

# MADHURAMURALI

*Spiritual Monthly with the Blessings of  
HH Maharanyam Sri Sri Muralidhara Swamiji*

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# Madhura Smaranam

My Guru As I See Him

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Dr A Bhagyanathan

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In every devotee's life and in particular those who are blessed to be in satsang and follow Guru Maharaj, the most unforgettable moment would be the first time they were attracted to Guru or satsang. This would be a very cherishable memory for them.

The first experience of the couple, Sri Jagannathan and Smt Vidya from Singapore Namadwaar also is quite unique. They never thought of being in satsang or coming to the divine abode of a Guru until then. Jagan had been suffering from severe leg pain and had been receiving medical treatment for long. He was working for a bank in Singapore. He has two lovely children, Thushar and Krithika. Once, he had gone for treatment to a place in Serangoon Road, near Sri Srinivasa Perumal temple in Singapore. A young man was standing nearby with gopi chandan in his forehead and murmuring something. When Jagan approached him, he realised that the young man was chanting nama. Jagan engaged in a conversation with him and learnt that the young man, Raghu is part of our Namadwaar organisation. Raghu was holding a few flyers and when Jagan enquired about them, Raghu told him that Namadwaar is situated only in the first floor of that building and that nama japa happens regularly and if interested, he can also participate. Jagan and Vidya went upstairs to Namadwaar and were pleasantly surprised.

There was a divine portrait of our Guru Maharaj. They were spell bound by the divine beauty of our lordships, Sri Premika Varadan and Madhuri Sakhi who reside there. They had already developed



reverence and devotion towards Sri Swamiji after listening to His lectures on television and internet and had a yearning to have His darshan. Only at that time they came to know that Namadwaar had been established by the disciples of Sri Swamiji and that Mahamantra keerthan was happening continually there. This was their first step towards Sri Swamiji.

Initially, the only issue tormenting Jagan was his leg pain and his only prayer was for his health to get better. Devotees at Namadwaar told him that chanting nama would fulfil the prayers. As none of the treatment was working for him, he contemplated on this and decided to chant nama. He started coming to Namadwaar regularly and started chanting nama. Within a few weeks, his leg pain vanished completely. Although this may appear to be an ordinary thing, at that point in time, this was the first step for Jagan to get more involved in Namadwaar. And this paved the way for his next step of wanting to have darshan of Sri Swamiji.

According to our Shastras and Mahans, even a small incident in our lives is said to be pre-determined. The most important incident in everyone's life would be when they reach the holy feet of their Gurus. Although we are ignorant, the truth is that Guru knows about us and our lives. This can be seen in the lives of many Mahatmas.

While eagerly waiting for the darshan of Guru Maharaj, Jagan and Vidya went through some unforgettable experiences. Once, Vidya had a beautiful dream in which she had the darshan of Guru Maharaj and he spoke to her smilingly and initiated her into Hare Rama Maha Mantra. Vidya was very happy and shared this dream with Jagan.

Similarly, Jagan also had a dream. He dreamt about going to Ashram in the early hours for Guru Maharaj's darshan where he heard the verse, 'Kaathyayani maha maaye

Maha yoginyadheeswari' from Srimad Bhagavatam being recited by someone. After having the darshan of Guru Maharaj in their dreams, their eagerness and enthusiasm to have His darshan started to increase multi fold.

In the month of Dhanur, on the auspicious day of Guru Maharaj's divine star, Swathi, Jagan and Vidya came to Madhurapuri ashram for His darshan. Special dhanur month pooja was happening then. Jagan heard someone recite the verse 'Kaathyayani maha maaye' from Srimad Bhagavatham and saw a portrait of Sri Kaathyayani near the altar, exactly as he saw in his dream. Guru Maharaj called them both and spoke to them about a few things and initiated them into Maha Mantra. Jagan and Vidya realised that their dreams came to be true and shared the incidents with us. They also realised that Guru Maharaj's darshan was not due to their efforts.

