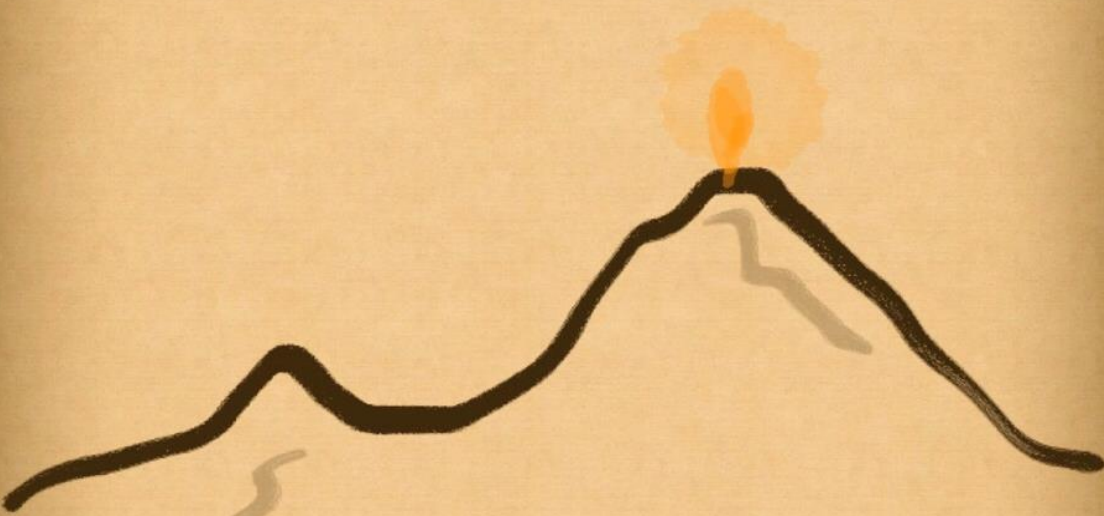


A tribute to Dr Sarvepalli Radhakrishnan
The 2nd President of India



Nuggets from

india wisdom - 1

Krishna Prakash

Introduction

“My ambition is not only to chronicle but to interpret and reveal the movement of the mind and unfold the sources of India in the profound plane of human nature.” - Dr Sarvepalli Radhakrishnan

Nuggets from *india* wisdom - 1 is a selection from the posts written in LinkedIn for the past one year by the undersigned. The book in your hand could be taken as attempt to fuel the ambition of India’s 2nd President Dr Sarvepalli Radhakrishnan. This is why he wished that his birthday on September 5th is celebrated as Teacher’s Day

When the religions were found in a distant past, the English language that is in vogue was non-existent. Thus, it is important to present the facets of living tradition in a way that one can relate to today’s needs in a language that is a norm today i.e. English! Then those interested could explore on their own in chosen areas of interest

This book is not meant for the purists, theologians, historians, philosophers or researchers but for a commoner who is searching for a starting point in their journey to discover & utilize the richness of Indian living traditions...

Namaste!

[Krishna Prakash](#)

5th September 2021

Loka Samastha Suknino Bhavanthu

1. Celebrate Parents

Matru Devo Bhava (Mother is Light / Divine / Goddess)

Pitru Devo Bhava (Father is Light / Divine / God)

Let us daily celebrate our parents who gave us an entry into this life!



We celebrate promotion, success in ventures, anniversaries etc but once we grow up and out of parents' shadow, we seldom invest quality time with them

Of late, we hear cases of parents living and dying alone,

while the whole life they prayed, worked and shaped our formative years

As they walk towards the sunset of their lives, all they expect from us is a simple enquiry, quality time, patience and understanding. These are all that gave us during our growing up years

With age kicking in, their ...

- self-doubt, exponentially grows
- self-confidence, dented
- self-worth, depreciates

Now with the onslaught of covid, uncertainty is the order of the day

Can we allocate 5 minutes a day, to call them to...

- take blessings
- thank
- listen out to their apprehensions and
- assure that you are always there for them!

October 2020

2. A note on how festivals are planned

The following are a few aspects that were considered before our ancients planned the festivals

- 1) the need for the prevailing climatic condition
- 2) the impact on the environment
- 3) the livelihood of various communities in the society
- 4) the health i.e. supplements needed for body & mind during seasons to withstand the vagaries
- 5) family & societal bonding



So, this *deepawali* i.e. the festival of lights, let us all light at least one lamp today and pray for the welfare of the World

nuggets on indic wisdom - 1

as we are part of that huge joint family called the World -
vasudaiva kutumbakam  □

If you wish to light a candle then ensure that the wax is not
of paraffin source

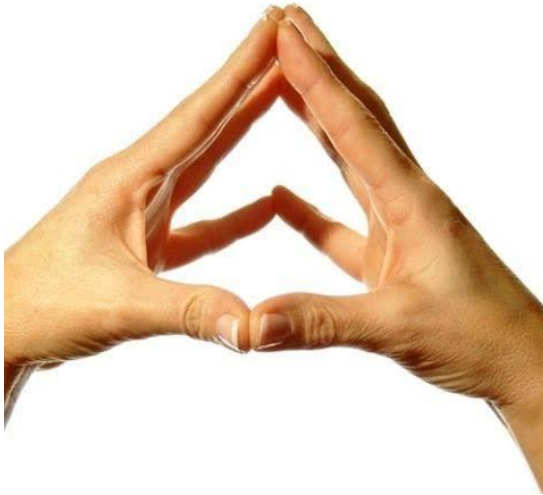
Loka Samastha Sukhino Bhavanthu

Deepawali, 14th November 2020

3. *Haakini Mudra*, a tool to develop attentiveness

English is a beautiful language that has a lot of hidden meanings in the words & phrases

