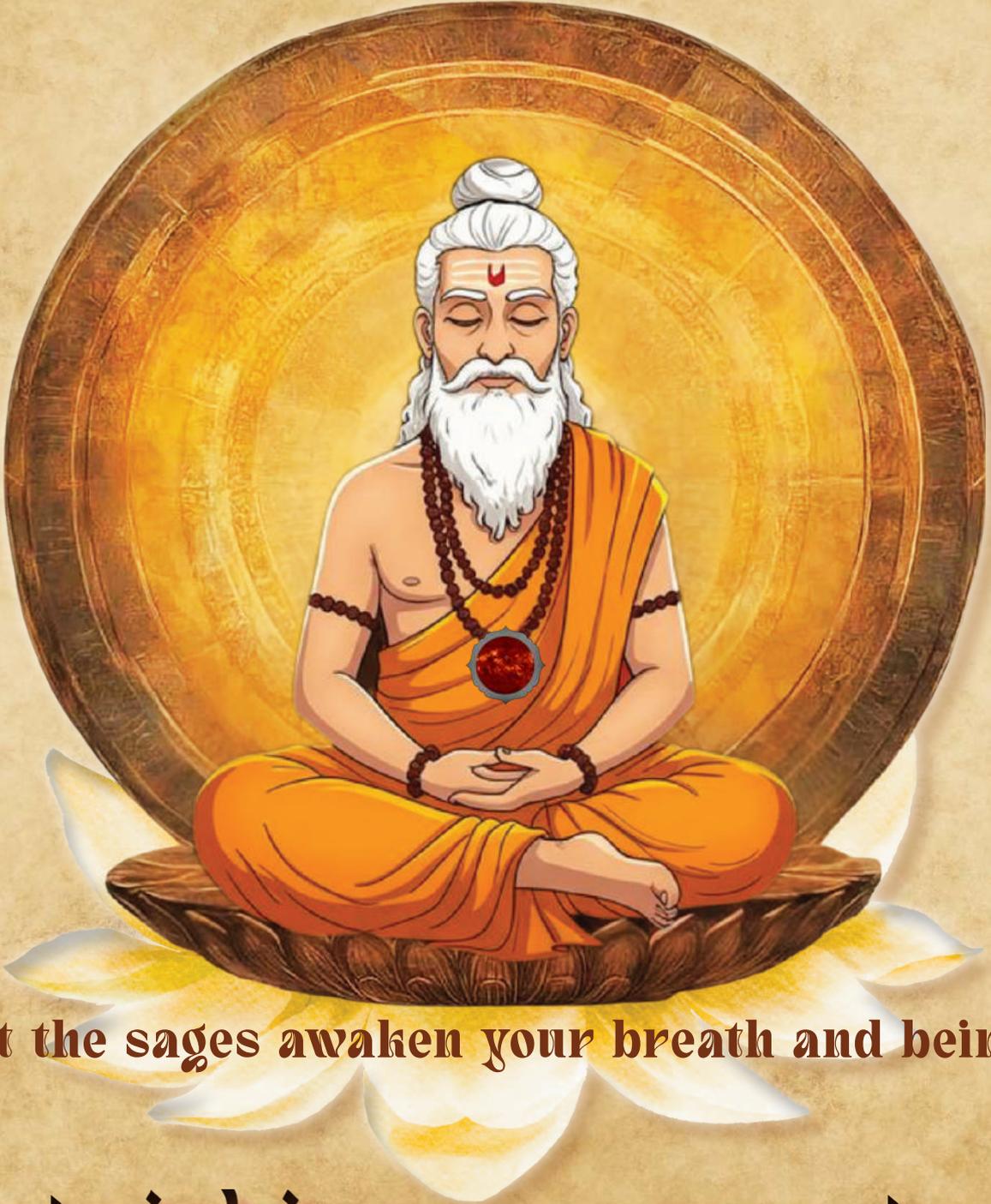


नामवाच्युक्त मEDITATION  
CALENDAR 2026

ब जंठवामहवु तीरठवपुके टांलए, इांलए, वनूडे टठइलंठ लेपुठेले



Let the sages awaken your breath and being!

| rishi parampara |

उपपत्ति...  
अथैतन्निर्वाणस्य शक्तिपुष्टयुक्तस्य...

तथैहवामहेवसोमम॥ अ  
चासिगर्भयम् ॥ १॥ गायत्रीदि  
गुरुपुत्रसुहृत्सुहृत्सु  
वल्लभा ॥ २॥ द्विपदायाः ॥ द्वि

# SELFLESS SERVICE ( निष्काम सेवा )

## WHY IS SELFLESS SERVICE (SEVA) IMPORTANT?

Yogis say, without clearing your debts, you cannot become realized (one cannot be evolved). Seva clears your karmic debts. It gives clarity to your mind, the Yogis call this 'Chittashuddhi'. With 'Chittashuddhi' you achieve a deep meditative state. When you serve others, you get joy automatically. This is the rule of the universe. Himalayan Meditation is to go beyond all limitations, to render selfless service, to spread happiness and joy to all souls. This calendar is one such example. It has been designed, printed, and spread by volunteers who have devoted time from their daily schedules for this seva. Other selfless services done by The Himalayan Meditation are as follows:

### YAGYA SEVA

Attitude of gratitude- Himalayan Sages perform yagyas to express their gratitude not only during the festivals, full moon and no moon days but also when the country goes through any natural calamities, as a plea to the Devatas to bring about lasting solutions and purifications. Contribute to 'Yagyas' as per your wish at [thehimalayanseva@sbi](mailto:thehimalayanseva@sbi)

### SHRIMAD BHAGAVAD GITA SEVA

We are transliterating 'Shrimad Bhagavad Gita' into more than 180 languages and offer teachings on its chanting and meaning, along with practical ways to apply its wisdom in life. Join us in this divine mission of serving 'Shrimad Bhagavad Gita' and transform your life.

### MANDIR SEVA

Volunteers actively visit nearby mandirs to install boards featuring Stutis like 'Hanuman Hridaya Malika' and powerful 'Ashtakams' for the benefit of humanity. With Hari Kripa (blessings) and the devotion of dedicated sadhakas (devotees), more than 3,000 boards have already been installed in just one year. Group chanting of Ashtakams is conducted regularly in nearby mandirs. If you wish to participate in Mandir Seva, please contact us.

### VEDIC RESEARCH

Modern space research finds its roots in the ancient Vimana Technology influenced by Maharshi Bharadwaja. Discover about Maharshi Bharadwaja's Vimana Shastra and many more timeless inventions of Vedic Bharat. Join our Vedic Research Seva to explore the vast ocean of various sciences from the Vedic era, including Astrology, Astronomy, Metallurgy, Surgery, Engineering, Architecture, and many more. To awaken your inner scientist, please contact us.

**For more information visit our website:**

<https://thehimalayanmeditationadipurusha.wordpress.com/>



### HIMALAYAN KIDS

Himalayan Kids is the first step towards conscious parenting. Kids are like clay and it's important to shape them right from their formative years, to empower them in all spheres of life. We offer a 'Concentration Building Program' that will help them excel in their studies, form good habits and be morally disciplined. We teach them shlokas, chants, and our sanskriti (culture and traditions). Simple meditations, shlokas, chants will help them to cope with stress, anxiety, and peer pressure etc. Join us to help shape their future.

### KALA AND SANSKRITI

All of us are bestowed with some talent or the other by our benevolent Bhagavan, like singing, dancing, painting, voiceover artistry, video editing, or digital painting etc. Do join us to channelize your skills in the service of 'Shri Hari'. To share your talents and contribute to our cause of devotion and creativity, please contact us.

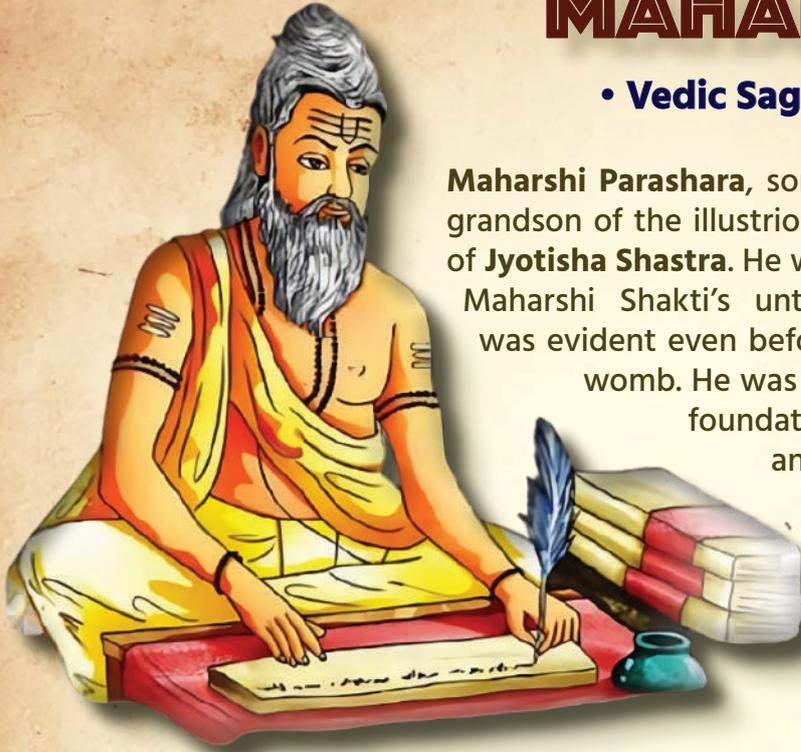
**Contact us: +91 7506910073, +91 8886466222**



# MAHARSHI PARASHARA

• Vedic Sage • Astrologer • Ecologist • Philosopher

Maharshi Parashara, son of Maharshi Shakti and Devi Adrishyanti, and grandson of the illustrious Maharshi Vashishtha, is revered as the father of **Jyotisha Shastra**. He was raised by Maharshi Vashishtha after his father Maharshi Shakti's untimely demise. Maharshi Parashara's brilliance was evident even before birth and he had recited the Vedas from the womb. He was one of the earliest sages who contributed to the foundations of Indian astronomy, philosophy, literature, and spiritual science. As the father of Maharshi Veda Vyasa, his legacy continues to shape Bharatiya thought and tradition.



