

## **This is Mirror Life.**

The good you find in others, is in you too.  
The faults you find in others are your faults as well.  
After all, to recognize something you must know it.  
The possibilities you see in others, are possible for you as well.  
The beauty you see around you is your beauty.  
The world around you is a reflection, a mirror showing you the person you are.  
To change your world, you must change yourself.  
To blame and complain will only make matters worse.  
Whatever you care about, is your responsibility.  
What you see in others shows you yourself.  
See the best in others, and you will be your best.  
Give to others, and you give to yourself.  
Appreciate beauty, and you will be beautiful.  
Admire creativity, and you will be creative.  
Love and you will be loved.  
Seek to understand, and you will be understood.  
Listen and your voice will be heard.  
Teach, and you will learn.  
Show your best face to the mirror,  
And you'll be happy with the face looking back at you.

## **FIVE FINGER PRAYER**



This is beautiful - and it is surely worth making the 5 finger prayer a part of our lives.

1. Your thumb is nearest you. So begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C. S. Lewis once said, a 'sweet duty.'
2. The next finger is the pointing finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, and priests. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.
3. The next finger is the tallest finger. It reminds us of our leaders. Pray for the president, leaders in business and industry, and administrators. These people shape our nation and guide public opinion. They need God's guidance.
4. The fourth finger is our ring finger. Surprising to many is the fact that this is our weakest finger, as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need your prayers day and night. You cannot pray too much for them.
5. And lastly comes our little finger - the smallest finger of all which is where we should place ourselves in relation to God and others. As the Bhagvad Geeta says, 'The least shall be the greatest among you.' Your pinkie should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.

## **Mahatma Gandhiji's' - View on Christianity**

### **Why I didn't become a follower of Christ?**

If not for Mohandas Karamchand Gandhi, the Indian Independence struggle would have taken longer with more bloodshed, division and war.

When senior leaders of the Hindu political groups urged Gandhi to respond 'violence with violence' and 'sword with sword,' he opposed insisting and exhorting the path of non-violence and peace, which was Gandhi's biggest sword to combat the trained and fully equipped forces.

For sure this great man is one of the most respected leaders of modern history, for not only his life, but, also his ideals and his message to the people.

Although a Hindu, Gandhi had a very close connection with Christianity and admired Jesus very much, often quoting from his favorite 'Sermon on the Mount' Chapter in Mathew 5-7.

When the missionary, E. Stanley Jones, met with Gandhi, he asked him, "Mr. Gandhi, though you quote the words of Christ often, why is that you appear to so adamantly reject becoming his follower?"

Gandhi responded, "Oh, I don't reject Christ. I love Christ. It's just that so many of you Christians are so unlike Christ!"

"If Christians would really live according to the teachings of Christ, as found in the Bible, all of India would be Christian today," he added.

Gandhi's closeness with Christianity began when he was a young man practicing law in South Africa. Apart from being attached with the Christian faith, he intently studied the Bible and the teachings of Jesus, and was also seriously exploring becoming a Christian, which led him to his discovery of a small church gathering in his locality.

These strongly entrenched Biblical teachings have always acted a panacea to many of India's problems during its freedom struggle. After deciding to attend the church service in South Africa, he came across a racial barrier; the church barred his way at the door.

"Where do you think you're going, kaffir?" an English man asked Gandhi in a belligerent tone.

Gandhi replied, "I'd like to attend worship here."

The church elder snarled at him, "There's no room for kaffirs in this church. Get out of here or I'll have my assistants throw you down the steps." This infamous incident forced Gandhi to never again consider being a Christian, but, rather adopt what he found in Christianity and its founder Jesus Christ.

In a speech to Women Missionaries on 28 July, 1925, he said, "...although I am myself not a Christian, as a humble student of the Bible, who approaches it with faith and reverence, I wish respectfully to place before you the essence of the Sermon on the Mount...There are thousands of men and women today who, though they may not have heard about the Bible

or Jesus, have more faith and are more God fearing than Christians who know the Bible and who talk of its Ten Commandments..."

To a Christian missionary, Gandhi once said,

"To live the gospel is the most effective way most effective in the beginning, in the middle and in the end. Not just preach but live the life according to the light. If, therefore, you go on serving people and ask them also to serve, they would understand.

But, you quote instead, John 3:16 and ask them to believe it and that has no appeal to me, and I am sure people will not understand it...the Gospel will be more powerful when practiced and preached."

"A rose does not need to preach. It simply spreads its fragrance. The fragrance is its own sermon...the fragrance of religious and spiritual life is much finer and subtler than that of the rose."

In many ways Gandhi was right, the intense proselytization by Christian missionaries in India, through force and allurements, forced him to make many scathing statements against Christian missionaries, which several times inspired them to retrospect and change the way of approach in 'Evangelism.'

"If Jesus came to earth again, he would disown many things that are being done in the name of Christianity!"

Gandhi said during his meeting with an English missionary. "Here I am remembered of Sadhu Sundar Singh who is said to have done more to "indigenize" the churches of India than any figures in the twentieth century.

"You have offered us Christianity in a Western cup... Give it to us in an Eastern bowl and we will drink of it," is a famous statement by Singh, who converted from Sikhism to Christianity after his personal experience with Jesus, who appeared in his room on one morning in the year 1905, when he was just fifteen years old.