One other time, after darshan, when they were leaving, Sri Swamiji asked them where they were going. Jagan said that Vidya had an ortho problem due to weak bones and they were going to visit a few temples as remedy, as advised by their astrologer. Sri Swamiji smiled and told them, 'bones would get weaker as one ages' and took them to the temple of Sri Kalyana Srinivasa Perumal near ashram. Pointing to the Lord, Sri Swamiji said, 'We have our Perumal and Nama and that itself is complete remedy'. He also told them, 'Don't worry. Hold on to nama. Whatever things we need, nama will take care of each and every one of them'. This was such a great upadesa for Jagan and Vidya.

Whenever an opportunity came up, Jagan and Vidya would fly down from Singapore to have Guru Maharaj's darshan. They have shared several incidents and the interesting thing is that every time they come to Chennai, they would have a new experience.



One day, Sri Swamiji mentioned the name of a bank and told him to try for a job there. When Jagan contacted the bank, one of his long-standing friends working there, accepted his application and he got employed in Singapore itself.

By Guru Maharaj's blessings, Jagan, Vidya and their children continue to chant nama and render their service to Sri Madhuri Sakhi and Sri Premika Varadan shrine at Singapore. They say that their life journey has become a path filled with flowers.

Once, Jagan was waiting for a taxi to go to Singapore airport but was unable to find one and the time was running out. Jagan was getting anxious that he might not have Guru Maharaj's darshan and prayed to Sri Swamiji for His darshan at any cost. Suddenly, a van that was going somewhere came near him and halted. The driver asked him where he wanted to go and picked him up from there and dropped him at the airport. When Jagan offered him money, he did not take it but told Jagan, 'God is great. Give this money to someone who deserves it'. Jagan later said that he saw only Guru Maharaj in there.

Another time when travelling in a flight, a young passenger suddenly fainted. Although the airlines staff knew to give first aid, if further treatment is required, the flight would have to return to Singapore. Everyone were quite perplexed and anxious but Jagan started to chant nama praying for the boy to get better. Within a short time, the young boy woke up and everyone was relieved and happy. Jagan thought to himself that irrespective of whether the boy woke up due to first aid or his chanting, the un refutable thing is that since coming to the hold of Guru Maharaj, only nama chanting comes to mind in dire situations. What more mental strength is needed?

Another time, Jagan had a problem at work. The bank in which Jagan was working was affected by the global financial crisis. Jagan came and told Sri Swamiji that someone was going to buy the bank. Sri Swamiji smiled and told him, 'why don't you buy it yourself?'.

After he lost the bank job at Singapore, Jagan thought of returning to Chennai to find a better job and started taking efforts towards that. However, Sri Swamiji told him that a job was waiting for him at Singapore. In reality, at that time, there was no hope for him to get a job in Singapore but Guru Maharaj kept telling him that he had a job at Singapore.



*When one looks into the mirror, it is natural for one to feel that he/she is the most beautiful person in the world. Sri Swamiji said, Similarly, it is the natural tendency of the mind to make one feel that he/she is the most noble person in the world.*

