

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 Devas to bring about lasting solutions and purifications.

Contribute to 'Yagyas' as per your wish at 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 2,000 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.



• 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.

For more information visit our website:

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

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यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।
अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥

“Whenever Dharma (Righteousness) falls and Adharma (Unrighteousness) rises, I come on this earth.”



SUN	mon	tue	wed	thu	fri	SAT
			PAUSHA 1 S Dwitiya	2 S Trutiya	3 S Chaturthi	4 S Panchami
5 S Shashthi	Guru Govind Singh Jayanti 6 S Saptami	7 S Ashtami	8 S Navami	9 S Dashami	Putrada Ekadashi 10 S Ekadashi	Pradosh Vrat 11 S Dwadashi/ Trayodashi
Swami Vivekananda Jayanti 12 S Chaturdashi	Lohri 13 HM Yagya Purnima	Pongal Uttarayana Makara Sankranti 14 MAGHA K Pratipada	Magha Bihu Mattu Pongal 15 K Dwitiya	16 K Trutiya	Sankashti Chaturthi 17 K Chaturthi	18 K Panchami
19 K Panchami	20 K Shashthi	21 K Saptami	22 K Ashtami	23 K Navami	24 K Dashami	Shatatila Ekadashi 25 K Ekadashi
Republic Day 26 K Dwadashi	Pradosh Vrat 27 K Trayodashi	28 K Chaturdashi	29 Amavasya	30 S Pratipada	31 S Dwitiya	

। अनुगृहिता अस्म्यहम् ।

I Am Blessed

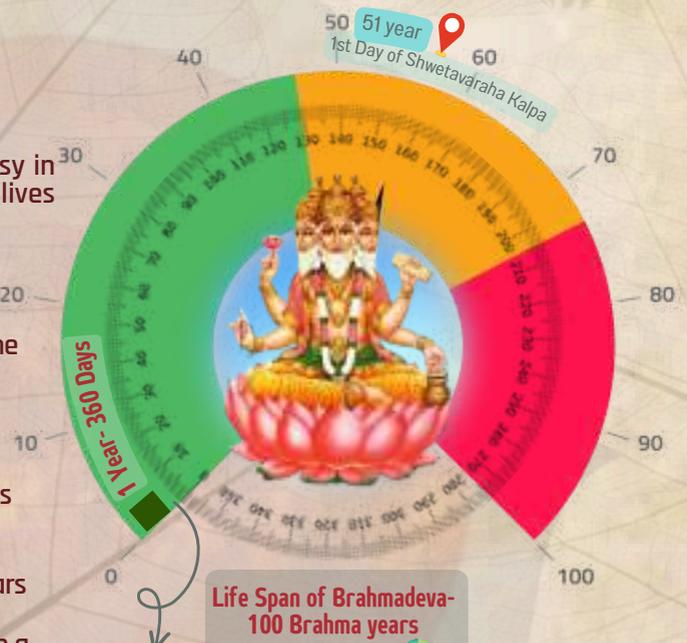
Vedic Insights: The Brahmadeva and Universe

The puranas say that the universe is created, maintained, destroyed, and re-created in an eternally repetitive series of cycles.

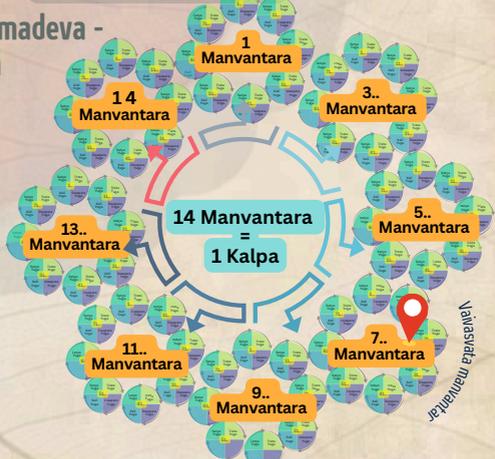
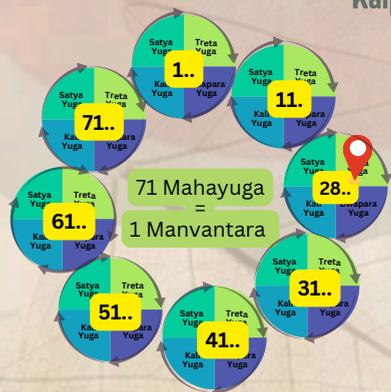
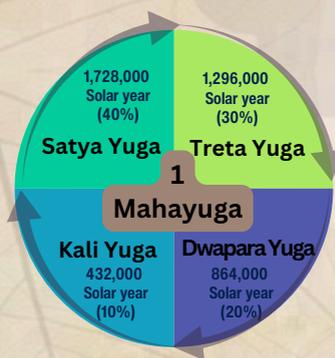
At the beginning of our universe just before creation, a lotus emerged from the nabhi or the navel of Adi Narayana in the Garbhodaka Ocean, the lowest point of our universe, and got spread up to Satyaloka, the highest point of our universe. Brahmadeva appeared out of that lotus. Brahmadeva after tapas or penance had a darshan of Shri Hari Bhagavan Krishna, the primordial Adi Purusha, and got the most divine 'Secret and Sacred Knowledge and Techniques'. Brahmadeva created the Saptarishis, Prajapatis, and Kumaras from his mind and asked them to carry on with the creation by giving them the knowledge of 'The Vedas' along with the most 'Secret Yogic Principles'. Rishis started the creation with Gyana and Dharma. They spread the divine knowledge everywhere, the same knowledge came down from the Saptarishis in various ways. This continuous unbroken path of flow of knowledge is called 'Parampara'. In ancient scriptures, cyclical time is a key philosophical concept, representing the eternal cycle of destruction (प्रलय) and creation (सृष्टि). Brahmadeva fulfills the role of creating the universe.