नमः पराशरायैव ज्ञानविज्ञानसागरम् ।  
ऋषिस्वरूपं सत्यं च धर्मस्य प्रतिपादकम् ॥

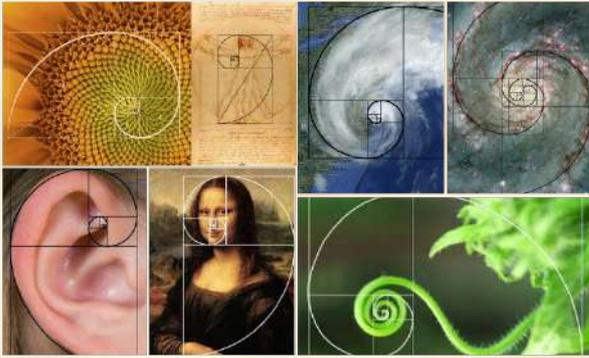


Domain	Timeless Contributions	Modern Validation or Parallel
Jyotisha Shastra (Vedic Astrology)	<ul style="list-style-type: none"> <li>Authored '<b>Brihat Parashara Hora Shastra</b>'; the foundational text of vedic astrology.</li> <li>Defined <b>Navagraha, Nakshatras, Bhavas, and Dashas</b> – systems still in use today.</li> <li>Identified <b>Rahu and Ketu</b> as shadow planets – not physical bodies but mathematical points (lunar nodes).</li> </ul>	Today, astronomy confirms Rahu as the Ascending Node and Ketu as the Descending Node. These are the exact points used by NASA to predict solar and lunar eclipses.
Cosmic Visionary	<ul style="list-style-type: none"> <li>Mapped the <b>Saptarishi constellation</b> and identified <b>Maharshi Kashyapa as solar progenitor</b>.</li> <li>Introduced the 2700-year Saptarishi Nakshatra Cycle used in Vedic calendrical.</li> <li>Predicted <b>Eclipses and Planetary transitions</b> using mental computation and naked-eye observation.</li> </ul>	Aligns with astronomical cycles tracked via telescopes, software, and satellite data.
Agriculture and Ecology	<ul style="list-style-type: none"> <li>'<b>Krishi Parashara</b>' outlines <b>rainfall prediction</b> using wind direction, cloud color, animal behavior, and moon phases.</li> <li>Advocated <b>Crop rotation, Intercropping, and Natural fertilizers</b> like cow dung and ash. Recognized as sustainable and organic farming practices.</li> </ul>	These methods are now recognized as sustainable and organic farming practices. His warnings against monoculture align with current efforts to combat soil degradation and climate change.
Dharma and Ethics	<ul style="list-style-type: none"> <li>'<b>Parashara Smriti</b>' promotes adaptive dharma and compassionate justice.</li> </ul>	Resonates with restorative justice and situational ethics.
Vedanta and Puranic Literature	<ul style="list-style-type: none"> <li>Contributed to '<b>Vishnu Purana</b>', '<b>Parashara Geeta</b>'; described Atman as subtler-than-subtle, beyond senses.</li> </ul>	Parallels neuroscience and quantum theories of consciousness.
Cultural Integration & Education	<ul style="list-style-type: none"> <li>Unified spiritual, ecological, and astronomical wisdom; bridged sagehood and household life.</li> </ul>	Inspires integrated education blending science, ethics, and spirituality.

Maharshi Parashara, the embodiment of timeless wisdom, united cosmic vision, ecological harmony, and spiritual truth—far ahead of his time, his insights now echoed by modern science. Salutations to Maharshi Parashara, the ocean of knowledge and revealer of Dharma.



# 'CHHANDAS' to 'CODE' The Hidden 'FIBONACCI' Story



Have you ever noticed the precision in nature—the exact number of petals on a flower, the elegant spirals of a seashell, even the shape of your hand? Even in places that feel chaotic—like a cactus or a galaxy—there's breathtaking order. It's as if the **universe hums with a secret pattern**. What if this isn't a coincidence - but design:  
**A rhythm. A balance. A sacred geometry.**

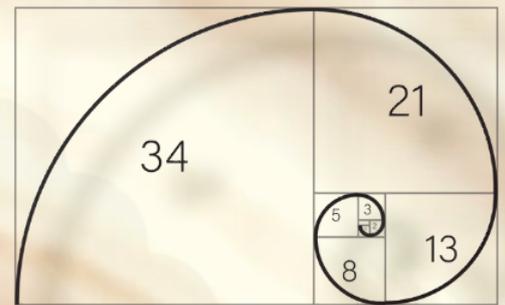
## FIBONACCI SEQUENCE

This hidden blueprint is known today as the **Fibonacci sequence** **0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144...**

Each number is the sum of the two before it.

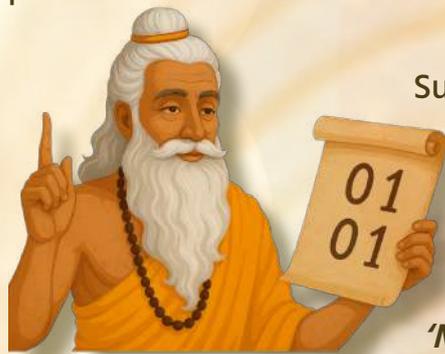
**Formula:**  $F_n = F_{(n-1)} + F_{(n-2)}$  Where:  $F_0 = 0, F_1 = 1$

As the sequence grows, the ratio between consecutive Fibonacci numbers approaches the **Golden ratio** ( $\phi \approx 1.618$ ), **which is why it appears so naturally harmonious and visually balanced.**



It brings a sense of balance, beauty, and growth. We see it in flowers, galaxies, pinecones, hurricanes, DNA, buildings, and human face, etc. In **finance**, Fibonacci patterns help traders identify price turning points and forecast market ups and downs.

## BORN OF SANSKRIT POETRY



Surprisingly, this pattern isn't limited to the physical world—it appears in language and **poetry too**. Many thousands of years ago, **Maharshi Pingala** unveiled this cosmic rhythm not in nature's form, but in poetic meter. In his treatise '**Chandashastra**', he introduced a **binary-like system** using Short (Laghu) and Long (Guru) syllables—forming combinations that align with what we now call Fibonacci numbers. '**Misrau cha**' - '**The two are mixed**'- a cryptic sutra echoing through poetry, mathematics, and cosmos. **This wasn't just a verse—it is an algorithm.**

## RISHI OF RHYTHM

Centuries before Fibonacci's '**Liber Abaci**' (1202) book, **Maharshi Pingala**, followed by **Maharshi Virahanka** and **Hemachandra**, had already defined the sequence through Sanskrit meter. Modern scholars now recognize these Rishis as early pioneers of binary logic and recursive patterns — revealing that Indian prosody encoded profound mathematical insight long before it was known in the West.

Rishi	Contributions
Pingala	Established binary logic and recursive poetic structures in <i>Chandashastra</i>
Virahanka	Extended pattern formation within prosody, tracing <b>metrical growth</b>
Hemachandra	Defined the <b>complete numerical sequence</b> centuries before Fibonacci

## LEGACY OF LIGHT

While the West gave it a name, Bharat gave it birth. **Maharshi Pingala's discovery** wasn't merely mathematical—it was metaphysical. His sutras fused cosmic rhythm with poetic soul, proving that the **Rishis didn't just chant to the stars... they understood them.**

# लवहलरुशुं डरलरुशरलरु

॥ डरलरुशरं नडसुडरडु डलषुडुडुररुणवकुतरडु । कुडुडुडुशरुशरुसंसुथरडुकं डुरहुडुडुडु डुररुनडरुडरुकडु ॥

I bow to Maharshi Parashara, the speaker of Vishnu Purana, founder of Jyotisha Shastra, and giver of divine knowledge.

## लवडुडुडु डुरलरुशरुशरु Phalgunha-Chaitra

MON	Pradosh	Phalgun Chaumasi Chaudas	Pradosh	Masik Karthigai Lakshmi Panchami
	S DWADASHI <b>30</b>	S CHATURDASHI <b>02</b>	K SHASHTHI <b>09</b>	S PANCHAMI <b>23</b>
TUE	Mahavir Jayanti	Holika Dahan PURNIMA Ch. Mahaprabhu Anvadhan Jayanti Phalguna Ashtahnika Chandra Grahan Purn Ends Attukal Pongal Masi Magam Lakshmi Jayanti PURNIMA	Sheetala Saptami	Masik Shivaratri Yamuna Chhath Rohini vrat Skanda Shashthi
	S TRAYODASHI <b>31</b>	<b>03</b>	K SAPTAMI <b>10</b>	S SHASHTHI <b>24</b>
WED		Purnimant Chaitra*(North) Ishti Holi	Basoda Kalashtami Masik Janmashtami Varshi Tap Arambh Sheetala Ashtami	Chaitra Navapada Oli Begins
		K PRATIPADA <b>04</b>	K ASHTAMI <b>11</b>	S SAPTAMI <b>25</b>
THU		Bhai Dooj Bhratru Dwitiya		Masik Durgashtami Maha Tara Jayanti
		K DWITIYA <b>05</b>	K NAVAMI <b>12</b>	S ASHTAMI <b>26</b>
FRI		Sankashti Chhatrapati Shivaji Maharaj Jayanti (Tithi)*		Jhulelal Jayanti Vernal Equinox
		K TRUTIYA, K CHATURTHI <b>06</b>	K DASHAMI <b>13</b>	S DWITIYA <b>20</b>
SAT			Karadalyan Nombu	Gangaur Gauri Puja Matsya Jayanti
		K CHATURTHI <b>07</b>	K DASHAMI <b>14</b>	S TRUTIYA <b>21</b>
SUN	Pradosh	Rang Panchami	Papamochani Ekadashi Meena Sankranti	Vinayaka Chaturthi Kamada Ekadashi
	S TRAYODASHI <b>01</b>	K PANCHAMI <b>08</b>	K EKADASHI <b>15</b>	S CHATURTHI <b>22</b>
				S EKADASHI <b>29</b>

# DEVARSHI NARADA MUNI

• Incarnation of Shree Hari Vishnu • Cosmic Guru • Eternal Gyani

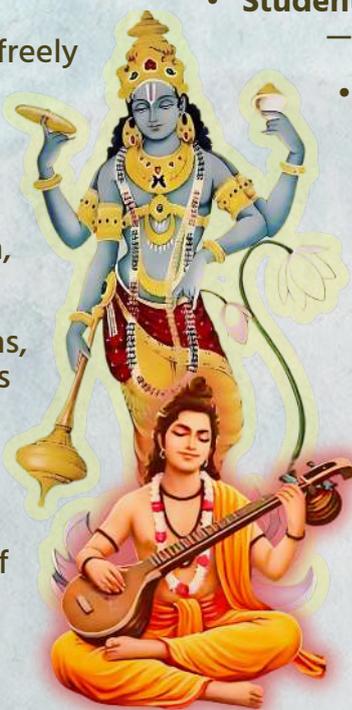


Narada muni is a mindborn son of Brahmadev like 4 Kumaras and is blessed by Devi Saraswati. **Devarshi Narada Muni** is one of the most revered sages in Indian tradition. Srimad Bhagavatam lists him among the 21 incarnations of Shree Hari Vishnu. He is not merely a sage; he is **Bhagavat-swarupa**, a living embodiment of divine will. Appearing across Yugas, entire Kalpas and beyond- he guides, awakens, and protects dharma. Chanting 'Narayana Narayana', he tirelessly travels across all the three realms-Heaven, Earth, and Hell-carrying divine wisdom, music, and news.