*- Janani Vasudevan*

# Answers and Beyond

Sri Swamiji Answers to Questions from Devotees

1. I think that I am not eligible to attain Mukti, because my intellect is not pure.

**A. If that is the case, so what? Let it be so.**

2. I do not have bhakti towards God either; it is not possible for me to become a Jivan mukta

**A. Let it be so.**

3. I am unable to even chant with bhakti the Mahamantra that you speak of

**A: Let it be so.**

4. I cannot chant the Mahamantra often, like you ask us to do

**A: Let it be so.**

5. If you keep saying like this, then what is the way for me?

**A: Chant the Mahamantra whenever you can, however you can. That is enough.**

# **Beyond Dualities!**

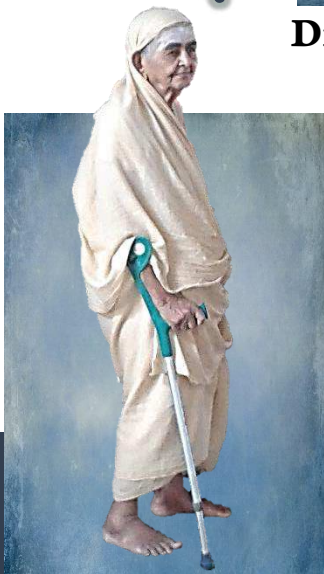
**Sri Sri Swamiji**

**One can give comforts to our body by draping us in beautiful attires, or by anointing us with sandal and perfumes, or by decorating us with ornaments, or by giving a soothing massage. So also, one may inflict pain on our body by hitting or attacking us with sharp weapons. One may help us to harmonize our breath, or may cause it to stop by troubling us. One may give happiness to the mind by speaking kind words or acting benevolently. On the other hand, the mind can be troubled by one's harsh words and deeds. Our intellect too, can be enhanced by kindling it in the right direction or can be led astray into confusions by wrong guidance. But, the Self alone always stands above all these dualities. None can make the Self happy or sorrowful.**



# Gaṅḡa Paati

Dr A Bhagyanathan



All devotees of Kanchi Mahaperiyava know the elderly Gangaji. For decades she and her family have remained devoted to Sri Mahaperiyava. Nearly three decades back when our Sri Swamiji used to visit Kancheepuram Gangaji would take him to her place of stay, offer him food and take care of him as would a mother. Gangaji's elder son Krishnaswami known as Thambu attained the lotus feet of the Lord last year. Thambu had nurtured the desire to offer his palatial house in Chennai to Sri Swamiji. Gangaji was amazed at this as it reflected her own unspoken desire! After the death of her son she consoled her grieving mind through discrimination and Vedanta idea. Even while in deep sorrow, in order to fulfil her son's and also her own desire, she offered the palatial bungalow at Pammal Sankar Nagar for the service of our Sri Swamiji.

# Dawn of Premika Shavanam

“Jayanti agreed to Lakshmi’s suggestion and went with her to meet Sri Swamiji. She was simply amazed by what met her eyes! She had gone there with a picture of a bearded, ochre robe clad person but what did she find? A young brahmachari in a simple white dhoti sporting a charming smile! When Jayanti got up after prostrating to Sri Swamiji, Sri Swamiji spoke to her unassumingly. He made kind enquiries of her ‘what is your name?’ ‘what is your husband’s name?’ ‘How many children do you have?’ ‘in which grade are they?’ ‘Are you also employed?’ Jayanti felt stunned at these kind

enquiries. Even in that first meeting her mind felt totally drawn to her Guru. She experienced inexplicable peace and joy. 'Though a mere youth he seems all-knowing Jnani' was the thought that ran through her. She felt 'this is verily the Guru blessed in response to my prayer'.

Even as she returned home Jayanti felt anxious to meet 'Guruji' again. It was the time when her son Pradeep was awaiting the result of I.I.T. entrance exam. Jayanti told her son, "Just now I met a lustrous brahmachari. He is addressed as 'Guruji'. Come with me and receive his blessings." The next day Jayanti took her son to Sri Swamiji. After prostrating to Sri Swamiji when Pradeep informed him of his I.I.T. entrance Sri Swamiji asked him, "Have you applied for BITS Pilani?" He did not touch on the subject of I.I.T at all! Sri Swamiji then told him, "You apply for admission into BITS Pilani." [Pradeep did his engineering in BITS Pilani only].

Jayanti then requested Sri Swamiji to bless her with Nama upadesa. Sri Swamiji told her to come the following morning. The next morning Jayanti went very eagerly to receive Nama upadesa. She felt deeply touched when she found Sri Swamiji waiting for her near the Tulasi plant. She received Nama upadesa from him. Sri Swamiji then asked Jayanti, "Where is your daughter?" Jayanti informed him that she gone out of Town. After this every day Jayanti would rush for and receive her Guru's joyful darshan and blessings.

