



# VENUGAANAM

Monthly Newsletter of Sai Krishna Charitable Trust

**NOVEMBER 2016**

**ISSUE #59**



# In This Edition



Article	Page Number
<u>From Team Venugaanam</u>	3
<u>Swami's Discourse</u>	4
<u>Atmajyothi</u>	6
<u>Homage to Our Trustee</u>	8
<u>SKM Updates</u>	9
<u>Dial D for Don – Book Review</u>	13
<u>Book Summary</u>	14
<u>Superiority of the Bilingual Brain</u>	17
<u>Chinna Katha</u>	21

## From Team Venugaanam

We are delighted to bring you the 59th edition of Venugaanam this November.

In this edition, we bring excerpts from Swami's Divine Discourses compiled in Prema Vahini where He highlights the path for a bhakta to attain liberation, a continuation from the previous edition.

In Atmajyothi, we continue to learn the pull of illusions and sensory objects. We also learn about the process by which we can overcome these illusions.

We offer our homage to Mr CR Rajamani , our dear trustee, popularly known as Dodappa. He merged in Swami on 5<sup>th</sup> October, 2016 leaving behind a legacy of service with undying enthusiasm.

In the section on SKM Updates, we have pictures from Deepavali and some recent events.

Prakash reviews a book based on real-life stories of a CBI official.

This edition also summarizes "The Value Strategy" , a management book, written by Mr G. Jagannathan , who has been Head of Business Excellence Tata Group and CEO of Transconn International LLC.

Deepa shares her well researched insights on the superiority of a bilingual brain. She opines that we can all progress much if we are open minded to learn multiple languages.

We conclude with a Chinna Katha highlighting the process of overcoming karma and experiencing Ananda.

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](mailto: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**

## Bhagavan's Discourse: Path for Bhakta to Become a Mukta

Source: Prema Vahini

“Can a donkey carrying perfume become an elephant?” Can an ass change into an elephant, simply by carrying a bundle of sandalwood? It can appreciate the weight and not the scent! But the elephant pays no regard to the weight, it inhales the sweet scent. So too, the Saadhaka or the Sanyaasin or the Bhakta will take in only the pure truth, the pure essence of good activities, of Godliness, and of the Sastras, Vedas and Upanishads. On the other hand, if for the sake of mere scholarship, learning and disputation, one goes on arguing, he will know only the weight of logic, missing the scent of Truth! The onlookers may praise them as the embodiments of the Sastras and the Vedas; but where even the essentials are lacking, how can there be an embodiment? For those in search of the essence, the burden is no consideration. If mere reason is employed, nothing worthwhile is gained. Love (Prema) is the one big

Instrument for the constant remembrance of the Lord. To keep that instrument safe and strong, the Saadhaka needs no other appliance than the scabbard of Viveka, discrimination. There are many in the world who utilise their vast learning in disputations and believe they are superior. This is a great mistake. If they are really so learned, there will not be so much disputation at all. They will assume silence as the honourable course, because, those exalted in learning will have experienced the essence of the Vedas, Sastras and Upanishads. They will see that the nature of that essence, its core, the purity of the Godhead it proclaims, are all One, however one may realise It. They know that God appears in whatever form He is taken to have, and that He manifests in action to anyone, the feelings which he associates with Him.

Of these two, what is important is the acquisition of single-mindedness, quanimity, free from Vikara, i.e., likes and dislikes, and not the acquisition

of argumentativeness. Why have we all these sadhanas, all this japa, dhyaanam, bhajana, etc.? Is it not for acquiring single-mindedness, one-pointedness? Once that has been earned, human effort becomes unnecessary, its inner significance will then be revealed. So, those eager to become Saadhakas, to attain salvation, should not yield to arguments and counterarguments. They should not be enticed by the wiles of bad feeling. They should see their own faults and not repeat them again. They should guard and protect the one-pointedness they have acquired, with their eyes fixed on the goal, dismissing as trash whatever difficulties, defeats and disturbances they might encounter on their path.

