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ನಮಃ ಶಿವಾಯ * ಶಿವಾಯ ನಮಃ

Monthly Spiritual Newspaper * ಅಧ್ಯಾತ್ಮಿಕ ಮಾನ ಪತ್ರಿಕೆ

Bengaluru, APRIL 2020

Date of Issue : 05-Apr-2020

Volume - 5 Issue -4

₹ 10

Purpose of Shivality Training

Human Mind, is an entity that constitutes a mixture of positive and negative energies. Negative energy is experienced as disturbances, positive energy is experienced as peace and joy. Our outlook of life is viewed through the condition of the mind. Therefore, condition of the mind determines the quality of our perceptions and experiences. On keen observation it can be noticed that pain and suffering is a reflection of a disturbed mind. The human mind is so vulnerable that it has low immunity to failures, limitations and disappointments. The negative feelings infects, weakens and subdues the mind. The mind becomes an utterly helpless victim to even the slightest difficulties. The mind needs strength, immunity and empowerment to face any situations in an undisturbed, mature and reasonable fashion. Human mind is not tangible, it's existence is subtle in the materialistic world. It exists as a quantum of energy which cannot be understood through sensory organs. It can only be experienced. Because of negativities (sediments of thoughts) residing in the mind the energy of the mind is contaminated like a drop of poison in a vessel of milk. Many of us are unaware that we suffer because of the existence of negativity. Even few who are aware of the negativity do not know of the method to remove it. Just as heat energy is transferred from one object to another object in contact, so too the energy of a strong positive mind can be transmitted to another mind. Through this connection the surface mind is gradually purified and replenished with positive energy. The condition of such a mind is called divine. A divine mind creates positive vibrations and can transmit peace to others. Though peace is a soothing balm for human mind, it is only a temporary respite. It cannot completely remove the negativity which is deeply seated in the sub-conscious mind. Negativity propels negative emotions such as fear, anxieties and worries.

In order to alleviate suffering in the mind the negativity residing in the sub-conscious mind must be destroyed for good. This calls for the requirement of a higher order power. Shivam is the ultimate condition that a human mind can attain. It is ultimate because it renders a condition of perpetual peace (peacefulness) and non-disturbance to the individual under all circumstances. It is beyond the condition of divine or Brahman and hence it is called supreme divine. Negativity is that which must be negated. It is possible to negate that which is unwanted only through the power of Shivam. Through the re-enforcement of Shivabalam (power of Shivam) the mind becomes so strong and powerful that it starts experiencing peacefulness and bliss. Such a mind, not only experiences peacefulness and bliss for oneself but also begins to expand, radiating positivity and destroying the negativity of others who come into the energy field. Shivam emits a powerful vibration like volcanoes emitting fire at its base. This reaches out to the subconscious mind of other human beings. When negativity in the subconscious mind is destroyed, we become Shivam. The purpose of Shivality training is to empower the human mind such that it never undergoes suffering again. The transformation on the path of Shivality is a life changing and liberating experience.