Within a few days Mr. Janakiraman also became Sri Swamiji's devotee. When her daughter Sangeetha



returned to Town, Jayanti took her to Sri Swamiji. When Jayanti informed Sri Swamiji that her daughter also desired to receive Nama upadesa Sri Swamiji at once blessed her with it. Little Sangeetha also developed affection and devotion for Sri Swamiji. Sri Swamiji has, several times, made it known that this whole family would come to him. Thus Jayanti and her family spent their days in great joy through darshan of and satang with Sri Swamiji.

Sri Swamiji was at that time living in 51K apartment at Bharatidasan Colony. Due to unforeseen circumstances Sri Swamiji had to vacate this apartment. Learning about this Jayanti told Sri Swamiji, "My husband has been transferred to Puducherry. We will soon be shifting there. You can come and stay in our house. We will deem it our fortune if you will accept this." But Sri Swamiji did not, at first, accept this. He hesitated as he felt that he should not become a burden to householders. However, when Jayanti insisted with devotion he accepted it. But surprisingly, as soon as it became certain that Sri Swamiji would move into Jayanti Janakiraman's house the family shifting to Puducherry did not come about! Therefore, Jayanti and Janakiraman decided to build a room on the first floor and cover the rest of the place with thatched roof in order to conduct satsang. Until the room was ready Sri Swamiji lived in the home of Ms. Komala, an elderly devotee of his, for three months. It was then that Sri Swamiji, with great love, brought a Srinivasa Perumal [an archavatar made of black stone]

**Love will continue...**



# *Garuda Seva at Kanchi - 6*

- Sri Ramanujam

Once there was a robbery in 'Thaayaar Sannidhi'... All the ornaments were stolen but for the 'Thirumangalyam' of Thaayaar. Sri Kanchi Periva, on hearing this news, said " Although a thief, he has one good quality! He could have stolen the Thirumangalyam too, instead he left it behind taking away the other ornaments! " The perspective of Mahans is indeed unique! Sri Swamiji, with a deeply moved heart, said, "While a child can remain carefree with just one mother, look at our fortune! We have Mahalakshmi Thaayar here, Periya Piraati in SriRangam, Alarmel Mangai Thaayaar in Thirupathi..Likewise, 108 Divine Mothers are showering love on us with utmost care, isn't it?

**The sanctum screen opened!!!**

We also went along with Sri Swamiji. On seeing Sri Swamiji, the Sri Vaishnavite in the Thaayaar Sannidhi, invited Sri Swamiji to take the place near the sanctum step and started performing the 'Ashtothra Archana' in a mellifluous voice. Before starting, he placed the 'Aalavattam' in the lotus hands of Sri Swamiji to offer fanning service to Thaayaar. How blissful our Sathgurunathar's heart must have been!! How it must have melted!! It is known only to Sri Swamiji... As our Swamiji was fanning, beholding Thaayaar's darshan uninterruptedly, another Sri Vaishnavite switched on the ceiling fan.

What our little brain could conceive was, while our Gurunathar was involved in 'Aalavatta Kainkarya', in 'Mathru Bhava', the Divine Mother, who is the embodiment of mercy, must have rejoiced by sending cool breeze onto her child.



The Divine Mother, through the Sri Vaishnavite, gave the prasada of garland, turmeric and Kumkum to Sri Swamiji . While circumambulating the sanctum with great joy, Sri Swamiji, pointing to the art works on the wall, told us that it is by the Grace of this Thaayaar that Swami Desikan blessed a poor Brahmin by composing 'Sri Sthuthi', thus bringing him a shower of gold coins.

Sri Swamiji shared an interesting detail on Swami Desikan's Sri Sthuthi comprising of 25 slokas. The first 24 slokas of this work are in 'Manthaakraantha Virutham' and the last sloka is in 'Maalini' meter.

