

The initial single cell (fertilized egg cell) replicated itself 50 times to become the human body, which has trillions of cells. The question is: where from the intelligence emanate and who was organizing, coordinating and governing all these activities inside the mother's womb?

How come the first cell get modified in to all those organs like heart, lungs, liver, kidney, brain, the external limbs etc., and make them work impeccably?

Who commands the heart to beat ceaselessly in all the three states of waking, dreaming and sleep, to keep the body alive?

By the time, our eyes blink once, 1.2 million red cells reach their 120 - day life span and an equal amount of red cells are produced. Where from our body gets such intelligence, potential, efficiency, precision?

How is it that a new skin is developed to cover our body in every 27 days and a new skeleton in every three months?

How is it that in our cells, which measure only 1/1000 of an inch across, instructions are incorporated



within its DNA to fill 1000 books of 600 pages each?

With so much stuffing in the basic constituent of our body cell, that is atom, how is it still empty to the extent of 99.9999 per cent? Does this mean the capacity utilization is only 0.0001 percent by the body for its making and functioning?

How and why 98% atoms of our body cells get exchanged for new ones every year?

For the body's such magical and immaculate functioning, definitely there needs to be a connection to a higher intelligence.

SPIRITUALITY – THE ENLIVING ASPECT

The word 'spirituality' is misunderstood by many people in many ways, and that has led to the gross neglect of this vital fundamental aspect of our life.

Let's look 'spirituality' from a broader perspective.

The word 'spirituality' is misunderstood by many people in many ways and that has led to the gross neglect of this vital fundamental aspect of our life. The ignorance is so deep that many consider humans simply as a 'material commodity' and hesitate to

acknowledge the fact that we, humans, are first and foremost spiritual. The majority still considers that 'spirituality' is an 'activity' to be taken up after one crosses 60 years of age!

Clarity needs to come; otherwise we humans will go down in the evolutionary ladder living life at its basic



level of 'eating, sleeping and procreation'

The three fundamental constituents of humans is energy, matter and the spirit. The first two factors are familiar to all. In fact, these are not two different things but one aspect in two different forms, going by the famous equation $E=MC^2$; energy is matter and matter is energy, and both are interchangeable.

What about the third factor? How much are we conscious of it? The third factor is nothing, but the spirit or the Knower (I). For example, when we say we know the above equation, it pre-supposes, that there is a 'Knower'. Who is the Knower? It is 'I' only. Without the Knowing Principle, or the Knower in each of us, we cannot know anything. In other words, for me everything exists because of the 'Knower' or the 'Knowing Principle'.

We are certain that we are not mere energy and matter. We are much more than that. We are thinking, sensing, knowing, experiencing, expressing and so on. It is definite that sensation, cognition, thinking and understanding—cannot emerge from either matter or energy. If we were simply an aggregate of energy-matter combination, we would not have a mind at all; we would have been absent as far as intellect is concerned.

No feeling, no emotion, no desire. We would have been at best a robot.

So, when we say spirituality, we are referring to that something which is very dear and near to us. It is the 'enlivening, sustaining and nourishing' aspect of each one of us. Are any of us an exception to this truth?

Let's dwell more on the 'third factor' to gain further understanding.

If we were simply a material individual, we would be at best a dead body. Only the third factor – Spirit or the Knower – is the sole reason for the matter (body) to be alive. To appreciate this truth, I would like to give an example from the medical field. Doctors restore the lost vision of a blind person, by taking the cornea from a dead body and then grafting it on to the eye of the living person. Though in the dead body, the cornea was intact, the 'seer' was missing. However, the cornea, when grafted to a spiritually vibrant body of a 'living' person, that person began to see. So who is seeing? Does the seeing really belong to

the body or it belongs to something else?

It is a mis-conception that spirituality is something to be acquired or accomplished only at a certain phase of our life span. We are already spiritual and what is called for is just acknowledging and realising it. 'Spirituality, denotes that wonderful dimension of ours which encompasses all the potential and capabilities. It is the enlivening aspect of ours. This Infinite and Omni-potential entity can churn out anything out of It. From this plane, solutions emerge spontaneously and magically.

In other words,

- Knowing about this Infinite field of Pure Potential,
- then becoming aware of It, and
- finally becoming That through experiential knowledge, is Spiritual Unfoldment.



Spiritual Science deals with enlightening one's thoughts, emotions and intrinsic tendencies to live an integrated and harmonious life. In simple terms, it is the most evolved and comprehensive science of psychological, sociological and moral development, and ultimate progress. It brightens the intellect together with inculcation of sensitivity towards fellow beings and towards the grace of Nature.

13.8 billion years ago cosmic evolution gave birth to the universe and in our planet, first life form sprouted about 4 billion years ago. If evolution has guided humans to the present stage, we are not meant to get stuck at this stage of evolution. We need to move further upward to the plane when we fully realise and use our full potential to the well being of one and all with the support of science and technology in all



walks of life. Then only we can call the life 'fulfilling'.

Spirituality fosters an opportunity to grow and to contribute to society in a meaningful way. It is about unconditional love, care, compassion and support to others; it is also about integrity and people being true to them and others. In short, it is moment-to-moment living fully grounded on human values.

Awareness and experiential knowledge of one's spiritual aspect enables one to live and interact with this world harmoniously, with sufficient integration, without finding any interaction to be troublesome,