- this is a SOUND advice
- your gesture TOUCHED my ♥
- could SEE this coming
- you have refined TASTE
- it SMELLS wrong



These verbal clues do not just mention the names of senses but convey a deeper meaning through that 'mere' mention. At the next level, when the inputs to the 5 senses are arrested by gentle pressure, the mind becomes free to focus on the task before us

Similarly, our body naturally adopts certain gestures (non-verbal) at particular times. If mind is uncluttered, we can notice the way our body responds to external & internal stimuli

What is shown here is one of the key gestures adopted, unconsciously by many of us, while we listen with intent. The elbows generally tend to rest on the arm rest. This is called as *HAAKINI mudra*

Can be taught to anyone who has attention deficiency or restlessness or, to compulsive talkers (🗣️) also!

One can consciously practice during meetings or any occasion where one needs to open up to others or listen to new knowledge or perspectives

November 2020

4. *Pradosham*, the mystic evening

The evenings of 13th day from every full moon and new moon assume great spiritual importance in the living traditions of India

On this day & time, the importance is given to *Nandi*, the foremost of disciples of *Shiva* and one of the *Siddhas* as well



There is a lot of esoteric significance for this particular day. Those interested can pursue research on this subject. Today, we were fortunate to visit this new temple of *Sri Kalabhairava* at *Nelamangala*, Bangalore rural, during the *pradosha* time

There are a lot of things that cannot be understood and appreciated in the first instance but if we believe that our ancestors did certain things and celebrated certain days & time slots, we could just follow that to discover it for ourselves in due course

These activities do not entail any expenditure but mere faith. Such activities, when done consistently yield results and this is similar to the now famous idea of 'atomic habits'

Happy weekend 🙏

12th December 2020

5. *Vaikunta Ekadasi & Gita Jayanti 2020*

Today, there are 2 more festivals being celebrated in India.

1) *Gita Jayanti*: *Bhagavad Gita* was revealed on this day. More on this in a later post

2) *Vaikunta Ekadasi*: 11th day from the full moon and the new moon are ideal for fasting scientifically as well because the sun, the moon and the earth would be in a triangle formation resulting in the lowest atmospheric pressure on these 2 days of the moon's cycle



This occurs 24 times in a year and at these times, it is advised to give less work not only to digestive system but to our day as a whole

Of all these 24 occurrences, this day in the growing phase of the moon in December is extremely significant. More than anytime of the year, it is (approximately Dec 15 to Jan 15) this period when are asked to wake up 2 hours before Sunrise and practice spiritual activities, because as per *Ayurveda* there is a natural calming down of our system making it conducive to inner journey

Maybe it is time to take up more laboratory trials to understand the importance of *Ekadasi* so that mankind as a whole can reduce their food consumption for 24 days of the year!

Also, we may take holidays scientifically instead of always on a Sunday 😊

25th December 2020

6. Rangoli, the pattern

The daily routine prescribed in our Indian living tradition is tried and tested for ages. The day starts with tasks prescribed to awaken and balance both sides of our brain 🧘

One of the key tasks is to draw a different pattern in rice powder at at-least 4 places

- 1) front of the home
- 2) at the altar
- 3) kitchen and
- 4) near *Tulsi* plant

As people lived together as joint family, the division of labour used to be clear and each would get opportunity to be trained across domains. Thus, cross functional training was a normal affair 😊



We should come out of the illusion that every activity of us has to result in money generation

Seen here is my 91 year young *grandma Gomathi*, drawing the pattern (*kolam / rangoli*) at our ancestral home. Observe the crisp lines & her legible hand writing

From January 1st, may we pick up one such activity prescribed in our tradition that our ancestors & parents do which is not an activity to generate money or develop relationship with others, but with oneself

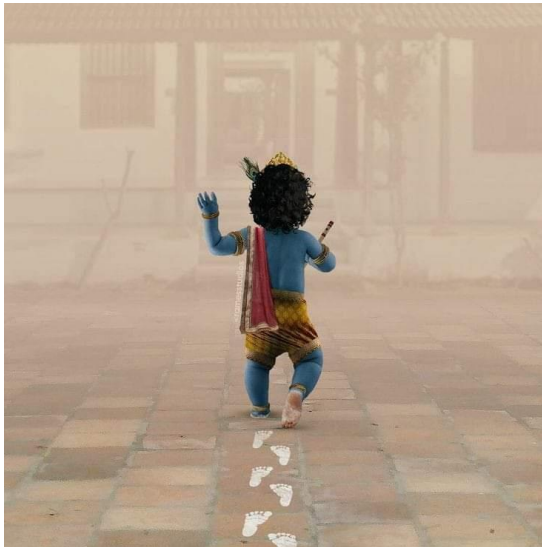
January 2021

7. A note on the *Bhagawad Gita*

ODE: a poem that is written for a special occasion or that speaks to a particular person or thing