While Swami Desikan was in Thoopul, a Brahmachari approached saying " Swami! Due to my poverty, I'm unable to enter into 'Gruhasthaasramam'. As he prayed with great devotion, Swami Desikan took him to the sanctum of Perundevi Thaayaar. Swami Desikan extolled the Goddess by composing Sri Sthuthi, by which Mahalakshmi Thaayaar was pleased and showered gold coins. The most dispassionate Swami Desikan showed those gold coins to the Brahmachari and returned back.

The Brahmachari after prostrating to Swami Desikan and Thaayaar, took the gold coins and attained the greatest fortune in life. Sri Swamiji shared this interesting information with us.

Now, we proceeded to have the darshan of Varadharaja Perumal. Sri Swamiji, asking if it will be very crowded, started walking towards the sanctum. "May not be today", saying so Sri Aravind also joined along with Sri Swamiji.

(Sri Varadhar will return...)



# Mind's Justification

Janani Kumaraswami

Sri Swamiji in one of his recent lectures, told a very interesting matter which I would like to share. We try to cheat others by many scheming plans and cunning ideas. But our own mind cheats us with greater tactics - said Sri Swamiji. We make a pilgrimage to Tirupathi. Let us assume that we are given the greatest opportunity to have Darshan of Tirupathi Perumal, seated at the very Kulasekara step, without being disturbed for any length of time. In the beginning, the mind will look at the Lord and consider it to be such a great blessing to have a darshan of this kind. We might think that we must not let this opportunity go and that we must not get up unless we are asked to. After sometime, we will start observing if we are being noted by someone, as it is indeed a matter of great pride to be seated here. Slowly, the mind will drift and be totally engrossed in looking at those coming in and going out of the sanctorum. After this state, we will not have the patience to sit there at all. You know what the mind will say now? Look, there are so many people standing in long queues and waiting to have a glimpse of The Lord. It is not right on my part to sit here so long - saying so the mind will succeed in making us get up right then. The truth in fact, is that you are getting up from the place due to lack of patience. But the mind would even substantiate that as a noble deed.

# A TALE FOR CHILDREN

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## POISONOUS ANGER

A Carpenter was at work in his own shop. He seemed to be very angry with one of his customers. The reason behind his anger was that the customer had refused to pay him the entire cost he had demanded for a product made by him. While the carpenter was involved in his work, his anger was waiting to take on the customer. It was time for lunch. At once, he packed his tools, locked the shop and left.

At that time, a poisonous snake was just outside the shop. Filled with hunger and thirst, the snake was searching for food. As the street was very crowded with people, it slithered through the gap between the doors and swiftly entered the shop. The snake, in dire hunger, entered without noticing the things lying on the floor and bumped into a long sword. The snake got hurt by the sharp serrated edges of the sword.

Already troubled by hunger and thirst, the snake's anger increased in intensity as it got hurt in dark place while searching for its prey. Caught by the sudden surge of anger, without thinking, it started attacking the sword that caused harm. What can a snake's bite do to a metallic sword? It got further hurt and suffered more pain. With its anger aggravated by the pain, it decided to take revenge and started attacking it more fiercely. By this act, not only it was injured more and more but it lost all the energy and fell unconscious. At about an hour later, the carpenter returned back to his shop and opened the door. He noticed the snake lying dead on his sword. After giving a thought on how this could have happened, he realized that the snake, out of hunger, thinking the sword to be its prey, attacked it and lost its life.

He began to clean the place while thinking "The snake had acted in ignorance. The anger within the snake had caused harm to its own self."

At once a spark of wisdom sprouted in him. "Anger destroys once intelligence and makes one forget the essentials. I too was about to show off such anger towards my customer!" Right at that moment, the customer came back.

Now, the carpenter, with a wise understanding, hid his anger and conveyed his needs to the customer in a soft, kind manner. The customer was pleased with the way in which he spoke and much to the joy of the carpenter, the customer paid the amount in full. The carpenter then continued to clean the shop.

Thoughts ran through his mind while he was cleaning the shop. "The snake's anger ended up to be its own poison. Similarly my anger would have also ruined me. Not only the snake died today, but the snake called the anger that was lingering in my mind all along also died. Thank God!"