Devarshi Narada Muni is a **universal knower**, whose wisdom spans realms, scriptures, and philosophies. His intellect is vast, his insight precise, and his devotion unwavering.

## TIMELESS WISDOM

- **Knower of All Realms:** Travels freely across Earth, Devaloka, and Patala — without the need of a vehicle
- **Master of 64 Vidyas:** Music, Astronomy, Dharma, Logic, Yoga, and Spiritual Sciences
- **Conversant in All Shastras:** Vedas, Upanishads, Puranas, and Itihasas
- **Philosophical Genius:** Well-versed in Nyaya, Sankhya, Yoga, and Dharma Shastra
- **Divine Debater:** Capable of answering even Guru Brihaspati
- **Ethical Sage:** Skilled in logic, diplomacy, and reconciling opposing truths



- **Student of Sanatkumara:** Received Bhuma Vidya — knowledge of the Infinite
- **Composer of Bhakti Sutra:** His teachings form the foundation of Vaishnava devotion
- **Spiritual Catalyst:** Accelerates divine leelas and resolves karmic debts
- **Transformer of Souls:** Turned Mrigari the hunter into a saint
- **Cosmic Journalist:** Connects Devatas, Rakshasas, and mortals with divine truths
- **Renunciate of Lineage:** Chose devotion over worldly duties when asked by Brahmdev
- **Bearer of the Title 'Bhagavat-swarupa':** A rare honor, reflecting divine consciousness



Role	Example	Impact
Guru	Dhruva ji, Prahlada ji, Maharshi Valmiki, Maharshi Vyasdev	Transformed seekers into sages
Gyani	Knows past, present, future	Fulfills karmic vows across lifetimes
Disciple	Always chanting 'Narayana'	Embodies humility and devotion
Instigator of Dharma	Warned Kamsa, guided Rukmini	Accelerates divine leelas
Composer	Bhakti Sutras	Foundation of devotional philosophy

## ROLES BEYOND MESSENGER

His wisdom is eternal, universal, and liberating-far beyond the distorted portrayals seen today. To reduce Devarshi Narada Muni to a mere wanderer or mischief-maker is to ignore the cosmic brilliance of a Maharshi who perceives beyond time, speaks only truth, and serves dharma with divine precision. He is not just part of our stories -he is the reason they unfold.

# लक्ष्मणः व्यासदेवः

॥ व्यासाय विष्णुरूपाय व्यासरूपाय विष्णवे । नमो वै ब्रह्मनिधये वाशिष्ठाय नमो नमः ॥

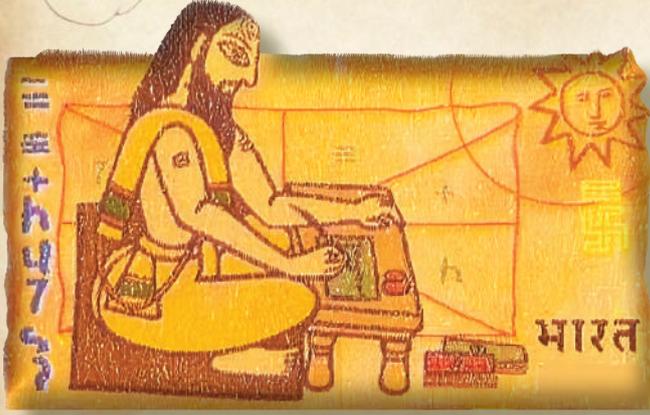
I bow to Maharshi Vyasadeva, the form of Shree Hari Vishnu, and to Shree Hari Vishnu who became Vyasa. Born in Sage Vashishtha's lineage, he embodies divine wisdom. I bow again and again.

## वर्षा तथात्र-वाशकहा

MON			Vallabhacharya Jayanti K EKADASHI	Varuthini Ekadashi K EKADASHI	Vinayaka Chaturthi Rohini vrat S TRUTIYA, S CHATURTHI	Matangi Jayanti K EKADASHI	Thrissur Pooram S EKADASHI	Mohini Ekadashi K EKADASHI
		K CHATURTHI	06	13	20		27	
TUE			Solar New Year Puthandu Baisakhi K DWADASHI	Mesha Sankranti K DWADASHI	Adi Shankaracharya Jayanti Surdas Jayanti S PANCHAMI		Pradosh S DWADASHI	
		K PANCHAMI	07	14	21		28	
WED	Panguni Uthiram Anvadhan S CHATURDASHI		Pohela Boishakha Vishu Kani K TRAYODASHI	Pradosh Masik Shivaratri K TRAYODASHI	Ramanuja Jayanti Skanda Shashti S SHASHTHI		S TRAYODASHI	
		K SHASHTHI	08	15	22		29	
THU	Hanuman Janmotsav PURNIMA PURNIMA	Masik Janmashtami K SAPTAMI			Ganga Saptami S SAPTAMI		Narasimha Jayanti Chhinnamasta Jayanti S CHATURDASHI	
			09	16	23		30	
FRI	Purnimant Vaishakha*(North) K PRATIPADA	KALASHTAMI K ASHTAMI		AMAVASYA Anvadhan AMAVASYA	Masik Durgashtami Bagalamukhi Jayanti S ASHTAMI			
			03	10	17	24		
SAT			VAISHAKHA Ishti S PRATIPADA		Sita Navami S NAVAMI			
		K DWITIYA	04	11	18	25		
SUN		Sankashti K TRUTIYA		Akshaya Trutiya Masik Karthigai Varshi Tapa Parana Parashurama Jayanti S DWITIYA, S TRUTIYA		Mahavir Swami Kaivalyagyana S DASHAMI		
			05	12	19	26		



# A Timeless Masterpiece of Linguistic Engineering: 'Ashtadhyayi'

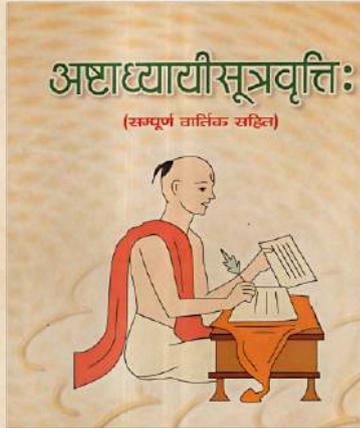


Maharshi Panini was a Sanskrit grammarian from ancient India, born in Shalatur in the region of modern-day Pakistan or Afghanistan. He is revered as the 'Father of Linguistics' and the author of the 'Ashtadhyayi', a foundational text that codifies Sanskrit grammar with unmatched precision.

## WHY IS IT SO REVOLUTIONARY?

### WHAT IS THE ASHTADHYAYI?

- **Name Meaning:** 'Ashtadhyayi' means 'Eight Chapters'—the text is divided into eight sections, each containing numerous grammatical rules.
- **Structure:** It comprises over 4,000 concise sutras (aphorisms) that define the phonetics, morphology, and syntax of Sanskrit.
- **Purpose:** It systematizes Sanskrit grammar so precisely that it can generate grammatically correct words and sentences from root forms and affixes.
- **Methodology:** Uses a highly algorithmic approach—rules are applied in a specific order, and even meta-rules exist to resolve conflicts between competing grammatical rules.



- **Computational Precision:** Resembles a programming language; admired for its formal rigor.
- **Meta-Rules:** Governs how rules interact—grammar of grammar.
- **Legacy:** Inspired grammarians, philosophers, and poets; still used to teach Sanskrit.
- **Global Impact:** Recognized as a linguistic marvel and precursor to formal systems; acknowledged by UNESCO.

## COMPARABLE TO MODERN SCIENCE & TECHNOLOGY

Field	Comparison
Computer Science	Sutras function like programming instructions; the system mirrors compiler design
Artificial Intelligence	Sanskrit's logical structure is ideal for natural language processing (NLP)
Mathematics	Uses recursion, symbolic abstraction, and rule precedence—hallmarks of algorithmic thinking
Linguistics	The earliest known generative grammar, predating Chomsky by many thousands of years

## SCHOLARLY REFLECTIONS



George Cardona, eminent linguist and Sanskrit scholar: 'Panini looks like a computer scientist without a computer'.



Noam Chomsky, father of modern linguistics: Called 'Ashtadhyayi the first generative grammar'; his own theories echo Panini's precision.



R.K. Shyamasundar, leading Indian computer scientist: Compared Panini's system to Backus-Naur Form used in programming.

## THE LEGACY CONTINUES

Maharshi Katyayana sharpened Maharshi Panini's grammar and Maharshi Patanjali deepened it with reflection and commentary. Their work established a lasting tradition of linguistic analysis. Maharshi Panini's Ashtadhyayi remains a timeless masterpiece — a bridge between ancient wisdom and modern computation.



# THE SPIRITUAL GENOME-GOTRA

## Most people today don't even know their Gotra

Many assume it's just a line the priest recites during rituals — but it's far more profound.

**Gotra** is among the oldest markers of identity in Sanatan tradition — older than caste, surnames, or kingdoms.

This timeless lineage began in the Rigveda, with the **Saptarishi** — the Seven Great Sages who illuminated the path of cosmic order and spiritual insight. In Sanskrit, Gotra signifies a **Sacred Inheritance**: an unbroken male line tracing back to a Vedic rishi — a seer whose wisdom shaped the very foundations of Dharma.



## LINK TO YOUR RISHI

### Gotra Is Not Only About DNA

It is a link to your ancestor's thoughts, vibrations, wisdom, and consciousness.

Each Gotra carries the name of its **founding Rishi** — 'An Enlightened Sage' whose qualities still resonate through you.