SONNET: a poem that has 14 lines, each usually containing 10 syllables, and a fixed pattern of rhyme

Similarly, Indian literature has a plethora of poetry forms. Out of these, in classical music & spiritual texts, the form called *Gita* or *Gitam* is very popular



GITA: means a rapturous outpour ie a form that is spontaneous, non-premeditated, springing from the deepest recesses of mind (out of love) □

IIT Kanpur maintains a super site on *Gita* that lists 57 of

them. Many of us are unaware that there are 18 *Gita* texts in *Mahabharata* itself 😊

Out of all these *Gita* texts, it is the *Bhagavad Gita* (700 verses) that is considered as the epitome because 'She' is the very essence of *Upanishads* i.e. the texts on Self knowledge

This non-denominational text has inputs on *Dharma*, Leadership, Action, Emotion Culture etc to name a few

Like *Yoga*, very soon we would hear on the importance of *Gita* from the West 😊

The gems and jewels are available for free in *Gita* to live an enriched life

Can we take a vow 🙏 to study one verse per day?

January 2021

8. On *Anjaneya*



1. *Tamil* speaking public celebrate the birth of *Anjaneya* today. *Anjaneya* means son of *Anjana*. He was born to her & *Marut*, the wind God, so the name *Maruti*
2. Indian government's passenger car venture is *Maruti*. Partnered with *Suzuki* of Japan to focus on small products that are large in performance, swift, simple to use & dependable
3. We are a product of the stories we listen or buy into. Also, our life is filled with symbolism. Usage of following idioms prove that ... from the horse's mouth, at the snail's pace, a lion's share, as busy as a bee, get your ducks in a row etc.,

4. Now recall the oft made statement, "whatever is in the macrocosm is in the microcosm" This technically means that each of us have a speck of the other living beings and their qualities as well
5. India has a rich tradition of outstanding story tellers. They have consciously woven a lot of subtle insights and psychology into the stories in epics and *puranas*



Thus, when one takes the name of *Anjaneya* by invoking the deeds committed by Him then they are bound to experience and express intelligence, strength, grace, courage, fearlessness, free from disease and gift of the skilful speech - all these we need to survive and prosper today 😊

13th January 2021

9. *Jambavan*, the ultimate coach

Both the epics of India, *Ramayana* & *Mahabharata* have countless stories that inspire us

Then we have the *Puranas* (the Legends) that discuss everything under the sun (and infact beyond sun to be honest 😊, including multiple universes, various fields of experiences other than heaven & hell, measurements of time etc.,)

One of the interesting & controversial areas of research today is immortality because it is human nature to wish that one lives for ever



The Indian legends mention at least 19 people who are blessed with immortality. *Hanuman* & *Jambavan* are among that list

The purpose of this post is not immortality but how *Jambavan* (the 38 verses found in *Kishkinda Kanda* of *Ramayana*) coaches *Hanuman* by reminding Him of His manner of birth, childhood exploits, valour, courage, capability, strength & uniqueness

Thus, as a coach our only work is to polish the diamonds. As each human being gets caught up in conformity, uniformity, continuity & constantly

nuggets on indic wisdom - 1

looks out for validation from others, so much that he or she fails to see their uniqueness

A good coach is like a *Jambavan* - content to let the coached / pupil hog the limelight

Let us either be a *Jambavan* or find one for us!

January 2021

10. *Bhouma-ashwini*, an esoteric day

What we see happening in the World is just a fraction of the entire happenings in the Cosmos. There are more things that happen in non-physical realms as well



You may wish to call those happenings as spiritual, esoteric, magic, flow, coincidence, etc., It is important to explore this non-physical side of life. It is like learning to appreciate the depth of silence as much as we appreciate the depth of spoken words

If you are interested to experience the non-physical grandness of life then today is one such day. It is *Bhouma-ashwini*, a very auspicious day for those who are doing, or interested in, some inner work!

It is also a great day for teachers, coaches, mentors, consultants, advisors, catalysts & trainers as they help others to discover or rediscover life. Thus, it is important that they have a taste for inner life as whatever is shared out of one's realization tends to be more effective

2 suggested practices for today are...

- 1) Whichever inner process that you do, be it mindfulness, heartfulness, meditation, *Tasbih* or *Japa*, do that for one *Muhurtha* (i.e. 48 minutes) today
- 2) Practice *Mouna* at least for a *Muhurtha*

16th March 2021

11. New Year, Sthala-vruksha & more...

Festivals were generally used for mass immunization drive through food, potions & restrictions. We are losing many such subtle practices as pursuit of grosser aspects of life appear to be the norm.

Today is new year in parts of India & South East Asia that follow solar calendar and using Cassia Fistula is in vogue.