—Sripriya Sundararaman

ಶಿವಾಲಿಟಿ ತರಬೇತಿಯ ಉದ್ದೇಶ

ಸಕಾರಾತ್ಮಕ ಹಾಗೂ ನಕಾರಾತ್ಮಕ ಶಕ್ತಿಯ ಮಿಶ್ರಣಗಳಿಂದ ಮನುಷ್ಯ ಮನಸ್ಸು ರೂಪಿತಗೊಂಡಿದೆ. ನಕಾರಾತ್ಮಕ ಶಕ್ತಿಯನ್ನು ಮನಸ್ಸಿನ ಅಶಾಂತ ಸ್ಥಿತಿಯ ರೂಪದಲ್ಲಿ ಅನುಭವಿಸುತ್ತೇವೆ ಹಾಗೂ ಸಕಾರಾತ್ಮಕ ಶಕ್ತಿಯನ್ನು ಶಾಂತಿ ಮತ್ತು ಸಂತೋಷದ ರೂಪದಲ್ಲಿ ಅನುಭವಿಸುತ್ತೇವೆ. ಬಾಳಿನ ಬಗ್ಗೆ ನಮಗಿರುವ ದೃಷ್ಟಿಕೋನವನ್ನು ನಮ್ಮ ಮನಸ್ಸಿನ ಸ್ಥಿತಿಯ ಮೂಲಕವೇ ವೀಕ್ಷಿಸಬಹುದು. ಮಾನಸಿಕ ಅಶಾಂತಿಯ ಪ್ರತಿಫಲನವೇ ನೋವು ಮತ್ತು ಸಂಕಟ ಎಂಬುದನ್ನು ನಾವು ನಮ್ಮ ಮನಸ್ಸನ್ನು ಸೂಕ್ಷ್ಮವಾಗಿ ಗಮನಿಸಿಕೊಳ್ಳುವುದರ ಮೂಲಕ ಪರಿಶೀಲಿಸಿಕೊಳ್ಳಬಹುದು. ಮನುಷ್ಯ ಮನಸ್ಸು ಅದೆಷ್ಟು ದುರ್ಬಲವೆಂದರೆ ಸೋಲುಗಳು, ಮಿತಿಗಳು (ಪ್ರತಿಬಂಧಕಗಳು) ಹಾಗೂ ವಿಫಲತೆಗಳನ್ನು ಎದುರಿಸಲು ಅದು ಬಹಳ ಕಡಿಮೆ ನಿರೋಧಕ ಶಕ್ತಿಯನ್ನು ಹೊಂದಿದೆ. ನಕಾರಾತ್ಮಕ ಭಾವನೆಗಳು ಮನಸ್ಸನ್ನು ಕಲುಷಿತಗೊಳಿಸಿ, ಅಶಕ್ತಗೊಳಿಸಿ ನಮ್ಮನ್ನು ವಶಪಡಿಸಿಕೊಳ್ಳುತ್ತವೆ. ಆಗ ಮನಸ್ಸು ಸಣ್ಣಪುಟ್ಟ ಕಷ್ಟಗಳನ್ನು ಎದುರಿಸಲು ಕೂಡ ಸಾಧ್ಯವಾಗದೆ ಸಂಪೂರ್ಣವಾಗಿ ಬಲಿಪಶುವಿನ ರೀತಿಯಲ್ಲಿ ಅಸಹಾಯಕವಾಗಿಬಿಡುತ್ತದೆ. ಯಾವುದೇ ಸಂದರ್ಭಗಳನ್ನು ಬೇಕಾದರೂ ಎದುರಿಸುವಷ್ಟು ನಿಶ್ಚಲತೆ, ಪ್ರೌಢತೆ ಹಾಗೂ ವಿವೇಚನಾಯುತ ವರ್ತನೆಯನ್ನು ಹೊಂದಲು, ಮೊದಲು ಮನಸ್ಸನ್ನು ಸದೃಢವಾಗಿರುವ ಹಾಗೂ ಅದರಲ್ಲಿ ಪ್ರತಿರೋಧಕ ಶಕ್ತಿಯನ್ನು ತುಂಬಿ ಸಶಕ್ತಗೊಳಿಸುವ ಅಗತ್ಯವಿದೆ. ಮನುಷ್ಯ ಮನಸ್ಸಿನ ಇರುವಿಕೆ ಸೂಕ್ಷ್ಮವಾಗಿರುತ್ತದೆ. ಅದು ಶಕ್ತಿಯ ರೀತಿಯಲ್ಲಿ ಅಸ್ತಿತ್ವದಲ್ಲಿದೆ, ಆದ್ದರಿಂದ ಪಂಚೇಂದ್ರಿಯಗಳ ಮೂಲಕ ಅದನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳಲು ಸಾಧ್ಯವಾಗದು. ಅದನ್ನು ಕೇವಲ ಅನುಭವಿಸಬಹುದು. ಪಾತ್ರೆಯಲ್ಲಿರುವ ಹಾಲಿಗೆ ಒಂದು ಹನಿ ವಿಷ ಬೆರೆಸಿದ ರೀತಿಯಲ್ಲಿ, ಮನಸ್ಸಿನಲ್ಲಿರುವ ನಕಾರಾತ್ಮಕತೆಯ ಕಾರಣಗಳಿಂದ (ಆಲೋಚನೆಗಳ ಕೆಸರು) ಮನಸ್ಸಿನ ಶಕ್ತಿ ಕಲುಷಿತಗೊಂಡಿದೆ. ನಕಾರಾತ್ಮಕತೆ ಇರುವುದರ ಕಾರಣದಿಂದಲೇ ನಾವು ಕಷ್ಟಪಡುತ್ತಿದ್ದೇವೆ ಎಂಬುದು ನಮ್ಮಲ್ಲಿ ಅನೇಕರಿಗೆ ತಿಳಿಯದು. ಶಾಖದ ಶಕ್ತಿಯನ್ನು ಒಂದು ವಸ್ತುವಿನಿಂದ ಇನ್ನೊಂದು ವಸ್ತುವಿಗೆ ಸಂಪರ್ಕದ ಮೂಲಕ ವರ್ಗಾಯಿಸುವ ರೀತಿಯಲ್ಲಿ, ಸದೃಢವಾದ ಸಕಾರಾತ್ಮಕ ಮನಸ್ಸಿನಲ್ಲಿರುವ ಶಕ್ತಿಯನ್ನು ಇನ್ನೊಂದು ಮನಸ್ಸಿಗೆ ವರ್ಗಾಯಿಸಬಹುದು. ಈ ಸಂಪರ್ಕದ ಮೂಲಕ ಹೊರಮನಸ್ಸು ಕ್ರಮೇಣ ಶುದ್ಧಿಯಾಗುತ್ತದೆ ಹಾಗೂ ಸಕಾರಾತ್ಮಕ ಶಕ್ತಿಯಿಂದ ಭರ್ತಿಯಾಗುತ್ತದೆ. ಅಂತಹ ಮನಃಸ್ಥಿತಿಗೆ ದೈವಿಕ ಮನಸ್ಸು ಎಂದು ಹೆಸರು. ದೈವಿಕ ಮನಸ್ಸು ಸಕಾರಾತ್ಮಕವಾದ ತರಂಗಗಳನ್ನು ಸೃಷ್ಟಿಸುತ್ತದೆ ಹಾಗೂ ಹತ್ತಿರ ಇರುವವರಿಗೆ ಶಾಂತಿಯನ್ನು ಪ್ರಸಾರ ಮಾಡುತ್ತದೆ. ಶಾಂತಿ ಎಂಬುದು ಮನುಷ್ಯ ಮನಸ್ಸಿಗೆ ಸಾಂತ್ವನವನ್ನು ನೀಡುವ ಔಷಧಿಯಾಗಿದ್ದರೂ ಅದು ಕೇವಲ ತಾತ್ಕಾಲಿಕ ವಿಶ್ರಾಂತಿ. ಅದು ಸುಪ್ತಮನಸ್ಸಿನಲ್ಲಿ ಆಳವಾಗಿ ಹುದುಗಿರುವ ನಕಾರಾತ್ಮಕತೆಯನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ನಿವಾರಿಸಲಾರದು. ಮಾನಸಿಕ ಅಶಾಂತಿಯನ್ನು ತಗ್ಗಿಸಿಕೊಳ್ಳಬೇಕೆಂಬ ಉತ್ತಮವಾದ ಉದ್ದೇಶದಿಂದ ನಮ್ಮ ಸುಪ್ತಮನಸ್ಸಿನಲ್ಲಿ ನೆಲೆಸಿರುವ ನಕಾರಾತ್ಮಕತೆಯನ್ನು ನಾಶಪಡಿಸಿಕೊಳ್ಳಬೇಕು. ಇದಕ್ಕೆ ಉನ್ನತ ಮಟ್ಟದ ಅಂತಃಶಕ್ತಿಯ ಅವಶ್ಯಕತೆ ಇದೆ. ಮನುಷ್ಯ ಮನಸ್ಸು ಹೊಂದಬಹುದಾದ ಅಂತಿಮ ನೆಲೆಯೇ ಶಿವಂ. ಏಕೆಂದರೆ ಎಂತಹ ಸಂದರ್ಭಗಳು ಬಂದರೂ ಕೂಡ ಇದು ವ್ಯಕ್ತಿಯ ಮನಸ್ಸನ್ನು ಕದಡದೆ ಶಾಶ್ವತ ಶಾಂತಿಯ ಸ್ಥಿತಿಯಲ್ಲಿ ಇರಿಸುತ್ತದೆ. ಇದು ದೈವಿಕ ಸ್ಥಿತಿಗಿಂತಲೂ ಮಿಗಿಲಾದುದು. ಆದ್ದರಿಂದಲೇ ಅದನ್ನು ಸರ್ವೋಚ್ಚವಾದ ದೈವಿಕತೆ ಎಂದು ಕರೆಯಲಾಗಿದೆ. ನಕಾರಾತ್ಮಕತೆಯನ್ನು ಶಿವಂ ಶಕ್ತಿಯಿಂದ ಮಾತ್ರವೇ ನಿಷೇಧಿಸಲು ಸಾಧ್ಯ. 'ಶಿವಬಲಂ' ಅನ್ನು ಹೆಚ್ಚು ಬಲಯುತಗೊಳಿಸುವುದರ ಮೂಲಕ ಮನಸ್ಸು ಬಲಶಾಲಿಯಾಗುತ್ತದೆ ಹಾಗೂ ಪ್ರಶಾಂತಿ ಮತ್ತು ಆನಂದದ ಅನುಭವವನ್ನು ಕೂಡ ಪಡೆಯಲಾರಂಭಿಸುತ್ತದೆ ಮತ್ತು ತಮ್ಮ ಕಾಂತಶಕ್ತಿಯ (energyfield) ಬಳಿ ಬಂದವರಿಗೆ ಸಕಾರಾತ್ಮಕತೆಯನ್ನು ಪ್ರಸಾರಮಾಡಲು ಹಾಗೂ ಅವರ ನಕಾರಾತ್ಮಕತೆಯನ್ನು ನಾಶಪಡಿಸಲು ಕೂಡ ಪ್ರಾರಂಭಿಸುತ್ತದೆ. ಅಗ್ನಿ ಪರ್ವತಗಳು ತಮ್ಮ ಸುತ್ತಲೂ ಬೆಂಕಿಯನ್ನು ಉಗುಳುವಂತೆ ಶಿವಂ ಕೂಡ ತನ್ನ ಸುತ್ತಲೂ ಬಲಯುತವಾದ ತರಂಗಗಳನ್ನು ಪ್ರಸಾರ ಮಾಡುತ್ತದೆ. ಅದು ಇತರ ಮನುಷ್ಯರ ಸುಪ್ತಮನಸ್ಸಿನ ಆಳಕ್ಕೆ ತಲುಪಿ ಅವರಲ್ಲಿರುವ ನಕಾರಾತ್ಮಕತೆಯನ್ನು ನಾಶಪಡಿಸುತ್ತದೆ. ಸುಪ್ತಮನಸ್ಸಿನಲ್ಲಿರುವ ನಕಾರಾತ್ಮಕತೆ ಯಾವಾಗ ನಾಶವಾಗುತ್ತದೆಯೋ ಆಗ ನಾವು ಶಿವಂ ಆಗಿಬಿಡುತ್ತೇವೆ. ಮನಸ್ಸು ಇನ್ನೆಂದೂ ಅಶಾಂತಿಗೆ ಒಳಗಾಗದಿರಲು ಅದನ್ನು ಸಶಕ್ತಗೊಳಿಸಬೇಕು ಎಂಬುದೇ ಶಿವಾಲಿಟಿ ತರಬೇತಿಯ ಉದ್ದೇಶ. ಶಿವಾಲಿಟಿಯ ಹಾದಿಯಲ್ಲಿ ಬರುವ ಪರಿವರ್ತನೆಯು ಒಬ್ಬ ವ್ಯಕ್ತಿಯ ಬಾಳನ್ನೇ ಬದಲಾಯಿಸುವಂತಹ ಹಾಗೂ ಮುಕ್ತಿಯನ್ನು ಪಡೆದುಕೊಳ್ಳುವಂತಹ ಅನುಭವವಾಗಿದೆ.

