

NRI Newsletter



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Message from Acharya Swamigal to NRI's devotees

**Shruti Smriti Puranānām Ālayam Karunālayam
Namaami Bhagavadpāda Shankaram Loka Shankaram
Sadāshiva Samārambhām Shankarāchārya Madhyamām
Asmad Ācharya Paryantam Vande Guruparamparām**

"Sri Adi Sankara & National Integration"

English Translation of speech delivered by His Holiness Sri Sankara Vijayendra Saraswathi Shankaracharya Swamiji, 70th Pontiff of Sri Kanchi Kamakoti Peetam, at Siri Fort, New Delhi, India, on the occasion of "Symposium on Adi Sankara and National Integration"

For the last 3 or 4 days right from the time our Acharya set His foot on the soil of Delhi, the citizens of Delhi have been very fortunate in having spiritual awakening and indeed a spiritual feast in the form of discourses, satsang, etc.

The subject of today's seminar is the Advaita philosophy of Sri Adi Sankara and the current challenges in the context of globalization. In reality, it centers around the relevance of Adi Sankara's upadesa to National Integration and indeed the integration of the whole world. The discussion has been going on and many distinguished speakers have contributed their valuable thoughts on this matter and have spoken about Sankara's teachings in detail. Generally, only politics, commerce and economic policies are discussed. But as a result of the visit of the Acharya, there has been encouragement for discussion on Vedanta with Sraddha and devotion.

Many languages are spoken in our country and yet our country is one. Adi Sankara strove for unity of the country not merely from the physical or geographical point of view but also in the spiritual dimension.

People generally think that only Vedanta or Advaita was propagated by Him. It is true that He talked about Advaita or Vedanta. But He also strove for National Integration. He toured the whole country from Kashmir to Kanyakumari to show that India is one. He was born in Kerala but He travelled to Badrinath, Kedarnath and Kashmir in the North. He also visited the Pashupathilingakshetra in Nepal. Even today, the pooja at the temple is being done according to His teachings.

He has done a lot for safeguarding the environment. He has sung several hymns in praise of the rivers, such as Yamunashtakam, Gangashtakam etc. That is why one finds that He is remembered everywhere in the country.

He has also shown that our country is one and the parts cannot remain separated. Though he hailed from Kerala, we have the Shankaracharya Hills in Kashmir which shows that Kashmir is part of India and will remain a part of India. He went to Kashmir just to emphasize the unity of the Country.

He has contributed quite a lot for Sarvadharmasamabhava. He also established the six schools of worships, namely Ganapatyam, Saivam, Saktam, Sauram, Vaishnavam and Kaumaram.

He has also done a lot of work for Sarvadharmamaitri, i.e., for the fostering of a spirit of friendship between the followers of different religions. That is why he is called "LokaSankara". "Sam karoti iti Sankarah", it means one who does well to the world.

He is called the repository of Sruti, Smriti and the Puranas. Sanathana Dharma being the source of National Integration, He has done a lot for protecting and preserving the unity of our country. There are people belonging to different religions in our country. Yet it is one country. If there is any country in the world where people belonging to different religions can live together, it is only India. It was Adi Sankara who had sown the very seeds of Vedanta for this unity.

We have to propagate His teachings today not merely in India but also in foreign countries and we are making efforts in that direction. That is why we are touring all over the country. We have gone to the North – East where we have a Balaji Mandir, Netralaya etc. At Gangtok in Sikkim also, a temple is under construction.

Adi Sankara's teachings are a sure guide to bring about happiness and peace in the country. People talk about stability in politics but stability at the spiritual level is also necessary. There should not be conversion from one religion to another. You can have conversion from metre gauge to broad gauge on the railways, but when it comes to religion, there should not be any conversion. One should stick to one's religion and not think of converting to another religion.

In our Sastras, enough freedom has been given to people and there is enough scope for diversity. Our people have different food habits, dress habits and mode of worship. Even atheism has got a place in our country, as seen from Jabali's arguments. The charvaka system or nastikavada also has a place in our philosophical systems. Similarly, there are people who are vegetarians while there are others who are non-vegetarians. In our country, therefore there is enough scope for diversity in various aspects.