The potion made out of bark of Cassia Fistula is good for alleviating respiratory track issues & its other parts have medicinal benefits too. Thus, *Ayurveda* calls Cassia Fistula as *Aragvadha* ie disease killer 🙏

Now I allow you to connect the dots in this post 🙏

For those who have interest in Indic systems - study on the concept of *sthala vruksha* in ancient south Indian temples ☺

PS: *Tamil* New Year special 🙏

Those who are well versed in both English & *Tamil* spiritual literature would agree *Thiru-jnana-sambandar* as one of the greatest souls to have walked on Earth

பொன்னினார் கொன்றை யிருவடங்கிடந்து
பொறிகிளர் பூணூல் புரள
மின்னினார் உருவின் மிளிர்வதோர் அரவம்
மேவுவெண்ணீறுமெய் பூசித் துன்னினார்
நால்வர்க் கறம்அமர்ந் தருளித் தொன்மையார்
தோற்றமுங்கேடும் பன்னினார் போலும்
பந்தனை நல்லூர் நின்றயெம் பசுபதியாரே

14th April 2021

12. A glimpse on Rama

Today is *Shri Rama Navami*. *Shri Rama* is being looked upon as an ideal in all possible relationships one could have in life



Loved equally by not just His biological mother *Koushalya* but His step mothers *Kaikeyi* & *Sumitra* as well

Helped His father *Dasaratha* to fulfil his promise in the death bed that too while His coronation was around the corner

Favourite student of His teachers, *Vashista*, *Kashyapa*, *Vishwamitra*, *Jaabali* & *Vamadeva*



Revered as God by His step brothers - *Bharata*, *Lakshmana* & *Shatrughana*

nuggets on indic wisdom - 1



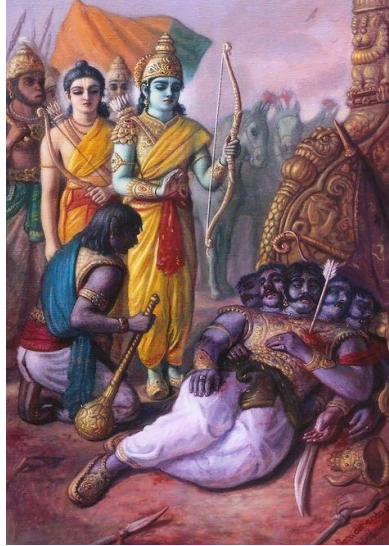
Known by His wife's name as *Sita-Ram*, *Siya-Ram*, *Shri-Ram*

Accepted as Master by another Master, *Hanuman*



Embraced people from diverse backgrounds as His own - *Guha* (boatman), *Sabari* (tribal woman), *Jataayu* (king of birds), *Sugreeva* (tribal chief), *Anagada* (Vali's son), *Vibheeshana* (opponent's brother) etc

Showed *Vali & Sagara* (king of ocean) their place



Finally showed mercy to the only enemy He ever had,
Ravana

Shrimath Ramayana has any lessons for trainers, coaches, siblings, mentors, spouse, parents, friends, kids & teachers. It helps us to understand how to live a normal life exhibiting all emotions, fulfil duties to kith & kin yet elevate oneself from human being to divine

PS: thanks to the artists

21st April 2021

13. The personal annual stock taking day

Life in any ancient traditions of the World was planned around astronomy. Thus, before the start of the day, reading the almanac is daily habit in many traditional households

This habit helped people to take decisions with a macro (cosmic) perspective than a micro perspective i.e., I, me & myself

This I, me & myself need not be just restricted to an individual but can be extrapolated to denote a country or a religion as well



Given this background, let me share the significance of today. Sun is exalted in Aries & it is Full Moon today. This combination is very special for those who wish to introspect; do course correction to their lives as whatever we have done and spoken in the past is determining our NOW

Today in India, keeping the above astronomical combination, people pray to *Chitra-gupta* (literally means - the secret repository of images), request to pardon their past mistakes & its lingering effects, so that their future is better

2 ideas from today's life will help us to correlate with the concept of *Chitra-gupta*

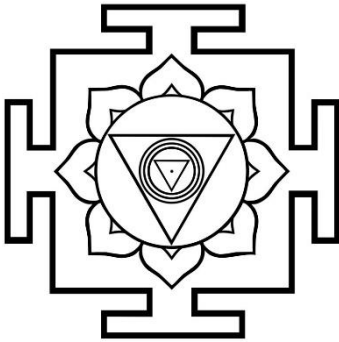
- 1) Cloud storage
- 2) We can retrieve any image or data even from a formatted hard drive then reprogram, store whatever we wish to

So, let us consciously introspect today, plan course correction, if need be, and redesign our life

27th April 2021

14. Challenge your mind

(a) The mind needs to be stretched periodically beyond its present modes of understanding life. (b) The mind needs to be constantly and consciously challenged (in a non-competitive way) to raise above its notions, perceptions & present knowledge base. If we undertake the above 2 mind exercises in one way or other then alone one can understand the depth of reality and the beauty of life



In the ancient spiritual tradition, today is one such day dedicated to the above 2 exercises by celebrating the ferocious yet loving *Ma Chinnamasta*. She is one of the 10 *Mahavidya* ie greatest of the knowledge systems that leads one to know the real Self

Another salient feature of the tradition is, depending on one's eligibility & choice one can relate to the higher source as formless, with form & name (God / Goddess + name & their mantra) as well as like a blue print (*Yantra*). Because many times the form can interfere with one's religious belief as well as sensibilities