Appreciating his own goodness, he gave himself a pat. As he cleaned the shop, he rejoiced on seeing his mind getting cleansed too from the poison called anger!



# One Sanskrit Word a Month

## Sri Vishnupriya

The word 'anga' (part) refers to an organ. Eyes, nose, hands, legs etc are all parts of the body. Hence, people without an organ are called 'angaheena' (i.e. one without an organ). 'Heena' means 'lack of'. When a subject has many divisions, those divisions are said to be its parts. Ashtanga Yoga is the name given to Patanjali's yoga shasthra. It has eight divisions, like that of steps, and hence the name Ashtanga yoga. We are well aware of what those steps are - yama, niyama, asana, pranayama, prathyahara, dharana, dhyana, samadhi. The words panchanga and vedhanga can be interpreted similarly. The vedas have six parts. Thithi, vaara, nakshathra, yoga and karana are the five parts that panchanga comprises of. What about the word 'mridhanga'?

The word 'mrith' means clay. Since this instrument is made out of solidified clay, it is called 'mridhanga'. It is said about Sri Chaithanya Mahaprabhu that he used to go in to a trance on seeing clay, since it is an ingredient for making this instrument which is used for chanting the names of the Lord. Likewise, 'ananga' refers to Kamadeva, that is, one without any organ. The story behind this is quite well known. When Lord Shiva was performing penance, to instill 'kama' (desire) in him towards Parvathi, Kamadeva shot his 'arrows of love' at him. This angered Lord Shiva who opened his third eye and destroyed him. So, Kamadeva had to live without a body and hence is referred to as 'ananga'. 'Angaja' is another name of Kamadeva. 'Angaja'

anga



means that which is formed in the body. Since desire is formed in the body, Kamadeva is also known by that name. Muthuswamy Deekshathar in his song 'Rangapuravihara....' sings 'Angaja janaka deva...', calls Lord Ranganatha as the father of Kamadeva. During Krishnavatara, Kamadeva was born as Pradhyumna. Hence we address Bhagavan Krishna as 'Manmatha janaka' (the father of Manmatha).

Anga! can also be used as an exclamation to address somebody with affection. The Gopis sing in Gopika geetham, "VrajavanaukasAm vyakthirangathE...." telling Lord Krishna, "Oh dear! You are the one who destroys the sorrow of the Vrajavasis."

The word 'bhujanga' is well known. Bhujanga means snake. A snake has limbs all through its body. Also, it twirls around with curves in its body.( 'Bhuj' refers to curve, in sanskrit). Hence the name Bhujanga. In the alankara shasthra of Sanskrit, there is a meter called 'Bhujanga Prayatha'. The slokas said to that meter resemble the movement of a snake. Bhujanga Prayatha means movement of a snake. Adi Sankara has written 'Subramanya bhujangam' in this meter. Pandurangashtakam which begins as "MahAyoga peetE thatE beema rathyA...." has also been written in this meter only.

There is also a word called 'Rathanga'. In the last sloka of Sahasranama, "RathAngapAni rakshobya: sarvapraharanAyuth:...", this word has been used. Rathanga refers to 'wheel', which is part of a 'ratha' (chariot). Hence, Rathangapani or Chakrapani (one who wields a wheel or 'Chakra') refers to Lord Vishnu.

Thus, the word 'anga' is used as a root in many words, but we'll stop here.

# Secrets of an Emotionally Stable Person

An extremely vulnerable, sensitive person is slave of the mind. They are seldom open to new experiences and lack personal strength. This article elaborates simple secrets of emotionally stable people with a strong and confident personality.

## Form your own point of view

Point of view is a unique thing given to every person in the world. However, not every one is emotionally strong enough to uphold their opinion and convictions regardless of everything. But it doesn't mean you should stick definitely to your guns and pay no attention to other people's pieces of advice and opinions. If you want to be highly successful, you should develop the skill of exhibiting flexibility and exercising much forbearance in communication with people you love, respect or just cooperate with.