Service to society is another hallmark of Sankara's teachings. Ours is a very ancient civilization. We have always believed in the concept of "Vasudhaiva Kutumbakam" and "Swadeso bhuvanatrayam". So the whole world is one for us. Therefore, if our religion could be propagated, it will conduce to peace and happiness in the whole world. If there is any country in the world which can be a Guru in the matter of religion, it can only be our country.

Therefore, if our religion is followed with Sraddha and devotion, it will also conduce to the development of peace and happiness in the whole world.

These days, our country is beset with two major problems, namely economic problems – Aarthik Vikas and the problem of terrorism – Aatank Niras. Adi Sankara's teaching can go a long way in finding a solution to these problems by giving us the proper guidance. He strove hard for nearly 24 years right from the age of 8 to 32 to usher in happiness, peace and stability. His teachings will provide us with a sound basis for peace and friendship not only among the people of India but also peoples of the whole world. We pray to Lord Chandramouleeswara to shower His blessings for success in this endeavour and we also give our blessings



Jaya Jaya Sankara Hara Hara Sankara



Editorial: A new section called Voices of Youth has been included where Acharya Swamigal is keen to involve the next generation to learn, think, contemplate and contribute to Sanatana Dharma. Thanks to the parents who coach and encourage their children to follow the advice of Acharya Swamigal.

Puja Kainkaryam - Devotees who are unable to visit the Sri Matam or Acharya Swamigal's camp can place their Puja Kainkaryam requests online—<https://kanchimuttseva.org/pujas.php>.

As part of editor's note, we would like to cover **Brahmana Sabha Pancha Dravida (BSPD)**, a global service organization was started for brahmins, of brahmins who originate from the five linguistic groups Tamil / Malayalam, Kannada, Telugu, Marathi and Gujarati.

The cardinal aims of this service are the three E's, as described by Acharya Swamigal.

Education - Spiritual and worldly

Employment - Assisting deserving individuals in finding jobs

Engagement - Finding suitable marriage alliances within the community

The objective of this organization is to revive, preserve and propagate Sanatana Dharma in general and Brahmana Dharma in particular. Create a

- What does it mean to be a Brahmin?
- Cultivate, educate, encourage and protect the Brahmin Identity
- Facilitate and enable marriages within the varna. Actively counsel to discourage marriages outside the varna
- Networking amongst Brahmins globally
- Enforce daily anushtanam amongst those who are yet to do so
- Facilitate students who wish to learn their heritage, traditions, scriptures etc
- Support other voluntary organizations that work tirelessly for the uplift of Brahmins

Various events including the ones below are conducted to promote, preserve and pass on to posterity, the traditional values and cultural identity of the pancha dravida brahmins residing across the globe.

- Jathaka Parivarthana
 - Teaching youth the tradition, culture and values including choices made for marriage
 - Aid parents, boys and girls in the process of finding suitable alliances
 - Provide training to practice the culture and traditions post marriage
 - Venkatesa Samaradhanai for young Brahmana yuva
 - Tulasi Puja for young Brahamana yuvathi
- Sadhya Pradhayini
 - Bakshanam for Patasalas
 - Deepavali bakshanam and lehiyam for patasala children and vaideega
 - 'Deepavali bakshanam kankaryam for 140+ Siva temples in and around Kanchipuram
- Heritage Tour
 - Educate brahmin youth about history and heritage of country, Santana dharma and the brahmana dharma
- Connecting the Community – Promote Social interactions --- in person, electronic media
 - Gayatryi Mahatmiyam for young brahmins
 - Dharma Pracharam for young vedic scholars
 - Sthree Dharmam for young brahmin women



This issue covers the Holy Camp from 26th Oct by HIS HOLINESS PUJYASRI SANKARA VIJAYENDRA SARASWATI SANKARAACHARYA SWAMIGAL:

Period	Camp Location
26-Oct-2020 till 20-Nov-2020	Thenambakkam Shivaasthanam
21-Nov-2020 till date	Paduka Mandapam, Alipiri, Tirupati

Devotees are encouraged to share spiritual/religious events in their respective cities which can be included in the subsequent edition. You are invited to get in touch with any one of the devotees comprising the editorial team of this issue of the Newsletter.

To make the future NRI Newsletters more informative and useful, we welcome your feedback.

Kanikkai samarpanam can be performed through e-seva portal www.kanchimuttseva.org.



Sachidananda Bharati, new seer of Edneer Math

Sachidananda Bharati was anointed the pontiff of the Edneer Math of Kerala at a function held at Orikkai, Kancheepuram (26- Oct-2020). Kesavananda Bharati Swamiji who attained samadhi on September 6 advised his devotees and administrators to approach Acharya Swamigal for initiating the succession formalities. The Purvanga Karyakrama ceremony concluded with the Ashrama Sweekara



Pradosham on 28-Oct-2020



Deepavali (14-Nov-2020)

Anugraha Bashanam in Tamil (video)

Anugraha Bashanam in Telugu (video)



Acharya Swamigal is giving Deepavali Lekiyam prasadam to devotees and Mutt people



Surya Namaskaram (15-Nov-2020)



Skanda Shasti Veda Parayanam Purti and Deeparadhana (20-Nov-2020)



Acharya Swamigal graced Thulasi Vivaham held at Vasantha Mandapam, Tirumala on this auspicious Karthika Shukla Dwadashi (26-Nov-2020)



Number of events with Anugraha Bashanam (from file)

Acharya Swamigal visited PSSS High School on 27-Jan-2020. Acharya Swamigal was received by the management and Acharya Swamigal addressed the assembled students and other teaching fraternity.

Brief of Speech:

Vidya Mahima, young age should be dedicated for academic pursuits, Education has been given topmost priority in India since ages, this can be known by the various endowments through inscriptions, the examination system was transparent, the intent of good education must be shown through our actions,

India's matured response to toughest of challenges from time immemorial shows the all-round quality of education, humanity, skill, helping tendency is foundation of



Indian education, good leadership is required in all sectors for serving people, self-confidence, mutual confidence & help, spirit of sacrifice must be inculcated, youth must learn to develop Bhakti to god, enjoy nature, protect environment and increase interest in native literature, regional identity, national pride and worldly knowledge are important, research in worldly knowledge & search for truth should be a continuous process in one's life,

Learning Sanskrit (a bridge for all Indian languages), pride & knowledge of Mother Tongue and devotion to Motherland must be developed,

In future course of life, students should work with skill and with a sense of service for welfare of family, so ciety, nation & world,

Dharma should be performed and with that Dharmic strength Guru's grace & God's grace should be attained.

Acharya Swamigal visited the Sankara Nethralaya Branch at Alandur on 12-January- 2020. After viewing



the facilities at the complex Acharya Swamigal graced the 26th Maha Swami Aradhana Shraddhanjali function. Acharya Swamigal directed to read the Ashtottara of Kanchi Mahaswami and then performed Deeparadhana to the Murthy of Kanchi Mahaswami.

Speaking on the occasion, Acharya Swamigal first mentioned about the uniqueness of the Ashtottaram since the same was read out to Kanchi Mahaswami during his life time and then was published. Vidwan VH Subrahmanya Sastri had

authored the Ashtottara which enlists the life, work & greatness of Mahaswami. Acharya Swamigal talked about Mahaswami's & Sri Jayendra Swaraswathi Swamy's blessings to Dr. Badrinath & team to set up Netralaya in the name of Sankara as a model healthcare facility and its growth all over the country.

Acharya Swamigal visited Siddhi Buddhi Sameta Sri Karpaga Vinayaka temple at RA Puram, Chennai on 24-Nov-2019. After visiting the various Sannidhis and inaugurating a Murthi of Mahaswami, His Holiness delivered Anugraha Bhashanam.

Brief: Introduction to Shilpa Sastra, Alaya Nirmanam, Agamas, Pratishtha, Pujas, Sadachara & Atmagunas are most liked by Swami (Devathas), temples are places to receive Anugraha Shakti, Samanya Dharmas of Tilaka dharanam, washing feet, wearing traditional dress etc should be followed,

Mantras & Niyamas are important, fragrant flowers from Nandavanam must be used for Archanas & garlands, Naivedyam must be done with utmost devotion, atmosphere in villages conducive for temple activities,