One must dwell on such subjects and not waste valuable time, building up doubts regarding all things, big and small. These two have to be attended to as essential: (1) The conceit that one knows everything. (2) Doubt, whether it is, or is not. These are the two chief enemies of the Saadhaka. What does it matter who these enemies are? One should decide for

oneself that one is firmly fixed in one's Reality. If that is pure and true, everything is pure and true. If you wear blue eyeglasses, you see only the colour you have worn, isn't it? If the world appears to you as with differences, that is due to the fault in you only. If all appears as one Prema, that too is your Prema only. For both these, the feeling in you is the cause. It is only because one has faults within himself, that he sees the world as faulty. When there is no knowledge of fault in oneself no fault can be found even by search, for should they not know which are the faults? Now, a question may arise whether the Lord Himself has faults, because He too searches for faults? He searches for goodness only, not for faults and sins. Those are based on the standard of the Gunas (qualities) of each. The Lord sees only the Righteousness. He considers those endowed with such Sadbhava as deserving His Grace, whoever they are, whatever they are. Therefore, develop Sadbhava, goodness and righteousness. Live and act in joy and love. These two are sufficient; salvation can be attained without fail.

## Atmajyothi

-by Shri Lakshminarayan Aithal

तद्विद्धि प्रणिपातेन परिप्रश्नेन सेवया,  
According to this, a disciple should conduct profound salutation before elders and should serve the latter; then, the formers should offer their body, mind and wealth to the latter; thus, the formers regard nothing as their own (निर्मम). ममेति बध्यते जन्तुर्न ममेति विमुच्यते ॥ According to this, 'mine' feeling itself is the cause for bondage; and, 'nothing is mine' – this giving up attachment itself is the cause for liberation.

यो विविक्तस्थानं सेवते यो  
लोकबन्धमुन्मूलयति निस्त्रैगुण्यो  
भवति यो योगक्षेमं त्यजति ॥ 47 ॥

47. The one who dwells at a lonely place, who up-roots worldly bindings, who becomes free from the three qualities and who gives up (his) welfare ( he crosses).

The one should obtain the preaching of elders and accordingly commence to exercise the expedient.

तस्माद्गुरुं प्रपद्येत जिज्ञासुः श्रेय  
उत्तमम् । शब्दे परे च निष्णातं  
ब्रह्मण्यं परमाश्रयम् ॥ तत्र भागवतान्  
धर्मान् शिक्षेद् गुर्वात्मदैवतः ।  
अमाययानुवृत्त्या यैस्तुष्येदात्मा  
त्मदो परिः ॥

According to this expression (प्रबुद्धोक्ति), the one should learn the ordinances of the भागवत पुराण from a Teacher, attended with the service of him who is well versed in the Vedas (श्रोत्रिय) and who is having devotedness in the Brahman (ब्रह्मनिष्ठ); he should give up noisy places of worldly people and select anyone of the lonely places like : forest, hills, cave, etc; and, according to the preaching of the Teacher, engage in recital of God's name and contemplation of His Own Form.

लोकबन्धमुन्मूलयति

89. Before starting to exercise this, the one should uproot the worldly bondage. The one whose mind is firmly planted in worlds like – human world, that of manes and heaven - works only in the field of illusion. The human world should be won by obtaining a son; the world of manes should be attained by the exercise of action as declared by the scriptures; and, the heaven should be obtained by the exercise of worship (उपासना). The श्रुति also tells similarly -



