



VENUGAANAM

Monthly Newsletter of Sai Krishna Charitable Trust

JULY 2016

ISSUE #56



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We are delighted to bring you the **56th edition of Venugaanam this July.**

In this edition, we bring excerpts from Swami's Divine Discourses compiled in Prema Vahini where he highlights the journey of a bhakta.

In Atmajyothi, the emphasis on good association is continued.

There is a lot happening at SKM - from a new child joining to the construction of a new dispensary and special kitchen. A novel Science lab has been set up. The new academic year was sparked by the insights from the Vidya Vahini workshops. The children are delighted to see and smell their new books. All of this and more in SKM Updates.

In this edition, a new writer joins us. Dr. Nandhini (PhD) highlights her inspiration from a teacher and how it inspired her to take up a career in science.

Prakash provides us with a software insight on Microsoft OneNote. He opines that this digital notebook is a must explore for all.

We conclude with a Chinna Katha highlighting the qualities needed to overcome fear, anger and hatred.

We are happy to have your feedback on how to make 'Venugaanam' a better communication tool. You may kindly mail us at contactus@saikrushnamandir.org. Do feel free to share with us your experiences in following Swami's teachings or on any other theme of your choice.

We pray to Swami to bless all the children and inmates so that they may all come up to His expectations.

May Swami turn our lives into a celebration of His message of love, sharing and caring.

With All our Prema,

Team Venugaanam

Seeds for the Bhakti Sprouts

Source: Prema Vahini

The attitude of the worshipper and the worshipped is the seed of Bhakthi. First, the worshipper's mind is attracted by the special qualities of the object of worship. He tries to acquire for himself these special qualities. This is the sadhana. In the early stages of sadhana, the distinction between worshipper and worshipped is full; but as the sadhana progresses, this feeling will diminish. When attainment is reached, there will be no distinction whatsoever. Whatever may be the object of worship one has grasped and loved and sought by sadhana, one should have firm faith that Jivatma is Paramatma. There is only one wish fit to be entertained by the Saadhaka; and that is the realisation of the Lord, Ishwara Sakshathkaara.

There is no room in the mind for any other wish. That is why Kunthi Devi prayed thus to Lord Krishna, "Let us have always, Oh Jagadguru, distress and misery, if only You grant us Your Darshan, the Darshan which destroys rebirth."

The Bhaktha who desires the

Supreme and seeks to attain it should have this mental attitude. Then, regardless of joy and sorrow, without any worry about one's own satisfaction, he will engage himself in sadhana firmly, uninterruptedly, and with conviction, and after understanding the Reality, he will have full contentment. From this point of view, there is no difference between a Jivanmuktha and a Bhaktha, they are both beyond Ahamkaara, Prakriti with its three attributes, and Varna Ashrama Dharma. The hearts of such will be full of compassion and the urge to do good to the world. It is their Brahmananda (supreme bliss) which impels them to act in this way. Such a Bhaktha will have no desires, for, desires are the products of "I"-and-"mine" feelings. It is only after they are uprooted that a person becomes a Bhaktha, isn't it? So, there can be no room in him for desire. He is a Bhaktha of Amritha Swaroopaa, Immortal Nature. For one with that Amritha Swaroopaa, there can be no appetite except for the sweetness of Ananda.

Atmajyothi

-by Shri Lakshminarayan Aithal

दुस्सङ्गः सर्वथैव त्याज्यः ॥ 43 ॥

By all means, the association of (bad things and wicked people) should be given up.

Even, the one who doesn't obtain the association of the eminent personages, he should never have the association of the wicked ones.

यद्यसद्भिः पथि पुनः
शिश्नोदरकृतोद्यमैः। आस्थितो रमते
जन्तुस्तर्मा विशति पूर्ववत् ॥

सत्यं शौचं दया मौनं बुद्धिः श्रीर्हीर्यशः
क्षमा । शमो दमो भगश्चेति
यत्सङ्गाद्याति सङ्क्षयम् ॥

तेष्वशान्तेषु मूढेषु
खण्डितात्मस्वसाधुषु । सङ्गं न
कुर्याच्छोच्येषु योषित्क्रीडामृगेषु च ॥

भाग. 3-31-32तः 34.

'The one who has the association of those people who are active in the works related to women and that of supporting life – follows their path alone; and, he goes to hell. By their association the following aspects of the follower are decreased: Truth, purification, sympathy, silence, intelligence, material wealth, bashfulness, fame, the quality of forbearance, peace, self – restraint, and

the six qualities like wealth, etc. The wicked people are restless and ignorant; they have spoiled their inner – organ (mind); and, they, as animals of game to the ladies, are regrettable to all. Their association should never be desired.' Thus, says कपिल sage.