Guru shows the path to devotion, Guru Bhakti is important,

during a time of confusion & identity crisis in our country in recent hundred years Kanchi Mahaswamy & Sri Periyava (Sri Jayendra Saraswathi Swamigal) impressed upon people to protect Tamil, Veda Pathashala, Agama Pathashala, temples, Rama Nama Lekhanam, shun Varadakshina, family & society must live with Bhakti, happiness, harmony & honour, history in books is different but the essence must be shown in our lives, we have to connect with roots, awareness on Swadesham & Swadharmam is slowly developing,



Pushkaram at Tirunelveli, just as ground water has increased in Tamil Nadu this year similarly Dharma also has to grow from grass root level, details of Ilayathangudi Adhithana Kumbhabhishekam, more Satsangam must happen, through Guru Anugraham & Ishwara Bhakti everyone's minds must be filled with happiness, fulfilment & Ishwara Anugraham.

Acharya Swamigal inaugurated the Rasika Fine Arts at West Mambalam, Chennai. Hon'ble Justice MV Muralidharan, Manipur High Court, Sri Vedantam and several prominent dignitaries attended the function.



Brief of Speech: Arts festival enabling artists to continue to preserve Arts, Jalatarangam a special instrument, Kanchi Acharya's efforts to protect Atharva Veda Shounaka Shakha by sending two south Indian scholars to Gujarat and on their return have trained more than students, Mantras in Atharva Veda are beneficial for people as it prays for health, security, disease relief, relief from natural disasters etc, Kanchi Math activities in North Eastern India, Kalika Puranam talks about rivers & Kshetras in North east India, Parashuram Kund & Makara Sankranti Mela in Arunachal Pradesh, new temples are being constructed only in border states,

in Southern India there is no need for new temples but there is need to increase activities in each temple like Tirupati, intended project - National Integration Centre in Andaman, Kanchi Math activities in Goa, Shankara Jayanthi at Shankaracharya Hills, J&K, Sindhu Pushkaram, while people make efforts to earn money, fame etc they should also strive to earn Punya & develop Bhakti, Surya Temple in Tripura, Daiva Shakti must increase, Bhakti unites people and fulfils hearts, Sangita Sadhana is an instrument to develop Bhakti, specific Ragas are

played in Dhvajaroohanam during Brahmotsavams, in Thailand culture Ashta Dikpala Puja is practised, in Cambodia Shankha Teertha & Bilva Patra is used during King's coronation, temples in Cambodia shown the greatness of Indian culture, only when Bhakti & Arts grow within India all this can be achieved, Sangitam & culture should be taught to children, Ekal Vidyalayas serve education in villages, future generations also should take pride and interest in our ancient culture. Dharmo Rakshati Rakshitaha.



From around the world, as shared by devotees

Cupertino, California – Sri Mahaperiyava Satsangam,

With the blessings and grace of Sri Mahaperiyava, Smt. Vidhya Srinivasan has been conducting monthly Satsangam (On Saturday following Anusham) in San Jose for the past six years. Satsangam is done in the form of a Lecture / Discourse in Tamil. So far she has covered Bhagavatam, Ramayanam, Periyapuram and Charithram of great mahans and saints. For details contact srimahaperiyavasatsangam@gmail.com

SDPA2 daily practice sessions in SF Bay Area - Sri Srinivasan and Vidhya Srinivasan are coordinating upcoming Sahasradala Padma Aaradhana -2 in the San Francisco Bay Area. Several children and parents enthusiastically attend the practice and learn the slokams on a daily basis

Online Navaratri in SF Bay Area - In SF Bay Area, due to county restrictions, people refrained from visiting others' houses during Navaratri. However, it did not dampen the spirit of Navaratri, as everyone participated in chanting slokams online. In fact, there was more collective participation in all the temple and private events.



Navaratri at New Jersey



Navaratri at North Carolina



Portland, Oregon - With Acharya Swamigal's anugraham, Kaarthigai maasa Anusham Pooja was held in Portland, Oregon on Nov 15, 2020. Kids did the Archanai for HH Mahaperiyava, HH Jayendra Periyava, Thotakaashtakam, SDPA2 shlokas, followed by a special presentation on "Integrated Paatashalas" run by Kanchi Matam and Rama Nama Chanting for few minutes by devotees.