सो यं मनुष्यलोकः पुत्रेणैव ज्याय्यो नान्येन कर्मणा कर्मणा पितृलोकः पिद्यया देवलोकः (बृ. 1-5-16). But, the one who aspires to see only God, the श्रुति guides him : किं प्रजया करिष्यामो येषां नो यमात्मा यं लोकः (बृ. 4-4-22). As per this expression, the aspirant doesn't need either offspring or the complication of action and worship. As it is mentioned in the next aphorism, he cuts off all worldly bondages. ऋणानि त्रीण्यपाकृत्य मनो मोक्षे निवेशयत् (मनु. 6-35). After accomplishing the three obligations of a man to देवास, ऋषिः, and पितृः – he should keep his mind in Liberation. According to this, the aspirant doesn't have any obligation that to be accomplished. एतं वै तमात्मानं विदित्वा ब्राह्मणाः पुत्रैषणायाश्च वित्तैषणायाश्च लोकैषणायाश्च व्युत्थाय अथ भिक्षाचर्यां चरन्ति (बृ. 5-5-1). According to this, one who transgresses all worldly desires doesn't have any obligation.

निस्त्रैगुण्यो भवति

90. In order to cut the bondage of the world, the exerciser should be free from the three qualities. The साङ्ख्याs tell that the whole world is made up of the three qualities like : good, passion and ignorance . Even, the

प्रकृतिजैर्मुक्तं यदेभिः स्यात् त्रिभिर्गुणैः ॥ गी. 18-50.

Either in this world, or in heaven nothing exists bereft of these three qualities. Amongst them, when ignorance rises in the mind, nothing appears there; it doesn't give any chance to do something by confusing the mind; and creates illusion. Influence of this quality can be found in lazy ones who eating stale foods, remain dull and while away time in sleep, etc. The passion – quality increases desires and prompts the man to do something or the other; desire of stealing the property of others, drowning in pleasure, love, hatred, etc; and, anxiety to have something – all this is the nature of the one who has passion. An effect of only pure and good quality creates either a desire of happiness in mind, or an eagerness to obtain any knowledge. Amongst the three, when the one quality rises, the other two are mitigated; but, always animals are not freed from any one of the qualities.

Our Trustee, Mr C R Rajamani merged in His Divine Lord on 5<sup>th</sup> October, 2016



We Miss You and shall strive to take forward your message of service and devotion with greater zeal.



## Updates from SKM

This month has been a very sad one for the Sai Krushna Mandir family with the loss of our dear trustee and resident Rajamani Dodappa. The children and adults miss his loving presence and involvement.

However, in keeping with the indomitable enthusiasm of Dodappa, the SKM family has constantly endeavoured to ensure that the children's spirits are kept high.

The dispensary construction has been progressing in full swing to be ready at the earliest.

Deepavali was celebrated and we were very happy to have our architect, Mr Nagesh , join us for the festivities.

The birthdays of one of the children, Devi Prasad was celebrated with much fun and frolic.

This and more through the pics in this section.



SKM Dispensary nearing its final finish



Deepavali : the grand festival of new dresses, lights, sweets and tasty delicacies at SKM



PhotoCollage

Did you Know, we made and lit up our very own Diwali Ghar ( Diwali Home) as an offering to our Swami.  
It looks nice, isn't it?





Birthday Boy Devi Prasad celebrating his birthday in style at SKM. All the kids gave him their gifts and tokens of love. It was nice to see the blossoming of love and friendship among the SKM brothers.



## Dial D for Don: Book Review

-by Prakash Srinivasan

“Dial D for Don: Inside Stories of CBI Missions” is a book by former CBI Director Neeraj Kumar. I bought the book from the Amazon Kindle store and once I started reading it, it was a very engrossing read. It now ranks among one of the best books that I have read.

The book can be classified as a page turner in its truest sense, because unlike what we see in films, here all the action is real and many times it's a case of life and death.

The author recounts 11 different cases where he was involved and of course, all those 11 cases are not only successful cases but very complex ones too. Reading the book is like watching a thriller movie. In fact each of the stories of this book can be made into a movie. In fact, most of the successful Hollywood movies have been adapted from books.

The narrative style of the author is very simple and straight from the heart. The author has been very honest in recounting the experiences related to the cases and is gracious enough to accept their mistakes while pursuing these cases. The conclusion that we derive after reading this book is that our armed forces and the other organizations like the CBI, display extraordinary commitment while serving the nation. It was like an eye opener for me because these people work at odd times to complete the mission and in many cases it was a midnight operation. There's love for the nation is clearly evident after reading this book. Undoubtedly they are the unsung heroes of our country.