Calculation of lifespan of Brahmadeva

- Brahmadeva lives for 100 Brahma years
- 1 Year of Brahmadeva has 360 days
- 1 Day of Brahmadeva is called 'Kalpa'
- Vedas say that during the day, Brahmadeva is busy in the creation of life and during the night all the lives he created are absorbed back into him (Pralaya). So life exists only during the day of Brahmadeva
- Daytime of Brahmadeva consists of 1000 Mahayugas (Chaturyugas) and night is also of 1000 Mahayugas
- 14 Manus come during the day of Brahmadeva and the lifespan of a Manu is called Manvantara
- 1 Manvantara has 71 or 72 Mahayugas
- 1 Mahayuga is a set of four yuga i.e. Satya, Treta, Dwapara and Kali yuga
- Total Mahayuga span is 4,320,000 Solar/Human years
- So each Manvantara is $4,320,000 \times 71 = 306,720,000$ Solar years
- 1 Kalpa = $2000 \times 4,320,000 = 8,640,000,000$ Solar years
- At the end of Brahmadeva's life span of 100 years, Supreme Divine appoints a new Brahmadeva to begin a new cycle of creation



1 day of Brahmadeva - Kalpa



Lifespan of Brahmadeva

$$= 2000 \text{ Mahayugas} \times 100 \text{ Years} \times 360 \text{ Days} \times 4,320,000 \text{ Solar years}$$

$$= 311,040,000,000,000 \text{ solar years i.e. 311 trillion years}$$

(31 Neel 10 Kharab 40 Arab Solar years)

*Calculate the current age (solar years) of Brahmadeva by yourself
We are on the 1st day of the 51st year of Brahmadeva (running age is marked with a red pin in illustrations)

आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः ।
नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति ॥

“Laziness living in the body of humans is their biggest enemy,
There is no other friend like hard work.”



sun	mon	tue	wed	thu	fri	sat
						1 S Trutiya
Vasanta Panchami 2  S Chaturthi/ Panchami	3 S Shashthi	Ratha Saptami 4  S Saptami	Bhishma Ashtami 5  S Ashtami	6 S Navami	7 S Dashami	Jaya Ekadashi 8  S Ekadashi
Pradosh Vrat 9 S Dwadashi	10 S Trayodashi	11 S Chaturdashi	Guru Ravidas Jayanti 12  HM Yagya Purnima	PHALGUNA 13 K Pratipada	14 K Dwitiya	15 K Trutiya
Sankashti Chaturthi 16  K Chaturthi	17 K Panchami	Yashoda Jayanti 18  K Shashthi	Chhatrapati Shivaji Maharaj Jayanti 19  K Shashthi	20 K Saptami	Janaki Jayanti 21  K Ashtami	22 K Navami
23 K Dashami	Vijaya Ekadashi 24  K Ekadashi	Pradosh Vrat 25 K Dwadashi	Maha Shivaratri 26  HM Yagya, Abhishekam K Trayodashi	27 K Chaturdashi ● Amavasya	28 S Pratipada	

| मा त्यज ।

Do Not Give Up

Maharshi Agastya's Mitravarunashakti



Maharshi Agastya is one of the seven Saptarishis

Maharshi Agastya is the seer of many mantras of the Rigveda and made pioneering contributions in the field of Ayurveda and Jyotisha shastra. He received 'Lalita Sahastra Naamam' (a sacred composition) from Lord Hayagriva. He is also the seer of power-packed hymns in praise of Suryadeva (Aditya Hridayam Stotram) and Mata Saraswati (Saraswati Stotram). He is considered as the Father of Tamil literature. Prabhu Shri Rama stayed at Maharshi Agastya's ashram during his exile. The Sage gave Him three gifts: a bow made by Vishwakarma, an inexhaustible quiver, and a sword.

In ancient India, an array of inventions like high-flying balloons, parachutes, electricity, and batteries existed. The core of electricity's creation traces back to the wisdom of Maharshi Agastya's battery-making formula. In his 'Agastya Samhita' book, he presented theories for clean energy generation using natural resources, pioneering the path of electricity.

'Agastya Samhita'

संस्थाप्य मृण्मये पात्रे ताम्रपत्रम् सुसंस्कृतम् ।
छादयेत् शिखिग्रीवेनार्दाभिः काष्ठपांसुभिः॥

दस्तालोष्ठो निघातव्यः पारदाच्छादितस्ततः ।
संयोगात् जायते तेजो मित्रावरुण संज्ञितम् ॥

अनेन जलभंगोस्ति प्राणोदानेषु वायुषु।
एवम् शतानाम् कुंभानाम् संयोगः कार्यकृत्स्मृतः॥

वायु बंधक वस्त्रेण निबद्धो यंमस्तके।
उदानः स्वलघुत्वे बिभर्त्याकाश यानकम॥

Take a clean earthen pot, place a copper sheet, and put the shikigreeva (copper sulfate solution) in it.

Smear it with wet saw dust, mercury, and zinc. Then, join the wires which will give rise to energy (Tejas) called Mitra-Varuna (Mitra-cathode, Varuna-anode). This will lead to the disintegration of water into Praana vaayu (oxygen) and Udaana vaayu (hydrogen).

A chain of one hundred such jars is said to give a very active and effective force. The Udaana vaayu created can then be trapped into an air-tight cloth with some tactics.

If this is achieved, owing to the self-buoyancy of Udaana vaayu, it is possible to build a structure capable of flying in the air like a 'hot air balloon'.