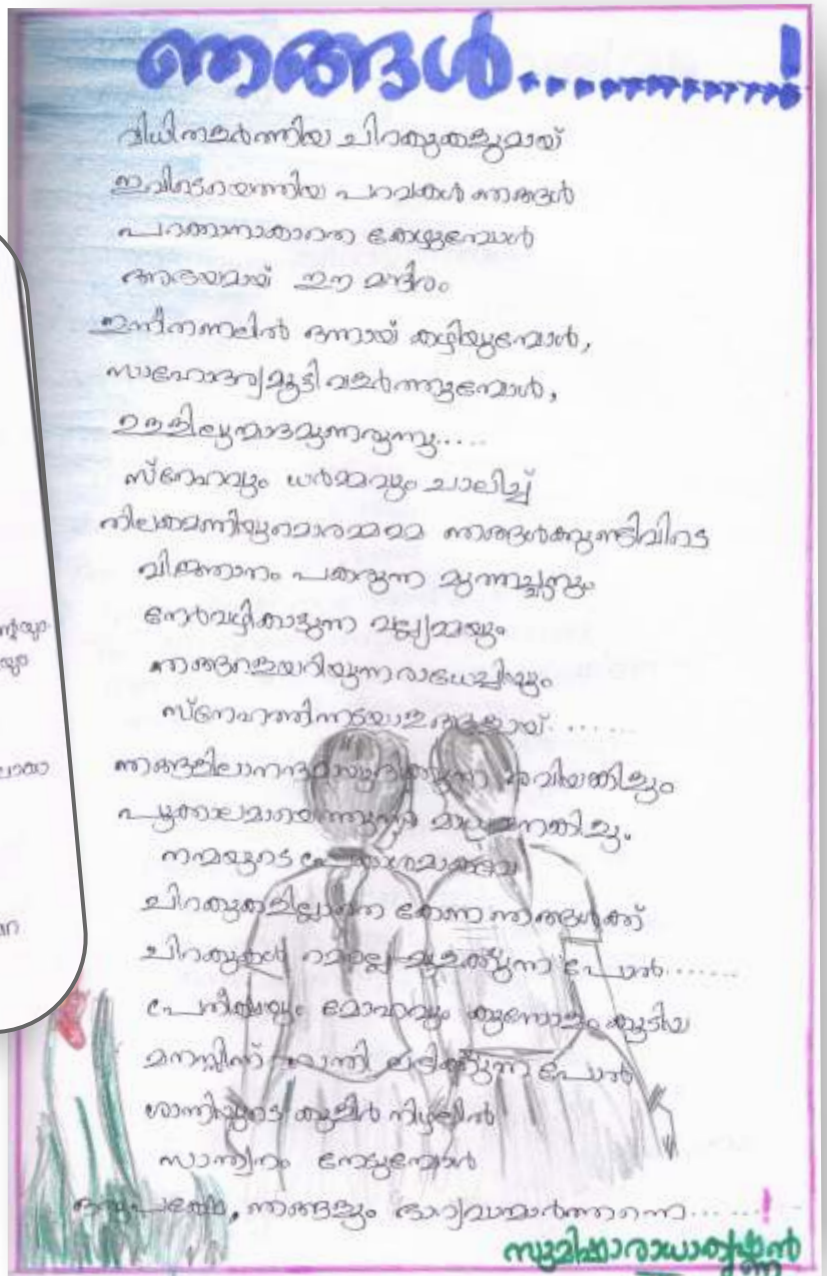
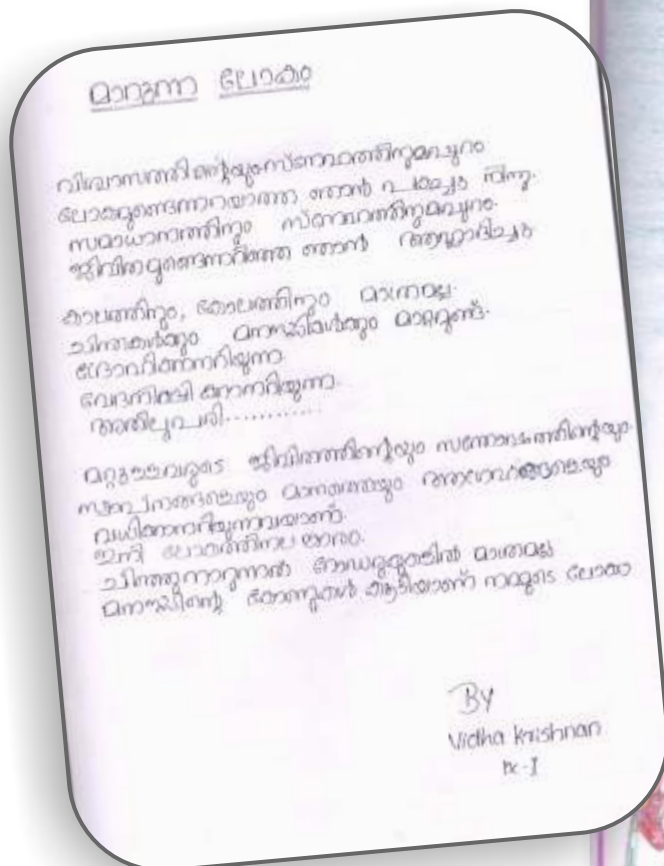
tormenting or producing imbalance or tension.

So, should we postpone our efforts to a future period to reap the benefit of a contended and peaceful interactional life by acknowledging and by becoming aware of the enlivening Spirit?

Warrior foundation, in its noble social endeavor of providing support for education to lesser privileged children, do undertake activities like yoga teachings, meditation practices etc. for the holistic upbringing of the children.

BALMANDIR

Thirunavaya's POEM





A MISERABLE STORY

Yesterday, there was a telephone call from Balamandiram, Thirunavaya. Mrs. Tilakam Warriar, the beloved Ammamma (grand mother) of the children was explaining a pathetic situation she had to undergo. She had been summoned by the police and since there was no competent person available at the Balamandiram she had to call our building contractor to accompany her. There was a complaint by a student, due to political support by outside people, that the behavior of the supervisor of Warriar Foundation is little harsh and they are not happy with the quality of food and sleeping arrangements available at the Balamandiram. The boy is staying with us for the last 6 years. The person who instigated the boy to go to police was a political activist who was also a student of Balamandir. His approach was only knowing about the rights of an individual and according to him, it is not appropriate to question or beat a student staying at the Balamandiram.

In this specific case, the boy had complained that the Balamandiram authorities has scolded him. Sometimes, the management have to scold or punish a student when they are doing mischievous things. This boy has one more brother and all of them are staying at our place for their study. Their father had run away from home and not concerned about the children. Their mother seems to be a heart patient and finding it difficult to sustain herself by doing some odd jobs. The boy is staying with us after completing his 12thstd exam and now preparing for entrance exam for Engineering course by attending some private tuitions and coaching classes.

Why the political party cannot take up the responsibility of the child or make the father, who had run away from home, accountable and responsible to take care of his children? Now if we are not going to take the responsibility of the child in future, what will happen to him. If political party have a will and capacity to take care of the child, we are happy.

Mrs. Thilakam Warriar, 75 years old grand mother is taking care of more than 80-90 children at our Balamandiram. She really broke down at the police station since she had to undergo this pathetic situation of being summoned to the police station. Recently she had undergone knee operation for both her legs. She is taking care of the children without having any expectation or reward and she is even contributing the pension money what she is getting to the welfare of the children. The

police department or village office have to summons the people, and have to find out the real reason and background behind the complaint. But while we are doing social work, the people volunteered for these activities will resign due to the problems, and may have to close down the organization.

My son, who had studied at Chinmaya International Residency school, was narrating an incident which he had undergone while staying at the hostel. He himself had complained against one of his teachers, who was also the hostel warden. One of the boys put some crackers at the hostel and when the warden questioned them nobody had disclosed the name. Even though, it was a paid hostel and we were paying Rs.12,000/- per month, they were punishing the children to bring in discipline. Hence the school had decided not to give food to the children and also punished them by asking them to run several rounds in the school playground. The innocent students also had to undergo this punishment. They all got united and went to the Principal and complained against the warden. Subsequently, the warden had to resign. In any organization, it is essential to have the method of "Sama, Dana, Bheda, Danda", which was mentioned in our ancient scriptures, to discipline and control a child. It is unfortunate that the Govt is not recognizing this fact and bringing in rules and regulations to punish the management of an organization, who is doing something good to the society voluntarily. Are we encouraging or discouraging?

The boy who had complained to police came back to the Balamandiram and fell at the feet of the warden against whom he had complained. Due to political interference had fabricated the issue and it would have destroyed the child's future. The political party and the society is taking action against the people who had committed for the upliftment of the children. In spite of this kind of hassels and threats, the warden and his wife is still staying at our Balamandiram only because of their love and compassion towards Warriar Foundation. They are fully aware of the commitment of Warriar Foundation and they have the gratitude for the support Warriar Foundation had given to them for upliftment of their three daughters.

As per Govt rules we should have a warden and Superintendent to look after the children and enough teachers to teach them. Who will provide the money for their salary etc and who will take the responsibility of



identifying and getting more and more underprivileged children to support this noble cause. It is a very alarming situation to see how the Govt organisations are operating. It is a phenomenal loss of tax payer's money.