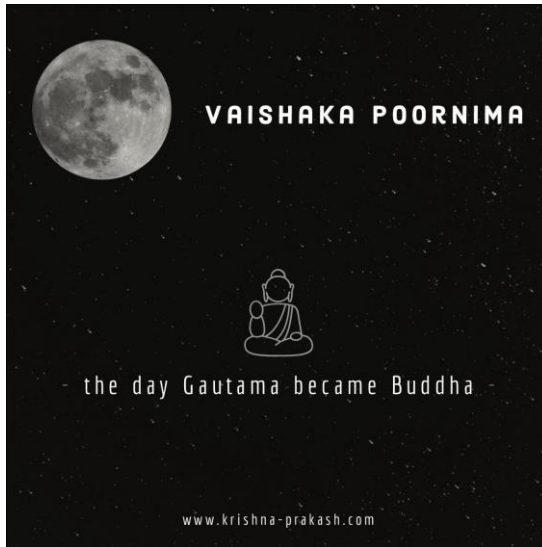
Given here is Her Yantra for those of you who wish to delve a level deeper by meditating on this wonderful energy of the divine as Mother *Chinnamasta*

25th May 2021

15. The fully charged full moon

Movement of Moon & position of *Nakshatra* (a star or a group of stars) determine most festivals in India

Today's full moon is celebrated as the Enlightenment day of *Gautama*, the *Buddha*. An event that is 2500+ years old



Today's *Nakshatra* is *Anusham* (in the 360° sky it is spread from 3°20' to 16°40' & stars in it are β , δ & π Scorpionis). This *Anusham* is birthday (born 1894) of *Sri Swami Chandrashekarendra Saraswati (Maha Periyava)*, one of the greatest exponents of *Advaita Vedanta*

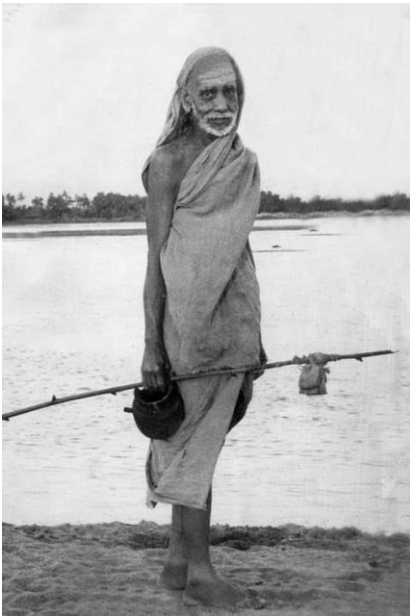
Buddha shunned the ritualistic approach (that prevailed in His time) to discover truth

Advaita Vedanta states that the absolute reality is ever present & thus cannot be a product of any doing (rituals)

Now we observe that a vast majority *Buddhists* engage in *Mantra* Meditation

Why?

- 1) Thoughts are mostly noises that can be effectively managed by a tested sound i.e. *Mantra*
- 2) We live amidst names & forms. So, *Mantra* works



47 years before, a lady got *Mantra* in dream & forgot it

She visited *Maha Periyava*

Before even she could ask,
He uttered **UM BHAGAVAHA** thrice & proclaimed,

'neither rituals nor qualifications are needed to practice this *Mantra*'

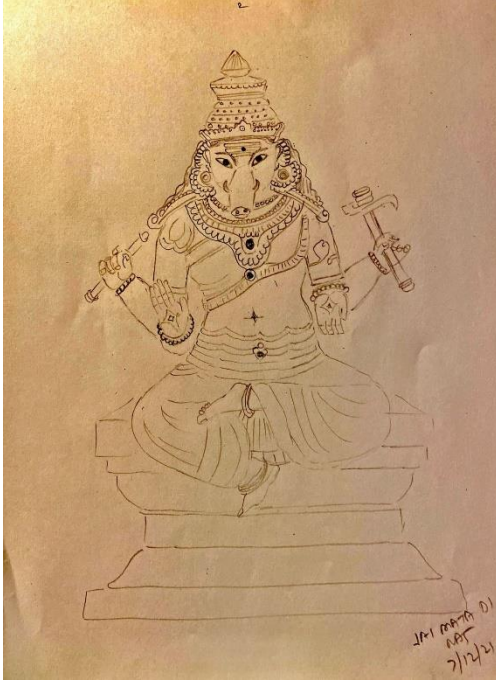
Pl connect the dots above 🙏

So, can you practice your *Mantra* or **UM BHAGAVAHA**, 108 times or for 6 minutes?

26th May 2021

16. Celebrating the Divine as The Mother

Today is the 5th night (*panchami*) of the 9 nights (*navaratri*) that are celebrated for the Divine as Mother *Vaaraahi*



There are 4 *navaratri* celebrations in India and each is scientifically fixed during the 4 major seasonal transition points

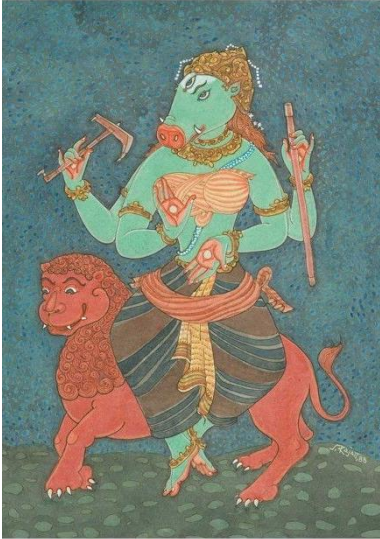
In ancient times these 9 days \times 4 times i.e. 36 days, the travel was restricted & festivities were organized. These 4 slots served as spiritual recharge pit stops and also helped one to self-evaluate on a quarterly basis so

that if any course correction in life could be made

The wild boar (*Varaha*) is considered as versatile & adapting as us and their choice of food (omnivore) is akin to humans

Our ancients included every species that had an association with humans in this journey of life so that our psyche gradually develops an inclusive approach to life & living.