— ಶ್ರೀಪ್ರಿಯಾ ಸುಂದರರಾಮನ್

MY EXPERIENCE AS AN ABYASI OF SSBSSF

My name is G.VISWANATHAN, Shivasangh No. 91.

I joined SSBSSF in APRIL 2007 when the spiritual system was known as NISARGA CHETANA. During JAN –FEB 2007, I had the honour of having the Master in my house, who had come to meet our family and had a good interaction with all of us including my father who was a great devotee of Shiva and was doing Shiva puja everyday. At that time, I was a great devotee of Swamy Ayyappa and was very keen to visit sabarimala as my brothers were going to sabarimala every year. After the meeting, a photo of master was given to us. The moment I saw the MASTER's photo, the image got etched in my mind for ever. The very next day after the visit of Master, when I was praying to Lord Ayyappa, I suddenly got a vision and swamy ayyappa himself telling me that he had come to me and there was no need to go to sabarimala to see him and there was the vision of my Master to be. I was taken aback really and not expected this. From that moment my spiritual journey started, since after this vision, I was sure that master was 100% divinity personified. Because, I was well aware, if one wants to experience god, only a living master could lead the person to god. It was really fortunate for me to come across a divine personality and that divine personality [My Master] had invited me to join the NISARGA CHETHANA system. The strange thing was after that vision of my master, till date I have not had the vision of my Master or of Lord Ayappa. I had also read a lot of books of Swami Vivekananda on spirituality and he had the best way to choose a Master is to think of that personality and close your eyes for 5 minutes. Immediately, you can find a transmission coming, if you are able to receive the transmission, that personality is your master. I could feel the transmission or some sort of thing happening inside me the moment I closed my eyes and brought the master into my heart. SO I HAD FOUND MY MASTER.

What impressed me most about the system other than having a living master as your guru, the method of practice prescribed was simple. This was not meditation. This was in fact meditation on silence [SILENTATION]. We had to close the eyes and bring the master in our heart and sit in silentation and allow our thoughts to vanish from our mind by surrendering the thoughts to the master.. The silentation was done to cleanse the mind of thoughts and make it blank. The practice consisted of three "S", i.e. 1. Sadhana, 2. Smarana and 3. Samarpana.

I loved the SMARANA of the master amongst the method enumerated above. The moment the thought of MY MASTER came, I did not get any vision of my master, but had a strange feeling inside me as my entire heart was overflowing with love wanting to give love to everyone who came across. This was a lovely feeling. So before every work [whether it is personal or official] I used to invoke my master for every transaction of mine. I started implementing this constant remembrance in all my office work. There was tremendous improvement in my work productivity and seeing this I was transferred to my Regional Office for an important post as the management thought I was the right person for the job.

During the first month at my Regional Office, one of my tasks was to collect the monthly statistics from all our branches in Karnataka [numbering nearly 70] and consolidate the same and send it to IRDA [Insurance Regulatory and Development Authority]. I did not know much about this and the previous person who was handling it had messed it up and our company was fined heavily by IRDA. But I was high on confidence with MY MASTER in my heart. The way it was done, I had the feeling the work was done by MY MASTER through me and I was the observer. It was done so perfectly and I did not feel the strain and the statistics sent was highly appreciated by the IRDA as all the informed required by the regulator was in it. This credit was entirely Master's.

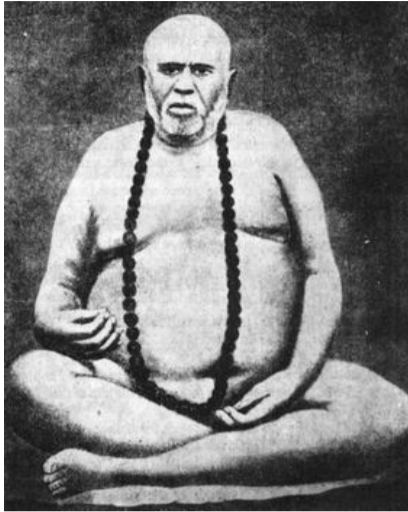
In the year 2008 elections, I was nominated for election work and was made presiding officer in a polling station at srirampuram, bangalore. This area was designated as hyper sensitive. An incident happened on the election day. There was a cut out of one of the prominent leader beside the polling station which had not been removed. This was noticed by one of the independent candidate on the morning at round about 7.00 a.m. just before the polling commenced. As I was the in charge of the polling station as Presiding officer, I was asked by him to remove the cutout immediately as no cutouts should be there within 100 metres of the polling station. A hostile crowd gathered. There was trouble brewing and the policemen told me to take careful decision. I closed my eyes and connected to MY MASTER as that was my only hope. The message was clear, the CUT OUT need not be removed as that prominent leader had not canvassed for any party and any move to remove it would lead to a riot. I was amazed at the confidence with which I took the decision and told the independent candidate, come what may, the cutout will not be removed as the polling had already commenced by then and I told him to move away and not create a scene. He told he would complain to the Returning Officer. The polling continued peacefully without any incident and I was highly appreciated by the police personnel there as well as the local people that I had taken the right decision. The RETURNING OFFICER on receiving the complaint came in the afternoon and I reported to him the incident. He was very happy and complimented on the bold decision taken. I REALLY THANKED MY MASTER FROM THE BOTTOM OF MY HEART. EVEN TO THIS DAY, WHEN I THINK OF THE SCENE THERE, I SHUDDER WHAT WOULD HAVE HAPPENED BUT FOR MY MASTER WHO WAS ALWAYS WITH ME INSIDE ME.