# The Value Strategy – Book Summary

**-G. Jagannathan**

The Value Strategy unfolds a well-crafted master plan to achieve high performance with improved costs. A detailed road map in the labyrinth of costs, quality, performance and customer delight, it is relevant for professionals and entrepreneurs alike, in any business that entails minimising costs without a negative impact on performance. Based on the concept of Value Orientation, the strategy ensures customer delight at one end of the scale and cost improvement at the other. It can be studied, learned and applied by anyone in any field who is looking to improve the profit-cost or output-input ratio in their industry.

Based on the author's distilled experience in successfully applying value strategy in multifarious industries, this book can bring about a transformation in product and process designs as well as in soft areas like universities, hospitals, hotels, publishing, social welfare, city management and more.

The book is unique in three ways. Firstly, the Value Methodology is ready for application to any type of organization as it has two critical steps included as part of the process. Usually the methodology includes the six step process as follows:

1. Information Phase
2. Function Phase
3. Creation Phase
4. Evaluation Phase
5. Recommendation Phase
6. Implementation phase.

These are detailed in Chapters 5 through 10.

# Book Summary

The author found through his long years of experience that “Orientation Phase” is a pre-requisite first phase and also added another step “Audit phase” which validates the results of Value Methodology followed by the VE Teams. Thus the methodology is extended over 8 steps – Chapters 4 through 11.

Secondly, the book explains as how to organize the Value Programme in any organization. Chapter 12 titled “VE-A Corporate Philosophy” deals with this aspect in detail. It is ready for use! In a step by step manner it explains how to implement the programme, including the selection criteria for a Value Engineer. It details the skill sets required in the Value Engineer who would be steering the programme. It also includes the type of training programmes to be conducted for employees at various levels of the organization.

Thirdly, and most importantly the book explains each chapter with actual case studies to illustrate the point under discussion. In addition there are 51 cases which detail the VE methodology with the benefits that have accrued to the organization. The cases are very varied and include those from Steel, Auto, IT, Healthcare, Defence, and Hospitality etc.

As said by Mr.N.Chandrasekaran, CEO and MD of Tata Consultancy Services, the book is written in a jargon free language and is easy to read.

The book is on sale and available at [kkbooks.com](http://kkbooks.com)

About the Author: G.Jagannathan has 40 years of experience in senior management positions in steel, auto, information technology, and quality management services. Prior to joining Transconn International, LLC as CEO, he was the head of Business Excellence for Tata Steel, Tata Consultancy Services, and Tata Technologies. He was also the CEO of Tata Quality Management Services, a Division of Tata Sons, and was responsible for driving Business excellence in all the Tata Group of companies. He has worked with partners in Latin America, Europe, South Asia and Australia, gaining a global perspective towards business excellence, cost improvement and quality management. He is a certified Baldrige assessor and has done assessments for many organisations in the USA and India.

# Book Summary

Jagannathan has been a pioneer in developing quality management systems in India and has been recognized nationally and internationally for his contributions to Value Engineering and Total Quality. He is a Certified Value Specialist and has mentored several Value Specialists in India. The impact of his VE Workshops has always been high and has resulted in significant savings to the organisations. He was one of the first Indians to be recognized by Society of American Value Engineers (now SAVE International, USA) with “Distinguished Service Award and the Fellow of SAVE International. He is the founder of the Indian Value Engineering Society and has been the chairman of its Certification Board for several years.

He has an Engineering degree from VNIT, Nagpur, M.Tech from the Indian Institute of Technology (Madras) and attended the Advanced Management Programme at CEDEP, INSEAD, France. He has been a visiting faculty to I.I.M. Indore, X.L.R.I., and SSSIHL.





