

Excerpts from The Story of Life
July 2010 issue

ON LOVE



The greatest disease is not Cancer, TB or leprosy; it is being unwanted, unloved, and uncared for.

We can cure physical disease with medicine, but the only cure for loneliness, despair and hopelessness is love. There are many in the world who are dying for a piece of bread, but there are many more dying for a little love.



The teacher's eyes sparkled and her lips broke into a gentle smile. "It's really very simple," she said. "I loved those boys."



Heart SONGS

*I love you
Little girl*

*I love you
Little girl*

*I love you
Little girl*

.....And she was comforted.

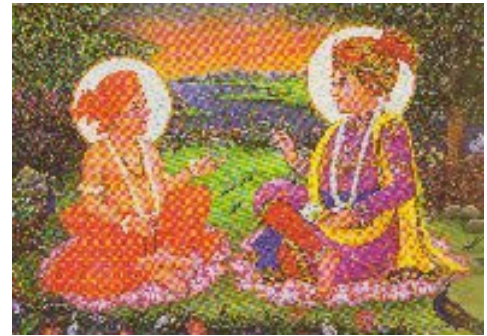
Symphony of the OPPOSITES

The great sage *Lao Tzu* said: when the people of the earth all know beauty as beauty, there arises ugliness.

When the people of the earth all know the good as good, there arises evil.

Osho comments on these sutras:

Lao Zu is the absolute anarchist. He says: the moment you start thinking of order, disorder arises. The moment you think of God, the devil is already present there—because thinking can only be of opposites; thinking can only be of duality. Thinking has a deep dichotomy in it, thinking is schizophrenic, it is a split phenomenon. That's why there is too much insistence on attaining a non-thinking state—because only then will you be one. Otherwise you will remain two, divided, split, and schizophrenic.



The founder of the Swaminarayan Sampraday, Bhagwan Swaminarayan, was born on 2 April 1781 in the village of Chhapaiya, near Ayodhya, in North India. Having mastered the shastras by the age of seven, he renounced his home at 11 to embark upon a seven-year spiritual pilgrimage barefoot across the length and breadth of India. Eventually setting in Gujarat, he spent the next 30 years spearheading a socio-spiritual revolution. With a faithful following of 500 paramhansas, he established the Swaminarayan Sampraday, introducing social reforms, serving the poor and the needy, and challenging superstitions, addictions and blind faith. His work concentrated on promoting personal morality and moulding spiritual character. In a lifespan of 49 years, he enriched humanity with six majestic mandirs, revealed the Vedic philosophy of Akshar-Purushottam and imparted practical spiritual wisdom in the Vachanamrut, the most sacred shastra of the Swaminarayan Sampraday.

Brisk Walking Benefits

In today's times, people are leading a very unhealthy lifestyle. Inadequate sleep, eating disorder, lack of proper regular exercise, increasing rate of obesity and other health diseases, shooting stress levels are some of the facts, that define the contemporary world's lifestyle. It can be said that in the present era, human beings have got so engrossed in earning money, that they have virtually stopped paying attention to their physical and mental fitness



RECONSTRUCTING OURSELVES

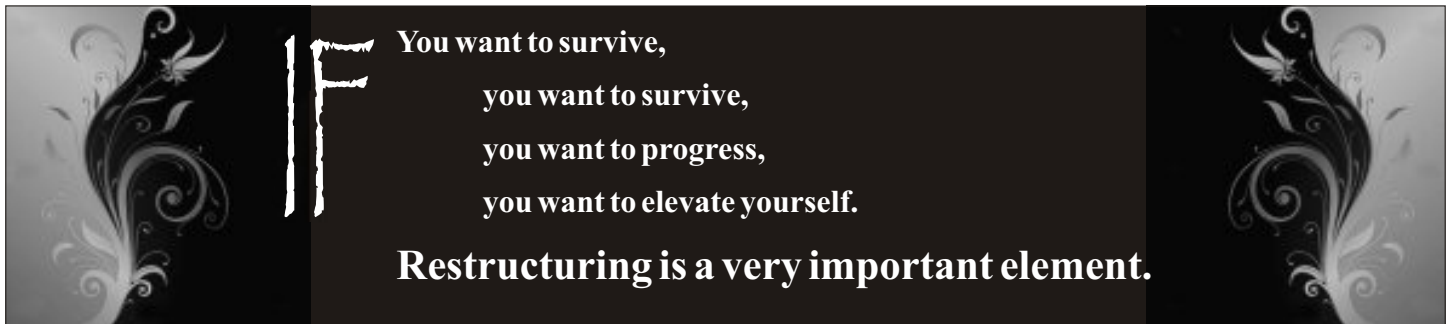
*By Sadhu Vivekjivandas,
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Necessity of Reconstruction

AT THE CORE we are humans.
We have feelings.
We have thoughts
And
We have ambitions.