Stanley Jones once asked Gandhi: "How can we make Christianity naturalized in India, not a foreign thing, identified with a foreign government and a foreign people, but a part of the national life of India and contributing its power to India's' uplift?"

Gandhi responded with great clarity,

"First, I would suggest that all Christians, missionaries begin to live more like Jesus Christ.

Second, practice it without adulterating it or toning it down.

Third, emphasize love and make it your working force, for love is central in Christianity.

Fourth, study the non-Christian religions more sympathetically to find the good that is within them, in order to have a more sympathetic approach to the people."

"Therefore it is very important for Christians to practice Christianity among the non-believers so that they can know the real love of Lord Jesus!"

## **GREATEST CHRISTMAS REUNION**

The brand new pastor and his wife, newly assigned to their first ministry, to reopen a church in suburban Brooklyn, arrived in early October excited about their opportunities. When they saw their church, it was very run down and needed much work. They set a goal to have everything done in time to have their first service on Christmas Eve.

They worked hard, repairing pews, plastering walls, painting, etc., and on December 18 were ahead of schedule and just about finished. On December 19 a terrible tempest - a driving rainstorm hit the area and lasted for two days.

On the 21st, the pastor went over to the church. His heart sank when he saw that the roof had leaked, causing a large area of plaster about 20 feet by 8 feet to fall off the front wall of the sanctuary just behind the pulpit, beginning about head high.

The pastor cleaned up the mess on the floor, and not knowing what else to do but postpone the Christmas Eve service, headed home. On the way he noticed that a local business was having a flea market type sale for charity so he stopped in. One of the items was a beautiful, handmade, ivory colored, crocheted tablecloth with exquisite work, fine colors and a Cross embroidered right in the center. It was just the right size to cover up the hole in the front wall. He bought it and headed back to the church. By this time it had started to snow. An older woman running from the opposite direction was trying to catch the bus. She missed it. The pastor invited her to wait in the warm church for the next bus 45 minutes later.

She sat in a pew and paid no attention to the pastor while he got a ladder, hangers, etc., to put up the tablecloth as a wall tapestry. The pastor could hardly believe how beautiful it looked and it covered up the entire problem area. Then he noticed the woman walking down the center aisle. Her face was like a sheet. 'Pastor,' she asked, 'where did you get that tablecloth?'

The pastor explained. The woman asked him to check the lower right corner to see if the initials, EBG were crocheted into it there. They were. These were the initials of the woman, and she had made this tablecloth 35 years before, in Austria the woman could hardly believe it as the pastor told how he had just gotten the Tablecloth. The woman explained that before the war she and her husband were well-to-do people in Austria. When the Nazis came, she

was forced to leave. Her husband was going to follow her the next week. He was captured, sent to prison and never saw her husband or her home again.

The pastor wanted to give her the tablecloth; but she made the pastor keep it for the church. The pastor insisted on driving her home, which was the least he could do. She lived on the other side of Staten Island and was only in Brooklyn for the day for a housecleaning job. What a wonderful service they had on Christmas Eve. The church was almost full. The music and the spirit were great. At the end of the service, the pastor and his wife greeted everyone at the door and many said that they would return.

One older man, whom the pastor recognized from the neighborhood continued to sit in one of the pews and stare, and the pastor wondered why he wasn't leaving. The man asked him where he got the tablecloth on the front wall because it was identical to one that his wife had made years ago when they lived in Austria before the war and how could there be two tablecloths so much alike.

He told the pastor how the Nazis came, how he forced his wife to flee for her safety and he was supposed to follow her, but he was arrested and put in a prison. He never saw his wife or his home again all the 35 years in between.

The pastor asked him if he would allow him to take him for a little ride. They drove to Staten Island and to the same house where the pastor had taken the woman three days earlier. He helped the man climb the three flights of stairs to the woman's apartment, knocked on the door and he saw the greatest Christmas reunion he could ever imagine.

### **Beautiful Story illustrates, things happen for a reason**

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## The scientific explanation for visiting temple regularly

Very Informative and this info should make all our people believe that our ancestors were not a bunch of idiots. I APPEAL TO PEOPLE OF ALL FAITHS TO PERUSE THIS.

Well, here is a scientific explanation.....just read on.

There are hundreds of temples all over India in different size, shape and locations but not all of them are considered to be in the Vedic way.

Generally, the temples are located in a place where earth's magnetic waves pass through. In simple terms, these temples are located strategically at a place where the positive energy is abundantly available from the magnetic wave distribution of north/ South Pole thrust.

Because of its location, where high magnetic values are available, the Main Idol is placed in the center, and also because they place a copper plate written with some Vedic scripts, which is buried, beneath the Main Idol's placement known as "Garbhagriha" or Moolasthan, the copper absorbs the earth's magnetic waves and radiates to the surroundings. Thus a person, who regularly visits a temple and makes clockwise pradakshina of the Main Idol's placement, automatically receives the beamed magnetic waves which get absorbed by his body. This is very slow and a regular visit will make him absorb more energy, known as positive energy. In addition, the Sanctum Sanctorum is completely enclosed on three sides. The effect of all energies is very high in here. The lamp that is lit radiates the heat and light energy.