Excessive straightforwardness and uncompromising attitude will make you emotionally stronger, but significantly limit your development and drive you into a standstill one day. As soon as you form your own point of view, learn to respect your choice and close your eyes to either well-founded or ungrounded social criticism, you'll feel inner power and confidence running through your veins and realize that you're a self-sufficient person who'll never keep the profile low again.





Furthermore, you'll become more popular among others, because people usually treat mentally strong individualities, which don't depend on social opinions, have their own standards, values and vision of the world, with respect.

### **Develop a Sense of Humor**

It may sound strange, but a sense of humor is an essential part of your emotional stability and well-being. It doesn't matter whether you're a top manager or a florist, you should know how to relax and blow off steam from time to time. Otherwise, your mind will never reach emotional stability. The best and the cheapest way to boost your mental power and shield yourself from everyday stress and conflicts is humor. A suitable joke and either frank or even artificial smile can repulse somebody's emotional attacks in a fitting manner. This way, you'll come out with clean hands and nonplus an aggressive person in a twinkling of an eye. I try to joke as much as possible, especially at work. It's my perfect shield that helps me deal with everyday negativity with a head held high.

### **Be ready to look silly**

There's a stereotype that people who do silly and unusual things are failures and buffoons. I believe that the ones who can easily leave the comfort zone, adapt to new conditions and don't fear to do things they like in front of other people's eyes are the happiest personalities in the world.

These people may not be always emotionally stable, but I can state with assurance that they're mentally strong and brave, because they've already escaped from the prison of the mind. If you also want to wave goodbye to your comfort zone, you should realize and accept that even highly successful and happy people may look silly when they're doing something for the first, or even for the second time. Their ability to cope with change, uncertainty and possible failures or stressful situations is the secret of their happiness, emotional stability and success. This skill helps them see the world in bright colors and think optimistically.

## **Learn to plan your next day**

It is often said that everybody can handle order, but only a genius can master chaos. If you're a super genius or a master of improvisation, then scheduling isn't your pair of shoes. But if you're an ordinary person, not blessed with extraordinary opportunities, then the habit of planning your next day will come you in handy. It will put your mind at ease and bring more comfort in your life.

No matter how you slice it, improvisation is a constant stress that keeps you in suspense all day long. People who are at least a little bit afraid of uncertainty, should avoid improvisation, until they become professionals at everything they do, because uncertainty is the source of panic and fear for them.

Don't believe those who tell that living according to the plan is a boring thing and the choice of mentally weak people. It's not true. This is the choice of professionals who prioritize productive life and tend to manage their time effectively.

## **Break the habit of taking excessive responsibility**

The main problem of people who lack mental power and emotional stability is the habit of taking up big responsibility for everything happening in their lives. This negative habit should be eliminated as soon as possible, because excessive responsibility can spoil the quality of a sensitive person's life in a quite short period of time.

First of all, it can affect your mental well-being since there's a thin line between responsibility and anxiety. If you want to avoid psychological problems in future, try to develop a right attitude towards your responsibilities and understand that your duties have boundaries as well.

Giving a helping hand is a good gesture, but you shouldn't sacrifice your happiness and shoulder somebody's burden. The only things you should be responsible for are your thoughts, actions, words and behavior. You should never undertake more than it's within your power to do.

## **Stop kicking yourself for the things you can't change**

The feeling of unfounded guilt is a side effect of excessive responsibility. If you do nothing to handle your responsibilities and suppress the desire to control the uncontrollable, you gradually turn into a panic monger and begin to suffer from various obsessive thoughts.

If you want to feel the power in your mind, give up playing the Blame game, because it can play a low down trick with you some day. Just try to understand that you can change your work, hairdo, lifestyle, but you'll never make another person think like you want. Your negative thoughts about your inability to change the situation in your own favor can only provoke anxiety and inner conflicts. If something gets out of your hand and you realize that you can do nothing about it, you should just humble yourself and submit to a challenge.