It is very important never to forget. Yes, we are definitely wedded to our professions but we also have mundane responsibilities. However, we also have spiritual and moral responsibilities.

Reconstructing ourselves is very important throughout the journey of a person's life on this earth because as humans we face challenges. We have issues and they do disturb and they definitely cause a lot of hassle in our lives. How do we face those challenges? Despite the fact that we may have the greatest of degrees, we may be wealthy, we may have all the means and all the material things at our disposal but we find ourselves disturbed. When we confront failures, when we meet successes in our lives, when somebody insults us, when things do not work our own ways, we indeed become disoriented in life.



THE PARADOX OF OUR AGE



Dala iLama

We have bigger houses but smaller families; more convenience but less time.
We have more degrees, but less sense; more knowledge, but less judgement;
More experts, but more problems; more medicines, but less healthiness.
We have been all the way all the way to moon and back,
But have trouble crossing the street to meet the new neighbour.
We built more computers to hold more information
To produce more copies than ever, but have less communication.
We have become long on quantity, but short on quality.
These are times of fast foods, but slow digestion;
Tall man but short character; steep profits but shallow relationships
It's a time when there is much in the window but nothing in the room

SUCCESS STORY OF KISHORE BIYANI

(Retailer King Owner of Big Bazar, Pantaloon & Future Group)

India's retail czar, Kishore Biyani, replaced conventional wisdom with "guts and instincts" to create Future Group, a \$1 billion company that includes Pantaloon Retail, a department store group; Big Bazaar, the company's name for hypermarkets; Food Bazaar supermarkets, and Central Mall, a more upscale aggregation of merchandise. He offers some glimpses into what makes him tick in his recent biography titled, It Happened in India: The Story of Pantaloons, Big Bazaar, Central and the Great Indian Consumer, co-authored with Dipayan Baishya. The book has sold some 100,000 copies, more than any other business book published in India so far.



I interpret life very differently and I have this belief that we all come to this world to kill time. Therefore, we pick up some activity that we like doing and call it our profession. *I call this the Time Pass theory.*

Kishore Biyani

(CEO, Future Group and author of It Happened in India)

.....and his Spirituality

We create our

Own Life

The smiles on the faces of his customers mean much more to him than the wealth of his business empire....

SECRET OF WORLD RICHEST PERSON

BILL GATES SUCCESS

Bill Gates was born on October 28, 1955 in a family having rich business, political and community service background. His great-grandfather was a state legislator and a mayor, his grandfather was vice president of



The SUN Salutation // सूर्य नमस्कार

Saluting the SOURCE OF LIFE

Although the sun salutation (surya namaskar) is not considered to be a traditional asana, it is a very popular practice among yoga students. It's a great exercise to do first thing in the morning because it helps your mind and body make a smooth transition from sleeping to waking. Surya namaskar consists of a sequence of 12 forward and backward bends that stretch the muscles from head to toe along the front and the back of the body.

Anti-Ageing Benefits of YOGA



In the present times, very few people retain their strength and vitality till the middle age. More and more people we come across look much older than they actually are. Talking about aging, there are several factors that lead to ageing (apart from age) - misuse of the body, over-exaggeration of the mind, non-nutritious foods, poor posture while working, sedentary lifestyle, and so on. However, you would be happy to know that our body has the unique ability to renew or regenerate at the cellular level. The best way to attain this would be by practicing yoga regularly.

DEDICATION



Dr. C.V. Raman

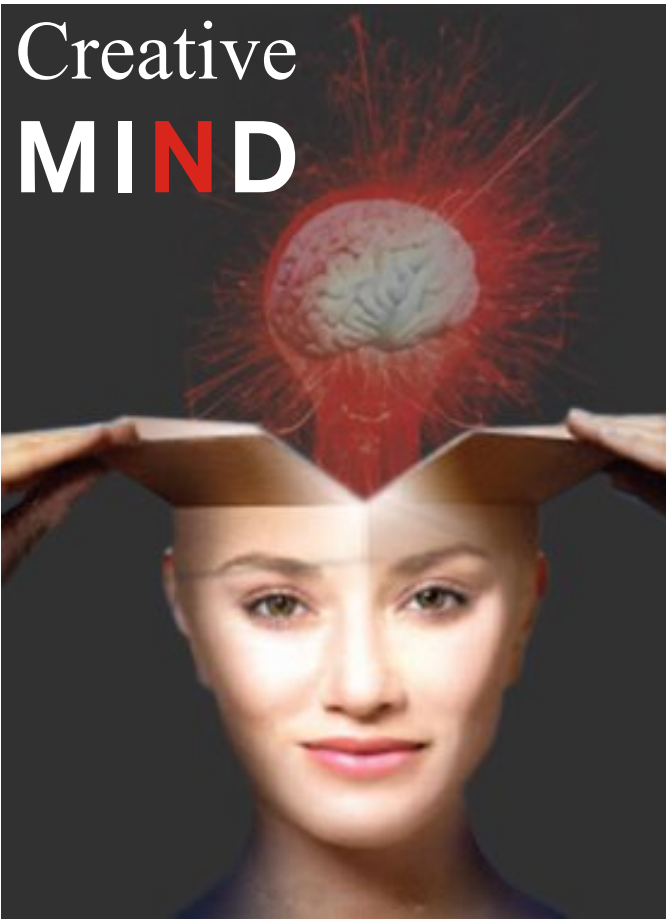
(Only Indian Scientist to win Nobel Prize)