The ringing of the bells and the chanting of prayers gives sound energy. The fragrance from the flowers, the burning of camphor gives out chemical energy. The effect of all these energies is activated by the positive energy that comes out of the idol. This is in addition to the north/south pole magnetic energy that is absorbed by the copper plate and utensils that are kept in the Moolasthan.

The water used for the Pooja is mixed with Cardamom, Benzoin, Holy Basil (Tulsi), Clove, etc is the "Theertham". This water becomes more energized because it receives the positive-ness of all these energies combined. When persons go to the temple for Deepaaraadhana, and when the doors open up, the positive energy gushes out onto the persons who are there. The water that is sprinkled onto the people passes on the energy to all. That is the reason why, men are not allowed to wear shirts to the temple and ladies have to wear more ornaments because it is through these jewels (metal) that positive energy is absorbed in ladies. It is proved that Theertham is a very good blood purifier, as it is highly energized.

In addition, temples offer holy water (about three spoons). This water is mainly a source of magneto therapy as they place the copper water vessel at the Garbhagriha. It also contains cardamom, clove, saffron, etc to add taste and Tulsi (holy Basil) leaves are put into the water to increase its medicinal value! The clove essence protects one from tooth decay, the saffron



& Tulsi leave essence protects one from common cold and cough, cardamom and benzoine known as Pachha Karpuram, acts as a mouth refreshing agents. This way, one's health too is protected, by regularly visiting Temples!

## **Indians are Hobbesian. (Culture of self-interest)**

Corruption in India is a cultural aspect.

Indians seem to think nothing peculiar about corruption.

It is everywhere.

Indians tolerate corrupt individuals rather than correct them.

No race can be congenitally corrupt.

But can a race be corrupted by its culture?

To know why Indians are corrupt, look at their patterns and practices.

### **First:**

**Religion is transactional in India.**

Indians give God cash and anticipate an out-of-turn reward.

Such a plea acknowledges that favours are needed for the undeserving.

In the world outside the temple walls, such a transaction is named- 'Dakshina' (bribe).

A wealthy Indian gives not cash to temples, but gold crowns and such baubles.

His gifts cannot feed the poor. His pay-off is for God.

He thinks it will be wasted if it goes to a needy man.

In June 2009, The Hindu published a report of Karnataka minister G. Janardhan Reddy gifting a crown of gold and diamonds worth Rs 45 crore to Tirupati.

India's temples collect so much that they don't know what to do with it.

Billions are gathering dust in temple vaults.

When Europeans came to India they built schools.

When Indians go to Europe & USA, they build temples.

Indians believe that if God accepts money for his favours then nothing is wrong in doing the same thing.

This is why Indians are so easily corruptible.

Indian culture accommodates such transactions morally.

There is no real stigma. An utterly corrupt JayaLalita can make a comeback, just unthinkable in the West.

### **Second -**

Indian moral ambiguity towards corruption is visible in its history.

Indian history tells of the capture of cities and kingdoms after guards were paid off to open the gates, and commanders paid off to surrender.

This is unique to India.

Indians' corrupt nature has meant limited warfare on the subcontinent.

It is striking how little Indians have actually fought compared to ancient Greece and modern Europe.

The Turks' battles with Nadir Shah were vicious and fought to the finish. In India fighting wasn't needed, bribing was enough to see off armies. Any invader willing to spend cash could brush aside India's kings, no matter how many tens of thousands soldiers were in their infantry. Little resistance was given by the Indians at the "Battle" of Plassey. Clive paid off Mir Jaffar and all of Bengal folded to an army of 3,000. There was always a financial exchange to taking Indian forts. Golconda was captured in 1687 after the secret back door was left open. Mughals vanquished Marathas and Rajputs with nothing but bribes. The Raja of Srinagar gave up Dara Shikoh's son Sulaiman to Aurangzeb after receiving a bribe. There are many cases where Indians participated on a large scale in treason due to bribery.

**Question is:** Why Indians have a transactional culture while other 'civilized' nations don't?

### **Third -**

Indians do not believe in the theory that they all can rise if each of them behaves morally, because that is not the message of their faith.

Their caste system separates them.

They don't believe that all men are equal.

This resulted in their division and migration to other religions.

Many Hindus started their own faith like Sikh, Jain, Buddha and many converted to Christianity and Islam.

The result is that Indians don't trust one another.

There are no Indians in India; there are Hindus, Christians, Muslims and what not.

Indians forget that 400 years ago they all belonged to one faith.

This division evolved an unhealthy culture.

The inequality has resulted in a corrupt society,

In India everyone is thus against everyone else, except God - and even he must be bribed.

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**When I say good morning I mean to say:**

**G-od  
O-ffers us His  
O-utstanding  
D-evotion to  
M-ake us  
O-bedient &**

**R-eady for a  
N-ew day with Him.  
I-nspire others please, and  
N-ever forget  
G-od loves you!**

### **Pray regularly**

There is a story of about a sea captain who in his retirement skippered a boat taking day-trippers to Shetland Islands. On one trip, the boat was full of young people. They laughed at the old captain when they saw him say a prayer before sailing out, because the day was fine and the sea was calm.

However they weren't long at sea when a storm suddenly blew up and the boat began to pitch violently. The terrified passengers came to the captain and asked him to join them in prayer.