I had come across an old age home run by the Govt agencies nearer to our Balamandiram. Their Superintendent was retiring and I thought that we can recruit him for our system. Hence I went to see how they are operating. They have only 25 inmates (old age people). They have two storied building with lot of open area and environment. The cabin of the Superintendent is as big as a hall with lot of sitting arrangements and separate sofa etc. All the inmates are staying in two small rooms where cots are placed nearer to each other. They two watchmen in three shifts. They have lot of people for cleaning the house and a Doctor and a compounder and large set up for nurses. They also have a large kitchen. They also have many office staff, warden and many other people. It was pathetic to hear that the old age people have to pay Rs.700/- per month for their food and Rs.300/- for medical expenses. The expenses for these inmates is hardly Rs.25,000/- per month, but the Govt expenditure for the salary of staff etc is Rs.4.5 lakhs . This will not include maintenance of the building and Senior Govt staff who will be supervising these activities from Trivandrum. It is surprising to see that all political leaders including MLAs and the people are regularly going their

on different occasions for having feast with the inmates. Due to old age, after having lavish feast frequently, the inmates also fall sick. They would have preferred Satwik food, may be Kanji or light food in the evening to get their system run well.

My humble invitation is that systems, rules, regulations should not be an interference for the genuine people who are doing social activities for self contentment and happiness. Now I am really wondering if we have similar situation in future, would it be possible to run an organization ?

We all are aware that once the children complete their studies and settle in different positions in their life, they will never have time to look back and express their gratitude towards the people who are the cause for their upliftment.

One thing I realised that divinity always help us with the grace, that these sort of threats get dissolved by itself. It is amazing to see that the sub inspector was able to convince the child about his wrong attitude, which would have only harmed him. He was able to withdraw the complaint otherwise it would have gone Child Welfare for verification. Village officer also gave us lot of guidance and direction to improve the facilities. 'Let go' this attitude to be developed in our social venture.

Surve Bhavanthu Sukhina

Let the entire universe be happy

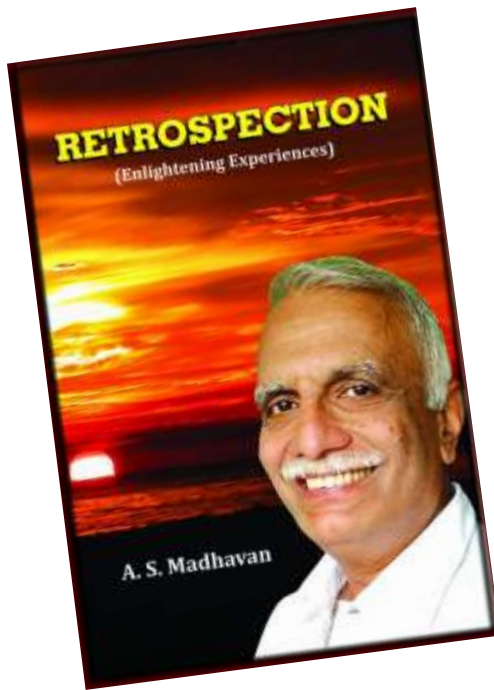
Vishnu Prasad Gautam

The above message from Upanishad reflects the ultimate wisdom of Truth. This is the highest state of Being our *Rishis* were upholding. An ordinary person cannot think like this unless he attains a higher state. But even a common man having immense meditation will attain this state once he has the Grace of self realization-the Godliness. Once we have this higher state, our wisdom has the discrimination power without Duality. In that state there is no right and wrong perception and we have the ability to see the universal family. In that context, we can say that entire universe is

happy. Hence there is no question of Who am I. In this state we are aware of Vedic philosophy- Tattvamasi (I am that) and *Aham Brahmasmi* (I am Brahman).

Warrier Foundation is an institution promoting higher Vedic philosophy to enhance the realization of Godliness with in us. It is only a dew drop in the ocean, but will shine and become a pearl.

May students who come from Warrier Foundation become nectar and impart the knowledge of oneself-Immortality.



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.

TIME HAS NO RELEVANCE ON ENLIGHTENMENT?

A story becomes relevant here. God was pleased with the intense meditation of a devotee, appeared in from of him and blessed him. The



devotee asked God how long he would have to meditate to attain enlightenment. God pointed to the banyan tree, under which he was sitting and meditating, and said that he has to meditate as many years, as the number of leaves on that banyan tree. The devotee felt that he was not going to live so many years, and hence stopped the meditation. He

went back to the material world.

Another devotee also had the same revelation from the God. His reaction was so positive on the possibility of continuing the meditation for the whole life. He started dancing out of pure joy. For him it was better to immerse in the spiritual oneness through meditation rather than wandering in the illusory world. God told the dancing devotee: “You have already achieved enlightenment”. It is not even an experience, it is a self-realisation, beyond words and explanations.

A person who has not tasted a sugar will not understand what the taste is, however much you explain it

to him. He has to put sugar in his mouth and have to realise the sweetness by himself. This realisation of taste can be obtained by a person who is not even aware of how the sugar is made and what colour and shape, etc. Realisation and knowledge are entirely different. Realisation is the ultimate truth.

As gold purified in a furnace loses its impurities and achieves its own true nature, the mind gets rid of the impurities of the attributes of delusion, attachment and purity through meditation and attains Reality.

— *Adi Shankara*



TIRUNAVAYA BALAMANDIR CHILDREN -

A remembrance



Sreekumar
*An Educationist
& Ex FLYJAC*

I had an occasion to spend 3 days in Balamandir, Tirunavaya. It was in connection with Global spiritual meet in the month of January 2016. Days were hectic with programs like Meditation, Yoga and sharing of spiritual experiences. It was enjoyable.

However, I want to share my experience with the Balamandir Children here which is amazing. I was

impressed by their spontaneity, Curiosity and service mindedness.

Spontaneity: There were lot of Foreign delegates from different countries. There was intervals for Tea break, Lunch break and evening snacks. During these times Balamandir Girls were ever ready to give any service. On one occasion, one foreign lady forgot to wear her sandals from canteen hall. She remembered this while we are talking with a group of Girls. She was about to go there to take the sandals. But suddenly one girl took initiative and ran to the hall and took the sandals with hands and placed it at the feet of the lady delegate. The Lady was so overwhelmed and thanked her from the heart. All were astonished to see this spontaneous act without ego.

Curiosity: I was once asked by students to speak something beneficial. One Mr Balasubramanian from Mumbai was also there. He was talking to them about values, ambitions and morals from our scriptures.

I wanted to touch upon meditation. I told about great scientists, authors and also on emperors. Then I told about Buddha, Sankaracharya and such great God realized people.

God realized people are known to all for ever. Scientists are known mostly from their field and authors are known by the litterateurs.

However, spiritual masters are eternal and known by all for ever. Hence it is better to follow the path of meditation even though you own everything else in this world

The Girls' curiosity was amazing and they were attending with utmost alertness.

This is an indication of how attentive a student can become if you properly address them.

Service mindedness: Similarly on yet another occasion after one or two batch, third batch was sitting for meals. Some of the Balamandir children had also settled for this batch. Then, all on a sudden organizer's noticed that some



guests had left out in the previous batch. About 3 guests came there for Lunch. Suddenly three children got up and offered them seat. Remember, the seats were offered by teenagers who already sat for lunch. This service mindedness was admired by delegates in one of their sharings.

Compare to what we are offering to students in the school, students of Balamandir get higher values and moral and spiritual lessons. Hence the difference. A Child is like a drop of rainwater. Pure and unpolluted. Children get the colour and shape from the surrounding



TARGET SHOOTING

A state of Meditation

Udaykumar

My name is Udaykumar, associated with Triggers Rifle & Pistol Shooting Academy as General Secretary. I take this opportunity to express my appreciation and relatedness for Warrier Foundation and its activities.