## Superiority of the Bilingual Brain

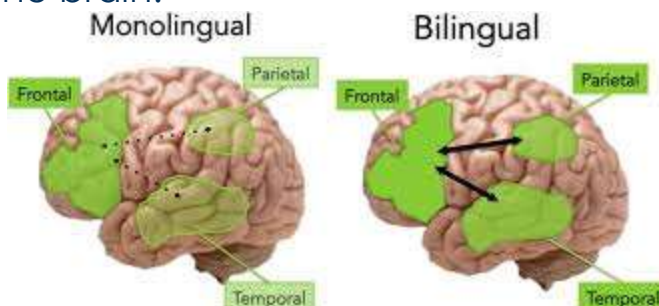
-By Deepa Sampath Kumar

How many languages do you know? How well do you know them? Are you able to actively (speak and write) and passively (listen and read) engage in both languages? If yes, you have a huge cognitive advantage over your monolingual peers. This is the consensus that researchers of Brain Science, across the world have arrived at.

Language is one of the most intense experiences of mankind. It is not just a communication tool; it is a kind of brain exercise that is carried out during most of our waking hours. This exercise becomes a heightened workout in people who are proficient in two languages. Unlike some tasks such as 'navigation' that uses specific parts of the brain, language processing touches almost all brain centres.

As a result, it is found that brain structures and activities differ significantly between monolinguals and bilinguals. The differences are the result of a phenomenon known as neural plasticity, which is adaptation of the brain structure and activity according to how we use it. This means that nerves connect and form stronger connections as if it were like plastic, moulding according to what we practice and experience in life.

Just as academic training over long periods of time on a child cumulatively alters its brain; learning two languages builds up structures that increase grey matter in the brain.



This means there are more neurons and synapses (interconnection found between two or more neurons) in a bilingual brain. This increased grey matter provides protection against the onset of dementia and Alzheimer's as one grows older. Repeated studies have proven the advantage bilinguals have over monolinguals in the onset of cognitive disorders, most of which could be offset by at least 5 years or more. It has been found that the dorsal lateral prefrontal cortex of the brain is highly developed in bilinguals and this part of the brain is called the 'executive function control centre'. It is quoted by researchers as one of the most important processing centres of the brain. It is the part responsible for attention, prioritizing attention and distribution of tasks. It is a very expensive resource as it takes a very long time to develop. The executive function centre grows throughout childhood and is not fully mature until late adolescence. It is also the part that shows decline early - starting from middle age. And this processing centre is larger in size and better functioning in bilinguals.

Throughout civilization learning multiple languages was the norm and not the aberration. This changed when there began large kingdoms and countries that encouraged one language as a symbol of unifying. Some research before the 1960's (which have now been dismissed by new facts and evidence) were even critical of introducing bilingual syllabus in school curriculum terming it as a handicap that slowed language development in children due to interference of two languages. They were right only in one finding though. Being bilingual is a slow process and initially children will have lesser vocabulary and reaction time for identification longer. However, this continues only until the age of 5 after which the difference in vocabulary acquisition is not significantly different.

The brain of a bilingual child is double wired which means, he will have one concept but two symbols representing it.

For example, he will identify a dog (concept) by two symbols 'DOG' in English and 'KUTTHA' in Hindi. So every time his brain sees a dog, two symbols come up and he needs to choose which one to use according to the context he is in. This involves suppression of one language while speaking another language. This activity enables the executive centre to work more and the child after years of such brain exercise gets good at switching tasks. This part of the brain also aids in filtering unnecessary information, enhancing problem solving ability, conflict resolution, response inhibition, response shifting, multi-tasking and focusing on the required task.

In countries where public schools are pressed to teach in one language only, these research findings need to be incorporated in educational policies. Besides education benefits, governments would gain with the reduction in health expenditure of cognitively impaired elderly individuals.

In India, government schools are focused on regional languages and it has become a huge political debate. The new findings would help bring in clarity and the much needed direction for the future course to be taken. There is also a silent but widespread trend among many urban and NRI families who are intent on adopting English as the only language or the only dominant language due to societal pressures in the hope that it would help their children comprehend better; unknowingly they are doing just the opposite of what might be useful for better learning and brain functioning.