I had previously attended interview for promotion to the cadre of Scale I officer in my company, but due to my nervousness in answering questions, I was not selected. But during the interview for my promotion as Scale 1 officer in 2009 end, when I had joined NC and with my master with me, I was very high on confidence, as MY MASTER had mentally prepared me for both, I may or may not get it. So there was no worry of failure. During the interview, many tricky questions were asked and I answered them boldly. In fact, on two or three occasions, I differed with the answers given by the promoting authority and asserted that I was right and the promoting authority was wrong. I really don't know where I got the guts to argue with the promoting authority. The thought that came was that there would not be promotion for me, but I was not worried because I had MY MASTER in me. But as luck would have it, by the grace of MY MASTER, I was promoted. In fact, the interviewers were very impressed with the unwavering confidence in my answers, without getting swayed.

I was thrilled, when there was promotion for me and called up MY MASTER and told him about my promotion. He was very happy but next question, he asked shocked me, where will my posting be, he asked innocently. I told him, naturally, it will be in Bangalore, as MY MASTER was with me. It was really a shock when he replied. He told me categorically that, he will see to it that I will not be posted in Bangalore and he predicted that it could be Mysore. MY MASTER advised me that as an abyasi of sprituality, I should be prepared to work anywhere. Though the management tried their best to retain me in bangalore, I was shunted to mysore as predicted by MY MASTER. This was really the beginning of the TESTING PERIOD for me. The greatness of MY MASTER was that, he predicted exactly, where I would get my house and in which area the school of my daughter would be located.

There were problems in the office where I reported and also mysore was a new place for me. The branch manager had been transferred recently, and the management gave me the responsibility of taking care of the branch until a new branch manager was posted. MY MASTER gave me the confidence to run the branch without fear or favour taking decision which I felt was right.

Saints of India- Sri Trilinga Swami



Trilinga Swami was a great yogi who lived in Varanasi. He was famous for his divine powers. There are many stories behind him about his spiritual and yogic powers. He lived a long life around 300 years and resided in Varanasi approximately 150 years. It is believed that Trilinga Swami was incarnation of the Lord Shiva and referred as the "The walking Lord Shiva of Varanasi".

He was born in Holia at Vizianagaram of the Andhra Pradesh state. His parents were immense devotee of the Lord Shiva. He lived his whole life after 40 as a recluse in a cottage after the death of his parents. He did a hard spiritual practice for twenty years and he then got sannyasa by the initiation of his Guru Bhagirathananda in 1679. After getting sannyasa he went on a pilgrimage and reached at Prayag in 1733 and finally got settled in the Varanasi in 1737.

He was always carefree like a child and frequently found roaming on the streets or the Gange ghats. He talked to others very less or sometime not at all. A crowd of people often attracted to him for hearing of his yogic supremacy in order to get rid of their problems. Sri Ramakrishna himself said the Trilinga Swami, an incarnation of the Lord Shiva. It is considered that Trilinga Swami has no body perception in him; he can lay very comfortably on the burning sand of the desert which is generally impossible for the normal man. He was a real paramahansa according to Sri Ramakrishna.

It is noted that he was fully able to read the people's mind like a book. Many times he had seen drinking toxic poisons with no ill effect. Pilgrims at Varanasi saw him many times in a sitting position on the water surface of the river Ganges for many days. It is also believed that he was disappeared for long periods under the waves of water, and reappeared as well.

His philosophy is extant and available in his life history by one of his disciples, the Umacharan Mukhopadhyay. According to the Umacharan Mukhopadhyay writings, Trilinga Swami had described the attachment of human to the world, the liberation and the assimilation in God. According to the Swami, if someone attained the desirelessness state, this world is then altered into the heaven. And he can be liberated from the cycle of birth and death. Just like, this world is a chronic disease and the medicine is the way to detachment from disease.

He described to his devotees that all the desire senses of the human body is his enemy and the control senses is his friend. He had given the real description of a poor person that the one who is very greedy is very poor. He described the Sadhu as one who has no attachment and desire.

Source- varanasi.org.in

Mouna Mantapa



Invoking the condition of Shivam is impossible without silencing the mind. Allocating a particular place and time for silencing the mind is very difficult in our day to day life because, the mind strays away at the slightest provocative disturbance from the materialistic world. Therefore a special abode known as Mouna Mantapa is constructed, near yelahanka, Bengaluru for practicing Silention where suitable environment is created for a practitioner to turn inwards. This abode is fully charged by the Silention practice of shivopasakas as well as the Shivaguru to enable the practitioners to reach the thoughtless condition effortlessly.. Practicing Silention in this abode continuously for few days by any person even with a disturbed mind can help to get rid of the tension and stress. This further creates a feeling of new life once the practitioner re-enters the materialistic world. Perceptions will change for better and problems in the human mind get destroyed because of Silention. We invite public to practice Silention at Mouna Mantapa. Please contact **99024 32063 , 90359 19050** for further details.