Example: **Vashishtha Gotra** connects to Maharshi Vashishtha, guide to Shri Rama.

**Bhrigu Gotra** traces to the sage who shaped the Vedas and trained warriors.

There are 49 primary Gotras, each rooted in sages who were healers, warriors, mantra-seers, astronomers, or natural scientists.

### Gotra is like your Soul's GPS

It guides you to:

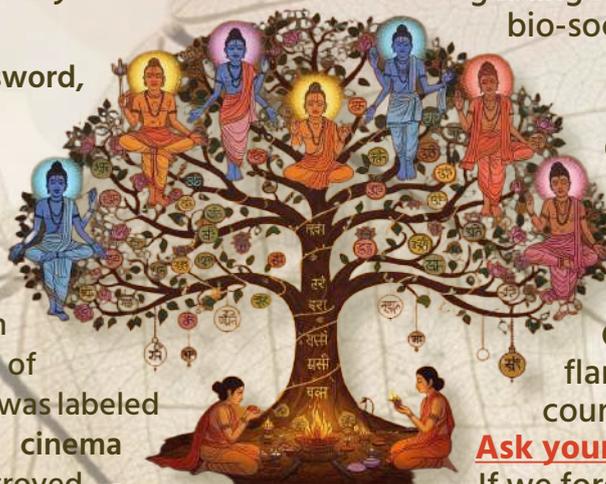
- » The right mantra
- » The right spiritual practice
- » The right marriage compatibility
- » The right life path

It is also like your spiritual password, unlocking:

- » Your consciousness
- » Your karmic history

## HOW WE LOST IT

The Gotra system has been followed since the beginning of creation. During British rule, it was labeled superstition. Later, modern cinema mocked it. It was never destroyed — **We simply stopped practising it.**



## SCIENTIFIC REASONS



### 1. Male Line Continuity

Males (XY) inherit the Y-chromosome from their father and pass it to their sons.



Females (XX) lack the Y-chromosome, so male lineage can be traced for millennia.

### 2. Preventing Inbreeding

Same Gotra = common male ancestor.

Marrying within it raises genetic disorder risks from recessive mutations.

Ancient rules worked like modern genetic counseling.

### 3. Encouraging Genetic Diversity

Marriage outside one's Gotra (exogamy) boosted immunity and overall health.

### 4. Maintaining a Living Database

Gotra was an oral record of ancestry.

It preserved lineage data without paper, guiding safe partner choice — an ancient bio-social database.



## WE MUST PRESERVE

Gotra is more than a tradition — it is a bridge between your DNA, your spiritual heritage, and your culture. When you know and preserve your Gotra, you carry forward the flame of wisdom passed through countless generations.

**Ask your elders. Record it. Pass it on.**

If we forget our Gotra, we are like a tree cutting its own roots.

# लवहवडधं वडगुंव

॥ अङ्गिरसां वन्दे सदा ऋग्वेदमन्त्रदर्शिनः । अग्रिस्वरूपं ज्ञानं च यैः प्राप्तं तपसा महत् ॥

I bow to Maharshi Angira, seer of Rigvedic mantras, who realized the sacred fire and divine knowledge through deep penance.

## जुनह जुपेशुथ-वडहध

MON	Purnimant Jyeshtha*(North) Ishti K PRATIPADA <b>01</b>	Kalashdami Masik Janmashtami K ASHTAMI <b>08</b>	Jyeshtha Adhik Maas Ends JYESHTHA AMAVASYA, S PRATIPADA <b>15</b>	AMAVASYA Ishti Mithuna Sankranti <b>15</b>	Masik Durgashtami Dhumavati Jayanti S ASHTAMI <b>22</b>	Vat Purnima Vrat Kabirdas Jayanti PURNIMA Anvadhan <b>29</b>
	TUE	K DWITIYA <b>02</b>	K NAVAMI <b>09</b>	S DWITIYA <b>16</b>	S NAVAMI <b>23</b>	Purnimant Ashadha*(North) Ishti K PRATIPADA <b>30</b>
		WED	Sankashti K TRUTIYA, K CHATURTHI <b>03</b>	K DASHAMI <b>10</b>	Maharana Pratap Jayanti S TRUTIYA <b>17</b>	S DASHAMI <b>24</b>
	THU		K CHATURTHI <b>04</b>	Parama Ekadashi K EKADASHI <b>11</b>	Vinayaka Chaturthi S CHATURTHI <b>18</b>	Nirjala Ekadashi S EKADASHI <b>25</b>
		FRI	K PANCHAMI <b>05</b>	Pradosh K DWADASHI <b>12</b>	Skanda Shashthi S PANCHAMI <b>19</b>	S DWADASHI <b>26</b>
	SAT		K SHASHTHI <b>06</b>	Masik Shivaratri Masik Karthigai K TRAYODASHI <b>13</b>	S SHASHTHI <b>20</b>	Pradosh S TRAYODASHI <b>27</b>
		SUN	K SAPTAMI <b>07</b>	Anvadhan Rohini vrat K CHATURDASHI <b>14</b>	Bhanu Saptami Longest Day of the Year Yoga Diwas ११६१ S SAPTAMI <b>21</b>	S CHATURDASHI <b>28</b>

## KATAPAYADI SYSTEM – AT A GLANCE

The Katapayadi system is an ancient Indian method of encoding numbers using Sanskrit letters traditionally credited to **Rishi Vararuci**. It offers a convenient way to remember large numbers by encoding them into prose or poetry.

- The name derived from letters belongs to **number 1 (Ka,Ta,Pa,Ya)** and 'Adi' means 'etc.' in Sanskrit.
- Used in astronomy and math to encode verse; now studied for data compression and symbolic encoding. Scholars like George Cardona and IIT Kanpur noted its computational and cultural value.

**R** » Consonants represent digits from 1 to 9, grouped by phonetic series.

**U** » Vowels have no value: They're ignored and serve only to make syllables pronounceable.

**L** » Digits are read right to left: The first syllable gives the last digit, and so on.

**E** » Final consonant in a conjunct counts (e.g., ज्ञ = ज् + ञ् count ञ, त्र = त् + र count र)

**S** » In compound words, each syllable is parsed separately (e.g., भक्ति: भ (4), क्त = क् + त् count त (6) = 64)

» Certain letters like अ, ऋ, and ञ are treated as zero or ignored depending on context.

1 2 3 4 5 6 7 8 9 0

क ख ग घ ङ च छ ज झ ञ  
ट ठ ड ढ ण त थ द ध न  
प फ ब भ म  
य र ल व श ष स ह

Value of  $\pi$  :

। भद्राम्बुद्धिसिद्धजन्मगणितश्रद्धा स्म यद् भूपगीः ।

Examples of  
KaTaPaYadi System

Split	भ	द्	रा	म्	बु	द्	धि	सि	द्	ध	ज	न्	म	ग	णि	त	श्	र	द्	धा	स्	म	य	द्	भू	प	गी	
Relevance	भ	र	ब	ध	स	ध	ज	म	ग	ण	त	र	ध	म	य	भ	प	ग										
Numbers	4	2	3	9	7	9	8	5	3	5	6	2	9	5	1	4	1	3										

\* Read Digits Right to Left First syllable gives the last digit.

**KaTaPaYadi number**

**31415926538979324**

This shloka, composed by Shankara Varman, is not just devotional—it encodes the value of  $\pi$  (pi) with remarkable precision. Despite its poetic form, it preserves the exact 17-digit value of pi—a feat nearly impossible to memorize through numbers alone.

You can explore more using the Katapayadi decoder at [sanskrit.iitk.ac.in](http://sanskrit.iitk.ac.in), developed by IIT Kanpur.

[Try decoding another shloka for the value of Pi on your own.](#)

Shloka / Phrase	Number Value	Application in Maths-Astronomy-Music-Literature
नानाज्ञानतपोधरिः	2,91,60,000	Used in calculations like radius, division, and multiplication
अज्ञानवृत्रे नव ल्व्यसंश्रियः	1,74,40,00,000	Encodes a large number for mathematical use
अनंतपुरम्	21,600	Found in astronomical texts to represent planetary positions
सनचव	4607	Represents regional conjunctions in astronomy
श्रेष्ठं नाम वरिष्ठानां – द्विमाद्विर्वेदभावनाः – तपनी भावसूक्तज्ञो – मध्यमं विद्धि दीद्वनश्च	R-sine values for angles (3.75, 7.5, 11.25, 15, etc.) in arc-minutes, arcseconds, thirds	Mnemonic for trigonometric sines in astronomical computation (first 6 verses of Madhava's sine table)
कनकाङ्गी, रूपवती, षण्मुखप्रिया, रसिकप्रिया	3101, 6412, 12256, 12172	Melakarta ragas in Carnatic music ('ka-na', ru-pa', via 'san-mu', via 'ra-si')

गोपीभाग्य मधुव्रातः श्रुंगशोदधि संधिगः।  
खलजीवितखाताव गलहाला रसंधरः॥

**This is no mere coincidence.** Vedic verses are not just for chanting—they often conceal profound scientific and spiritual truths. To uncover them, we must continue studying Indian scriptures in greater depth.

# लक्ष्मणः कर्तव्य

॥ ऋतवे नमः सततं यज्ञपुरुषस्वरूपिणे । वालखिल्यपितुं वन्दे ब्रह्मर्षिं ज्ञानविभ्रमम् ॥

I always bow to Maharshi Kratu—form of Yagya Purusha, father of Maharshi Valakhilyas, Brahmarshi of profound wisdom.