(7 Nov. 1888 - 21 Nov. 1970)

Indian physicist and Nobel laureate in physics recognised for his work on the molecular scattering of light and for the discovery of the Raman effect, which is named after him.

The first Indian scientist to win Nobel Prize was Chandrasekhara Venkata Raman (1888-1970). A native of Madras, he failed to find a suitable scientific job there and joined the Indian Finance Department in 1907. He was posted to Calcutta. Soon after his arrival there, he discovered Sarkar's Indian Association for the cultivation of science. He began to do his research here before and after office hours until in 1917 Sir Ashutosh appointed him to the Palit Professorship in Physics at the new University College of Science.

Creative MIND



You Are Creative!

Creativity is not about inventing something totally new, it is about making **new** – synergistic! – **connections**. You don't have to be a special kind of person to be creative – everyone can do it. It's not about who you are, it's about what you do. You just need to start looking for multiple solutions rather than settling for just one, and give yourself permission to be playful and inquisitive, flexible and versatile.

Be Different and Make a Difference!

“I did not discover relativity by rational thinking alone.”

– *Albert Einstein*

“Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.”

– *Franklin*

CREATIVITY is the vehicle by which we achieve much in life. We are often creative when we resolve business negotiations, when we solve problems, when we somehow organize a group of friends to all meet together for a night out, when we cook a meal and when we experience new spiritual insights. Creativity can be a great source of joy for us. It opens up new possibilities and allows us to make sudden leaps in many different aspects of our lives.

Lata Mangeshkar (Born September 28, 1929). She is one of the best-known playback singers in the Hindi film industry. Mangeshkar's career started in 1942 and has spanned over six and a half decades. She sang in over a thousand Bollywood movies and has sung songs in over twenty regional Indian languages, but primarily in Hindi. She is the elder sister of the equally accomplished singer Asha Bhosle and lesser-known singers, brother Hridayanath Mangeshkar and sisters Usha Mangeshkar and Meena Mangeshkar. Lata is the second vocalist ever to have received the Bharat Ratna, India's highest civilian honour.

Mangeshkar was featured in the *Guinness Book of World Records* from 1974 to 1991 for having made the most recordings in the world.



WHO WE CAN INCREASE CREATIVITY?

The first task in becoming more creative is giving yourself **permission** to do things creatively. The second is overcoming your **personal blocks** to creativity. For some people, being creative involves trying not to be embarrassed by their own ideas; for others, it is a matter of being aware that things can be done in many different ways. Some people are self-aware or confident enough to have fewer inhibitions and can just let their creative natures work.

Surround yourself with people who love and support you and you will be even more creative. Spend time meditating on your own worthiness, reading about other creative people and creative solutions, concentrating on the positive power of your own creative forces - these activities, combined with a belief in your own intuition and creative abilities, will help improve your confidence.

Action Steps

Here are a few additional things you can do to improve your creativity:

- ♦ *Study books* on creative thinking techniques and put them into practice
- ♦ *Attend courses* on creative thinking and put the ideas into practice.

- ♦ Keep a *daily journal* and record your thoughts, ideas, sketches, etc. as soon as you get them. Review your journal regularly and see what ideas can be developed.
- ♦ Indulge in *relaxation activities* and *sports* to give the mind a rest and time for the subconscious to digest information.
- ♦ Develop an *interest in a variety of different things*, preferably well away from your normal sphere of work. For example, read comic books or magazines you wouldn't normally get. This keeps the brain busy with new things. It is a common trait of creative people that they are interested in a wide variety of subjects.
- ♦ *Don't work too hard* - you need time away from a problem to be creative after periods of intense focus.