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RNI No: KARBIL/2014/57866

Date of publication - 05-Mar-2020

[ಪುಟಗಳು : 4]

Postal Reg.No.RNP/KA/BGS/2212/2020-2022

Posting Date - 10th of every month

Licensed to Post without prepayment. License No. PMG/BG/WPP/381/2020-2022

Office of Posting- BG PSO, Bengaluru-26

ಮನೆ ಮದ್ದು- ತರಕಾರಿಗಳಿಂದ ಆರೋಗ್ಯ ಸುಧಾರಣೆ

ಈಗಿನ ಕಾಲದಲ್ಲಿ ವಯಸ್ಸಾದ ಮೇಲೆ ಮಧುಮೇಹ ಸದ್ದಿಲ್ಲದೇ ಆವರಿಸುತ್ತದೆ. ರಕ್ತದಲ್ಲಿ ಸಕ್ಕರೆಯ ಅಂಶ ಹೆಚ್ಚುವುದು, ತೂಕ ಕಡಿಮೆಯಾಗುವುದು, ಆಗಾಗ ಹಸಿವಾಗುವುದು, ಅತಿಯಾಗಿ ಮೂತ್ರ ಹೋಗುವುದು, ದೃಷ್ಟಿ ಮಂದವಾಗುವುದು ಇವೆಲ್ಲಾ ಮಧುಮೇಹದ ಲಕ್ಷಣಗಳು. ಮಧುಮೇಹವನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ನಿವಾರಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ ಆದರೆ ಆಹಾರ ಪದ್ಧತಿ, ವಾಕಿಂಗ್-ಜಾಗಿಂಗ್, ಯೋಗಾಭ್ಯಾಸ ಇವುಗಳ ಮೂಲಕ ನಿಯಂತ್ರಣದಲ್ಲಿ ಇರಿಸಿಕೊಳ್ಳಬಹುದು. ಯಾವ ಯಾವ ತರಕಾರಿಗಳನ್ನು ತಿನ್ನುವುದರ ಮೂಲಕ ಇದಕ್ಕೆ ಉತ್ತಮ ಪರಿಹಾರಗಳನ್ನು ಕಂಡುಕೊಳ್ಳಬಹುದು ಎಂಬ ಅಂಶಗಳನ್ನು ತಿಳಿಯೋಣ.

ಬೀಟ್‌ರೂಟ್: ಇದರಲ್ಲಿರುವ ಪೋಷಕಾಂಶಗಳು ಮಧುಮೇಹಿಗಳಿಗೆ ಬಹಳ ಪ್ರಯೋಜನಕಾರಿಯಾಗಿದೆ. ಇದು ನಿಶ್ಯಕ್ತಿಯನ್ನು ನಿವಾರಿಸಿ, ದೇಹಕ್ಕೆ ಚೈತನ್ಯವನ್ನು ನೀಡುತ್ತದೆ.

ಹಾಗಲಕಾಯಿ: ಇದು ರಕ್ತದಲ್ಲಿನ ಸಕ್ಕರೆ ಮಟ್ಟವನ್ನು ಸಮತೋಲನದಲ್ಲಿ ಇರಿಸುವುದರ ಜೊತೆಗೆ ದೇಹದಲ್ಲಿರುವ ಕೆಟ್ಟ ಅಂಶಗಳನ್ನು ಹೊರಹಾಕುತ್ತದೆ ಮತ್ತು ಜೀರ್ಣಕ್ರಿಯೆಯನ್ನು ಉತ್ತಮಪಡಿಸುತ್ತದೆ. ಹಾಗಲಕಾಯಿ ಕಹಿಯಾಗಿರುವ ಕಾರಣದಿಂದ ಇದನ್ನು ತಿನ್ನಲು ಯಾರೂ ಇಷ್ಟಪಡುವುದಿಲ್ಲ. ಮಧುಮೇಹಿಗಳು ಹಾಗಲಕಾಯಿ ರಸವನ್ನು ಜ್ಯೂಸ್‌ಮಾಡಿ ಕುಡಿಯಬಹುದು ಅಥವಾ ಆಹಾರದ ಮೂಲಕ ಸೇವಿಸಬಹುದು.

ಸಿಹಿಗೇಣಸು: ಇದರಲ್ಲಿ ಸ್ವಾಭಾವಿಕವಾಗಿರುವ ಸಕ್ಕರೆ ಅಂಶವು ಮಧುಮೇಹವನ್ನು ಕಡಿಮೆ ಮಾಡುತ್ತದೆ. ಇದು ರಕ್ತದಲ್ಲಿರುವ ಸಕ್ಕರೆ ಪ್ರಮಾಣವನ್ನು ನಿಯಂತ್ರಿಸುತ್ತದೆ ಹಾಗೂ ದೇಹದ ಉರಿಯೂತವನ್ನು ನಿವಾರಿಸಿ ದೇಹಕ್ಕೆ ವಿಶ್ರಾಂತಿ ನೀಡುತ್ತದೆ.