## जुलुतु वदुहवदुह-इशुरवववव

MON		K SHASHTHI <b>06</b>	K CHATURDASHI <b>13</b>	Ashadha Ashtahnika Begins S SAPTAMI <b>20</b>	Jaya Parvati Vrat Begins  S TRAYODASHI <b>27</b>	
TUE		Kalashdami Masik Janmashtami K SAPTAMI <b>07</b>	AMAVASYA Anvadhan AMAVASYA <b>14</b>	Masik Durgashtami S ASHTAMI <b>21</b>	Ashadha Chaumasi Kokila Vrat  S CHATURDASHI <b>28</b>	
WED		K PRATIPADA <b>01</b>	ASHADHA Ashadha Navaratri  S PRATIPADA <b>15</b>	Ishti S NAVAMI <b>22</b>	Guru Purnima Vyasa Puja  PURNIMA <b>29</b> Anvadhan Gauri Vrat Ashadha Ashtahnika Ends	
THU		K DWITIYA <b>02</b>	Jagannatha Ratha Yatra  S DWITIYA <b>16</b>	Karka Sankranti S NAVAMI <b>23</b>	Purnimant Shravana*(North) K PRATIPADA <b>30</b>	
FRI	Sankashti	K TRUTIYA <b>03</b>	Yogini Ekadashi Masik Karthigai K DASHAMI, K EKADASHI <b>10</b>	Vinayaka Chaturthi S TRUTIYA, S CHATURTHI <b>17</b>	S DASHAMI <b>24</b>	K DWITIYA <b>31</b>
SAT		K CHATURTHI <b>04</b>	Yogini Ekadashi K DWADASHI <b>11</b>	S PANCHAMI <b>18</b>	Gauri Vrat Begins  S EKADASHI <b>25</b>	Devashayani Ekadashi
SUN		K PANCHAMI <b>05</b>	Pradosh Masik Shivaratri Rohini Vrat K TRAYODASHI <b>12</b>	Skanda Shashthi S SHASHTHI <b>19</b>	Pradosh S DWADASHI <b>26</b>	

# FROM VEDAS TO VISUALS: HOLLYWOOD'S HIDDEN INSPIRATIONS



Long before the Silver Screen lit up with tales of cosmic battles and multiverse theories, ancient Maharshis had already envisioned realities far beyond what modern cinema dares to imagine. Maharshis like Bharadwaja and Valmiki crafted grand narratives filled with celestial dramas, multidimensional beings, and archetypal characters—parallels to Hollywood's myth-making, but rooted in spiritual precision and cosmic law. These weren't myths. These weren't metaphors. They are precise cosmological models, encoded in shlokas, layered with mathematics, astronomy, and spiritual insight.

## HOLLYWOOD ECHOES OF ETERNAL WISDOM

Their verses described a cosmos teeming with wonder—multiple worlds (lokas), each governed by its own laws of time and space; celestial beings with powers that mirror modern superheroes; and divine weapons like Brahmastra and Narayanastra that operated through light and sound. They spoke of time dilation and interdimensional travel, as in the tale of King Kakudmi and Revati, and of cosmic destruction and rebirth—themes now echoed in films like *Interstellar*, *Doctor Strange*, and *The Matrix*.



- **Star Wars (1977):** The Force reflects Brahman, the universal energy. Yoda's mentorship echoes the Guru-Shishya parampara of silent, dharmic transmission.
- **The Matrix (1999):** Neo's awakening parallels the seeker's rise beyond Maya toward Moksha, as taught in the Brihadaranyaka Upanishad.
- **The Dark Knight (2008):** Batman's hidden role mirrors Bhagavan Shree Krishna's unseen guidance in the Mahabharata, always upholding dharma.
- **Watchmen (2009):** Dr. Manhattan's detachment and cosmic vision evoke Bhagavan Krishna's Vishwarupa, especially the Gita's line: "Now I am become Death..."
- **Inception (2010):** Nested dreams and time shifts reflect the Upanishadic idea—Brahma satya, jagat mithya—that life itself is a dream.
- **Interstellar (2014):** Time dilation and love echo King Muchukunda's leap across yugas and timeless devotion.
- **Avatar (2009):** The Na'vi's unity with nature reflects Vasudhaiva Kutumbakam and the incarnational essence of Shree Hari Vishnu's avatars.
- **Doctor Strange (2016):** His journey through astral realms and portals mirrors yogic mastery and Tantric-Vedantic metaphysics.

## ETERNAL WISDOM, CINEMATIC REFLECTION

Hollywood may dazzle with CGI (Computer-Generated Imagery), but what it presents as science fiction, our sages revealed as timeless reality. Maharshis painted entire universes with syllables and silence. They didn't theorize—they directly experienced the cosmos through **Tapasya, Dhyana, and Samadhi**, accessing truths that modern science still pursues through instruments and equations. Indian scriptures are not relics of the past—they are living maps of consciousness, charting both the inner landscape of the mind and the vast expanse of space and time. Their wisdom is not abstract—it is deeply human, offering guidance through illusion, dharma, love, and liberation.

# लवहवड्डीं वडरं

॥ अत्रये च नमः पुण्ये ब्रह्मनिष्ठे तपस्विनि । दत्तात्रेयपितुं वन्दे त्रिमूर्त्यंशसमुद्रवम् ॥

I bow to Maharshi Atri, a devoted sage, full of purity and penance—father of Dattatreya, born from the divine Trimurti.

## वडतुडड शुवडवडर-डडरडडर

MON	Kajari Teej Bahula Chaturthi Sankashti K TRUTIYA, K CHATURTHI <b>31</b>	Aadi Perukku K PANCHAMI <b>03</b>	Pradosh K DWADASHI, K TRAYODASHI <b>10</b>	Naga Panchami Skanda Shashthi Simha Sankranti S PANCHAMI <b>17</b>	Putrada Ekadashi S DWADASHI <b>24</b>
		1st Mangala Gauri Vrat (Purnimant) K SHASHTHI <b>04</b>	Masik Shivaratri 2nd Mangala Gauri Vrat (Purnimant) K CHATURDASHI <b>11</b>	3rd Mangala Gauri Vrat (Purnimant) 1st Mangala Gauri Vrat (Amavasyant) S SHASHTHI <b>18</b>	4th Mangala Gauri Vrat (Purnimant) 2nd Mangala Gauri Vrat (Amavasyant) S DWADASHI <b>25</b>
		Kalashthami Masik Janmashtami K SAPTAMI <b>05</b>	AMAVASYA Surya Grahan Purn Anvadhan AMAVASYA <b>12</b>	Tulasidas Jayanti S SAPTAMI <b>19</b>	Onam Rigveda Upakarma S TRAYODASHI <b>26</b>
			SHRAVANA Ishti S PRATIPADA <b>13</b>	Masik Durgashtami S ASHTAMI <b>20</b>	Vajurveda Upakarma Hayagriva Jayanti Anvadhan S CHATURDASHI <b>27</b>
		Masik Karthigai K NAVAMI <b>07</b>	Andal Jayanti S DWITIYA <b>14</b>	Agastya Arghya S NAVAMI <b>21</b>	Balarama Jayanti PURNIMA Raksha Bandhan Cayatri Jayanti PURNIMA <b>28</b>
	Jaya Parvati Vrat Ends K TRUTIYA <b>01</b>	Rohini vrat K DASHAMI <b>08</b>	Independence Day Hariyali Teej S TRUTIYA <b>15</b>		Purnimant Bhadrapada* (North) K PRATIPADA <b>29</b>
		Sankashti K CHATURTHI <b>02</b>	Kamika Ekadashi K EKADASHI <b>09</b>	Vinayaka Chaturthi S CHATURTHI <b>16</b>	Putrada Ekadashi S EKADASHI <b>23</b>
SUN					

## HIMALAYAN MEDITATION

### WHO ARE DEVATAS (GODS)

Every plan needs a hierarchy—even the universe. Devas and Devis are cosmic administrators, appointed through intense austerity and devotion to Supreme Bhagavan. Their ranks reflect their roles, and positions shift with each Kalpa. Indradeva is now Purandara; King Bali will succeed him. Divine status is earned, not fixed—anyone with enough spiritual merit can rise.

# 33 KOTI OR 33 CRORE?

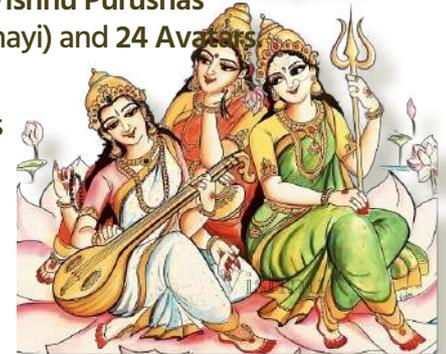
### HOW MANY DEVATAS AND DEVIS 33 KOTI OR 33 CRORE?

Scriptures mention 33 Koti Devas. But koti means both 'type' and 'crore', causing confusion. Traditionally, it refers to 33 categories, not 33 crore individual gods amongst the principal devatas.



We begin with the **Trideva: Brahma, Vishnu, Mahesh** and the **Tridevi: Saraswati, Lakshmi, Kali**.

- Shree Hari Vishnu manifests in many forms- 3 Vishnu Purushas (Karanodakshayi, Garbhodakshayi, Kshirodakshayi) and 24 Avatars
- The Tridevis also manifest in many forms: 12 Saraswati, 8 Lakshmi and 12 Gauri. These forms of both Tridev and Tridevi exist beyond our universe, so we won't count them among the Devas.



आदित्य विश्व वसवस् तुषितभस्वरनीलाः ।  
महाराजिक-साध्याश् च रुद्राश् च गणदेवताः ।

### Let's Calculate Principal Devas

According to 'Namalinganushasanam', there are over 400+ principal devatas, each linked to cosmic functions, nature, or divine roles as shown in image below

33 Main Devas	36 Tushita	10 Vishwadevas	12 Sadhyadevas	64 Abhaswaras	12 Yamadevas	49 Marut	220 Maharajik
 12 Aditya, 8 Vasu, 11 Rudra, 1 Indra, 1 Prajapati Some scriptures mention the Ashwini Kumaras instead of Indra and Prajapati.	 Devas born in different Manvantaras; reside in Tushita heaven	 Sons of Dharma and Vishwa By Maharshi Vishwamitra's curse, five Vishwadevas became Draupadi's sons. Killed by Ashwatthama, they returned to divinity	 Sons of Dharma and Sadhya	 Luminous devatas; part of Shiva's attendants	 Divine assistance of Yamadeva in guiding souls and enforcing dharma.	 Sons of Rudra and Vrushni (Veda). They are fierce, radiant, and airy forms of Rudra himself.	 Attendants of Mahadev, resides on Gana Parata under Shree Ganesha's command
Core Vedic devatas governing natural forces, cosmic order, and dharma <small>* (Brihadaranyaka Upanishad, Satapatha Brahmana, Aitareya Brahmana)</small>	Likely represent forms of Ishta Devata. <small>** (Vishnu and Shiva purana)</small>	Represent universal virtues like truth, will, and time. <small>* (Vishnu purana and linked to Ashadha Nakshatra)</small>	Embodiments of Vedic rituals and hymns; uphold sacred knowledge and discipline. <small>* (Agni and Shiva purana)</small>	Represent personifications of mental qualities and are associated with spiritual and physical enlightenment. <small>* (Shiva purana)</small>	They record karma, escort souls, enforce punishments, and guide beings through the realms after death. <small>* (Shiva purana)</small>	The Maruts are storm devatas, warrior spirits who assist Indradev in battles, purify rituals, and act as cosmic forces of nature. <small>* (Rigved and Yamana purana)</small>	Oversee cosmic duties and protect sacred realms under Ganesha's command. <small>* (Shiva purana)</small>

\*Numbers and division may vary from scripture to scripture

**Devas:** Ganadhipati Ganesha, Kaartikeya, Dharmaraja,

Chitrugupta, Aaryama, Hanuman, Bhairava, Vana, Agni, Kaama, Chandra, Yama, Shani, Soma, Ribhuhu, Dhyuhu, Surya, Brihaspati, Vaka, Kala, Anna, Vanaspati, Parvata, Dhenu, Sanakadi Garuda, Ananta Shesha, Vasuki, Takshaka, Karkotaka, Pingala, Jaya, Vijaya, and many more apart from the principal devatas.