Thus, having a holistic vision of life became one's second nature



The practitioners of the *Vidya* of Mother *Vaarahi* vouch that She is one of the most benevolent & protective forms of the Divine that can be approached for invoking in us compassion, intuition & insights. She can be called upon to protect us from enemies within & out!

Thanks to *Raj Ramabadran* for permitting to share his beautiful sketch on the Mother

Thanks to artist *S Rajam* for painting Her so lively & lovely. You can order a copy of this painting online now

10th July 2021

17. The goal setting day

Vara Mahalakshmi Day is one of the most auspicious days for *gruhastha* ie the householder

The ancient traditions explain about the 4 stages of human life & categorically state that those in 2nd stage, i.e. the householder, are vested with the responsibility to generate & liberate prosperity for the society

The householder also has to ensure 'all round' prosperity as that alone ensures sustainability where wastage is less but productivity is more (something like winning Deming award for every activity one undertakes)

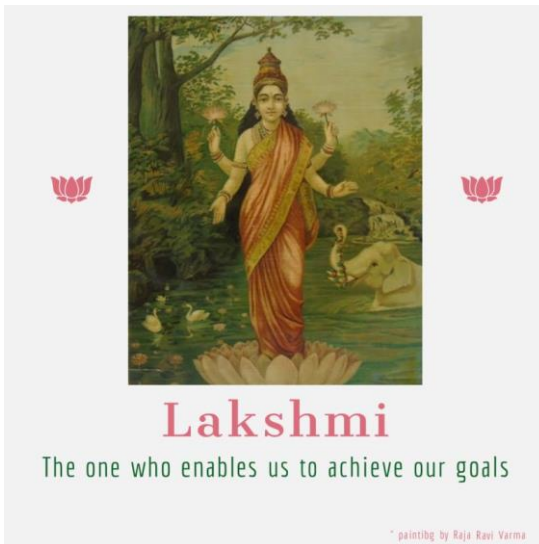
The ancients also knew that if the society can enable the commoners to experience the following 8 aspects in abundance then there would be peace, progress, kinship, contentment & happiness

- 1) Above average agriculture production
- 2) Healthy cattle wealth
- 3) General material prosperity
- 4) Progeny to carry forward the legacy
- 5) Ability to exhibit valour wherever needed
- 6) Knowledge of whatever one wishes to pursue as career or business
- 7) Being victorious in all undertakings & ultimately
- 8) Knowing oneself!

Thus, the institution of temples & system of Gods & Goddesses where all the above are collectively invoked as

Lakshmi or independently as *Ashta Lakshmi* i.e. the 8 *Lakshmis*' were established

As such subjects are seldom taught at schools, some of us are pushed to think these as superstition & unnecessary. They fail to appreciate that a vast majority of us are not ready to realize the absolute truth which is beyond as well as behind names & forms



For example, how in the world we can know someone works in police if they don't wear their uniform, carry pistol & other paraphernalia associated with their profession. What we discuss with a police official is different from what we

discuss with our doctor. Similarly, the institution of worship helps us to direct our prayers also appropriately ☺

To make things easy for commoners like us, the living traditions first clothed the Divine in human form then super imposed appropriate colour on their skin (to reveal their *guna*) & dress code, vested them with tools / weapons suited to their roles

Now coming back to the concept of *Lakshmi*... the one who enables us to realize our goals (*lakshya*) is *Lakshmi*... like the one who can give us physiotherapy session is a physiotherapist!

Each of the 8 depictions of *Lakshmi* is visually presented appropriately for whatever they are designed to bestow

On this day, we can first shower gratefulness on our parents/ elders/ teachers and thank the Divine for all that we have. Then identify the goals that we have in life and work-out plans to realize them with the help of a guide, coach or mentor

Finally, before starting our pursuits towards these goals pray to the Divine as *Lakshmi* to give us the ability to face all that comes on our way with steadiness, dignity, humility & balance

Happy goal setting...