I was asking this question within myself : What am I looking forward in my shooting ? While contemplating and analyzing it I found an answer that while doing immense practice on this, I am reaching a state of relaxation, stillness at the time of shooting. Is it in the state of being present, where I am free from the relatedness of my body, mind and intellect – a state where there is no thoughts – mind – exist. It is a state where we are completely cut off from the world and identity of ego being completely lost. An Enlightenment is a state of being present and identify ourselves with the higher state of being, where my identity as a shooter, the gun, the shot and the target all are one. There is no expectation of the result and free from desire. A target shooter, like a saint due to immense meditation, is free from all attachments and desires. There is no doership and no attachment of results. It is a state of being with intuitions. In that state, we are only an instrument of the divinity and totally integrated with it and have a feeling of oneness.

Is it not a state of ecstasy, contentment and happiness ? A

saint, meditating on breath, mantra or being initiated by the primordial energy of Light and Sound what he will be achieving.

He will lose his identify of ego, the body, mind and intellect perception and will be able to witness the entire creation including ourselves. Is it not a state a Target shooter is looking for ? . If he is having this high vision and intuition, is he not enlightened ? He also have to do immense practice even while standing, positioning his body should be completely relaxed, the gun should be identified as a part of his body, his mind will be still and divine and only being present for aligning the target of sights and when he shoots he is in a state of deep stillness where the body, mind and intellect is not existing.

Meditation not being limited by sitting on a cross legged position of SthiraSukha Asana, closing the eyes and only observing the thoughts. These all will be preliminary steps and even all the activities what we are doing including the shooting can be considered on same angle. The ultimate purpose of taking up this project is to know our true higher self, which Veda says AhamBrahmasmi. Karma Yoga, Jgna Yoga or Bhakti yoga all will be using different methods only to achieve this higher state. Only the basic thing what we require is immense urge as a spiritual seeker to realise the ultimate truth. ■

Udaykumar with Ritogata Maitri & A S Madhavan





SPIRITUAL LESSONS FROM A CROW



A crow has made his habitat on the window sill outside our bedroom. It began many months ago when my wife fed him with some fried banana chips. Since then he comes unfailingly, every morning,

with his shrill caws ringing in our ears like a morning alarm. My wife maintains that it is her favourite grandfather [long deceased] who comes on a visit.

It is interesting to watch the dialogue between the two. She berates him from time to time for visiting at all sorts of odd and inconvenient hours. Sometimes she tells him there is nothing in the house and then will scourge around and finally find a few leftover crumbs of bread. All through, he will watch her intently, sometimes with a mournful expression. Sometimes he brings a whole family of crows and a few more species of birds, and there is a cacaphony as they vie with one another to get a scrap of the food.

Our crow is also a sort of Delphi. When my younger son was preparing for his International FRM [Financial Risk Management] exams, she consulted he crow about his prospects. Our winged oracle, it seems, gave her a blank and vacant stare and she immediately sensed that something was amiss. Sure enough, my son, who had carried his driving license as identity proof, was denied admittance at the examination hall because there was a slight discrepancy between the name as spelt out in the application and in the license card. Similarly, when my elder son applied for admission to IIM {B}, she consulted the crow about his prospects. He flew away and then came back after a few moments. This time he vigorously shook his head as if to say, 'all is

well'. When we got the news that he was through, the first thing that my wife whispered through her tears of delight was "my crow!"

My wife teases her son that it was her crow rather than his efforts that got him into IIM. He ofcourse says that his mother is getting old and senile and this is clear proof. His younger brother offers a wry 'no comments' smile. They look at me with askance hen I agree with her submissions.

My wife has hardly a whiff of superstition or gullibility in her. She is far more level headed and has tons of common sense more than I could ever hope to have. But then this crow...

Is this just another silly story? The whole thing would indeed sound absurd If you gave our crow a hard clinical look and used your rational empirical mind to make your surmise. You would ofcourse be right – the crow as a gross reality is just that – a crow that only caws. Just like a tree only sways in the wind, it does not speak to you.

Is there something beyond this gross reality – something that connects the vacant stare or vigorous nodding of a crow's head to a mother's gut instinct that gets a message from somewhere deep within...

All the crows and trees and you and me, after all, can be reduced to elementary particles, at which level it becomes undifferentiated bundles of energy and information... and you delve still deeper...

Does our monkey logic extend that far...!

The spiritual quest begins in earnest when one's heart opens in wonderment. That is when true yoga – communion that leads to union – awakens. You see things that you are not permitted to see otherwise.

But for that, you must believe so you can see. You cannot get very far if you say that you will believe only when you see.

Dr Shashidharan Kutty



ANAND KUMAR

A renowned business man became a social activist

It was a great honor for me to have a telephone call from him when he was in Mumbai. He was on a pilgrimage trip visiting Kuttaparti & Shirdi Sai Baba temples and also was going to a temple of Muktanand Swami temple at Ganeshpuri. I had joined him while visiting Ganeshpuri and had a wonderful time, his sharing of social activities & achievements.

Saigram in Trivandrum became one of the large social center spread over more than 25 acres land & giving lot of importance on education, social causes, health care and other activities. Government of Kerala also allotted them a land at Kasarkode for building a cashless counter hospital which will be very unique in the world.

He came across Warriar foundation through an advertisement and few years back he visited us while I was in Kerala. He was remembering during that time when he made a request to pay annual fee of an engineering student, Warriar foundation contributed for it. He also supported his studies. Now he recalled that even though he is having a good job he is not keeping any contacts or not even reciprocating for the services he got from Saigram. We all have to learn a good lesson that we should not expect anything on return while doing social activity. We are blessed by the divinity to be a humble servant.



During our visit we also visited Anand Ashram which is built and managed for old age home & spiritual sleekness by my partner Lalitji Jobanputra. He is doing enormous social activities related to healthcare, shelter, education & spiritual programs etc. he never give any publicity & his philosophy is “ Right hand should not know what is been given by left hand”. Can we have the state of being by detachment and free from ego? Social activities will take us to higher state of being which will help us to realize our enlightening blissful state. ■

FEELING OF

Vasudaiva Kudumbakam

RITESH MISHRA
Class X - Age 17

I am staying at the Warriar Foundation Children Home at Panvel. I have come from Uttar Pradesh. I am staying here for the last 5 years. Besides learning vedas, I am also learning subjects like Computer Science, English, Maths and Social Science. In Warriar Foundation, Panvel, there are more than 60 children who are being provided free education. Warriar Foundation gives me a feeling of ‘VasudaivaKudumbakam’ (Universal Family), as there are children from many places of India staying

together and learning.

At Warriar Foundation children learn to be self-sufficient. Besides, I do meditation along with other children. This way also I am benefitted. With meditation, I am able to do all my jobs in a proper and simple way.

Alongwith learning of Veda, I am studying for CBSC board exam also. This is possible because of the meditation that I am doing. ■



GURU

Adi Shankaracharya

Preeth Nambiar, Writer & Educationist

Adi Shankaracharya. One of the greatest philosophers of India, Adi Shankaracharya founded the Advaita Vedanta, which is one of the sub-schools of Vedanta. Adi Shankaracharya whole-heartedly believed in the concept of the Vedas but at the same time advocated against the rituals and religious practices that were over exaggerated. On a closer introspection of the life history of Sri Sankaracharya, we find that he also started the monastic order known as Dashanami and the Shanmata convention of worship. Given here is Adi Shankaracharya biography, which will give you valuable insight into the life of this great poet and philosopher.