Seattle - A group of devotees in Seattle produced a video on Maitreem Bhajata for one of their local digital news channels. They had received a request to share a piece of music to be aired for Deepavali. This video was offered as Samarpanam to Shri. Periyava and can be watched here: <https://youtu.be/EnTvAApmlCo>

Performed By: (Mom and daughter pairs)



Smt. Janani Vaidyanathan and Kum. Vibha Varadarajan

Smt. Madhumati Krishnamoorthy and Kum. Swara Ramesh

Smt. Mahalakshmi Krishnamoorthy and Kum. Tanushri and Kum. Kritipriya Narendran

Smt. Gayathri Balasubramanian and Kum. Janhavi Balasubramanian

Kum. Dhanya Srinivasan

Smt. Archana Sunil

Veenai : Shri. Hari Agnisarman Kappiyoor

Editing: Smt. Vidhya Srinivasan

Videography: Shri. Prabhakaran Ramanathan, Shri. Srinivasan Venkatasubramanian, Shri. Balasubramanian Ramaswamy



Tampa - By the Grace of Guru Parampara, Monthly Guru pooja for November was performed on the Auspicious Anooradha nakshatram on 15th Nov 2020 at Shri Raghu Loganathan and Smt Jayanthi Raghu residence.

We had Swasti vAchanam by kids to start with and we did the Abhishekam and Shodashopachara with Rudrabhishekam, followed by Archana/Ashtothra for Shiva, Adi Shankara, Periyava, Pudhu Periyava. The program concluded with Totakashtakam and Arathi. We had a few retweeks in person and chanted Rudram, Chamakam and Pancha suktam on abhishekam. The pooja was streamed online.



By the Grace of Guru parampara and Periyava, Monthly guru pooja was performed on the auspicious Navami day on Navratri (27-Oct-2020). We had Swasti vAchanam to start with and we did the Abhishekam and Shodashopachara with Rudrabhishekam, followed by Archana/Ashtothra for Shiva, Adi Shankara, Periyava, Pudhu Periyava. The program concluded with Totakashtakam and Arathi. We had a few retweeks in person and chanted Rudram, Chamakam and Pancha suktam on abhishekam.

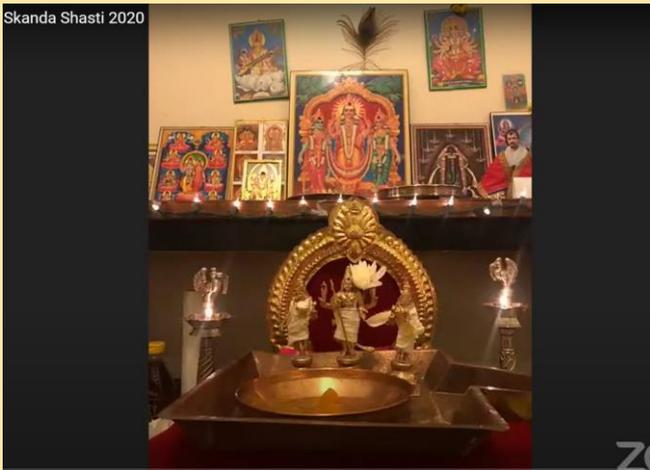


Houston - The event began with Swasthi vachanam and Ganesha dhyanam. It was followed by Purusha Sukta vidhana Shodhashopachara Poojai to Shri Perumal and Tulasi Devi including Abhishekam and Archanai with Tulasi and Mahavishnu Ashtotaram. A lot of children, especially girls did the poojai with guidance from their parents.

Shri Anand did parayanam of select shlokams from Shrimad Bhagavatham, Bhagavath Gita, Narayaneeyam. Smt. Jothi Sriram and Krithi Bhat sang Mummorthigal keethanais on Perumal and Tulasi. KKSF Houston Satsangham kids Nikhil, Ashitha, and Hrishi sang Govindashtakam, Govinda Namavali, and Tirupavvai respectively. Dr. Radhika Hariharan read a page from Deivathin Kural on the upcoming event of Karthikai Deepam.



Shri Guruvayurappanji spoke about the significance of Perumal and Periyava Bhakti. Shri Sethuramanji from KKSF midwest and Board member of KKSF USA spoke about the mission of KKSF USA and causes that Shri Periyava has blessed KKSF USA to do kinkaryam. Keshav and Vidhyesh Karthik sang Totakashtakam,. Smt. Vyjayanthi Vivek concluded the program with mangalam.