कामक्रोधमोहस्मृतिभ्रंशबुद्धिनाशसर्वना
शकारणत्वात् ॥ 44 ॥

For, (the association of the wicked ones) is the cause for the destruction of all (in the following manner by obtaining) : lust, anger, declining of remembrance and the destruction of discriminating intelligence.

It is already told that the devotion is obtained by giving up of sensual objects and that of association; isn't it? Now, the negative inference is given that the association of sensual objects itself is the wicked one and that all evils are caused due to that.

In the beginning, common people never think of the evils that are caused due to the association of the wicked ones. Those who devotedly

attach to the sensual objects always talk accordingly about such objects alone; therefore, the one who has the association of such people also reflects upon sensual objects. The Lord tells to अर्जुन :

ध्यायतो विषयान् पुंसः
सङ्गस्तेषूपजायते । सङ्गात्
सञ्जायते कामः
कामात्क्रोधोऽभिजायते ॥

क्रोधाद्भवति सम्मोहः सम्मोहात्
स्मृतिविभ्रमः । स्मृतिभ्रंशाद्
बुद्धिनाशो बुद्धिनाशात् प्रणश्यति ॥

By reflecting upon objects, a desire arises to enjoy them; anger rises if there is any obstacle for the desire; and, by that anger the discrimination of good and bad is destroyed. When the one has this total bewilderment, he gives up all his duties and starts to commit blunders. When, he is under the subjection of this bewilderment, he forgets the discrimination that has occurred due to the preaching of the Scripture and the Teacher. He loses the inner power of discrimination. Then, he is deceived by not having

any one of the four objects of his desire and he settles only in wicked deeds. In this manner, the association of the wicked ones itself is the cause for all evils. Inconsiderate ones roll sensual objects in their mind, therefore, they consider that they have – the knowledge of the object, happiness, lust, anger, etc. They consider that they really have the following aspects : association of knowledge of object occurred due to the substantial quality (सात्त्विकगुण); association of lust and that of action occurred due to the passion quality; and, association of happiness of dimness caused by sleep, indolence, carelessness, etc. – occurred due to the quality of ignorance. Not only the happiness relating to this world but also relating to the next one – are caused only by the association of the substantial quality. They suffer in the worldly illusion (संसार) without determining that their wisdom and happiness in the three worlds occur only due to the association of qualities.

Updates from SKM

There is intense activity happening in and around Sai Krushna Mandir and we bring you a snapshot of these through these pictures. SKM welcomes Naveen –its newest entrant- into the children's home. Naveen studies in class5 and is a chirpy, energetic and smart boy.

For those of you missing the action, we hope that you get to share the joy of it all by seeing these pictures.



SKM Children Back in Action after Summer Vacation



Children Un-
packing and
Showing off
their new Text
Books. Our
gratitude to Mr
Ravi from
Coimbatore for
his timely
support as
ever.



Enjoying Cup
Cakes on
Vijaya Aunty's
Birthday



New Science lab for all School students which has been set up in Sai Krushna Mandir. Designated teachers have also been provided the required training.

Our gratitude to Swami and the contributors who have wished to be remain incognito.



The Silver Jubilee school academic year began with the Vidya Vahini introductory sessions for all the teachers in the end of May. The School Director and School Relationship Co-Ordinator also participated in the workshop held in Parthi on 10-11 June.



Work has commenced for the construction of the free dispensary for the village. This will be operational from Swami's birthday in November 2016.

Along with it , the Sai Annalaxmi kitchen work has almost been completed and from Gurupoornima 2016, cooked vegetables will be served everyday for all the school children to fortify their mid day meal.

Ignited Mind

-by Nandhini

As our former President Dr.APJ Abdul Kalam says “The role of a teacher is like the proverbial ‘ladder’, it is used by everyone to climb up in life, but the ladder itself stays in its place”. I was also inspired, nay, ignited to take up science as my career path due to my IV Std Science teacher Ms.Ivy Benjamin. She was not a conventional teacher to just read it out from books. Instead, every word in the page was explained to all of us in detail. Just to take a leaf from one of the many experiences that had inspired and changed me as a person, is an event that occurred on a Monday afternoon. We had our science class just post lunch with all sleepy faces. Benjamin madam entered the class with a broad smile and started explaining us how plants make their own food-the chlorophyll on green leaves using sunlight and water turning into carbohydrates, proteins, vitamins, and all the goodness that we eat. None of us understood the concept, as food preparation for us was what mothers actually cook. Benjamin madam could have just gone ahead with the questions and answers at the end of the chapter without bothering our understanding of the concept, but she did not. Instead the next day, she brought two plants.