Maharshi Agastya's Mitravarunashakti

Dr. Sahastrabuddhe (HOD of Sanskrit Dept), and Prof. Hole (Engineering Dept) from Nagpur re-investigated the generation of electricity according to the description. When a cell was prepared according to 'Agastya Samhita' and measured, it gave an open circuit voltage of 1.138 volts and a short circuit current of 23 mA.

'Agastya Samhita' also described 32 kinds of electricity and electronic machines and appliances. Modern battery cells resemble Maharshi Agastya's method of generating electricity.

David Hatcher Childress author of 'Technology of the Gods: The Incredible Sciences of the Ancients', said "In the temple of Trivandrum, Travancore, a great lamp was lit over one hundred and twenty years ago, in a deep well inside the temple on the background of 'Agastya Samhita' text ".

मूकं करोति वाचालम्, पङ्गुं लङ्घयते गिरिम् ।
यत्कृपा त्वमहं वन्दे, परमानन्दमाधवम् ॥

"I bow to Paramananda Madhava, whose Kripa transforms the dumb into a speaker and makes the lame climb the mountain"



Sun	mon	tue	wed	thu	fri	Sat
Ugadi ३० Gudi Padwa Chaitra Navaratri Ghatashtapana S Pratipada	Gauri Pooja Matsya Jayanti S Dwitiya/ Trutiya					Phulera Dooj Ramkrushna Jayanti S Dwitiya
२ S Trutiya	३ S Chaturthi	४ S Panchami	५ S Shashthi	६ S Saptami	७ S Ashtami	८ S Navami
९ S Dashami	Amalaki Ekadashi S Ekadashi	Pradosh Vrat S Dwadashi	११ S Trayodashi	Holika Dahan Attukal Pongal S Chaturdashi	Chaitanya Mahaprabhu Jayanti Holi Chandra Grahan Purn HM Yagya Purnima	CHAITRA १५ K Pratipada
Bhai Dooj १६ K Dwitiya	Sankashti Chaturthi K Trutiya/ Chaturthi	१८ K Chaturthi	Rang Panchami K Panchami	Vernal Equinox S Shashthi	२१ K Saptami	२२ K Ashtami
२३ K Navami	२४ K Dashami	Papamochani Ekadashi K Ekadashi	Papamochani Ekadashi K Dwadashi	Pradosh Vrat K Trayodashi	२८ K Chaturdashi	२९ Surya Grahan Anshik Amavasya

। परोपकारार्थं इदं शरीरं ।

This Body Is To Serve Others

Celestial Synergy of Astronomy, Mathematics, and Architecture

-700 year old - SUNDIAL

Konark's name originates from Sanskrit words 'Angle' (कोण) and 'Sun' (अर्क). The Konark's 'Surya Mandir', Puri's 'Jagannath Mandir', and 'Lingaraja Mandir' create a triangle, with Konark at one of its angle points (कोण). King Narasimhadeva-I of the Ganga dynasty built this mandir around 1250 CE. The mandir is dedicated to the worship of Suryadeva (the Sun God) and the Navagrahas (nine planets). It features revered stone sculptures. The architects skillfully employed astronomy, calculating the rotations and distances of the earth, sun, moon, and stars and crafted a Sundial that traces the 8 parts (प्राहर) of day and night. It also aligns with the changing seasons, and serves a pivotal role in religious ceremonies.

The mandir is shaped like a chariot (रथ) pulled by 7 horses on 12 pairs of huge, gorgeously decorative wheels (चक्र). Of the 24 wheels, 6 each are on both sides of the main mandir, 4 each are on both sides of the Mukhsala, and 2 each are on both sides of the eastern front steps. Architecturally all the 24 wheels are similar but each one of them is decorated differently. The 7 horses symbolize 7 days of the week, 12 pairs of wheels depict 12 months of the year, and 24 wheels represent 24 hours of a day.

The Sundial

- The Sundial shows time in an anti-clockwise fashion
- The size of the wheel is 9 feet 9 inches in diameter and each one of them has 8 major spokes and 8 minor spokes.
- 8 major spokes signify 'Prahara' (प्राहर) of the day. The distance between two major spokes is 3 hours (180 minutes).
- The minor spoke between two major spokes is of 1.5 hours (90 minutes).
- Major spoke and minor spoke has 30 beads in between them at the edge of the wheel. Thus each bead represents 3 minutes ($90/30=3$).