Born in a simple Brahmin family approximately in the 8th century A.D in Kaladi, Kerala, he was named as Shankara and is considered to be the incarnation of Lord Shiva. It is said that Shankaracharya's mother Aryamba had a vision that Lord himself told her that he would incarnate in the form of her first-born child. Right from childhood he showed a penchant towards spiritual knowledge. He could easily recite the Puranas and the Epics and mastered the Vedas during his early years in Gurukul. AdiShankara's teachings were thoroughly adopted by his disciples later on.

Right from childhood, Shankaracharya was interested in Sanyasa and wanted to lead a meaningful life detached from the worldly pleasures. Once, while taking a bath in Purna River, Shankaracharya was attacked by a crocodile. Though his mother wanted to rescue him, she could not and was helpless. Seeing the haplessness of his mother, he asked her permission for letting him renounce the world. She was left with no choice but to agree. As soon as he recited the mantra, the crocodile left him. Shankaracharya began his life as an ascetic from then on. He proceeded towards further down south of India in search of a Guru.

One fine day on the banks of River Narmada he met a man named GovindaBhagavatpada. Since



Shankaracharya was much learned about the Vedas and the Puranas, GovindaBhagavatpada agreed to be his Guru for attaining spiritual knowledge. Under his tutelage, Shankaracharya gained expertise in different forms of Yoga that included Hatha, Raja and Jnana yoga. He then received the knowledge of Brahma. Thereafter he was known as Adi Shankaracharya whose sole purpose of life was to spread the teachings of Brahma Sutras all over the world.

Adi Sankaracharya believed in the philosophy of "non-dualism". He believed in the fact that every individual has a divine existence, which can be identified with the Supreme cosmic power. Though bodies are diverse, the soul is one. The moment someone believes that the concept of life is finite; they are discarding an entirely higher and different dimension of life and knowledge. Self-realization is the key to attain Moksha and connect with God. Though he died young, he left an invaluable treasure of spiritual knowledge for future generations.

Warrier Foundation have a vision whether we can built an Adi Shankara Universal Centre at Ernakulam. This may become a reality depends on the availability of the land which has been in consideration to donate by Kanakadhara Trust. ■



THE MIRACLE OF AMLA

Uses & Benefits of Amla Powder

Amla or Amalaki is an important medicine in Ayurveda, which is renowned for its rejuvenating properties.

Medicinal Properties

Emblica Officinalis is Cooling, Astringent, Refrigerant, Anabolic, Astringent, Antibacterial, Antidiarrhoeal, Antidysenteric, Expectorant, Antispasmodic, Antipyretic, Antioxidant, Antiviral, Antiemetic, Antihepatotoxic, Antianaemic, Antihæmorrhagic, Aphrodisiac, Bechic, Diuretic, Carminative, Laxative and Immunomodulator.

There are two different types of Amla Powder, viz: Food-grade and Cosmetic-grade.

USE OF AMLA POWDER

The Amla (Food-grade) Powder can be used for the following applications:

CURES SORE THROAT AND COLD: Amla helps to cure sore throat and cold. For this, mix 2 teaspoons of amla powder with 2 teaspoons of honey. Have it 3-4 times in a day for effective results.

MAINTAINS CHOLESTEROL LEVELS: Daily consumption of 500 mg of amla powder with a glass of water before going to sleep. It reduces LDL (bad cholesterol), VLDL and triglycerides level by over 40%; and Increase the level of HDL (good cholesterol) significantly.

CURES DIABETES: The amla is well known to cure diabetes naturally. Amla is rich in chromium which regulates the carbohydrate metabolism and makes the body more responsive to insulin, which reduces the blood



glucose levels. Mix 2-3 teaspoons of amla powder or juice in a glass of water and consume daily.

PURIFIES BLOOD: Amla powder, when taken with honey purifies the blood.

DISSOLVES KIDNEY STONES: Taking amla powder with radish helps to dissolve kidney stones.

REMEDY FOR HYPERACIDITY & ULCERS: The powder of dried amla fruit is an efficient remedy for hyperacidity, ulcers and other blood impurities.

ENHANCES APPETITE: Take amla powder with butter and honey before every meal to enhance your appetite. This will help to increase the pounds in a healthy way.

USE OF AMLA POWDER ON SKIN:

AMLA SCRUB: Mix amla powder with a teaspoon of tamarind paste. Mix it in well and apply over the face. Scrub the skin in circular motions. After leaving this on for 10 minutes, rinse it off with warm water.

AMLA FACIAL: Mix amla powder and honey with yoghurt to form a thick paste. Apply this on your skin and leave it on for about 20 minutes and then wash it off with warm water. This facial makes your skin clean and smooth. It can be repeated twice a week for best results.

AMLA FACE PACK: This pack can also be used to reduce acne and other skin problems. Boil tea leave in water. After this decoction cools down, stain it and mix it with amla powder to make a paste. Mix in a teaspoon of honey and apply on the face. Once the pack dries fully, wash it off





| | |
|----------------------------|--|
| Botanical Name | : EmblicaOfficinalis |
| Synonyms | : PhyllanthusEmblica |
| Family | : Euphorbiaceae |
| Common English Name | : Indian Gooseberry, Emblic Myrobalan |
| Indian/Hindi Name | : Amla, Amalaki |
| Habitat | : Throughout India, cultivated as well as growing wild. |
| Plant Parts Used | : Fruits, Seeds, Leaves, Bark |

with warm water.

AMLA SKIN LIGHTENING PACK: Mash a few pieces of papaya. Make a paste with the amla powder and add it to the papaya. Also mix in a teaspoon of honey. Leave this pack on for 15 minutes before washing it off. This paste reduces pigmentation and dark circles and makes your skin fairer.

HEALS PIMPLES & ACNE: Amla powder is very useful for clearing pimples and acne. The amla extract is applied directly to the face to reduce pimples and oiliness.

USE OF AMLA POWDER ON HAIRS:

Amla can be used as a remedy for hair loss. Amla nourishes hair, making it thicker and stronger. Amla also provides luster to hair that is dull and dry. You can also control conditions like premature graying of the air with the help of amla. Amla moisturizes the scalp to help control dandruff and other issues related to the scalp.

You can also use amla powder in several ways to make nourishing hair packs, as follows:

STRENGTHENING PACK: Make a paste with 2 teaspoons of amla powder and warm water. To this paste, add yoghurt and honey. Apply this paste evenly on your scalp and hair strands. Allow it to stay for about 30 minutes before you rinse it off completely. This pack strengthens the hair root and provides the luster to dry and dull hair.

ANTI DANDRUFF PACK: This pack not only cures dandruff but also takes care of rashes on the scalp and reduces hair loss. It also acts a coloring agent. Mix amla powder and shikakai powder in a bowl. Make a paste using curd. Apply this to the scalp; leave on for about half-an-hour and wash with water. You could also use amla powder mixed with two teaspoons of lime juice and apply to the scalp and wash off with shikakai. Amla can also be used in combination with tulsi or basil for action against dandruff. Make a paste of amla powder in water. Grind 10 tulsi leaves with a little water and mix this paste into the amla paste and apply on the scalp. Leave on for about 30 minutes and then wash with water.

HAIR COLOUR ENHANCER: Amla can be added to your home-made paste to cover grey hair. By itself, amla does not have the ability to dye hair; however, it can help tone down the red or brown colour of a henna-indigo hair colour. Along with this, amla also helps give a natural shine to the hair after you have washed off the dye. When mixing in amla powder, it is important to add it last into the paste, just before you apply the paste to your hair. When used with henna powder, it helps in enhancing the natural hair colour. A mixture of amla and shikakai powder can also be used to color the hair naturally.