Skanda Shashti was celebrated with great joy at Houston

Navaratri at Wichita - KANSAS



Canada - Anusham pooja on 15-Nov-2020



Monthly Uthiradam & Avittam pooja at Ruwais Abudhabi



Doha - Avittam Poojai



Abu Dhabi – Avittam Poojai



Sydney - As part of Dussehra / Vijaydasami celebrations, Aditi Sriram and Anish Sriram performed namasankeerthanam bhajans.



Anusham and Shashti abhishegham (21-Nov-2020)



Navaratri at Sydney



ACHARYA SWAMIGAL ADDRESSES SANKARA HEALTHCARE FOUNDATION WELL-WISHERS

To celebrate the occasion of Dhanvantari Jayanthi, Jagadguru Śrī Śrī Śaṅkara Vijayendra Sarasvati Mahāsvāmi addressed the well wishers of Sankara Healthcare Foundation USA (www.giftofhealth.us) on Nov 15th 2020.

The Jagadguru was given a traditional purnakumbham welcome by Śrī Rajesh Vaidheeswarran and his family members along with others. The Sannyasa suktam was chanted by Śrī Ananthakrishnan and the Svasti was chanted by Śrī Rajesh Vaidheeswarran. Totākāṣṭakam was chanted by Akshay and Mahathi Gopinathan bringing a smile to periyava's face.

Medha - The students of special needs project of Sankara Healthcare Foundation, Medha, chanted various śhlokams in front of Acharya Swamigal



Rajesh Vaidheeswarran introduced the foundation's origins and work and how it was started to fulfil Jagadguru Śri Jayendra Sarasvati Mahāsvāmi's vision of providing care for women, and how the philosophy of the organization is rooted in Jagadguru Adi Śankarā's Praśhnottara Ratna Mālikā.

Vijay Shankar introduced every partner hospital in India and the hospital administrators from Pammal Sankara Institutions (Sankara Eye Hospital, Sankara Multispecialty Hospital, and BP Jain Hospital), HMH Tambaram, HMHS Nanganallur and HMH Trichy all spoke about the work the hospitals do and encouraged donors to provide support for their lifesaving work.

Deepa Rajesh introduced the Medha work and the work the teachers and parents are doing to help integrate the special needs children with the mainstream by providing a solid cultural foundation for the children. She also sought Acharya's blessings for the children and their families.

Acharya Swamigal's address

Acharya Swamigal spoke at length and spoke about the need for health care. Acharya Swamigal spoke about the three pillars of Śri Maṭam –Vedā, Vidyā and Vaidya and touched upon many historic points including the address of Sri Matam (1, Salai Street), Kailasanathar Temple and the nearby area called Sālābhogam – a place where lands were donated for pataśhālā maintenance.

Acharya Swamigal spoke about the history of charitable giving. Acharya Swamigal mentioned about the Perumal Temple and Narasimhar temple near Kanchipuram where three rivers meet – Tirumukkoodal (like Prayagraj in the North). Acharya Swamigal mentioned about the inscription in the temple where the history of giving is recorded. The important point was that for every veda pataśhālā established, the establishment of a vaidyaśhālā was also recorded in the inscriptions.

Acharya Swamigal spoke about the relevance of Jagadguru Ādi Śankarā's work even after 2500 years. Acharya Swamigal was moved by the special needs children and the work that the parents and teachers have done with helping these children. Acharya Swamigal spoke about the important nature of this work in helping those with special needs.

Acharya Swamigal spoke about how even though the current nature of medical services have changed since olden times, the type of work and the importance of the service has not changed and gave many examples of how Śri Maṭam blessed charities have done yeomen service to humanity.

Acharya Swamigal spoke about the importance of Sankara Multispecialty Hospital (future home of Sankara Healthcare Foundation's Wellness on Wheels project) in Enathur to the citizens of Kanchipuram, and encouraged everyone to join in the work being done by Sankara Healthcare Foundation to bring wellness to everyone.

Acharya Swamigal touched upon the Ayurveda College in Chennai and the need to help the health related higher education centres in both breadth and depth and the need for NGO participation.

Acharya Swamigal touched upon how the current health crisis across the world has taught us to create an international network of health related personnel and the need to use the expertise for common good.