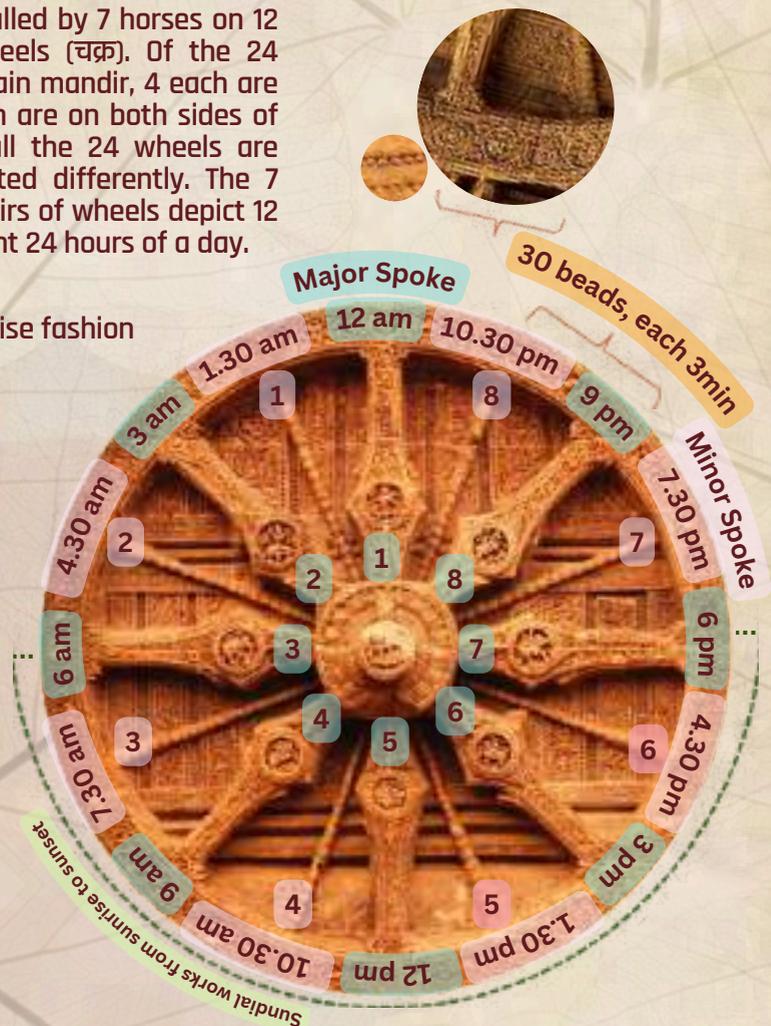
By placing a finger or a stick at the axle's center, the shadow precisely indicates the current time of the day.

How to tell time when the Sun is in the other direction? no Sun, no shadow? This mandir boasts not just 2, but 24 intricately carved wheels in all directions. All these wheels akin to Sundials, are meticulously crafted for precision when the Sun is in another part of the sky.

Over 100 years ago, people saw the stone wheels as artistic, and not functional time indicators. One of the yogis revealed their use by reading time from Sun-shadowed spokes. On February 16, 1980, Konark aligned with a total Solar Eclipse.

Timekeeping Beyond Sunset: How to tell time post-sunset?

Heard of Moondials? Imagine the remaining 22 wheels as Moondials.



There are markings and carvings all over these Sundials and we don't know the meaning of most of them. There are clues on these wheels which people have overlooked for centuries. If ancient people spent a lot of time creating something, it was done for a valuable and scientific purpose.

An important aspect is the annual Konark Dance Festival in December, showcasing the traditional Odissi dance, a prominent classical Indian dance form.

रामाय रामभद्राय रामचंद्राय वेधसे ।
रघुनाथाय नाथाय सीतायाः पतये नमः ॥

“My salutations to Bhagavan Shri Rama who is Ramabhadra, Ramachandra, Raghunatha, cause of all causes, controller of the world and Swami of Maa Sita”



sun	mon	tue	wed	thu	fri	sat
		1 S Chaturthi	2 S Panchami	3 Yamuna Chhat S Shashthi	4 S Saptami	5 S Ashtami
Shri Rama Navami HM Yagya S Navami	6 S Dashami	7 Kamada Ekadashi	8 S Dwadashi	9 Pradosh Vrat Mahavir Jayanti S Trayodashi	10 S Chaturdashi	11 Hanuman Janmotsav HM Yagya Purnima
VAISHAKHA 12	Baisakhi 13 Solar New Year	14 K Dwitiya	15 Sankashti Chaturthi K Trutiya	16 K Chaturthi	17 K Panchami	18 K Shashthi
19 K Saptami	20 K Ashtami	21 K Navami	22 K Dashami	23 Varuthini Ekadashi Vallabhacharya Jayanti K Ekadashi	24 Pradosh Vrat K Dwadashi	25 K Trayodashi/ Chaturdashi
26 Amavasya	27 S Pratipada	28 Parashurama Jayanti S Dwitiya	29 Akshaya Trutiya S Trutiya			

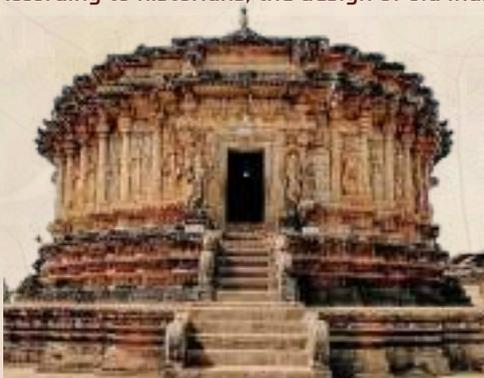
। अन्नं न निन्द्यात् तद व्रतम् ।

The Rule Is Never Disrespect The Food

Architecture Beyond Human Horizons



Chausath Yogini Mandir of Mitaoli, MP - Roofless Architectural Wonder
According to historians, the design of old Indian Parliament is based on this structure.



Vidyashankara Mandir Sringeri, Karnataka
It is 1300 years old and features 12 pillars representing each month. Sunlight falls on a specific pillar based on the zodiac sign, indicating the month.



Ratneshwar Mahadev Mandir Varanasi, Kashi
Stands 74 meters tall, tilting at a 9-degree angle, it's submerged in the Ganga river for 6 months yearly. In comparison, the 'Leaning Tower of Pisa' tilts 4 degrees and is 54 meters high.



Chennakesava Mandir in Somnathpura, Karnataka
The mandir is built on a raised platform, a spectacular work of art with intricate carvings both on the outside & inside.



Chand Baori Stepwell, Rajasthan
The stepwell was built 1000 years ago highlighting 3500 steps, 13 stories, and 30 meters underground.