FULFILMENT

An Introspection

Abridged Biography

Dear World,

"It appears that all these years of living has framed me into a 'limited personality'; i was known more by my limitations than my potential. People, family, friends, enemies etc., with their good intentions framed me into a portrait with names, habits, behaviours, abilities and skills; i was passively and unconsciously allowing this to happen to me.

It made me to believe that there is a script already written and there is no escape for me to dislodge myself from that script. Although, once in a while i feel satisfied on my achievements, yet many a time, i gulp down the distasteful disillusionment.

How long should i live like this? Am i living in with full awareness of myself? Am i not free to script my own destiny? Are there not ways by which i could programme my life the way i want?"

Can the hindsight be turned into foresight?

With Love, *Top Mind*

Chiselling One's Own Life

Dear World,

It is a wonderful feeling that so many have visited the *Top Mind* during the last week.

This gives me lot of inspiration to continue the postings and sharing my thoughts about the evolving mind.

Your visits to the *Top Mind* will nourish my commitment to continue writing as frequently as possible. So, please stay tuned for fresh pieces of postings. Also, give me feedback through your valuable comments.

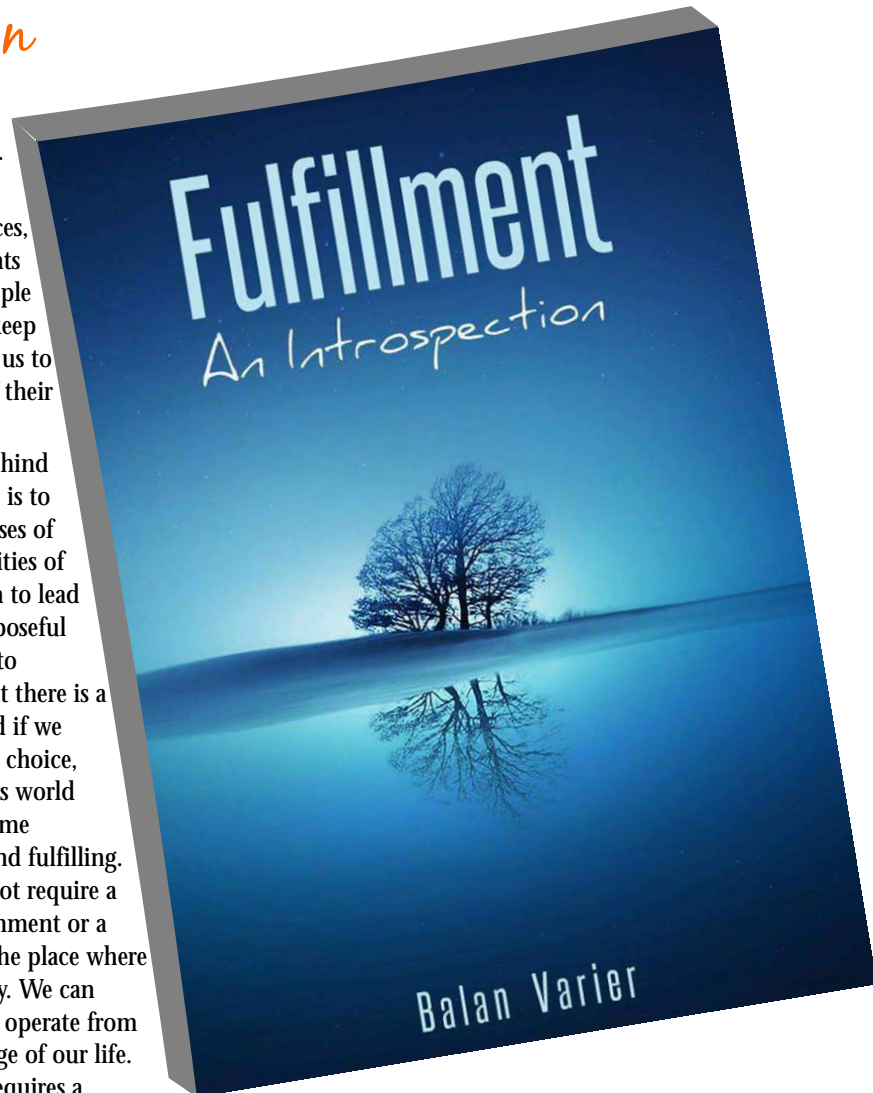
What i want to share from this stage is to have a look at the way we live our life. Many of us are not aware that we are living a script handed down to us. We do not have the time to stop and take

stock of our life as the circumstances, environments and the people around us keep on pushing us to live a life of their choice.

The idea behind this venture is to show glimpses of the possibilities of the freedom to lead a more purposeful living. It is to indicate that there is a way out and if we exercise our choice, living in this world would become enjoyable and fulfilling. This does not require a new environment or a shift from the place where we are today. We can continue to operate from the very stage of our life. Simply, it requires a paradigm shift in our understanding about us which would pave the way for seeing newer dimensions of life.

We, human beings, have been gifted (this is the main difference between us and the rest of creations) with the unique power of Intent and Choice. To steer our life to a new direction, simply we need to activate this to write a new programme and start living it.

In the earlier posting, i was talking about the feeling of suffocation that we undergo when we do not find a meaning and purpose in what we do. For us, life simply means nothing beyond mere existence, some mundane activities, a job, a family, a few friends and a bundle of desires or a 'wish list'. In this life's menu, a few items get added or deleted depending on the



stage of our life. Early childhood is more of instinctive momentary living whereas in the youth stage some amount of vigour and enthusiasm surge along with a few dreams. In the middle age, we try to settle down with the achievements and compromising on those non-achieved. And during the sunset years, with enthusiasm and energy depleted and with a weak body, life ceases to thrill us any longer.

This is what we have seen and have been told about life. Should we succumb to such a living?

Let's attempt re-writing the programme. Let us make it simple by unknitting all the complexities that got woven unconsciously into the life.

With love, *Top Mind*



AGUMBE

The paradise above the Western Ghats

Vinay, Bangalore

Across the beautiful Western Ghats in Karnataka, Agumbe is a destination, but less popular among the travellers. This beautiful small hill station in Karnataka, India, is a perfect destination for jungle trekkers and wildlife lovers. It is famed for being the location for the world famous movie 'Malgudi Days' based on the novel of R.K. Narayanan 'The Guide.

Overview

Agumbe is also known as "The Cherrapunji of South India" due to heavy rainfall. The small hill station is well-known for its rain forests and natural beauty. Situated in Shimoga district of Karnataka state in India, Agumbe is easily accessible by road and train. The nearest big cities are Mangalore, which is about

100 km, and Bangalore which is 380 km. The nearest international airport is in Mangalore. Agumbe is well-known for the only permanent rainforest research station in the country and is home to the king cobra. This hill station is a trekker's paradise, with endless nature trails ranging from moderate to difficult.

Sightseeing

Agumbe's scenic beauty has always left the visitors speechless. There are several waterfalls, streams and rivers hidden in the rain forest which always thrill the tourists visiting here.

Kunchikal Falls, at a height of 1493 feet, is the second highest waterfall in the country while Barkana Falls ranks 10th highest in the country at a height of 850 feet. Also, there is Jogigundi Falls and





OnakiAbbiFalls which are favorite picnic spots of the locals. Other than waterfalls, the most popular place among the visitors here is Sunset Point. On a clear day one can get awesome view of the setting sun in the Arabian Sea. Agumbe is surrounded by rainforests which are home to many species of flora and fauna. One can visit Kudremukh National Park and Someshwar Wildlife Sanctuary. Apart from its natural beauty Agumbe also has an ancient temple of Lord Gopalakrishna which was built in 14th century. The best time to visit Agumbe is from November to January. It is perfect time to enjoy camping, trekking and water rafting during your trip here.