But he replied, "I say my prayers when it's calm. When it's rough I attend to my ship."

Here is a lesson for us:

If we cannot and will not seek God in quiet moments of our lives; we are not likely to find Him when trouble strikes. We are more likely to panic. But if we have learnt to seek Him and trust Him in quiet moments, then most certainly we will find Him when the going gets rough.

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Regular visits make him absorb more positive energy.

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### **PRAYING FOR YOU**

I told GOD: Let all my friends be healthy and happy forever....!

GOD said: But for 4 days only....!

I said: Yes, let them be a Spring Day, Summer Day, Autumn Day, and Winter Day.

GOD said: 3 days...

I said: Yes, Yesterday, Today and Tomorrow.

**GOD said: No, 2 days!**

**I said: Yes, a Bright Day (Daytime) and Dark Day (Night-time).**

**GOD said: No, just 1 day!**

**I said: Yes!**

**GOD asked: Which day?**

**I said: Every Day in the living years of all my friends!**

**GOD laughed, and said: You INDIANS know how to negotiate. But since you are praying and asking happiness for your friends, I can't refuse. I love everyone who thinks of others first, so don't you worry...All your friends will be healthy and happy Every Day!**

There once was a little boy who wanted to meet God. He knew it was a long trip to where God lived, so he packed his suitcase with cupcakes, several cans of root beer and started on his journey.

When he had gone about three blocks, he saw an elderly woman. She was sitting on a park bench watching the... pigeons. The boy sat down next to her and opened his suitcase. He was about to take a drink from his root beer when he noticed the lady looked hungry so he offered her a cupcake. She gratefully accepted and smiled at him.

Her smile was so wonderful that he wanted to see it again, so he offered a root beer as well. Once again she smiled at him. The boy was delighted!

They sat there all afternoon eating and smiling without saying a word.

As it began to grow dark, the boy realized how tired he was and wanted to go home. He got up to leave but before he had gone no more than a few steps, he turned around and ran back to the old woman, giving her a big hug. She gave him her biggest smile ever.

When the boy arrived home his Mother was surprised by the look of joy on his face. She asked, what has made you so happy today He replied, I had lunch with God. Before his mother could respond he added, you know what she's got the most beautiful smile in the whole world!

Meanwhile, the old woman, also radiant with joy, returned to her home. Her son was stunned by the look of peace on her face. He asked, Mother, what has made you so happy today she replied, I ate cupcakes in the park with God. And before her son could reply, she added, you know, he is much younger than I expected.

Too often we UNDERESTIMATE the POWER of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring; ALL of which HAVE the POTENTIAL to TURN a LIFE around.

**People come into our lives for a REASON, a SEASON, or a LIFETIME. TAKE no one for GRANTED and EMBRACE all equally with JOY!**

## **India and Bharat - Naming a Nation**

### **INDIA**

**The Land of a Million Contradictions,  
The Land of a Billion representatives of Humanity,  
The Land of the Oldest Existing Civilization on the Planet!**

**What is it about this land that fills one with a sense of Enigma??? The very name conjures up vivid images of contrasting Geographies and colorful Traditions..**

**The Sub-continent where some of the Greatest religions of the World originated,  
The Nation which created History by attaining Freedom through Non-Violent means,  
The Economy which is the 4th largest in the world in terms of Purchasing Power Parity,  
The Land supporting a Multi-lingual, Multi-ethnic, Multi-cultural and yet Functional Democracy!**

**Home to over a billion people, India is where people live with variety, thrive on diversity and are too familiar with largeness of it all to let it boggle them. As the Sun God Surya enters Northern Hemisphere (Uttarayan) today, it inspires us all to move away from darkness and towards light. In different parts of the country, we are celebrating Lohri/Makar Sankrant/Pongal and Bihu -One festival, many names- Just like our nation.**

**In a previous post, (Genetics of the Wandering Indian), I talked about the morphological distinctness of Indians hiding genetically identical constitutions. The same plurality has been preserved in the variety of names that we possess and I am suddenly inclined to explore the history behind them..**

### **NAMING A NATION**

**Our country has two official names - INDIA and BHARAT. The Persians and Arabs used yet another name for the country. Hindustan/Al Hind and since Persian has played a big part in the development of our National language Hindi, the term Hindustan is also used in common parlance today.**

Both Hindustan and India however, are derived from the name of the river Indus which marked the Western boundary of India for travelers. Indus again is derived from the Sanskrit name Sindhu and both the terms have been in use since at least 5th century BC.

However, these are the names given to us by travelers and traders. What did the indigenous people of ancient India refer to their country as?? India/Bharat/Hindustan/Al Hind

I was fascinated by this question and tried to look into all the scriptural data I could lay my paws on. NOT surprisingly, I found plurality here as well.

The Indus-Saraswati people extended in the West from the Afghanistan-Pakistan border right upto Yamuna in the East and Gujarat in the South. This region, especially the land between Saraswati and Ganga rivers was known as Aryavarta or the Land-of-the-Noble, while the Mesopotamians called this place Meluha.

But again, this was an appellation for a particular region of the country and not the entire Indian sub-continent. Aryavarta/Meluha/Northern India

Delving further into the research, I quite literally stumbled onto the legend of an ancient ruler, Emperor Agnidhra, the son of the FIRST MAN Manu who is believed to have ruled over the ENTIRE globe.