**Devis:** Bhairavi, Yami, Prutha, Pusha, Aapa, Savita, Usha, Aushadhi, Aranya, Rutu, Tashta, Savitri, Gayatri, Shree, Bhudevi, Shradha, Shachi, Diti, Aditi, and countless others.

Beyond the principal and major devatas lies a vast network of divine and semi-divine beings—Directional guardians, Nakshatra devata, Graha devata, Yakshas, Gandharvas, Kinneras, and over 600 million Apsaras born during the churning of ocean. As described in the Matsya Purana, hundreds of Devi forms and celestial forces uphold the rhythm of creation.

There are **Neither 33 Koti Nor 33 Crore** Devas. Their number may keep changing—Kalpa to Kalpa. The divine order is ever-evolving, not fixed.



**BHAGAVAN SHREE KRISHNA IS THE SUPREME DIVINE AND CREATOR OF THE UNIVERSE**

॥ पुलहाय नमस्तुभ्यं ब्रह्मपुत्राय धीमते । सप्तर्षिमण्डले श्रेष्ठं तपस्विनं नमाम्यहम् ॥

I bow to Maharshi Pulaha, wise son of Brahma—foremost among the Saptarishis and a great tapasvi.

September  
Bhadrapada-ashwin

MON		Aja Ekadashi K EKADASHI <b>07</b>	Vinayaka Chaturthi Ganesha Chaturthi Gauri Habba Hartalika Teej S TRUTIYA <b>14</b>	S DASHAMI <b>21</b>	K DWITIYA <b>28</b>
TUE	3 <sup>rd</sup> Mangala Gauri Vrat (Amavasyant) K CHATURTHI <b>01</b>	4 <sup>th</sup> Mangala Gauri Vrat (Amavasyant) Paryushana Parvarambha K DWADASHI <b>08</b>	Samvatsari Parva Rishi Panchami K CHATURTHI, K PANCHAMI <b>15</b>	Parivartini Ekadashi S EKADASHI <b>22</b>	Maha Bharani Sankashti K TRUTIYA <b>29</b>
WED	Randhana Chhath K PANCHAMI K SHASHTHI <b>02</b>	Masik Shivaratri K TRAYODASHI <b>09</b>	Skanda Shashthi S PANCHAMI <b>16</b>	Vamana Jayanti Bhuvaneshwari Jayanti Autumnal Equinox S DWADASHI <b>23</b>	Masik Karthigai K CHATURTHI <b>30</b>
THU	Masik Karthigai Sheetala Satam K SAPTAMI <b>03</b>	Anvadhan K CHATURDASHI <b>10</b>	Jyeshtha Gauri Avahan Vishwakarma Puja S SHASHTHI <b>17</b>	Pradosh S TRAYODASHI <b>24</b>	
FRI	Shree Krishna Janmashtami Rohini vrat Kalashtami Agastya Arghya Kali Jayanti K ASHTAMI <b>04</b>	Pola Vrishabhotsava AMAVASYA Ishti AMAVASYA <b>11</b>	Jyeshtha Gauri Puja Durva Puja Lalita Saptami S SAPTAMI <b>18</b>	Ananta Chaturdashi Ganesha Visarjan S CHATURDASHI <b>25</b>	
SAT	Dahi Handi K NAVAMI <b>05</b>	BHADRAPADA Samaveda Upakarma S PRATIPADA <b>12</b>	Masik Durgashtami Jyeshtha Gauri Visarjan Radha Ashtami Mahalakshmi Vrat Begins S ASHTAMI <b>19</b>	Purnima Shraddha PURNIMA Anvadhan S CHATURDASHI <b>26</b>	
SUN	K DASHAMI <b>06</b>	Varaha Jayanti S DWITIYA <b>13</b>	K NAVAMI <b>20</b>	Purnimant Ashwin* (North) Pitruapaksha Begins K PRATIPADA <b>27</b>	

# DO SAPTARISHI EXIST IN TODAY'S TIME?

In the vast cosmic tapestry of Sanatana Dharma, seven radiant sages—the Saptarishis—stand as eternal beacons of wisdom and cosmic order. Chosen by **Bhagavan**, in 'His Adiyogi' form, they were entrusted with the essence of yoga, inner realization, and divine intelligence, becoming the first transmitters of sacred knowledge. Each Rishi embodies a distinct facet of cosmic insight—some as ancestral founders, others as vedic composers, and many as silent custodians of dharma. They illuminate paths for kings, devatas, and seekers, anchoring the spiritual legacy of humanity. Across vast Manvantaras, new Saptarishis arise, continuing the divine mission and adapting their wisdom to each age.

## What is a Manvantara?

There are 14 Manvantaras in one day (Kalpa) of Brahmadev. Each Manvantara has:

- » 71-72 Mahayugas
- » 1 Manu – ruler and guide of humanity
- » 7 Saptarishis – great sages who teach dharma
- » 1 Indradeva – king of Devatas
- » New groups of Devatas and other beings
- » Let's explore a few Manvantaras and their respective Saptarishis



<b>इष्यारुधुवा</b>	<b>इषारुधुवा</b>	<b>उत्तरा</b>	<b>तारुधुवा</b>	<b>रुधुवा</b>	<b>रुधुवा</b>	<b>रुधुवा</b>	<b>इष्यारुधुवा</b>
Marichi, Atri, Angira, Pulaha, Kratu, Pulastya, Vashishtha	Urja, Stambha, Prana, Nanda, Rushabha, Nischara, Arvarivat	Kaukundihi, Kurundi, Dalaya, Shankha, Pravahita, Mita, Sammita	Jyotirdhama, Pruthu, Kavya, Chaitra, Agni, Vanaka, Pivara	Hiranyaroma, Vedasri, Urdhvabahu, Vedabahu, Sudhaman, Parjanya, Mahamuni	Sumedhas, Virajas, Havishmat, Uttama, Madhu, Abhinaman, Sahishnu	Kashyapa, Atri, Vashishtha, Vishwamitra, Gautama, Jamadagni, Bharadwaja	Galava, Diptiman, Parashurama, Ashwatthama, Krupacharya, RUSHYASHRINGA, Vyasadeva

## How Did the Saptarishis Become Stars?

As mentioned in the Puranas, the Saptarishis were made guardians of Dhruva, the child-devotee of Bhagavan Shree Hari Vishnu. Pleased with Dhruva's devotion, Shree Hari Vishnu gave him a permanent place in the sky as the Pole Star (Dhruva Tara). To protect him, Shree Hari Vishnu placed Seven Sages around Dhruva. They became the Seven stars of Ursa Major, forming the Saptarishi Mandala—symbols of eternal wisdom and divine guidance.

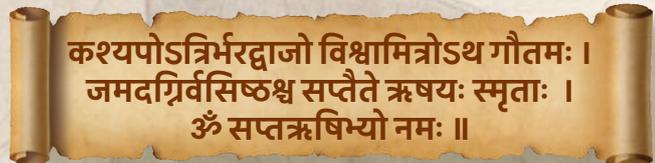


## Saptarishi Constellation in Astronomy

The Saptarishi stars form the Big Dipper in the Ursa Major constellation. Their shape resembles a ladle, easy to spot in the Northern Hemisphere. For centuries, they've helped travelers navigate using the North Pole. Today, they connect ancient wisdom with modern astronomy.

In this sacred **Vaivasvata Manvantara**,

**Maharshi Vishwamitra—Friend of the Universe**—guides us as our friend, philosopher, and master in the form of pure consciousness. As our divine facilitator, He ensures our learning with other great sages. Let us bow down to all the supreme sages and humbly seek their guidance as we walk the path toward the limitless.



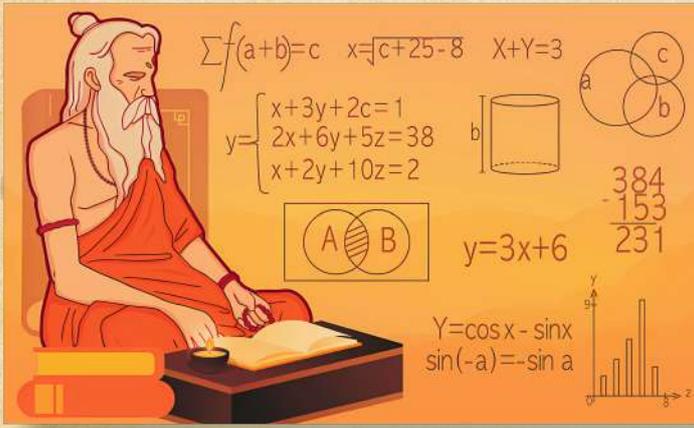
# लवहवडशीं पुलवडतुव

॥ पुलसुतुं वनुे सततं बुरहडरुषुं गुरनुसलगरडु । रलवणगुरुं तडसुवुनं वलषुणुडकुतं डहलडतलडु ॥

I bow to Maharshi Pulastya—Brahmarshi and ocean of wisdom, Guru of Ravana, devoted to Vishnu, and a great tapasvi of profound intellect.