There are many more questions such as what happens if one is multilingual and not just bilingual. Current studies indicate that learning more than two languages do not offer much significant advantages from bilinguals in terms of brain structure and function. There are also questions as to what happens if one learns a new language as an adult. It is found that there are advantages in terms of brain structure and functioning in an adult who learns a new language but it does not definitely compare with that of a toddler aged below 5.

Language isn't just communication, it is brain chemistry and brain exercise. If you are stimulating your brain enough with two languages, such that, you are quite proficient in both of them and that there isn't one obvious stronger language and another weaker, you have huge hidden structural advantage. And why not just make use of it. So what is stopping you from greeting 'Vanakkam' to your Tamil friend or a 'Bonjour' to your expat friend next time you meet them. Besides it's a lot of fun!





## OVERCOMING KARMA AND EXPERIENCING ANANDA

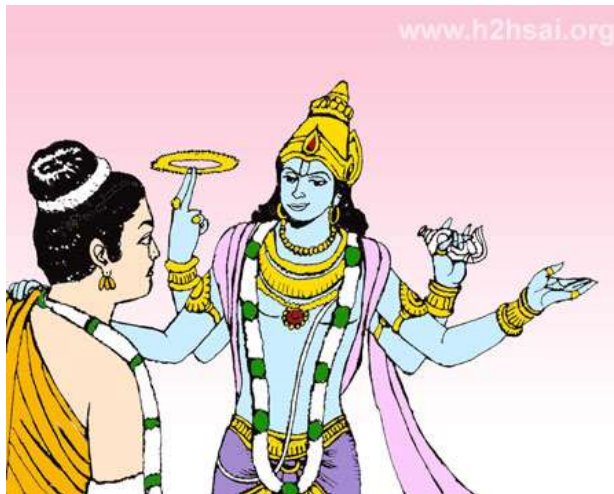
Once when the sage Narada was proceeding to Vaikuntha, the heavenly abode of the Lord, he espied a yogi (renunciant) who was engaged in severe ascetic practices.

The yogi prayed to Narada to bring back from Vaikuntha information about the date of his becoming entitled to enter into the Lord's abode. Narada promised to do so.

When Narada stood in the presence of God, he pleaded on behalf of the yogi and asked that he may be informed of the date.

The Lord replied, "Tell him that he will be coming here after as many more births as there are leaves on the tree under which he is currently doing penance."

Narada felt sad and dispirited when he thought of the grief into which the yogi would be thrown into on hearing this disheartening verdict of the Lord. But he mustered courage to announce it nevertheless, for, the yogi insisted on learning the news that he had assured to bring.



# Chinna Katha

When Narada at last broke the demoralizing decision of the Lord, contrary to his expectations, the yogi was transported into a realm of joy; he was not dispirited in the least. He jumped and danced in glee. He was lost in the thrill of his dream being so near actual fulfillment. He became oblivious to the world around and was filled with ecstasy thinking of the Lord and offering Him his profound gratitude.

The Lord was so pleased with the joy of the yogi that He himself appeared before him and offered him Vaikuntha immediately. But, the yogi said, he would bide his time, for, he did not like the Lord's word, which Narada had brought, to be falsified!

The Lord now had to convince him that good deeds, noble thoughts and sacred feelings can wipe out the tracings of bad; therefore, by his enthusiastic acceptance of the Lord's will he has actually overcome the consequences of past actions.

The Law of Karma is not an iron law; by dedication and purification, which invites Divine benediction, its effects can be modified, and its rigour mitigated. Do not despair; do not lose heart. When vices hold sway over your heart it becomes foul and sooty; the flames of kaama, krodha and lobha (desire, anger and greed) char the heart. What quenches these flames is the Grace of the Lord. Grace confers bliss (anandam), which the evil tendencies (kama, krodha and lobha) can never confer.