It really helps to think of creativity as a skill or set of skills. By practicing, one can get better at using them. So whenever you have a chance try and do mundane things in novel ways - it will make them more entertaining and you will get more used to expressing your abilities.

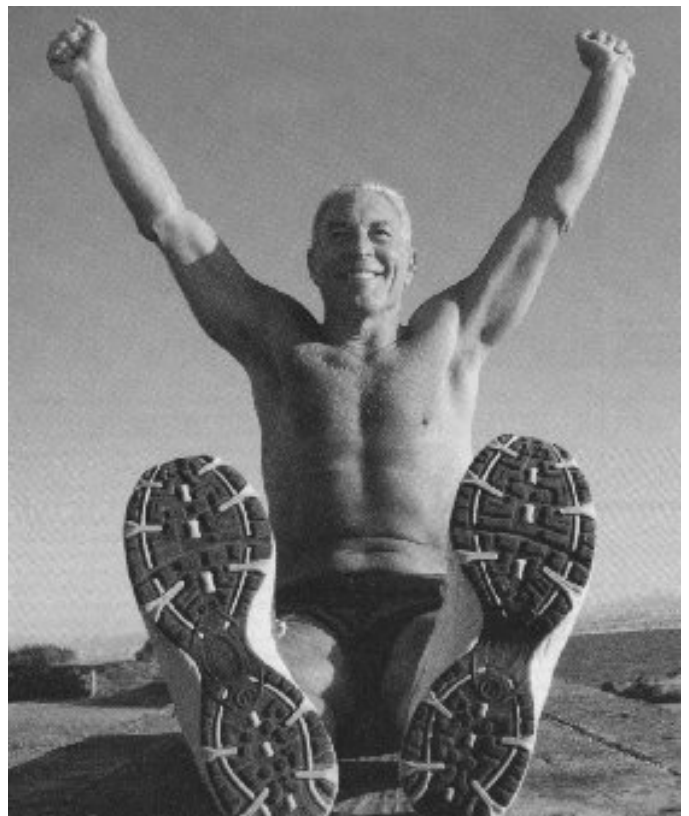
Practicing at overcoming irrational inhibitions will also help to improve your creativity.

When you're at a standstill, and you witness somebody with a vital and flowing creative force, it can be intimidating. The thing that's easy to miss when you're caught up in the magic of somebody doing something effortlessly that seems impossible is that it doesn't happen all at once.

Fit Body, Fit Mind?

As everybody knows, if you do not work out, your muscles get flaccid. What most people don't realize, however, is that your brain also stays in better shape when you exercise. And not just challenging your noggin by, for example, learning a new language, doing difficult crosswords or taking on other intellectually stimulating tasks. As researchers are finding, physical exercise is critical to vigorous mental health, too.

Surprised? Although the idea of exercising cognitive machinery by performing mentally demanding activities - popularly termed the "use it or lose it" hypothesis - is better known, a review of dozens of studies shows that maintaining a mental edge requires more than that. Other things you do - including participating in activities that make you think, getting regular exercise, staying socially engaged and even having a positive attitude - have a meaningful influence on how effective your cognitive functioning will be in old age.



How can you stay sharp into old age? It is not just a matter of winning the genetic lottery. What you do can make a difference

Perfecting Kapalabhati

Imagine an exercise that can cleanse and activate the lungs, stimulate cardiovascular activity at a level equivalent to jogging, invigorate the body, and clarify the mind. Now imagine doing it while sitting comfortably with your eyes closed. If you read the July / August issue, you know that the exercise that fulfills this fantasy is kapalabhati. If you've been practicing since then, it's time to refine your technique and take a closer look at the benefits of kapalabhati. (The basic practice is summarized on page 48 if you're just joining us.) This article will answer your questions and should inspire you to deepen your practice.

Let's begin by looking more closely at the effects of kapalabhati on the body. These effects are the byproduct of the vigorous muscular contractions of the abdomen and of the rapid, forceful exhalations that are the hallmark of this exercise.

Kapalabhati is primarily a cleansing technique to remove your body toxins and to clean your inner body.

KAPALBHATI THE BASIC TECHNIQUE

Cleansing and Strengthening Your Body

Kapalabhati is primarily a cleansing technique. Perhaps the biggest benefit of the exercise is the active movement of metabolic wastes from the tissues where they are produced into lungs, where they can be eliminated. The emphasis on exhalation dramatically increases the expulsion of volatile wastes through the lung tissue. Volatile wastes include wastes from all metabolic processes in the body, including carbon dioxide. The level of waste in the blood rises during periods of exertion, just after digestion, or when the body is inactive for long periods, such as when you are sleeping. Sluggish bowel function and low respiratory and cardiovascular activity also add to the amount of waste in the blood.