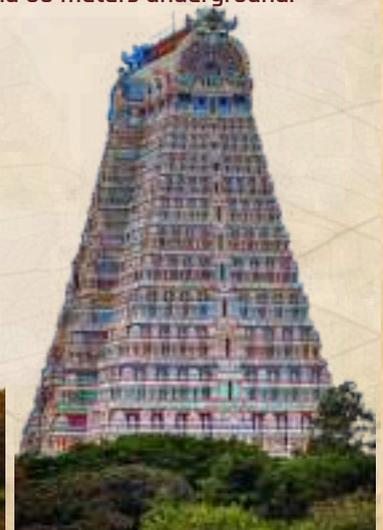


Papanasini Siva Mandir, Bhubaneswar

Skyscrapers aren't exclusive to modern cities. Ancient India also had it's version of skyscrapers.



Murudeshwara Mandir, Karnatka
237 feet



Ranganathaswamy Mandir, TN
239 feet

No matter how advanced we become, we can never match the architectural wonders crafted by our ancestors.

त्रिविधं नरकस्येदं द्वारं नाशनमात्मनः । कामः क्रोधस्तथा लोभस्तस्मादेतत्त्रयं त्यजेत् ॥

“Lust, anger and greed are three doorways to hell which can destroy a being completely, therefore, O’ Arjuna, immediately abandon these three”



Sun	mon	tue	wed	thu	fri	Sat
				1 S Chaturthi	2 Surdas Ramanujacharya Shankaracharya Jayanti S Panchami	3 Ganga Saptami S Shashthi
4 S Saptami	5 Sita Navami S Ashtami	6 S Navami	7 S Dashami	8 Mohini Ekadashi S Ekadashi	9 Pradosh Vrat S Dwadashi	10 S Trayodashi
11 Narasimha Jayanti S Chaturdashi	12 Buddha Purnima Kurma Jayanti HM Yagya Purnima	13 JVESHTHA Narada Jayanti K Pratipada	14 K Dwitiya	15 K Trutiya	16 Sankashti Chaturthi K Chaturthi	17 K Panchami
18 K Panchami	19 K Shashthi/ Saptami	20 K Ashtami	21 K Navami	22 K Dashami	23 Apara Ekadashi K Ekadashi	24 Pradosh Vrat K Dwadashi
25 K Trayodashi	26 Vata Savitri K Chaturdashi	27 Amavasya S Pratipada	28 S Dwitiya	29 Maharana Pratap Jayanti S Trutiya	30 S Chaturthi	31 S Panchami

। अस्मिन् जगति किञ्चिदपि निःशुल्कं नास्ति ।

Nothing Is Free In This Universe

Sanskrit : The Science of Sound (Dhwani)

Sanskrit encompasses the science of sound (ध्वनि), serving as the divine speech (वाणी) of celestial Gods. 'Shabda' (नाद) is its primal vibration source, driving universal kinetic energy. Ancient Rishis mastered the sound of science, bestowing upon us organized sound energies known as 'Mantra' (मंत्र). These mantras have a profound impact on emotions, finances, and physique. Precise chanting of these powerful mantras under the guidance of a spiritual master brings transformative effects to individuals and their surroundings.

Origin of Nooda (Alphabets)

Sanskrit alphabets and phonology represent remarkable scientific innovation. The script comprises 56 letters, 16 vowels (स्वराः), and 42 consonants (व्यञ्जनानि), all intricately linked to human physiology. These components of the Sanskrit alphabets are influenced by the body's energy centers 'Chakras' (चक्र), as illustrated in the figure.

The initial Sanskrit letter 'अ' is known as 'अकार' (akaara). It originates from the throat (कण्ठ), which is the starting point for sound production. This 'अ' sound embodies the essence of the language, playing a pivotal role in its origin. In Shrimad Bhagavad Gita, Bhagavan Shri Krishna highlighted its significance by saying: "अक्षराणामकारोऽस्मि" (10.33) Among letters, I am अ (akaara).



वर्ण	क	ख	ग	घ	ङ
सुप्राण	च	छ	ज	झ	ञ
मूला	ट	ठ	ड	ढ	ण
उप्राण	त	थ	द	ध	न
सुप्राण	प	फ	ब	भ	म

The consonant's pronunciation is scientifically structured based on mouth movement and articulation location.

Few contributions by Sanskrit Scholars:

Scholars	Contribution
• Maharshi Panini	Authored 'Ashtadhyayi,' a foundational Sanskrit grammar.
• Maharshi Valmiki	Composed 'Ramayana,' the heart of every Indian.
• Maharshi Vyasadeva	Penned 'Mahabharata,' containing Bhagavad Gita and more.
• Kavi Kalidasa	Renowned for plays and poms like 'Shakuntala' & 'Meghdoota'.
• Maharshi Aryabhata	Pioneered 'Aryabhatiya' in Indian mathematics and astronomy.
• Adi Shankaracharya	Rendered 'Soundarya Lahari,' hymns for Mother Divine.
• Acharya Chanakya	Authored 'Arthashastra,' an ancient treatise on statecraft.
• Maharshi Patanjali	Compiled 'Yoga Sutras,' a significant treatise on yoga.
• Maharshi Bhasa	Was an innovative playwright in ancient Indian theater.
• Maharshi Bhavabhuti	Renowned for plays like 'Malti Madhav' and more.

Sanskrit is rich in vocabulary, phonology, grammar, and syntax which remains undiluted to this day despite its antiquity and thus it is the mathematical language of the world. UNESCO calls Vedic chanting 'Intangible Cultural Heritage'. NASA declared Sanskrit to be the most unambiguous of all human speech and best suited for computer processing and artificial intelligence.

A 14th-century Sanskrit poem by Surya Pandita called 'RamaKrishna Viloma Kavyam' is a complex palindrome in Sanskrit literature. Palindrome means a sequence that reads the same forward and backward.