She asked one of the class students (she was never partial- for her, the first and last row kids were same with identical brilliance!) to apply Vaseline to all of the leaves of one plant and marked it as no food and the other plant was kept as such, marked as the food plant. Daily she made us observe the both plants and showed the difference between them, explaining the importance of chlorophyll and sunlight in keeping the plant alive, in the process making its own food.

Young minds are a mash of clay; teachers can mold us, ignite us, and bring the best out of us. Truly there is no other noble profession!!! I wrote this article to thank all my teachers, right from my kinder garden teacher Ms.Susheela madam to my PhD guide Dr. Pennathur Gautham and also to convey that we all are grateful and indebted to you all.



OneNote

-by Prakash S



Microsoft as a company has not been as innovative as say Google or Apple and they seem to have more misses than hits. While it is hoped that some of its recent acquisitions of Skype, LinkedIn etc will help enhance its image, it remains a fact that in terms of pure in-house innovation, it has played second fiddle to the likes of Google, Apple et al.

Some of its product developments have met with big failure. Examples include Windows 10 (it's having its fair share of haters online who love Windows 7), Windows Vista, and the Windows phone. Amidst these failures, there is one Microsoft application which I would call revolutionary and life-changing and it's the OneNote application. My focus is more on the OneNote desktop application rather than the mobile one.

I have been using OneNote for my office documentation, checklists, task planning etc and find it incredibly useful. It has a very innovative structure wherein there are Notebooks which are divided into sections and pages within sections. So, each notebook can have as many sections and each section can have many pages. I think it's a boon for writers and authors as it helps them plan their work meticulously.

It's also a Godsend for all kinds of documentation so that it's not necessary to open many word files or excel sheets for viewing the different sections of the documentation, all are neatly arranged with a OneNote notebook.

Moreover, OneNote allows us to embed almost any kind of file like voice recordings, excel sheets, file attachments, screen clippings etc. So, any type of file can be embedded into a notebook which makes it like the swiss-army-knife of documentation and note taking. I use OneNote for tracking/documenting my work and have stopped using any other word processor to Like any other cloud-based apps, the notebooks can be shared with anyone and it is also editable which makes it more useful. All notebooks need to be saved and it is auto-saved automatically. The Send-to-Onenote feature is extremely useful where all my important emails are stored in Onenote in a separate section and the different mails are ordered as pages which makes it so convenient to view all my important mails.

One fantastic development which happened recently is that OneNote has become fully free so anyone can download and use it and become faster at work and save more time! You can checkout its wonderful features at onenote.com and get more information before deciding to use it.

The Winning Smile

Once it happened that Krishna, Balarama and Satyaki who were quite little boys at that time, scarce four or five years old, strayed into a thick jungle, all alone. Darkness fell, and there was no way of reaching Gokulam! Of course, as you must have guessed already, it was a stratagem of Krishna. Even at that age, he would do nothing without a deep purpose behind it and the purpose would invariably be teaching someone some good lesson.

It was Krishna's duty to keep awake and be on the lookout from 7:00 to 10:00 p.m. Satyaki was to be vigilant from 10:00 p.m. to 1:00 a.m. Balarama was to start his part of the duty at 1:00 a.m. and keep on till 4:00 a.m. Satyaki sat up at ten and Balarama and Krishna laid themselves on beds of dried leaves and slept soundly. Meanwhile a demon did actually present himself before the little Satyaki.

He fell upon the boy, who resisted heroically, dealing and receiving hammer strokes with fists with a good deal of clawing and biting in between. The demon had to retreat at last, leaving Satyaki badly mauled, but happy. The two brothers were sound asleep. They had not been disturbed in the least by noise of the encounter. Satyaki had met blow with blow, and dealt injury for injury. At 1:00, he awakened Balarama and stretched his body on the heap of leaves, as if nothing had happened.



Chinna Katha

The demon invited Balarama, too, for combat and had to retreat humiliated, because Balarama too was as fierce as he, and his blows were even more terrible than Satyaki's. Balarama too curled himself into the bed at 4:00 a.m. after awakening Krishna who was to keep watch in Brahmamuhurta, the auspicious hour when Gods are to be propitiated, that is, until dawn.

The demon came roaring like a wounded tiger, and advanced furiously at the little Divine Boy. Krishna turned his sweet charming face at him, and rewarded him with a lovely smile. That smile disarmed the demon. The longer he came under its influence, the weaker became his vengeance and venom. At last, the demon became as docile as a lamb. When the other two awoke, they were surprised at the victory that Krishna had won by the weapon of Love. You cannot destroy anger by anger, cruelty by cruelty, hatred by hatred. Anger can be subdued only by forbearance. Cruelty can be overcome only by non-violence. Hatred yields only to charity and compassion.