While retiring, Agnidhra divided his kingdom (aka the entire planet) into 9 Continents or Divisions handing them over to his 9 sons to rule. Thus, the peninsular stretch spreading from Himalayas to the Ocean, came under the supervision of his eldest son Nabhi, thereby giving us the oldest appellation of our land - the NABHI-VARSHA. Nabhi Varsha/Tenjiku/Navel of the World

As most of you would know, the term Nabhi refers to the 'Navel' in Sanskrit and thus Nabhi varsha could easily be translated as the 'Central Region'. Interestingly, the Japanese name for India was Tenjiku. Tian, the root word, means "Heaven", while, jiku, means: "The center of", translating it to "The Heavenly Center of the World".

So I managed to find the oldest name of our sub-continent as per the scriptures. But then, I wondered, where and how did the name BHARAT come from??

## **India and Bharat**

According to at least half a dozen different scriptures, our country is called BhArat as a mark of respect to the legendary Emperor, Chakravarti Raja Bharat.



This fact has been attested by the Vishnu Puran (2,1,31), Vayu Puran (33,52), Ling Puran (1,47,23), Brahmand Puran (14,5,62), Agni Puran ( 107,11-12), Skanda Puran (37,57) and Markandeya Puran (50,41)!! For example, Vishnu Puraan states

उत्तरं यत्समुद्रस्य हिमाद्रेश्चैव दक्षिणम् ।  
वर्षं तद् भारतं नाम भारती यत्र संततिः ॥

The country lying North of the Ocean and South of the snowy mountains is called Bhārat; There dwell the descendants of Bharat. Bharat Varsha extending from Himalayas to the Ocean

Now, there are again TWO very interesting stories about this ONE name and I'm gonna share both of them with you today.

## The Legends of Bharat

The FIRST legend about the name again begins with Emperor Nabhi, the grandson of Manu, whom we encountered above. According to various Hindu as well as Jain scriptures, Nabhi-dev was married to Meru-devi, the daughter of Indra, and their eldest son was the Saint-King Rishabh Dev.

Now, RISHABH Dev was the first Tirthankar according to the Jain tradition and I should mention here that Srimad Bhagavatam also counts Him as 8th of the 24 Incarnations of Lord Vishnu. According to the Bhagavatam, He was born to show the people of this world the path of salvation.

## Adinath Rishabdev

It was He who laid down the foundations of Civilization and advised people to follow the path of spiritual bliss, instead of indulging in a life of worldly pleasures and enjoyment.

Now, Rishabh Dev had many sons, and the eldest two from his two wives were Bharat and Bahubali. The two sons were competing for the illusive title of Chakravarti (Emperor-of-Entire-World) but Bharat was the natural winner and as per the scriptures, it is THIS Bharat after whom our country is named. In Hymns 2.1.31 and 2.1.32, the Vishnu Puraan states-

Rishabh was born to Merudevi, Bharat was born to Rishabh, Bharatvarsha was named from Bharat, and Sumati arose from Bharat. [2.1.31]

This country is known as Bharatavarsha, Since the time the father entrusted the Kingdom to the son, And himself went to the forest for ascetic practices. [2.1.32]

Talking of Ascetic Practises, it has been observed, that a lot of Indus-Saraswati Civilization seals show Yogic postures on them, which BTW highlights the continuity of Yogic practice in India since at least 5000 years ago. The most famous of these of course is the Pashuapatinath Seal which has been identified with Lord Shiva.

Shiva like Yogi on an Indus Valley Seal Three-faced Pashupatinath Seal

However, there are certain seals that also show the Yogic position called Kayotsarga, traditionally described in connection with the penance of Rishabh-dev. It may very well be that the seals record the histories of Jain Tirthankars as much as the Hindu Gods as ultimately both belong to the same Spiritual Tradition!!

## **The Second Legend of Bharat**

The SECOND legend of Bharat, brings us into more familiar territory, probably due to the wider reach and popularity of the Epic containing it, the Mahabharat.

The story begins with Rishi Vishwamitra, one of the Seven Great Seers of Hindu Mythology. The rishi's penance worried Indra sufficiently enough to make him send Menka, the most beautiful Apsara in heaven, to distract the sage.

The result of their dalliance was Shakuntala who got married to King Dushyant of the ruling Lunar Dynasty. Their story is the stuff of a typical Bollywood movie and has been immortalized in Sanskrit in Kalidasa's poetic rendition and in art by one of the most celebrated Indian artists Raja Ravi Varma.

## **Shakuntala by Raja Ravi Varma**

Dushyant and Shakuntala's son was called Sarvadaman, the subduer-of-all by the caretakers, because even as a child he used to play with lion cubs and other ferocious animals of the jungle! Nevertheless, this subduing child of Shakuntala was renamed Bharat as he was 'cherished by all' in his father's kingdom.

By the time he grew up, he could subjugate lions and tigers with his bare hands, a feat which is remarkable and is mentioned MORE than once in various scriptures.

Interestingly, there's again an Indus-Saraswati Seal that matches the description of Bharat subduing two tigers with his bare hands! The scene may or may not refer to Shakuntala's son, but its iconography is certainly suggestive.