Accommodations

Agumbe, being a small village town, does not have many hotel facilities. However Mallya Residency, near the bus stand, has always been the visitor's choice here. It is a lesser known fact that many people in Agumbe offer home stays to the visitors. This is best for those who also want to enjoy the culture and lifestyle of the residents here. If you are not satisfied with the accommodation here then there are several hotels in Udupi which offer both luxury and budget accommodations.

Nearby waterfalls are OnakiAbbi, Barkana falls, and Jogigundi falls. Trek the local fame, NarasimhaParvatha. You can also opt for a trek to Nishagundi, or to Barkana falls. An upstream trek from OnakiAbbi during one of the drier seasons is remarkably scenic. Try to arrange for a local guide



who'll help with the trek routes, and it's advisable because the jungle is dense.

Alternatively, one can tag up with the Karnataka Mountaineering Club, or one of the many adventure clubs in Bangalore for a trek to NarasimhaParvatha. Staying in the village, however, is a pleasant experience.

This place receives the highest rainfall in the state. Post monsoon is the most beautiful time to visit, never mind the leeches.

A direct bus plies between Bangalore and Agumbe. If you miss that, you can take one of the frequent buses to Shimoga. Mini-buses between Shimoga and Agumbe are abundant.

Agumbe is a treasure worthwhile to cherish a lifetime!





THE MISSION

Upendra Menon



Abraham Lincoln in his famous speech at Gettysburg mentioned " ...that we highly resolve that these dead (the soldiers who sacrificed their lives for the nation) shall not have died in vain that this Nation under God shall have a new birth of freedom and that the government of the people by the people and for the people shall not perish from the earth. "

Say, much before that the rule of Mahabali was depicted as "Maveli nadu vaneedum kalam; Maanusharellaarum onnupole" the golden era was marked with all people being equal in stature. Prosperity and happiness was not the privilege of the few.

This equality is possible when the difference between haves and have nots reduce. The best way to reach that state is strengthen the under privileged so that he need not come back asking for help. "give him not a fish, give him a hook; fish will temporarily stop his hunger, where a hook will help him to find a way of life."

The pursuit for progress in this regard was there from time

immemorial- to develop society, State, Nation by uplifting the less fortunate. To provide them food, shelter and education so that poverty can be eradicated.

Warier foundation leaves no stone unturned to take a step further not only to provide food and shelter to the needy children and elders the Universal Centre for individual integration, at Thirunavaya is dedicated to seekers of peace and fulfillment through meditation.

Maslows hierarchy of needs identify 5 distinct stages of Mans quest. Physiological needs like food water light shelter to keep his belongings Safety from thieves protection through law of the land Social need is to set up his family his children to love and to be loved Esteem develops his self respect and respect from others in the society Self actualization Many ways are followed one being helping the weaker section of society .

There he has no expectation of material returns. Whatever done is for his own satisfaction and there fore no limits. Friends its here we find purpose and meaning in joining and supporting the activities warier foundation or similar NGOs. I am sure the mission will gather momentum and warier foundation will reach the destination ■

A VISIT TO BALMANDIR OF WARRIER FOUNDATION

Mr. Kavathekar was - Vice President in Reliance Industries. He had been associated with me personally and visited Warrier Foundation at the time of its inception about 17 years back. I was not recalling his visit. 4-5 years back he also retired from Reliance. It was amazing to see that he got my number from some of the colleagues in Reliance and spoke to me that he wanted to come to our BalMandir and old age home along with his son, who has come from USA. It was really surprising that they had visited Warrier Foundation on the very next day of the marriage of his son. This he had planned one month before his arrival to India. Instead of going for honeymoon after marriage, he had decided to spend time with BalMandirof Warrier Foundation and the old age home.

They had distributed lot of bed sheets to all the inmates as well as the employees. He also contributed 12 cots to our BalMandir.

Social commitment for the under-privileged will definitely enhance an individuals perception towards life. They will have a right feeling of contentment and happiness by getting related with larger society and also appreciating what



they got. Giving is more difficult than accumulating and earning. Unless parents are cultivating values and culture and individual will not have an attitude of giving.

There is a commitment from his son that he wanted to be an integral part of the activities undertaken by Warrier Foundation. This will be possible by enrolling and empowering our friends, relatives and likeminded people to be part of this movement. We all can be a divine instrument of the divinity and see that the movement of educating underprivileged children will be an ongoing process and success. ■



M. H. WARRIER

A Legend

Mr. M. H. Warriar, we fondly call him as Harimman, left his abode giving lot of loving memories to me, the family members, friends and society.

I had the opportunity to be associated with him for more than 20 years as an uncle, counsellor, a mentor and also as an administration in-charge in our organization. He was always calm and quiet within himself and even at the age of 69, he was the first person to reach our office with commitment, dedication and integrity. His presence was always with a loving smile and at times I got agitated due to my own emotions, but he always kept his cool and made me laugh at myself for my emotional outburst.



His artistic talent in singing and bhajans etc are beyond words of appreciation. He had vast friends circle and associates. His wife Mrs. Anandavalli is also highly spiritually evolved person and formed a group for satsang and reciting Bhagavad Gita and Naryaneeyam etc. A transformation to temple or society or environment with high values is only possible through spiritual awakening by the entire community. She is a beacon light

for many people. When I met her at Trichambaram she was quite relaxed accepting Harimman's departure without any emotions. Growth of an individual is depends on his ability to accept the situation as it is and carry forward love and compassion.

I also had the opportunity to get associated with his son, Rajesh, who was an entrepreneur. Currently, he is working with a reputed organization in Singapore. He is a socially oriented person and I still remember when he got his first salary from Flyjac he had contributed certain amount for the education of under-privileged children. Recently also he had sent a large amount for Warriar Foundation from Singapore. He also mentioned that he old company in Bangalore will be winding up soon. While closing the company he wishes to contribute the money which is lying in the bank to Warriar Foundation. I have no words to express our gratitude for this magnanimous contribution. This culture has been developed by his parents with a feeling of universal family.

An individual can contribute to the society by bringing up their children with high moral values and culture. Harimman is blessed with that. ■

Swachh Bharat Abhiyaan

Dr. Purushottam Poddar was heading one of the type writer plants of Godrej when I met him about 45 years back. A very professional engineer being stayed in Germany & also internationally travelled in USA & Canada. Even though he is 82 years I found him every day at Hiranandani Garden where I normally go for morning walk. Today when I met him I took a photograph of the social work he is doing in silence and without any publicity. He always carry a poker stick & passing bag to pick up any plastic or waste items which are lying around the garden and slowly & steadily cleaning up the area. I also found him with a friend who also started supporting him.

I asked him what made him to activate this work on everyday basis with commitment and dedication. He found all the European & US countries are clean by the citizens. They have a lot of social awareness and commitment. He has seen a slogan in a train in Canada which he still remembers, "Let us not be the first person to throw the waste". Now when PM Narendra Modi invited everyone for Swachh Bharat Abhiyaan he also wanted to contribute whatever best he can. He is a real social activist & let us salute him. Age, caste, creed, health, wealth, fame, position; all are not the basic ingredient required for a social activist. He should be the one who should have integrity and a positive attitude towards selfless action. We all learn from them by their way of wellbeing presence.