18. On Sri Krishna, the World Teacher

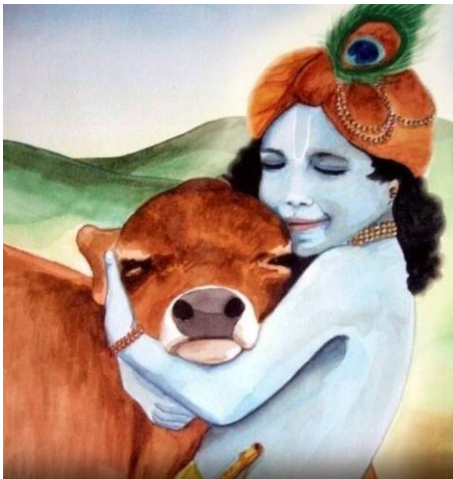
Part 1: Happy birthday to the Original *Krishna* ji 🙏

NOTE: Parachute & Mind have one thing in common i.e. they function optimally only when they are open 😊

In India, since *Vedic* times, the indigenous Cow is revered as one of the 7 mothers one has in life but I have identified the 8th also 😊

(Herds of) Cows were the key takeaways by rulers in ancient India when they won over any territory because they were considered as repositories of wealth whether alive or dead

Clinical researches have conclusively proven the efficacy of medicine & manure made from direct & indirect 'Cow produce' like milk, ghee, urine, dung & curd



Cow hugging is becoming famous now and since pandemic it is spreading like a pandemic as psychiatrists too vouch its effectiveness in bringing down stress levels as it induces a sense of warmth & calmness

Is this scientific? Yes, the articles in the comments

section would give you insights - the aura measurement of humans, cow & 'Cow produce' are mentioned by the researchers

This enhanced aura value of 'Cow produce' is the reason why crops that are grown & sprinkled, grow well & resist pests. It is the aura of the Cow that soothes the nerves the one hugs Her

We at *Shrimath Yoga* have seen the leaves of herbs like Holy Basil & several other species growing thicker & faster when treated with manure from 'Cow produce' like *neemastra jeevamrita* etc

Next to the *gurukul* system, it is this indigenous Cows that was the target of the Britishers & the subsequent companies that manufacture(d) chemical fertilizers. You could read works of *Subash Palekar*, *Nammazhwar* to get the DIY formula or message me

Right from Cows to Dogs to Culture, in a systematic way by cleverly using the education system & other means we were made to feel that we as a race, our breeds of dogs, our martial arts, our Cow breeds etc are inferior. This is a subject matter of another post 🙄🙋

Cows & Calves find a special place in the life of *Sri Krishna*. So as His birthday approaches (this year on August 30 / 31), let us contribute to protection of indigenous Cows either by rearing them or enable those who rear them i.e. *GoShala. Go Samrakshana* (protection of indigenous Cows) is our *Dharma*

Part 2: Just ONE verse contains the ESSENCE of *Gita*

Smaranam ie recalling *Krishna's* life is extremely inspiring as it shows how to succeed in life despite the odds. At every stage of His life, He proved that age is a mere number, tact is important & life is a game

To carefully study His life is to realize why *Dharma* alone is to be given importance

His life is like an unputdownable book through which we can understand the various facets of *Sanatana Dharma*

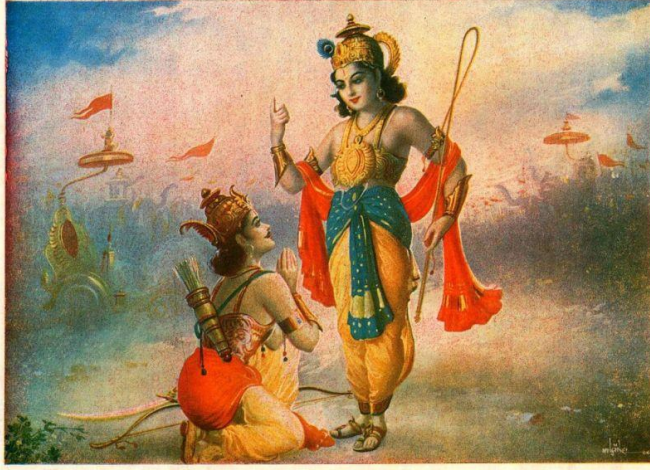
Like every child in ancient India, He studied under a *Guru*, the great *Muni Sandeepani* 🙏 at the *Gurukula* (at Ujjain) along with *Balarama & Sudhama*

In fact *Sri Dharampal's* book 'The Beautiful Tree' shows that there were more children from other backgrounds than from the *Brahmana* households at Indian *Gurukulas* right till the late 1800s and cites British records to prove the point. The complete book is free to download & get it through mother google 😊. An article on this book by Prof *Chandan Gowda* is in the comments section

Through the magnum opus *Bhagawad Gita* He unfolded the essence of the *Upanishads*, the crown jewel of Indian thought

It is said in a way commoners can understand with the help of a teacher who is trained & authorized by living traditions

Trying to live His teachings is the best way to navigate through the vagaries of life without losing sight of the ultimate goal of human birth i.e. to know who we truly are!



Swami Vivekananda has made our job easy by selecting just one verse ॐ from the 700 verses of *Bhagawad Gita*. It is from chapter 2 verse 3

क्लैब्यं मा स्म गमः पार्थ नैतत्त्वय्युपपद्यते ।
क्षुद्रं हृदयदौर्बल्यं त्यक्त्वोत्तिष्ठ परन्तप ॥ 3॥

*klaibyaṁ mā sma gamaḥ pārtha naitat tvayyupapadyate
kṣhudraṁ hṛidaya-daurbalyaṁ tyaktvottiṣṭha parantapa*

This one verse helps us to connect the dots and takes us within shaking hands distance of the ultimate reality ॐ

" Arise, awake & stop not till your goal is reached" is one of *Swami Vivekananda's* famous quotes and that has its root in this verse

Let us make our life more meaningful, deep, purposeful & useful by starting our studies on *Bhagavad Gita* from *Sri Krishna's* birthday this year

It is not without reasons that the living traditions of India salute Him ...