Indus Valley Seal probably depicting Bharat

I firmly believe that these seals when deciphered, would be an extremely valuable and AUTHENTIC source of our ancient History!!

Bharat grew up to be a great warrior and a Chakravarti Raja who conquered and united the entire continent of India again, spreading right from the Ocean to the Himalayas, thus giving the country his name.

This appellation for the country was well noted in the ancient world as well. From the perspective of the Malaysians, Indians were the most common visitors from the West, therefore the word Barat was absorbed into Malay language meaning "West".

For the Middle Eastern traders, particularly Arabs and Turks, spices were the most common materials coming from the East. Therefore, some scholars believe, the term Bharat was borrowed first into Arabic as Baharat (meaning - spices); and then into the Turkish as Baharat with the same meaning.

It is fortunate that the two BHARATs of our History who gave their name to the Nation were called the same; otherwise one of them could have quite easily been forgotten like the Emperor Nabhi!! We should therefore understand BhArat to mean not just the 'Land-of-Bharat' but the "Land of Bharats" instead;

## **Bharatvarsha, the Land of Bharats**

I have heard from various people the view that we Indians have always been fighting with each other and it was the British who actually turned us into a NATION! To the supporters of this belief, I just urge them to read their scriptures and understand their own heritage.

There is no FUTURE for any nation, when you do not remember you PAST.

I hope I was able to share with you some interesting facts about our Origin as a Country and I'll conclude with one of the most optimistic poems ever by Gurudev Rabindranath Thakur-

Where the Mind is without Fear and the Head is held high,  
Where Knowledge is Free,  
Where the World has not been broken into fragments by narrow domestic walls;  
Where words come out from the depth of Truth,  
Where tireless striving stretches its arms towards Perfection;  
Where the clear stream of Reason has not lost its Way into the dreary desert sand of dead habit;  
Where the mind is led forward by Thee, into ever-widening Thought and Action,  
Into that Heaven of freedom, My Father, Let my Country awake.

Aum Shanti: Shanti: Shanti: Courtesy : Decoding Hindu Mythology

**We have 26 alphabets in English, as given below?**

**A B C D E F G H I J K L M N O P Q R S T U V W X Y Z**

**1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26**

With each alphabet getting a number, in chronological order, as above, study the following, and bring down the total to a single digit and see the result yourself

**Hindu**

**S h r e e K r i s h n a**

$$19+8+18+5+5+11+18+9+19+8+14+1=135=9$$

**M u s l i m**

**M o h a m m e d**

$$13+15+8+1+13+13+5+4=72=9$$

**Jain**

**M a h a v i r**

$$13+1+8+1+22+9+18=72=9$$

**Sikh**

**G u r u N a n a k**

$$7+21+18+21+14+1+14+1+11=108=9$$

**Parsi**

**Z a r a t h u s t r a**

$$26+1+18+1+20+8+21+19+20+18+1=153=9$$



sweeper in the form of deity could not call him and so he decided to control himself and keep quiet.

Just then a poor man came and he put one coin in the donation box and said that it was all he could afford and he prayed to the Lord that he should continue to be engaged in the Lord's service. He also said that his family was in dire need of some basic needs but he left it to the good hands of the Lord to give some solution. When he opened his eyes, he saw the wallet left by the rich man. The poor man thanked the Lord for His kindness and took the wallet very innocently. The sweeper in the form of the Deity could not say anything and he had to just keep smiling.

At that point a sailor walked in. He prayed for his safe journey as he was going on a long trip. Just then the rich man came with the police and said that somebody has stolen his wallet and seeing the sailor there, he asked the police to arrest him thinking that he might have taken it. Now the sweeper in the form of Deity wanted to say that the sailor is not the thief and he could not say and he was greatly frustrated. The sailor looked at the Lord and asked why he an innocent person is being punished. The rich man looked at the Lord and thanked Him for finding the thief. The sweeper in the deity form could no more tolerate and he thought that even if the real Lord had been here, he would have definitely interfered and hence he started speaking and said that the sailor is not the thief but it was the poor man who took away the wallet. The rich man was very thankful as also the sailor.

In the night, the real Lord came and He asked the sweeper how the day was. The sweeper said, "I thought it would be easy, but now I know that your days are not easy, but I did one good thing." Then he explained the whole episode to the Lord. The Lord became very upset on hearing this whereas the sweeper thought the Lord would appreciate him for the good deed done.

The Lord asked, "Why did you not just stick to the plan? You had no faith in Me. Do you think that I do not understand the hearts of all those who come here? The entire donation which the rich man gave was all stolen money and it is only a fraction of what he really has and he wants me to reciprocate manifold. The single coin offered by the poor man was the last coin he was having and he gave it to me out of faith. The sailor might not have done anything wrong, but if the sailor were to go in the ship that night he was about to die because of bad weather and instead if he is arrested he would be in the jail and he would have been saved from a greater calamity. The wallet should go to the poor man because he will use it in my service. I was going to reduce the rich man's karma also by doing this and save the sailor also. But you cancelled everything because you thought you know my plan and you made your own plans."

God has plans and justice for everyone as per his or her own karma-s....we just have to have patience.....

In life we get what we **DESERVE**, **NOT** what we **DESIRE** and He knows what we deserve.