Acharya Swamigal was appreciative of the number of Sankara Healthcare volunteers in the USA and encouraged everyone to help in all health related matters in Śri Maṭam blessed healthcare institutions in India and gave a number of examples of how everyone can help.

Acharya Swamigal talked about Saatvik food, and referred to Sankara's HEAL project through which plant-based food donations are made in the USA to the homeless.

Acharya Swamigal concluded his anugraham with a blessing to everyone who is associated with Sankara Healthcare Foundation and encouraged the donors and volunteers to grow the service and be of use to humanity.

Acharya Swamigal's Anugraha Bashanam (Tamil, Telugu & Hindi) –

<https://giftofhealth.us/about/our-inspirational-gurus/>

Those who wish to learn more, please visit www.giftofhealth.us and if you wish to volunteer, please click the contact us link on the website



Voices of Youth (from around the world)

Sydney, Australia (Vishwaa Shekar) - As a young 13 year old boy growing up in Sydney, Australia I felt like I



was obliged to learn more about our culture Hinduism. Fortunately, I had an opportunity to attend a seminar on Sanatana Dharma run by a close family friend, which taught us about the many subcategories of Sanatana Dharma. However, I was most intrigued and interested by the topic Dharma, the values, rights, laws and conduct of Hinduism. Dharma introduces the many different aspects of Hinduism which many of us Hindus follow for a long, prosperous and happy life. A couple of these aspects are Arjav, the speech and act and Satya, the honesty of one. By following some of the aspects I have seen a noticeable change of people and their way of approaching me, teachers at school have become much nicer, my friends have become closer and most people are much more open to me. Honestly following the laws and duties of Sanatana Dharma is quite simple yet very effective and once you get used to it, it benefits you in a way unnoticeable to humans.

Cherrybrook, Sydney, Australia (Akshanth Balasubramanian) - The significant term *Sanatana Dharma* is referred to as the eternal, or the set of necessary rules and duties to be followed. It is regularly practiced by all the Hinds around the world, no matter what class or caste they are in. The key term “dharma” is known, as the righteous duties to be followed in your everyday life. Therefore, the regular duties which are to be followed, highly affect the way of life people follow.

Sanatana dharma showcases and highlights the fact about how you should possess good qualities. It enables you to broadly think about the right choices you have to make, based on whether you think it is appropriate or not. These can be seen through some of the main principles of Sanatana dharma, which are *truth, composure, patience, sincere, forgiveness, non-stealing, knowledge and righteous thinking*. These meaningful words express the important principles which are to be applied every day, about your daily tasks, and qualities which you should possess, such as showing respect and kindness to others.



Doha (Gokulnath Vasudevan) - India is the place of austerity of Sadhus and Mahatmas and it will remain the same for time to come. Rishis and sages, praying for the welfare of all beings, perform hard austerities. Even today, many great men, who wish for the welfare of human, constantly engage in public welfare. Caste, Creed, or Discrimination have nothing to do with these great people. These principles are the foundation of Sanatana Dharma.

Many youths, in spite of staying abroad for professional reasons, sincerely and dedicatedly follow our dharma with the little resources available, so that their next-generation learns to walk in the path of sanctity. After accepting the virtues of our dharma, several youth return to their Motherland and walk towards the spiritual path.



In the spiritual life, many are revealing their views as embodiment of the soul and its purification through learning Veda- Vedanta has always been the prime teachings of Sanatana gurus. As much as Gita answers all possible questions, a Guru is absolutely essential to transcend.

Ramayana, Mahabharata, Upanishads, Vedanta, Mimamsa, etc. are pillars of Sanatana Dharma where the learned ones delve deep to make it simpler for the layman to understand and follow the same.

Doha (Rangashree GSR) - Once two young men were walking by the Hanuman Ghat in Varanasi. They found two young girls who had come to take bath were almost drowning. Seeing this immediately they jumped into the river and saved the girls and brought them to the bank. The girls thanked the men heartily for saving their lives.



Out of the two men, one asked the girl whom he saved to marry him. This man has the mind-set that whatever happens in the world is the truth. On the other hand, the other respects women. He sees women as 'mother' if they are older to him, 'sisters' if they are of his age or as 'daughters' if they are younger to him. So, he told the girl 'sister, God has given me the opportunity to do some good deed. I have done my duty'. He has the mind-set that 'God alone exists'.