ಬೆಂಡೆಕಾಯಿ: ಸಕ್ಕರೆಯ ಅಂಶವನ್ನು ನಿಯಂತ್ರಣದಲ್ಲಿಡಲು ಬೆಂಡೆಕಾಯಿ ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸುತ್ತದೆ ಆದ್ದರಿಂದ ಪ್ರತಿದಿನದ ಆಹಾರದಲ್ಲಿ ಬೆಂಡೆಕಾಯಿ ಬಳಸುವುದು ಉತ್ತಮ. ರಾತ್ರಿ, ಒಂದು ಪಾತ್ರೆಯಲ್ಲಿ 2 ಲೋಟ ನೀರುಹಾಕಿ ಅದರಲ್ಲಿ ಸೀಳಿರುವ 2-3 ಬೆಂಡೆಕಾಯಿಗಳನ್ನು ಹಾಕಿ, ಬೆಳಿಗ್ಗೆ ಖಾಲಿಹೊಟ್ಟೆಯಲ್ಲಿ, ಅದರ ಲೋಳಿಯಿರುವ ನೀರನ್ನು ಕುಡಿದರೆ, ಮುಚ್ಚಿಹೋಗಿರುವ ಹೃದಯದ ರಕ್ತನಾಳಗಳು ಕ್ರಮೇಣ ಶುದ್ಧಿಯಾಗುತ್ತದೆ.

ಗೆಡ್ಡೆಕೋಸು(ನೋಲ್‌ಕೋಲ್): ಗೆಡ್ಡೆಕೋಸಿನ ಹಸಿಯಾದ ಸೇವನೆಯು ತಿಂದ ಆಹಾರ ಸರಿಯಾಗಿ ಜೀರ್ಣವಾಗಲು ನೆರವಾಗುತ್ತದೆ. ಇದು ರಕ್ತದಲ್ಲಿರುವ ಸಕ್ಕರೆಯ ಅಂಶವನ್ನು ತಗ್ಗಿಸುತ್ತದೆ ಹಾಗೂ ದೇಹದ ತೂಕವನ್ನು ನಿಯಂತ್ರಿಸುತ್ತದೆ.

ಹೂಕೋಸು: ಇವುಗಳಲ್ಲಿರುವ ನಾರಿನಂಶವು ದೇಹದಲ್ಲಿರುವ ವಿಷಕಾರಿ ಅಂಶಗಳನ್ನು ಹೊರಹಾಕುತ್ತದೆ. ಇದು ಮಧುಮೇಹ, ಸ್ತನ ಕ್ಯಾನ್ಸರ್ ಹಾಗೂ ಮೂತ್ರಕೋಶದ ಕ್ಯಾನ್ಸರ್ ಬರದಂತೆ ತಡೆಯುತ್ತದೆ.

ಕ್ಯಾರೆಟ್: ಮಧುಮೇಹವನ್ನು ತಡೆಯಲು ಸಹಕಾರಿ. ಇದನ್ನು ಹಸಿಯಾಗಿ ಸೇವಿಸುವುದು ಒಳ್ಳೆಯದು. ಕ್ಯಾರೆಟ್ ತಿನ್ನುವುದರಿಂದ ಕಣ್ಣಿನ ದೃಷ್ಟಿ ತೀಕ್ಷ್ಣವಾಗುತ್ತದೆ. ಇದು ರಕ್ತದಲ್ಲಿನ ಸಕ್ಕರೆ ಮಟ್ಟವನ್ನು ಕಡಿಮೆ ಮಾಡುತ್ತದೆ.

ಪಾಲಕ್ ಸೊಪ್ಪು: ಮಧುಮೇಹಿಗಳು ಪ್ರತಿದಿನ ನಿಂಬೆರಸ ಹಾಗೂ ಜೇನುತುಪ್ಪ ಬೆರೆಸಿದ ಪಾಲಕ್ ಸೊಪ್ಪಿನ ಜ್ಯೂಸ್ ಕುಡಿಯುವುದು ದೇಹಕ್ಕೆ ಹಿತಕಾರಿ. ವಯಸ್ಸಾದ ಮೇಲೆ ಉಂಟಾಗುವ ಮೂಳೆ ಮುರಿತ ಮುಂತಾದ ಸಂದರ್ಭಗಳಲ್ಲಿ ಇದು ದೇಹಕ್ಕೆ ಹೇರಳವಾಗಿ ಕ್ಯಾಲ್ಷಿಯಂ ಹಾಗೂ ವಿಟಮಿನ್ 'ಕೆ' ಒದಗಿಸುತ್ತದೆ. ಅಲ್ಲದೆ, ದೇಹದಲ್ಲಿ ಉಂಟಾಗುವ ಹಾರ್ಮೋನ್‌ಗಳ ಏರಿಳಿತವನ್ನು ನಿಯಂತ್ರಿಸುತ್ತದೆ. ಇದರ ಸತತ ಸೇವನೆಯಿಂದ ತಲೆಕೂದಲು ಹೆಚ್ಚು ಉದುರುವುದಿಲ್ಲ.

- ಸಂಗ್ರಹ ಉಷಾ.ಸಿ.ಡಿ.

All communications can be addressed to: The Hon. Secretary, SSB Socio Spiritual Foundation, # 2, 3rd Cross, Opp. to Vijaya Bank, Katriguppe Main Road, BENGALURU - 560 085. Mob No.-90359 19050

All donations are exempt u/s 80G of Income tax act of 1961.