"What are you doing, lady?" the man asked angrily. "I said to leave me alone.

Just then a policeman came up. "Is there any problem, ma'am?" he asked..

"No problem here, officer," the woman answered. "I'm just trying to get this man to his feet. Will you help me?"

The officer scratched his head. "That's old Jack. He's been a fixture around here for a couple of years. What do you want with him?"

"See that cafeteria over there?" she asked. "I'm going to get him something to eat and get him out of the cold for a while."

"Are you crazy, lady?" the homeless man resisted. "I don't want to go in there!" Then he felt strong hands grab his other arm and lift him up. "Let me go, officer. I didn't do anything."

"This is a good deal for you, Jack" the officer answered. "Don't blow it.."

Finally, and with some difficulty, the woman and the police officer got Jack into the cafeteria and sat him at a table in a remote corner. It was the middle of the morning, so most of the breakfast crowd had already left and the lunch bunch had not yet arrived.

The manager strode across the cafeteria and stood by his table. "What's going on here, officer?" he asked. "What is all this, is this man in trouble?"

"This lady brought this man in here to be fed," the policeman answered.

"Not in here!" the manager replied angrily. "Having a person like that here is bad for business."

Old Jack smiled a toothless grin. "See, lady. I told you so. Now if you'll let me go. I didn't want to come here in the first place."

The woman turned to the cafeteria manager and smiled..... "Sir, are you familiar with Eddy and Associates, the banking firm down the street?"

"Of course I am," the manager answered impatiently. "They hold their weekly meetings in one of my banquet rooms."

"And do you make a godly amount of money providing food at these weekly meetings?"

"What business is that of yours?"

I, sir, am Penelope Eddy, president and CEO of the company."

"Oh."

The woman smiled again. "I thought that might make a difference." She glanced at the cop who was busy stifling a giggle. "Would you like to join us in a cup of coffee and a meal, officer?"

"No thanks, ma'am," the officer replied. "I'm on duty."

"Then, perhaps, a cup of coffee to go?"

"Yes, ma'am. That would be very nice."

The cafeteria manager turned on his heel, "I'll get your coffee for you right away, officer."

The officer watched him walk away. "You certainly put him in his place," he said.

"That was not my intent. Believe it or not, I have a reason for all this."

She sat down at the table across from her amazed dinner guest. She stared at him intently.. "Jack, do you remember me?"

Old Jack searched her face with his old, rheumy eyes. "I think so -- I mean you do look familiar."

"I'm a little older perhaps," she said. "Maybe I've even filled out more than in my younger days when you worked here, and I came through that very door, cold and hungry."

"Ma'am?" the officer said questioningly. He couldn't believe that such a magnificently turned out woman could ever have been hungry.

"I was just out of college," the woman began. "I had come to the city looking for a job, but I couldn't find anything. Finally I was down to my last few cents and had been kicked out of my apartment. I walked the streets for days. It was February and I was cold and nearly starving. I saw this place and walked in on the off chance that I could get something to eat."

Jack lit up with a smile. "Now I remember," he said.. "I was behind the serving counter. You came up and asked me if you could work for something to eat. I said that it was against company policy."

"I know," the woman continued. "Then you made me the biggest roast beef sandwich that I had ever seen, gave me a cup of coffee, and told me to go over to a corner table and enjoy it."

I was afraid that you would get into trouble... Then, when I looked over and saw you put the price of my food in the cash register, I knew then that everything would be all right."

"So you started your own business?" Old Jack said.

"I got a job that very afternoon. I worked my way up. Eventually I started my own business that, with the help of God, prospered." She opened her purse and pulled out a business card.. "When you are finished here, I want you to pay a visit to a Mr. Lyons...He's the personnel director of my company. I'll go talk to him now and I'm certain he'll find something for you to do around the office." She smiled. "I think he might even find the funds to give you a little advance so that you can buy some clothes and get a place to live until you get on your feet... If you ever need anything, my door is always opened to you."

There were tears in the old man's eyes. "How can I ever thank you?" he said.

"Don't thank me," the woman answered. "To God goes the glory. Thank God..... He led me to you."

Outside the cafeteria, the officer and the woman paused at the entrance before going their separate ways....

"Thank you for all your help, officer," she said.

"On the contrary, Ms. Eddy," he answered. "Thank you. I saw a miracle today, something that I will never forget. And thank you for the coffee."

!

God is going to shift things around for you today and let things work in your favor.

God closes doors no man can open & God opens doors no man can close..

Have a blessed day and remember to be a blessing...

**LIVE WELL, LOVE MUCH, LAUGH OFTEN**

XX

Here is something interesting comparison and shows the difficulty in translations.

Re: The trouble with Sanskrit being translated by Westerners (Sheldon Pollock, Ramanujam and more.....)

When I was a school boy, my Sanskrit teacher used to ask us what is the exact English word for "Punyam".

Sin is the exact English word for Papam, but there is no exact English word for Punyam.

This is because of their Christian religion where there are only Sinners in their Holy Bible.

Swami Vivekananda used to address his devotees as "amruthasya Putraa:"

Whereas the Christian fathers used to address as "Yeh Sinners"

**Culture depends upon one's religion also.**

XX

### **Why go to the Temple?**

If you're spiritually alive, you're going to love this!