Outwardly both the young men have done the same deed of saving lives. But they differ in their mind sets. Hence the results are different. Doing an activity seeking the fruit of the same, leads to bondage. On the other hand, performing an activity thinking we are mere instruments in hands of God and offering the fruit to him frees us from bondage and leads to the path of spirituality. As Lord Krishna says in Gita, one must do the duty and not expect any fruit from the action. We should always have an attitude that we are mere instruments in His Hand.

“Service to mankind is Service to God”.

Doha (Sriprasath Balaji) - Being a moderately devout Hindu in a fast-paced world, I was curious to find the best practice to be constantly remember the presence of the Lord's. I adopted carrying around a japa mala where possible for chanting and started fasting on Ekadashi – 2 of the practices involved in Sanatana Dharma. The first few Ekadashis were definitely hard and I could barely make it through the evening without something to eat. The simplest realisation for me was the importance of food, whose absence for about 30 hours twice a month but it also had a remarkable effect on my discipline and perseverance. Something I started as a test for myself has now evolved into a day of remarkable patience and prayer.



North Carolina (Saatvik & Sudarshan) - depict a theme in Golu and explain to the guests

<https://youtu.be/asIWvvA8Li8>

Mayland, North Carolina (Ganesh) – Chanting Ganapathy Atharvaseersham

<https://www.youtube.com/watch?v=ksAXY5Sgkw&feature=youtu.be>

North Carolina (Sahana Suresh) - Sanatana is often translated as duty, despite its meaning is more profound, defying concise English translation. The word itself originates from the Sanskrit root dhri, which means to sustain. Sanatana-dharma refers to the eternal law which is universal. First and foremost, Sanatana Dharma has no historical beginning; nor does it have a historical founder. Its earliest record is the Rigveda. Sanatana dharma consists of virtues such as honesty, refraining from injuring living beings, purity, goodwill, patience, forbearance, self-restraint, generosity, and asceticism. Living in the United States we follow Sanatana Dharma by doing poojas, going to the temple, wearing traditional clothes, and many more. Sanatana Dharma helps us keep our values and make us stand out.

Morrisville, North Carolina (Siddharth Sankaranaryanan)



According to our Sanathana Dharma, there are three Gunas (Satvik Rajasik and Tamasic). Classifying our actions according to these Gunas is very helpful because it proves as a useful means for self-reflection.

The Satvik nature is what we all strive to be: Peaceful, calm, and content. In general, Satvik people eat healthily and pray. To become Satvik, one should go to bed early, become vegetarian, and meditate and pray daily.

The Rajasik nature is also a necessary part of our life. It is the nature of anger, greed, and other material feelings. Foods that are salty, pungent, or spicy promote this nature. Having some Rajas is natural in our life. However, it should be minimal and should not dictate our behaviour.

Lastly, the Tamasic nature is one to avoid at all costs. Tamasic people are very lazy and sluggish. They eat meat and other foods with many preservatives. It is a state of ignorance and these people are generally active in the night. Criminals are considered Tamasic by many.

The 3 Gunas are very useful because they provide insight on how we are living our lives and how we should. Making a list of your actions and classifying them according to the Gunas will tell you where you are as a person and where you need to grow.

Seattle (Shrihari Iyer) - Dharma: I often think about the modern-day applications of the ancient religious texts such as the Bhagavad Gita. Although the scripture was written thousands of years ago it continues to be a foundation of Hindu dharma. There is no single word in the English language that can accurately explain the meaning of dharma. I have heard people criticize the idea of dharma as a primitive construct used to force people to abide by strict and rigid social norms. Such flawed interpretations are a result of lack of education. Shri Krishna explains “Whenever, O descendant of Bharata, dharma declines and adharma prevails, I manifest Myself” (BG 4:7). In the Bhagavad Gita, dharma is not defined as an outdated concept which compels people to follow social hierarchies, but is rather explained to be moral righteousness. The Kauravas, who stood for evil, needed to be destroyed in order for humanity to be guided toward righteousness. They were not adharmic for minor reasons, but were genuinely bad people with hate in their hearts.





Hara Hara Sankara Jaya Jaya Sankara



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