Yoga

INVERTED POSE

Viparit Karni

General Benefits:

Stagnant blood from the lower regions of the body, i.e. legs and abdomen is drained to the heart thereby improving the supply of fresh blood to these parts and the whole circulatory system. Blood supply to the head area i.e. brain, eyes, ears, nose and throat is improved thereby improving their functioning. Therefore all of the pelvic and abdominal area circulation, ear, throat and nose ailments are improved. The lung capacity is increased as the diaphragm, which is the muscle of respiration, has to work against gravity in this posture, this helps in the abdominal respiration and is therefore helpful in the treatment of asthma. Toxins in the respiratory system

are drained thereby improving the respiratory system. Prevents and cures varicose veins.

Detoxification of the body due to improved efficiency of the organs of the body which leads to youthfulness and anti-ageing effects. Due to the increased blood flow to the head the mind is tranquilized, stress and psychological disturbances are removed. The increased blood flow can be beneficial for those who suffer from headaches, though it should not be practiced at the time of headache. It releases the normal gravitational pressure from the anus muscles which helps with haemorrhoids. The nerves passing through the neck are toned and the neck flexibility is increased. The





digestive system is greatly improved due to the increase in blood circulation and drainage of stagnant blood.

The pranic flow is harmonized, increasing energy and having a positive effect on all the body systems. Balances the breath, ida and pingala. Balances the thyroid. Increases the circulation to the pituitary and pineal glands. Relieves constipation. Prevents atherosclerosis and restores vascular elasticity and tone. Beneficial for memory loss and dementia as well as increasing mental alertness. Increases the metabolism when held for longer periods of time, such as 10 - 15 minutes. Can be used as a mudra as written in Kriya, Kundalini and Tantric texts. Can be used instead of Sarvangasana, especially when one wants to put less stress on the neck.

Benefits for Women:

Beneficial for menstrual disorders.

Therapeutic Applications:

Thyroid disorders. Asthma. Reproductive problems. Headache. Haemorrhoids. Varicose veins. Prevention of cough and colds. Diabetes. Memory loss and dementia. Atherosclerosis. Constipation. Obesity.

Taking the Position:

In supine position exhale and while inhaling slowly raise both the legs to a 90 degree angle from the floor. While exhaling raise the waist and the hips from the floor and take the legs backwards over the head. While inhaling place both hands below the waist for support and straighten the legs, toes pointing to the ceiling. The trunk of the body should be at a 45 degree angle from the floor. Gaze towards the toes and maintain the asana while breathing normally.

Releasing the Positions:

Inhale and while exhaling slowly lower the legs over the head, bring the arms back to the floor. Inhaling slowly lower the back to the floor, vertebrae by vertebrae, keeping the legs at a 90 degree angle from the floor. Exhaling slowly lower both legs back to the supine position. Relax and breathe normally.

Anatomical Focus:

Neck, shoulders, elbows, legs

Anatomical Awareness:

On core area, throat

Do's:

Keep the legs straight in knees with toes pointing to the sky. The trunk of the body should be kept about at a 45 degree angle from the ground. Head straight and eye sight fixed on the toes. Make sure that the trunk is raised enough vertically so that the chin can comfortably rest against the chest.

Don'ts:

Bend the knees. Move the neck or overstrain. Bring the legs over the head when in the asana position but don't keep them completely vertical if it causes tension. Raise the head from the floor. Tense the legs or point the feet as this contracts the legs a.

Precautions & Contraindications:

Should not be performed by people suffering from high blood pressure, heart conditions or brain diseases. Should be avoided during menstruation and pregnancy. Should be avoided if suffering from an enlarged thyroid, spleen or liver as well as cervical spondylitis, slipped disc, headache and weak blood vessels in the eyes.

Variations & Tips:

One may need a folded blanket under the neck, shoulders and elbows for support. For some beginners it may be difficult to raise the legs straight. If so then one can bend the knees a little while taking the position and then straighten out the legs. This asana will be different for everyone due to body proportions and individual differences in weight distribution. This position takes more abdominal strength than spinal muscle strength. It is a good position to practice coming in and out of if you want to develop more control over the abdominal muscles. For women it can be a more difficult pose to hold due to the greater proportion of weight in the lower body. It can also be more difficult for those with very flexible backs as the abdominal muscles have to work harder.

Preparatory Poses:

DwiPadaUttanpadasana.

Follow-up Poses:

Sarvangasana. Ashwini Mudra. Halasana. VistrutPadaHalasana. Karnapeedanasana. Matsyasana. Chakrasana.

Position:

Supine



Lentils

Lentils are to India as meatloaf is to America: the quintessential comfort food. Ranging from yellow and red to deep black, these tiny disc-shaped members of the legume family are eaten in some form at least twice a day in "any self-respecting Indian household," says Kavita Mehta, founder of the Web-based Indian Foods Co. In fact, India is the world's biggest producer and consumer of lentils. Known as dal, lentils typically are served at every meal with steamed rice or bread.



Why to try them: This superfood gives you protein and cholesterol-lowering soluble fiber, as well as about twice as much iron as other legumes. And lentils are higher in most B vitamins and folate, which is especially important for women of childbearing age because folate reduces the risk of birth defects. Plus, U.S. Department of Agriculture researchers discovered that the pigment in Beluga black lentils acts like an antioxidant and helps protect against heart disease, cancer, and the aging process in general. Not too shabby for something the size of a pencil eraser.

What to do with them: Lentils can be stored a long time, are easy to make, and are one of the cheapest protein sources going, at just 75 cents per pound at grocery stores. And unlike other legumes, you don't have to soak them before cooking. Just rinse them in cold water and simmer in water or broth. Enjoy them

plain or spiced with herbs, onions, or garlic.

Indian Lentils With Coconut

Ingredients

- 1 teaspoon olive oil
- 1 cup chopped onion
- 4 cups water
- 1 pound dried small red lentils, washed and picked over
- 1 (13.5-ounce) can light coconut milk
- 1 bay leaf
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Preparation

1. Heat olive oil in a large saucepan over medium-high heat. Add chopped onion; sauté 5 minutes or until just beginning to brown. Stir in the water, lentils, coconut milk, and bay leaf. Bring to a boil over medium-high heat; reduce heat to low. Simmer, stirring occasionally, 40 minutes or until the lentils are soft.
2. Remove and discard the bay leaf. Then stir in salt and pepper.





An Excellent Event

by Thanoor Ashram of Mata Amritanandamayi



Balamandiram students had been invited by Thanoor Ashram of Mata Amritanandamayi. The devotion and dedication of social service activities by Mata Amritanandamayi is highly commendable. The Swamini of Mata Amritanandamayi Ashram at Thanoor is highly compassionate and related to our Balamandiram children. She normally comes to our Balamandiram for conducting bhajans, which is highly appreciable. Her talk related to spiritual aspects is always motivational and inspirational for our children. She always observe that our children are highly sensitive and concerned to the guests while they are visiting our Balamandiram. She was mentioning that our children are doing voluntary activities with love from the bottom of their heart and they normally serve even before asking. That may be one of the reasons our children are being invited as volunteers for Amma's birthday celebrations and

other functions.

During Shivarathri celebrations, our children performed a beautiful dance ballet related to Lord Shiva. They also performed devotional dances to enlighten the celebrations. They are blessed by Amma for doing voluntary service and also performing during celebrations.

*“Sat Sangathwe Nissangathwam
Nissangathwe Nirmohathwam
Nirmohathwe Nischala Tathwam
Nischala Tathwe Jivan Mukthi”*

Our children are always on the right directions and having interaction with good people they have freedom of attachment and desire. When our mind is free from attachment and desire we can see stillness within. When mind is still it is divine and it will lead us to liberation. We salute our children for developing high values and culture through their day-to-day service and activities. ■