It shows the greatness of Sanskrit. In each verse, the first part talks about Prabhu Shri Rama and the Ramayana, and the second part talks about Bhagavan Shri Krishna and the Mahabharata. The unique part is that the second half is the exact reverse of the first half. Each verse is a perfect palindrome, beautifully connecting both epics.

As you can see in the first verse
'श्रीयादवं भव्यमतोयदेवं संहारदामुक्तिमुतासुभूतम्' is
the exact syllable reversal of
'तं भूसुतामुक्तिमुदारहासं वन्दे यतो भव्यभवं दयाश्रीः'
All the verses of this poem are like this.

Works like these are testimonials to the elegance of the Sanskrit language. Hats off to the author of this great work.

Sanskrit is remarkable for utilizing various parts of the mouth to create a wide range of sounds based on its alphabet. Speaking it offers instant mouth fitness and could even reduce wrinkles around the mouth. It is a unique treat for the mouth.

अयं निजः परो वेति गणना लघुचेतसाम् ।
उदारचरितानां तु वसुधैव कुटुम्बकम् ॥

“Narrow-minded thinks this is mine, that is someone else's,
Magnanimous thinks the entire world is one family”



sun	mon	tue	wed	thu	fri	sat
1 S Shashthi	2 S Saptami	3 S Ashtami	4 S Navami	5 Ganga Dussehra S Dashami	6 Nirjala Ekadashi	7 Nirjala Ekadashi
8 Pradosh Vrat S Dwadashi	9 S Trayodashi	10 Vata Purnima Vrat S Chaturdashi	11 Kabirdas Jayanti HM Yagya Purnima	12 ASHADHA K Pratipada	13 K Dwitiya	14 Sankashti Chaturthi K Trutiya
15 K Chaturthi	16 K Panchami	17 K Shashthi	18 K Saptami	19 K Ashtami	20 K Navami	21 Yogini Ekadashi International Yoga Day Longest Day K Dashami/ Ekadashi
22 Vaishnava Yogini Ekadashi K Dwadashi	23 Pradosh Vrat K Trayodashi	24 K Chaturdashi	25 Shani Jayanti Vata Savitri Vrat Amavasya	26 S Pratipada	27 Jagannatha Ratha Yatra S Dwitiya	28 S Trutiya
29 S Chaturthi	30 S Panchami					

। तपः सार इन्द्रियग्रहः।

Control Over The Senses Is The Essence Of Penance

Metallurgical Marvels of Ancient Bharat

Ancient Bharat's metal work shows incredible skills in technology and art. The civilization's metal expertise is evident in numerous remarkable creations.

Wootz Steel

The ancient Bharatiya art of crafting steel gave rise to Wootz steel, an exceptional alloy celebrated for its unparalleled strength and exceptional sharpness, standing as a cherished masterpiece of metallurgy. This alloy played a crucial role in the creation of revered swords and blades such as the renowned Damascus blades, known for their legendary cutting ability.

Rustless Wonders

A remarkable instance of advanced iron application is the renowned Iron Pillar in Delhi – an imposing 23-foot structure weighing around six tons of wrought iron with a Sanskrit inscription on it by King Chandra Gupta II, dedicated to Shri Hari Vishnu. Enduring for over a millennium, this pillar's extraordinary resistance to rust and corrosion stands as a testament to its remarkable durability.



But why it is rustless or more precisely rust-resistant, is still a major question.

Several scientific studies have been conducted to analyze the composition of the iron and the factors contributing to its corrosion resistance. Its rust resistance has recently been explained by the unique ratio of phosphorus, iron, and oxygen. These elements collaborate to form a protective layer that regenerates when scratched. Ancient Bharatiya blacksmiths patiently experimented, discovering suitable iron ore sources and refining processes for crafting these pillars.

Ancient Bharat's remarkable metallurgical skill is also evident in other pillars, found in locations like Dhar and Kodachadri Hill. The expertise in selecting iron ore and techniques employed in crafting iron beams in Jagannath Puri mandir and Konark Sun mandir, showcase the deep-rooted proficiency in the knowledge of metals and their ores.

Zinc Master

Throughout the last 4 millennia, Bharat possessed exclusive knowledge of extracting zinc from its ore. Zinc, with a melting point of 997°C, posed a unique challenge as it vaporizes at 1000°C, leaving a mere 3-degree extraction window. To overcome this, Bharatiya metallurgists ingeniously reversed the heating process—applying heat from the top and an ice bath below to extract solidified zinc. This technique, guarded closely for centuries, made Bharat the sole global zinc producer. Eventually, this method reached China through a traveller and later made its way to Britain with William Champion, who introduced zinc distillation in 1543. This astonishing knowledge from thousands of years ago underscores our understanding of zinc's properties and their ability to navigate this narrow 3-degree window for the process of distillation.

The technique of zinc distillation detailed in Sanskrit texts like Rasaratna Samuchchaya (रसरत्न समुच्चय) authored by Rishi Vagbhata, was used alongside 'mercury distillation'. Archaeological evidence confirms zinc production in Rajasthan's Zawar mines from the 5th or 6th century BCE. Bharat led the mastery of zinc distillation, smelting 50,000 to 100,000 tons between the 13th and 18th centuries CE.

Ancient artisans showcased remarkable skills in intricate lost-wax cast bronze sculptures. They mastered diverse alloys like bronze and brass, creating items like coins, exquisite artifacts, mandir adornments, metal pillars, doors, and decorations.