## **Learn to move forward even when it's hard**

We may face a lot of challenges in life. Sometimes it may even seem that the whole world is against us. But we must never give up. We must overcome our fears, diffidence and become mentally tough. We must try our best to work toward a positive outcome even when we couldn't make a go of the activity I was greatly interested in.

If you want to increase your mind power, you should change your attitude towards mistakes and understand that every time you handle failure with dignity, you develop emotional strength and stability in your mind.

The path to mental stability is difficult and thorny — it requires much time and hard mental work. But you shouldn't step back, because there're no insurmountable barriers in this life.



The Chandogya Upanishad made the first attempt in classification of animals into three categories-Jivaja or Viviparous meaning giving birth to young ones like mammals, Andaja or Oviparous meaning egg laying like birds, reptiles, worms and insects and Udbhija or Vegetal origin like minute organisms.

In Sushruta Samhita in 600 BC, all substances were classified into Immobile or Sthavara like plants and Mobile or Jangama like Animals. It also mentions the classification of animals like Matsya(fish), Janghala (wild herbivorous quadrupeds like deer), Guhasaya(Carnivorous quadrupeds like lion, tiger etc), Kulachara (herbivores who frequent banks of rivers like buffalo, elephant etc).

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## Traditional Treasures

### *Ancient Indian Biology - 2*

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The first physician to present the concept of metabolism, digestion and immunity was Charaka. According to him the body contained three doshas vata, pita and kapha and any disturbance in them caused an imbalance in the body. His medicinal drugs could restore the balance in such cases. Genetics and its fundamentals were also known to him. His views were that an individual is a replica of the Universal spirit. Along with the five elements Earth, air, water, fire and ether, the self or the spirit was the sixth element equivalent to Brahman in the Universe.

The Taittiriya Upanishad made important observations on life and its evolution and traced it to space. Manu Samhita also propounded the theory of evolution. In the Mahabharata pedigree registers and cattle census are also described. There is clear evidence in ancient texts on information about genetics, its science, antenatal and post natal care of animals.

# Snippets We Loved

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Compilation from newspapers and magazines

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When Kerala's Tholpavakoothu met Japan's Kamishibai to tell fantastic stories

The Indian Express

28 November 2016



It might be difficult to imagine that an ancient form of shadow puppetry from Kerala can have any connection with a street theatre format based on manga art from Japan, but at the held sixth edition of Kathakar — International Storytellers' Festival in New Delhi, both Tholpavakoothu and Kamishibai shared an interesting time line. While the former is based on a 12th century text based on Valmiki's Ramayana, the latter is a 12-century Japanese street theatre art form, that has its roots in the Buddhist practice of telling stories through pictures.

Tholpavakoothu and Kamishibai both narrate stories in a way that is a feast for the eyes — one narrating stories through shadows, another creating nothing less than an animation movie itself, with cleverly timed narration and fast-changing manga images. The two were part of the three-day festival, which saw children as well as adults sitting with rapt attention watching the storytellers perform.



## **How Madhubani Art Is Bringing down Pollution Levels in Bihar**

**www.dailyhunt.in**

**10 December 2016**

**Following the Chipko movement led by women of Uttaranchal in the 1970s to save trees, modern day women of Bihar's Madhubani district are using their signature art to save the green cover.**

**These women are using their creativity and tradition to prevent deforestation in the area by making beautiful paintings on trees!**

**In 2013, she started spreading awareness about environment conservation and urged women and girls to join the movement. Today, a five-kilometre stretch of the forest between Rampatti and Rajnagar localities is not only saved from the axe, but is also a testimony to the women's artistic expression. The experiment has also caused the region to become an attraction among tourists!**

**According to a report in Dainik Bhaskar , Madhubani paintings made by these women often carry religious themes. Thus, in the eyes of local people, the trees become auspicious and are saved from being felled. The tree trunks are first painted with lime, which apart from offering a nice white background also protects the trees from insects. They are then painted with images of Rama, Sita, Krishna, Buddha, and Mahavira, among other gods and goddesses. That way, every tree becomes breathing temple!**



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