## October वडशुवलन-करुतलकल

MON				Masik Durgashtami <b>Maha Navami</b> Saraswati Visarjan Sandhi Puja		Kojagiri <b>PURNIMA</b> Sharad Purnima Valmiki Jayanti Navapada Oli Ends
		K DASHAMI <b>05</b>	S DWITIYA <b>12</b>	S ASHTAMI <b>19</b>		PURNIMA <b>26</b>
TUE		Indira Ekadashi		<b>Vijayadashami</b> <b>Dussehra</b> Ayudha Puja Buddha Jayanti Durga Visarjan		Purnimant Masik Karthigai Kartika (North)
		K EKADASHI <b>06</b>	S TRUTIYA <b>13</b>	S NAVAMI, S DASHAMI <b>20</b>		K PRATIPADA, K DWITIYA <b>27</b>
WED			Vinayaka Chaturthi	Vidyarambham Kashi Bharat Milap Madhvacharya Jayanti		Atla Tadde
		K DWADASHI <b>07</b>	S CHATURTHI <b>14</b>	S DASHAMI <b>21</b>		K TRUTIYA <b>28</b>
THU	Rohini Vrat	Pradosh Masik Shivaratri	Upang Lalita Vrat	Papankusha Ekadashi		Karwa Chauth Sankashti Rohini Vrat
	K PANCHAMI <b>01</b>	K TRAYODASHI <b>08</b>	S PANCHAMI <b>15</b>	S EKADASHI <b>22</b>		K CHATURTHI <b>29</b>
FRI	Gandhi Jayanti		Skanda Shashti	Pradosh		
	K SHASHTHI <b>02</b>	K CHATURDASHI <b>09</b>	S SHASHTHI <b>16</b>	S DWADASHI <b>23</b>		K PANCHAMI <b>30</b>
SAT	Jivitputrika Vrat Kalashtami Masik Mahalakshmi Janmashtami Vrat Ends	<b>AMAVASYA</b> Sarvapitru Amavasya Anvadhan	Saraswati Puja Tula Sankranti Navapatrika Puja Ashwin Navapada Oli Begins			
	K SAPTAMI, K ASHTAMI <b>03</b>	AMAVASYA <b>10</b>	S SAPTAMI <b>17</b>	S TRAYODASHI <b>24</b>		K SHASHTHI <b>31</b>
SUN		<b>ASHWIN</b> Ghatasthapana Navaratri Begins	Saraswati Balidan	Anvadhan		
	K NAVAMI <b>04</b>	S PRATIPADA <b>11</b>	S SAPTAMI <b>18</b>	S CHATURDASHI <b>25</b>		



From altar geometry to infinite series, ancient Bharatiya Maharshis revolutionized mathematics and astronomy. Maharshi Baudhayana introduced the Pythagorean theorem long before Pythagoras formalized it in Greece, while Maharshi Pingala pioneered binary logic and combinatorics. Maharshi Yagyavalkya described solar asymmetry and a 95-year lunisolar cycle, and Maharshi Parashara and Maharshi Garga systematized Jyotisha and celestial omens. Maharshi Aryabhata proposed Earth's rotation, calculated  $\pi$ , and modeled eclipses; Maharshi Varahamihira compiled astronomical texts and trigonometric

tables. Maharshi Brahmagupta defined zero, solved quadratics, and refined planetary motion. Maharshi Bhaskaracharya I advanced sine approximations, and Maharshi Mahavira systematized algebra and permutations. Maharshi Bhaskaracharya II explored cyclic methods and hinted at calculus. The Kerala school, led by Maharshi Madhava, Maharshi Nilakantha Somayaji, and Maharshi Jyesthadeva, developed infinite series, spherical geometry, and rigorous calculus proofs—centuries before Pythagoras, Descartes, Pascal, Newton, Leibniz, and Gauss etc formalized these concepts in

## VYAVAHARA-GANITA (PRACTICAL ARITHMETIC)

ऋजुता समीकरणेषु, विशेषाङ्कितकौशलम्,  
अधिकरणेषु सम्प्रयोगः, प्राचीनाभ्यः स्थिरम्।

Linear Equation from *Bhaskaracharya's Lilavati*

Meaning: Proficiency in solving linear equations and the application of special numerical methods are well-established in ancient mathematical sciences.

Let's consider a classic problem from *Lilavati*:

"A necklace is made of pearls. One-third of them are white, one-fifth are black, one-sixth are red, and the remaining 6 are blue. How many pearls are there in total?"

Let the total number of pearls be  $x$ .

$$\frac{1}{3}x + \frac{1}{5}x + \frac{1}{6}x + 6 = x,$$

LCM of 3,5,6=30, multiply entire equation by 30

$$10x + 6x + 5x + 180 = 30x$$

$$21x + 180 = 30x,$$

$$180 = 9x$$

$$x = 20$$

**Total of 20 pearls**

## PLACE VALUE SYSTEM

एकं च दशं च शतं च सहस्रं त्वयुतनियुते तथा प्रयुतम् ।  
कोट्यर्बुदं च वृन्दं स्थानात् स्थानं दशगुणं स्थात् ॥

Meaning: The shloka lists ascending place values—eka to vrinda—where each is ten times the previous, reflecting the decimal system's structure. "स्थानात् स्थानं दशगुणं स्थात्" means: each digit's place increases tenfold from right to left.

## COMBINATION

एकद्वित्र्यादिमूषावहनमितिमहे ब्रूहि भूमिभर्तुः ।

हर्म्ये रम्येऽष्टमुषे चतुरविरचितश्लक्ष्णशालाविशाले ॥

Maharshi Bhaskaracharya gives a clever example: "In a palace with 8 doors, how many ways can the breeze enter if any number of doors can be opened?"

Here,

${}^8C_1$  represents the number of ways to open one door,  ${}^8C_2$  represents the number of ways to open two doors, and so on, up to  ${}^8C_8$ , which is the number of ways to open all eight doors.

The total is the sum of all non-zero combinations:

$${}^8C_1 + {}^8C_2 + {}^8C_3 + {}^8C_4 + {}^8C_5 + {}^8C_6 + {}^8C_7 + {}^8C_8 = 255$$

So, there are 255 possible ways to open the doors.

## PLANETARY POSITIONS

सौरमण्डलस्य वक्रता, ज्योतिषशास्त्रे निरूपिता, ग्रहेषु च प्रकाशस्य गति, विज्ञायते यथाविधि।

The curvature of the solar system is described in Jyotisha Shastra; and the motion of light among the planets is understood accordingly.

Ancient Bharatiya mathematics and astronomy align with modern science — not in contradiction, but in timeless continuity. Though tools and terms have changed, the Maharshis' cosmic vision endures. Let us honor them not merely as historical figures, but as pioneers whose legacy still guides inquiry, precision, and wonder. Their insights were not bound by time — they were universal truths, waiting for each era to rediscover. Even today, their wisdom inspires new frontiers in science and philosophy.

# लाहाराडी जालवावुणी

॥ जमदग्निं नमस्यामि ब्रह्मर्षिं तपसां निधिम् । परशुरामपितुं वीरं कामधेनुं यशस्विनम् ॥

I bow to Maharshi Jamadagni, the Brahmarshi, treasure of penance, father of Maharshi Parashurama, and master of Kamadhenu.

## नोवंबर कार्तिका-मार्गशीर्ष

MON	K SAPTAMI	30	K ASHTAMI	02	Annakut Bali Pratipada Govardhan Puja <b>AMAVASYA</b> Anvadhan AMAVASYA, S PRATIPADA	09	Vrushchika Sankranti Kartika Ashtahnika Begins	16	Manikarnika Snan Kartika Chaumasi Chaudas	23
										
TUE			K NAVAMI	03	<b>KARTIKA</b> Gujarati New Year Ishti	10	Masik Durgashtami Gopashtami Mandala Puja Begins	17	Dev Diwali Guru Nanak Jayanti Karthigai Deepam Bhishma Panchak Ends <b>PURNIMA</b> Anvadhan	24
										
WED			K DASHAMI	04	<b>Bhai Dooj</b> Chitragupta Puja Ishti	11	Akshaya Navami Jagaddhatri Puja	18	Purnimant Margashirsha* (North) Rohini Vrat Ishti	25
										
THU			Govatsa Dwadashi Rama Ekadashi	05		12		19		26
										
FRI			<b>Dhanteras</b> Yama Deepam Pradosh Yama Panchaka Begins	06	Vinayaka Chaturthi Nagula Chaviti	13	Kansa Vadha Devutthana Ekadashi Bhishma Panchak Begins	20	Sankashti	27
										
SAT			Kali Chaudas Hanuman Puja Masik Shivaratri	07	Labh Panchami	14	Tulasi Vivah Devutthana Ekadashi	21		28
										
SUN	Radha Kund Snan Kalashtami Masik Janmashtami Bhanu Saptami	01	<b>Lakshmi Puja, Diwali</b> Naraka Chaturdashi Chopda Pujan, Kamala Jayanti Deepamalika Sharada, Kali Puja Kedar Gauri Vrat K CHATURDASHI, AMAVASYA	08	Skanda Shashthi <b>Chhath Puja</b> Soora Samharam	15	Vishweshwara Vrat Pradosh	22		29
										

# HIMALAYAN MEDITATION

According to tradition, Brahmadev created the *Natyashastra* at the request of the Devas. He combined elements from the four Vedas to form *Natyashastra* the fifth Veda:

- » Rigveda: Pathya (recitation/dialogue)
- » Samaveda: Geet (music)
- » Yajurveda: Abhinaya (expressions/gestures)
- » Atharvaveda: Rasa (aesthetic experience)

This sacred knowledge was entrusted to Maharshi Bharata, the father of '*Indian Dramaturgy*', and his hundred sons. *Natyaveda* composed in Sanskrit, with 36 chapters and over 6,000 verses offering encyclopedic coverage of performing arts (as shown in the table).

# NATYASHASTRA

## The Fifth Veda of Performing Arts

Aspect	Topics Covered
Drama	Composition, plot, character types
Dance	Mudras, karanas, vrutts
Music	Graamas, instruments, taala
Stagecraft	Architecture, props, costumes, makeup
Aesthetics	Rasa theory – emotional experience

## TAALA CHAKRA - THE WHEEL OF RHYTHM

One beautiful example of Carnatic music notation—rhythmic symbols carved in stone—can be seen at the Nellaiyappar Temple in Tamil Nadu, inscribed in Tamil language. Let's begin with the basics:

Taalam means rhythm in Indian music. It consists of three fundamental units—Anudhrutham (Viramam), Dhrutham, and Laghu—each represented by distinct symbols. These are clearly depicted in the innermost multicolored ring of the Taala Chakra.