अहं कृष्णांशः कृष्णदेवस्य अंशः ।
 अहं कृष्णदासः अहं कृष्णदासः ॥

“I am the eternal part of Shri Krishna,
 I am His eternal servant”



sun	mon	tue	wed	thu	fri	sat
		1 S Shashthi	2 S Saptami	3 S Ashtami	4 S Navami	5 S Dashami
Devashayani Ekadashi 6 S Ekadashi	7 S Dwadashi	Pradosh Vrat 8 S Trayodashi	9 S Chaturdashi	Guru Purnima 10 Vyasa Puja HM Yagya, Celebrations Purnima	SHRAVANA 11 K Pratipada	12 K Dwitiya
13 K Trutiya	Sankashti Chaturthi 14 K Chaturthi	15 K Panchami	16 K Shashthi	17 K Saptami	18 K Ashtami	19 K Navami
20 K Dashami	Kamika Ekadashi 21 K Ekadashi	Pradosh Vrat 22 K Dwadashi/ Trayodashi	23 K Chaturdashi	24 Amavasya	25 S Pratipada	26 S Dwitiya
Hariyali Teej 27 S Trutiya	28 S Chaturthi	Naaga Panchami 29 S Panchami	30 S Shashthi	Tulasidas Jayanti 31 S Saptami		

। समत्वं योग उच्यते ।

Evenness Of Mind Is Known As Yoga

Why do our Grandparents fast on Ekadashi ??

The 11th day of the waning moon (Krishna Paksha) and the 11th day of the waxing moon (Shukla Paksha) is called EKADASHI. This comes once in a fortnight, and twice in a month.



1..2..3...4.....11.....15 (Full Moon)..1..2..3..4.....11...(No Moon)

Ekadashi is also known as 'Hari vasarah' or 'Madhvatithi'.

The Legend

Once a powerful demon Mura disrupted the universe's balance. The Devas sought help from Ekadashi, a divine energy. Ekadashi battled Mura with divine strength, restoring peace. In reward, Shri Hari Vishnu granted her a boon that whoever fasts on Ekadashi will be absolved from sins and will get Moksha, liberation from birth and death cycle.

Ekadashi, meaning 'Ek- One, Dash- Ten' signifies control over 11 senses. It promotes self-discipline via fasting and spiritual practices. Abstaining from food and engaging in prayers/meditation on Ekadashi provides an opportunity to shift focus from sensory desires to spiritual pursuits.

Spiritual Significance

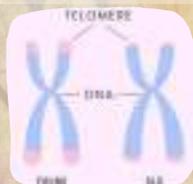
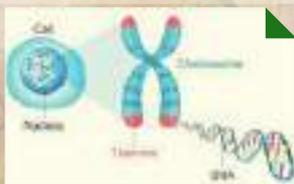


DNA and lifespan

Aging links to telomeres, known as 'junk DNA,' which shields coding DNA. Telomeres naturally shrink in cell division, shortening cell lifespan. To extend cell lifespan, scientists suggest fewer cell divisions and less telomere loss.

One way is to limit cell division through caloric restriction, but this can be tough due to induced fatigue. A groundbreaking discovery that won a Nobel prize in 2009 showed that 36 hours of fasting mimics caloric restriction and benefits the cellular health. It yielded similar effects as Ekadashi fasting.

Ekadashi fasting combines spiritual and health benefits, providing detoxification, digestion aid, and possible disease risk reduction. This is an intriguing fusion of spirituality and science.



Astronomical Importance

The moon's gravitational force notably affects ocean tides, especially during Dashami to Dwadashi, culminating on Ekadashi. Given that our bodies are made up of 70% water, this lunar sway extends to us, impacting our minds too.

Why not to eat grains?

Grains and lentils, being water-retentive, can intensify this influence when consumed on the 11th day. This connection underscores Ekadashi's significant impact on our physical and mental well-being, potentially leading to health issues. Thus, refraining from eating grains on Ekadashi is advised.

Our grandparents' profound understanding of the significance of Ekadashi fasting encourages us to uphold the tradition.

हे कृष्ण हे माधव हे देव त्वम् ।
सर्व कारणस्य कारणम् ॥

“O’ Krishna, O’ Madhava, O’ Deva,
You are the cause of all causes.”



Sun	mon	tue	wed	thu	fri	sat
Radha Ashtami ३ <p>Gauri Pujan Mahalakshmi Vrat Begins S Ashtami</p>					1 S Ashtami	2 S Ashtami
3 S Navami	4 S Dashami	Putrada Ekadashi 5 <p>S Ekadashi</p>	Pradosh Vrat 6 <p>S Dwadashi</p>	7 S Trayodashi	Varalakshmi Vrat 8 <p>S Chaturdashi</p>	Raksha Bandhan 9 <p>Narali Purnima Sanskrit Diwas HM Yagya Purnima</p>
BHADRAPADA 10 K Pratipada	11 K Dwitiya	Sankashti Angaraki Chaturthi 12 <p>Kajari Teej K Trutiya</p>	13 K Chaturthi/ Panchami	Balarama Jayanti 14 <p>K Shashthi</p>	Independence Day 15 <p>Shri Krishna Janmashtami K Saptami</p>	Dahi Handi 16 <p>K Ashtami</p>
17 K Navami	18 K Dashami	Aja Ekadashi 19 <p>K Ekadashi</p>	Pradosh Vrat 20 <p>K Dwadashi</p>	21 Paryushan parvarambh K Trayodashi	22 K Chaturdashi	Pola 23 <p>● Amavasya</p>
24 S Pratipada	Varaha Jayanti 25 <p>S Dwitiya</p>	Hartalika Teej 26 <p>Gauri Habba S Trutiya</p>	Ganesha Chaturthi 27 <p>S Chaturthi</p>	Rishi Panchami 28 <p>S Panchami</p>	29 S Shashthi	30 S Saptami

। स्वात्मानं जानीहि ।

Know Yourself

Stone Stories



Our ancestors were trailblazers, in fashionable dressing, immaculate makeup, exquisite ornaments, impeccable grooming, and mirror gazing. This is evident in the stone-carved fashionable figurines found in thousands of years old mandirs.