Krishnam Vande Jagadhgurum

Wishing you all the best in your journey of Self-discovery 🙌

Book & Article links

Sri Dharampal's book:

www.arvindguptatoys.com/arvindgupta/beautifultree.pdf

Prof Chandan Gowda's article:

<https://bangaloremirror.indiatimes.com/opinion/views/dharampals-book-the-beautiful-tree-jayaprakash-narayan-pathshalas-madrasahs-gurukulas/articleshow/49017602.cms>

Part 3: *Krishna* as a Coach in one's journey of Self discovery

Sri Krishna Janmashtami is one of the oldest post-*Vedic* celebrations that is happening in India, probably for 5000+ years now



The beauty of Indian festivities is that our ancients have designed them in such a way that there is something for everyone

Even if one is an atheist or an agnostic, they seldom refuse *prasada* (sacrament)

The one who is tuned to express emotions did it through the songs, dances & other art forms

The one who is tuned to reason

& logic took this as an opportunity to socialize, destress & rejuvenate

The Yogi decoded the symbolism & deepened their practice

The seeker (*Mumukshu*) dived deep within the texts (*Yoga Vashista*, *Bhagawad Gita* etc) to further their journey of Self discovery

The realized ones' either showed the way how things have to be done or chose to just be a perfect witness

Every year, we invite *Balakrishna* (baby *Krishna*) to come home and celebrate the festival with us. You can see my mother preparing our home to the entry of the 'Great Little One'



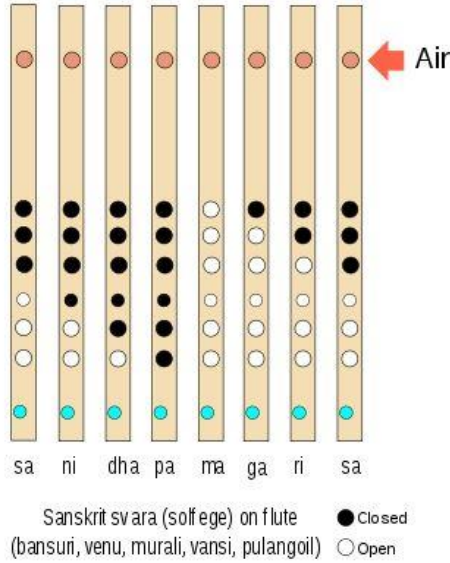
Veena & *Flute* are 2 musical instruments that complement the human body.

Veena being considered as a representation of one's spine & the holes in the flute (known as *murali*, *vamsi*, *venu*, *nadi* etc.) corresponds to the 7 *Swara* (musical notes) as well as the *Chakras*

In the system of *Yoga*, there comes a stage when the *Acharya* / *Guru* / *Yogi* initiates the practitioner to hear various subtle sounds within which includes the sounds of Conch, Flute & *Veena* among other sounds

Here the practitioner learns & masters the art of eternal waiting (the concept of *Nandi*) so that they can witness the sounds as & when they occur 🙏

nuggets on indic wisdom - 1



The Peacock feather is associated with love, healing, royalty & above all the hidden potential in each of us. Just visualize how the Peacock unfurls the feathers & dances in ecstasy... Thus, the Peacock feather in *Sri Krishna*'s crown is to indicate that infinite potential in each of us which is waiting to be tapped. So, what are we waiting for 🙏 ...

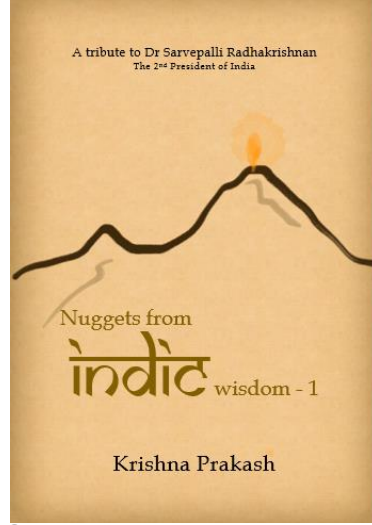
The greatest way we can celebrate this day is to understand that we are as unique as the Flute (each Flute produces a distinct sound) and we have infinite potential waiting to be unfurled...

All the best 🙏

All the 3 parts were written in the last of August 2021

Nuggets from ऀवैट wisdom - 1 is a selection from the posts written in LinkedIn for the past one year by the undersigned

This book is being released as a tribute to India's 2nd President Dr Sarvepalli Radhakrishnan. As he wished, the Government of India has declared his birthday on Sept 5th as Teacher's Day



आ नो भद्राः ऀतवो यन्तु विश्वतः (ऀग्वेदः १-ॢ९-१)
Let noble thoughts come to us from all sides (Rg Veda 1.89.1)

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As forever grateful for my wife Smrithi's support, Parents Blessings & *Guru Mandala's* Grace that made / makes everything possible

For more on Indic Wisdom to apply to your life & business kindly visit www.krishna-prakash.com

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