If you're spiritually dead, you won't want to read it.

If you're spiritually curious, there is still hope!

### **Why Go To The Temple?**



A 'devotee' wrote a letter to the editor of an Indian newspaper and complained that it made no sense to go to the Temple . 'I've gone for 30 years now, he wrote, and in that time I have heard something like 3,000 mantras.

But for the life of me, I can't remember a single one of them. So, I think I'm wasting my time and the Gurus are wasting theirs by giving services at all.

This started a real controversy in the 'Letters to the Editor' column, much to the delight of the editor. It went on for weeks until someone wrote this clincher: I've been married for 30 years now. In that time my wife has cooked some 32,000 meals.

But, for the life of me, I cannot recall the entire menu for a single one of those meals. But I do know this... They all nourished me and gave me the strength I needed to do my work. If my wife had not given me these meals, I would be physically dead today. Likewise, if I had not gone to the Temple for nourishment, I would be spiritually dead today! When you are DOWN to nothing.... God is UP to something! Faith sees the invisible, believes the incredible and receives the impossible!

Thank God for our physical AND our spiritual nourishment!

Om Vighneswaraya Namah !

You gave me strength to carry on,  
When my body was so torn. And lifted me on wings of love, When my spirit was so worn.

Through all the times when in despair, When I hung my head in shame. You came to me when I knelt down, As I called upon your name.  
And when my heart was troubled,  
With more heartache than I could bear. You caught each and every tear I shed,  
In a bottle you have up there.  
And when I get to heaven,  
I'll kneel before your feet.  
You'll wipe away all my tears,  
For my soul is yours to keep.

## **PURPOSE OF TEMPLE VISITS**

**(This is relevant to all of us)**

There are thousands and thousands of temples all over India in different size, shape and locations but not all of them considered to be in the Vedic way.

Generally the temples are located in a place where earth's magnetic wave path densely passes through. It can be in the outer skirt of the town/village or city,... even in middle of the dwelling place, or on a hilltop. The essence of visiting a temple is considered here. For every Srivaishnava, it is a must to pay a visit twice every day to the Vishnu Temples in their locations.

In simple terms, these temples are located strategic to a place where the positive energy is abundantly available from the magnetic wave distributions of north/south pole thrust.

Because of its location where high magnetic values are available, the Main Idol is placed in the core center, and also because they place a copper plate written with some Vedic scripts, which is buried, beneath the Main Idol's placement known as "Garbhagriha" or Moolasthan, the copper absorbs the earth's magnetic waves and radiates to the surroundings.

Thus a person who regularly visiting a temple and taking clockwise rounds of the Main Idol's placement, automatically receive the beamed magnetic values absorbed in his body. This is very slow and a regular visit will make him absorb more energy. What scientifically it is known is positive energy.

In addition, the Sanctum sanctorum is completely enclosed on three sides. The effect of all energies is very high in here.

The lamp that is lit radiates the heat and light energy. The ringing of the bells and the chanting of prayers gives the sound energy. The fragrance from the flowers, the burning of camphor give out the chemical energy.

The effect of all these energies is activated by the positive energy that comes out of the idol. This is in addition to the north/south pole magnetic energy that is absorbed by the copper plate and utensils that are kept in the Moolasthan known as grabagraham.

The water is used for the Pooja is mixed with Cardamom, Benzoin, Holy Basil (Tulsi), Clove, etc. are mixed that is known as "Theertham". This water becomes more energized because it receives the positiveness of all these energies combined.

When persons go to the temple for the Deepaaraadhana, and when the doors open up, the positive energy gushes out onto the persons who are there. The water that is sprinkled onto the people passes on the energy to all. That is the reason why, men are not allowed to wear shirts to the temple and ladies have to wear more ornaments because it is through these jewels (metal) that positive energy is absorbed in ladies. It is proved that Theertham is a very good blood purifier, as it is highly energized. Hence it is given as prasadam to the devotees

Lost energy in a days work is regained this way and one gets being refreshed slightly. The positive energy that is spread out in the entire temple and especially around where the main idol is placed, are simply absorbed in one's body and mind, for those who take a regular clock-wise round circle every day.

In addition at the temples they offer holy water about three spoons. This water is mainly a source of magneto therapy kind because usually they place the copper water vessel at the Garbhagriha. It also contains the values of cardamom, clove, saffron, etc to add taste and Tulsi (holy Basil) leaves are put into the water to increase its medicinal value! The clove essence protects one from tooth decay, the saffron & Tulsi leave essence protects one from common cold and cough, cardamom and benzoin known as Pachha Karpuram, acts as a

mouth refreshing agents! This way, one's health too is protected, by regularly visiting the Temples .

The entire thing just become more energized locally, that the visit and consuming the holy water and the other offerings are worth for the visitor's health and longevity.

Apart from the above facts, each and every round taken in the temple is just simply burning fats in human body and in those days people regularly visited temples and never used to get sugar complaints/diabetic! In addition to it the Vedic chanting helps visitors some refreshing feeling in body and mind thus achieving mental peace, which is the ultimate aim of every soul.

And in those days, it was quite rare, you'll see persons with Sugar level high in their blood. In fact, the regular round trip to the temple itself protects one from increasing sugar levels.

<http://suratiundhiyu.wordpress.com/>