But there's a twist with Laghu—after the tap, the number of fingers used can vary. You might count two, three, or even more fingers. This means Laghu doesn't have a fixed beat count, making the rhythm harder to measure. To solve this, ancient scholars introduced the concept of *Jathi*—which defines how many beats a Laghu contains. There are 5 types of *Jathis*, each assigning a specific beat count to Laghu:

Now the image displays seven Taalas (red ring with red petals), each with a distinct rhythmic structure: Dhruva Taalam (IOII), Matya Taalam (IOI), Rupaka Taalam (OI), Jhampa Taalam (IUO), Triputa Taalam (IOO), Ata Taalam (IIOO), and Eka Taalam



Jathi Name	Beats	Action
Thisra Jathi	3	Tap + 2 fingers
Chathusra Jathi	4	Tap + 3 fingers
Kanda Jathi	5	Tap + 4 fingers
Misra Jathi	7	Tap + 6 fingers
Sankirna Jathi	9	Tap + 8 fingers



Each Taala includes at least one Laghu, and its beat count varies according to the Jathi. With 7 Taalas and 5 Jathis, we get 35 rhythmic combinations. These are beautifully carved in the outermost green ring of the Taala Chakra, each section marked with its name and symbol sequence—as seen in the zoomed-in example of Eka Taalam.

Sound is meant to be heard with our ears—not seen with our eyes. Yet, ancient builders achieved the extraordinary: they made sound visible. Today, a branch of modern science called *Cymatics* allows us to visualize sound through patterns. This is why temple ceilings often depict cymatic-like designs. Clearly, ancient architects had a deep understanding of sound, rhythm, and music. The science behind temple construction goes far deeper than we often realize.



# ।योग हिं कर्मर कौशल।



## Awakening the Rishi Within

From the silence of the Himalayas to the rhythm of Sanskrit verse, the Rishis and Maharshis of Bharat were not mere sages—they were cosmic engineers, spiritual scientists, and visionary educators. Their insights laid the foundations of astronomy, mathematics, music, ecology, linguistics, and dharma.

They were not just seers—they were the source. To study them is to rediscover the architecture of reality.

## How Did the Rishis Attain Realization?

The answer lies in **Yoga** —

Yoga is not only outward postures, but its an inward journey of spiritual awakening.

Before understanding Yoga, we must first clarify what it is not:

- Standing on the head, twisting limbs, or stretching the body—these are Anga Mardan, part of the third limb of Ashtanga Yoga, known as Asana is not Yoga.
- Closing the eyes and falling asleep while meditating on emptiness is not Yoga.
- Wearing athletic clothes and stretching on yoga mats is not Yoga. (These are preparatory practices, not the goal).

## True Meaning of Yoga

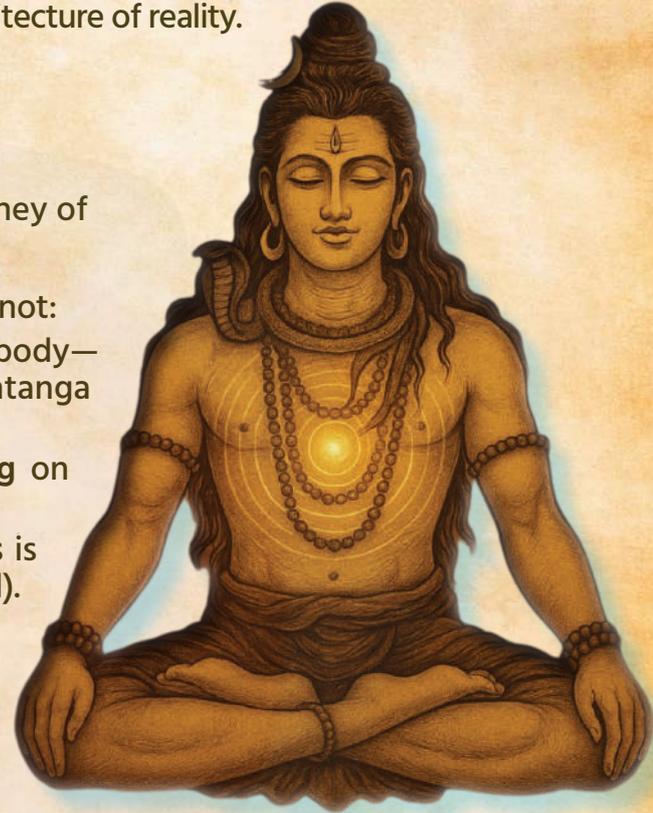
The word Yog comes from the Sanskrit root Yuj, meaning to join, to unite, or to connect. Yoga is the spiritual process of connecting the soul with the Supreme Soul.

## Why to do Yoga

### Why Does Nature Exist?

Material nature exists to purify our desires and guide us back to our original identity—servants of the Supreme Bhagavan. Though we live under the illusion of being enjoyers of nature, true understanding frees us from Maya's grip and re-establishes our eternal relationship with the Divine. This return to our spiritual home is liberation—eternal bliss—attained through Tyaga (renunciation) of worldly cravings and the practice of Yoga, the sacred union with the Supreme.

These qualities are the inner tools that transform aspiration into realization—just as they did for the Rishis of Bharat.



Through Yoga, the Rishis transcended pleasure and pain, success and failure. They became Stithapragya (Equanimous)—anchored in the Self, united with the Supreme, and unmoved by the world. Their legacy is not merely to be remembered—it is to be lived. To honor them is to awaken the Rishi within ourselves.

To walk this path, one must become a Sadhak—a sincere seeker. And every Sadhak must cultivate five essential qualities:

**Enthusiasm (उत्साह)**

**Patience (धैर्य)**

**Determination (दृढ़ संकल्प)**

**Courage (साहस)**

**Renunciation (त्याग – एकांत और वैराग्य)**

# YAGYA SEVA BY HIMALAYAN MEDITATION

## YAGYA IS THE PROCESS OF COSMIC TRANSFORMATION AND TRANSMISSION

यज्ञसह प्रजा सृष्टि करि । प्रजापति चतुर्मुखधारी ।  
यज्ञ कले हिँ अभिवृद्धि । कामना पूर्ति ओ समृद्धि ॥  
एमन्त गुह्य तत्त्वमान । देले उपदेश अर्जुन ॥ (3.10)  
यज्ञकर्म कले अर्जुन । तृप्त हुअन्ति देवगण ।  
देवता जेबे तृप्त होइ । अभीष्ट फल देईथाई ।  
परष्परकु करि तृप्त । रुहन्ति सर्वे आनंदित ॥ (3.11)

The four headed Brahma deva created Srushti (Universe) by performing Yagya and he revealed some deep secrets to Devatas and Sages. Yagyas bring prosperity and fulfill our desires. O' Arjuna, when one does Yagya karma, Devatas get pleased and they bless by fulfilling your desires in return. This way, both Devatas and humans satisfy each other by doing Yagya.

श्रीमद् भगवद् गीता - VERSE 3.10,3.11 (SANTH SARAL BHAGAVAD GITA VERSION BY HIMALAYAN SAGES)

### WHY TO PERFORM YAGYAS?

Did you know that each Devata is responsible for fulfilling specific life needs? For instance, Indradeva brings rain, Jaladeva provides water, Agnideva provides fire, and Vayudeva is associated with life-force. Yagya, a sacred ritual, remove troubles from the household and bring prosperity and happiness. You can dedicate oblations in the Yagya for yourself or your family members. If you wish to do so, please provide their names and gotras. You have the option to contribute any amount, even as little as one rupee, to support these Yagyas. Additionally, you can arrange Yagyas for your loved ones on special occasions with a donation. For contributions, you can use our

**UPI ID: thehimalayanseva@sbi**

**Contact us: +91 7506910073, +91 8886466222**

### HOW TO PERFORM YAGYAS?

Yagyas, conducted by Himalayan Sages, occur on festivals and full moon days as expressions of gratitude to the Supreme Divine, Devatas, and Nature. On every Purnima, across India and abroad, more than 100 dedicated sadhakas unite to perform Yagya, both online and offline, creating a powerful collective source of blessings. After dedicated hours of Dhyana (Meditation) and Selfless Seva, you can receive guidance from Himalayan Sages to learn the art of performing Yagyas.



QR code for  
UPI ID: thehimalayanseva@sbi



**FEEL THE DIVINITY**



**VEDAS** (Outer Ring):

- YUGA: ऋग्वेदः, यजुर्वेदः, सामवेदः, अथर्ववेदः
- Vyakaran: ऋषिः, व्यासः
- Matsya-Avatar: ऋषिः, विश्वामित्रः
- BHAGAVAD GEEITA: ऋषिः, श्रीकृष्णः
- Manvantar RASAYAN: ऋषिः, ऋषिमुखाः
- KALPA: ऋषिः, ऋषिः
- Bhumiti: ऋषिः, ऋषिः

**UPANISHADS** (Inner Ring):

- YUGA: कथ्यपः अत्रिः भरद्वाजः विश्वामित्रः गौतमः। जमदग्निः वसिष्ठश्च समैते ऋषयः स्मृताः॥ ॐ सहस्रश्रित्यो नमः॥
- Vyakaran: कथ्यपः अत्रिः भरद्वाजः विश्वामित्रः गौतमः। जमदग्निः वसिष्ठश्च समैते ऋषयः स्मृताः॥ ॐ सहस्रश्रित्यो नमः॥
- Matsya-Avatar: कथ्यपः अत्रिः भरद्वाजः विश्वामित्रः गौतमः। जमदग्निः वसिष्ठश्च समैते ऋषयः स्मृताः॥ ॐ सहस्रश्रित्यो नमः॥
- BHAGAVAD GEEITA: कथ्यपः अत्रिः भरद्वाजः विश्वामित्रः गौतमः। जमदग्निः वसिष्ठश्च समैते ऋषयः स्मृताः॥ ॐ सहस्रश्रित्यो नमः॥
- Manvantar RASAYAN: कथ्यपः अत्रिः भरद्वाजः विश्वामित्रः गौतमः। जमदग्निः वसिष्ठश्च समैते ऋषयः स्मृताः॥ ॐ सहस्रश्रित्यो नमः॥
- KALPA: कथ्यपः अत्रिः भरद्वाजः विश्वामित्रः गौतमः। जमदग्निः वसिष्ठश्च समैते ऋषयः स्मृताः॥ ॐ सहस्रश्रित्यो नमः॥
- Bhumiti: कथ्यपः अत्रिः भरद्वाजः विश्वामित्रः गौतमः। जमदग्निः वसिष्ठश्च समैते ऋषयः स्मृताः॥ ॐ सहस्रश्रित्यो नमः॥

| rishi parampara |