ಮನೆ ಮನೆ ಪಂಚಾಕ್ಷರಿ**ಜ್ಯೋತಿ ಬಸವರಾಜ್**

#182, ಮೊದಲನೆಯ ಮಹಡಿ, 3 ನೇ ಮುಖ್ಯ ರಸ್ತೆ, 3 ನೇ ಅಡ್ಡ ರಸ್ತೆ, ಹನುಮಂತನಗರ, ಬೆಂಗಳೂರು-19

**ಲೋಕನಾಥ್-ಬಿ.ಹೆಚ್**

ವಿಶಾಲ್ ಹೈಟ್ಸ್, 38, 3 ನೇ ಅಡ್ಡ ರಸ್ತೆ, ಅರೇಹಳ್ಳಿ, ಹನುಮಗಿರಿ, ಕೆನರಾ ಬ್ಯಾಂಕ್ ಕಾಲೋನಿ, ಚಿಕ್ಕಲಸಂದ್ರ, ಬೆಂಗಳೂರು-61

**ಜಯವೇಲು**

#282, 8 ನೇ ಮುಖ್ಯ ರಸ್ತೆ, 8 ನೇ ಅಡ್ಡ ರಸ್ತೆ, ನಾಗೇಂದ್ರ ಬಡಾವಣೆ, ಬೆಂಗಳೂರು-50

**ಶೈಲಜಾ ಜನಾರ್ದನ್**

#378, 2 ನೇ ಅಡ್ಡ ರಸ್ತೆ, 1 ನೇ ಹಂತ, ಗಿರಿನಗರ, ಬೆಂಗಳೂರು-85

ಎಸ್.ಎಸ್.ಬಿ.ಎಸ್.ಎಸ್.ಎಫ್ ಸಂಸ್ಥೆಯು ಜನರಿಗೆ ಶಿವಾಲಿಟಿಯ ಕುರಿತು ತಿಳಿಸಿಕೊಡುವುದರ ಜೊತೆಗೆ ಅನೇಕ ಧಾರ್ಮಿಕ ಮತ್ತು ಸಾಮಾಜಿಕ ಚಟುವಟಿಕೆಗಳನ್ನು ಹಮ್ಮಿಕೊಂಡಿದೆ. ಎಲ್ಲರೂ ಜೀವನದಲ್ಲಿ ಬರುವ ನೋವು, ಆತಂಕ, ದುಃಖ ಮತ್ತು ಭಯದಿಂದ ಬಿಡುಗಡೆಯಾಗಿ ಶಾಂತಿಯಿಂದ ಬದುಕಲು ಇಚ್ಛಿಸುವವರೇ. ಎಲ್ಲರ ಮನೆಯಲ್ಲೂ ಶಾಂತಿ ಇರಲಿ ಎನ್ನುವ ಉದ್ದೇಶದಿಂದ ಮನೆ ಮನೆ ಪಂಚಾಕ್ಷರಿ ಪಠದ ಕಾರ್ಯಕ್ರಮವನ್ನು ನಡೆಸುತ್ತಿದೆ. ಇದರಿಂದ ಮನೆಯಲ್ಲಿ ಹಾಗೂ ಮನದಲ್ಲಿರುವ ನಕಾರಾತ್ಮಕ ಶಕ್ತಿಯು ನಾಶವಾಗಿ ಸಕಾರಾತ್ಮಕ ಊರ್ಜೆಯು ವೃದ್ಧಿಯಾಗುವುದು. ಪಂಚಾಕ್ಷರಿ ಕಾರ್ಯಕ್ರಮದಿಂದ ಸಂತೋಷಕರವಾದ ವಾತಾವರಣದ ಅನುಭವವನ್ನು ಅಭ್ಯಾಸಿಗಳು ಪಡೆದಿದ್ದಾರೆ.

ಸಾರ್ವಜನಿಕರು ತಮ್ಮ ಮನೆಗಳಲ್ಲಿ ಪಂಚಾಕ್ಷರಿ ಕಾರ್ಯಕ್ರಮವನ್ನು ನಡೆಸಲು ಇಚ್ಛಿಸುವವರು 97401 53564 ನಂಬರಿಗೆ ಸಂಪರ್ಕಿಸಬೇಕೆಂದು ಕೋರುತ್ತೇವೆ.

ಸಂಸ್ಥೆಯ ಸದಸ್ಯರು ಮೇಲೆ ತಿಳಿಸಿರುವ ಮನೆಗಳಲ್ಲಿ ಪಂಚಾಕ್ಷರಿ ಕಾರ್ಯಕ್ರಮವನ್ನು ಫೆಬ್ರವರಿ ತಿಂಗಳಲ್ಲಿ ಯಶಸ್ವಿಯಾಗಿ ನಡೆಸಿಕೊಟ್ಟರು.

SatSri's message

Silentation is to give you calm mind. Condition of tranquility can give you drowsiness. This is the best healing method to remove insomnia. Cool mind is required to keep the human being peaceful.

ಸತ್‌ಶ್ರೀ ರವರ ವಾಣಿ

ನಿಮಗೆ ಶಾಂತ ಮನಸ್ಸನ್ನು ನೀಡುವುದು ಮೌನ. ನೆಮ್ಮದಿಯ ಸ್ಥಿತಿ ನಿಮಗೆ ಅರೆ ನಿದ್ರಾವಸ್ಥೆ ನೀಡುತ್ತದೆ. ನಿದ್ರಾಹೀನತೆಯನ್ನು ತೆಗೆದುಹಾಕಲು ಇದು ಅತ್ಯುತ್ತಮ ವಿಧಾನವಾಗಿದೆ. ಮನುಷ್ಯನ್ನು ಶಾಂತಿಯುತವಾಗಿಡಲು ತಂಪಾದ ಮನಸ್ಸು ಅಗತ್ಯ.