STONE WONDERS
Isn't this ornamental dress beyond imagination?



The carvings on the stone walls of the various mandirs depict: 1. astronauts wearing full helmets and gloves with visible cuffs, prioritizing head and hand protection 2. a soldier using a telescope, war rocket launching pad that is holding the missiles/combustible arrows (Halebidu mandir, 12th century) 3. women using devices like mobile and tablets (Sun mandir, Modhera, Gujarat) 4. a parachute carving (Rangaswamy mandir, Srirangam) 5. carving of a Bicycle (2000 years old Panchavarna Swamy mandir) 6. detailed Sperm-Ovum fertilization and further cell division (Varamurtheeswara mandir) 7. embryonic development (Shri Kalabhairava mandir, Tamilnadu) 8. the process of delivery showing doctors and nurses (Ranganathaswamy mandir) 9. ongoing CPR procedure on a child (Hoysala mandir, Karnataka) 10. the Earth as little flattened at the poles (Somanathapura mandir) 11. carvings of dinosaurs (Angkorwat mandir) 12. the use of medical instruments in the field of dentistry



Atmanathar mandir is a definite evidence to the mandir architectural skills of ancient sculptors and engineers. Look at the ceiling with ornamental snake, rings, nuts, bolts, the entire roof with hanging rings, different types of rods, and the huge stone door at Tharamangalam Kailasanathar mandir. All are made up of GRANITE stone.

Beyond spirituality, ancient mandirs serve as open books of knowledge and wisdom offering the opportunity to acquire hidden and intricate sciences through daily visits.

अभिवादनशीलस्य नित्यं वृद्धोपसेविनः ।
चत्वारि तस्य वर्धन्ते आयुर्विद्या यशो बलम् ॥

“One who is always polite, wise, courteous, and serves the elders, his lifespan, knowledge, fame, and strength increases”



Sun	mon	tue	wed	thu	fri	Sat
	Gauri Pooja S Navami	 Gauri Visarjan S Dashami	Parivartini Ekadashi S Ekadashi	Vamana Jayanti S Dwadashi	Pradosh Vrat Teacher's Day Thiruoanam S Trayodashi	Ananta Chaturdashi Ganesha Visarjan S Chaturdashi
Chandra Grahan Purn HM Yagya Purnima	ASHWIN Pitru Paksha Begins K Pratipada		Sankashti Chaturthi K Trutiya			
Mahalakshmi Vrat Purn K Ashtami			Vishwakarma Puja Indira Ekadashi K Ekadashi		Pradosh Vrat K Trayodashi	
Sarvapitri Amavasya Amavasya	Navaratri Begins Ghatasthaapana Surya Grahan Anshik S Pratipada				Lalita Panchami S Chaturthi	Bilva Nimantran S Panchami
Kalpaarambh S Shashthi	Nava Patrika Pooja Saraswati Aavaahan S Saptami	Durga Ashtami Saraswati Pooja S Ashtami				

। नास्ति क्रोधसमो रिपुः ।

There Is No Enemy Like Anger

Chumbaka Mani Ancient Land Mine Detector



Sages are the most advanced scientists. Ancient Sanskrit literature contains descriptions of flying machines, known as Vimanas. Abundant documents provide evidence that Maharshi Agastya and Maharshi Bharadwaja pioneered the knowledge of aircraft construction. The 'Agastya Samhita' presents two types of airplanes while another notable creation is the Vaimanika Prakaran (वैमानिक प्रकरण) which is a part of Yantra Sarvaswa (यंत्र सर्वस्व), an encyclopedia of machinery authored by Maharshi Bharadwaja.

To our surprise, the Vaimanika Prakaran comprehensively details various aspects of vimanas, such as concepts and techniques of flying, the pilot's crucial role, seasonal dietary guidelines and designated attire for pilots. It also mentions about the atmospheric understanding for navigation, analysis of functional components, structural metal composition for strength, yantra integration for specific tasks, use of reflective mirrors (Darpanas), systematic categorization under Kritaka classification, and many more.

Different types of vimanas are mentioned in the Ramayana, Mahabharata, and Puranas. Carvings of vimanas, and aerial vehicles in mandirs also provide tangible evidence of their existence.



A Vimana carving in Ellora caves mandir, India



Since this book contains several hundreds of procedures for crafting different instruments, three IIT Bombay Nanotechnology experts chose to concentrate on the Guhagarbha Darshana Yantra (गुहगर्भ दर्शन यन्त्र) the ancient land mine detector, designed to detect concealed underground armaments.

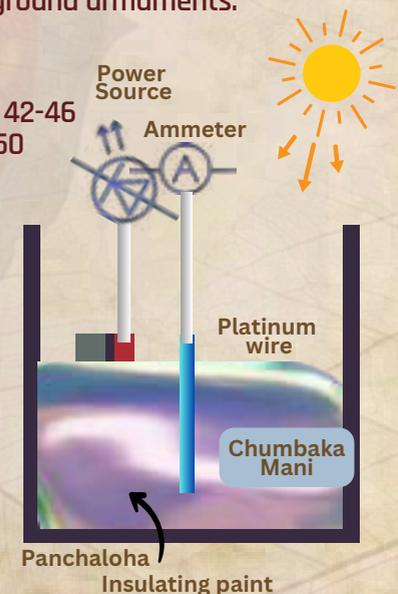
This yantra is a combination of three parts

- Panchaloha (पंचलोह) - Sutra No 38-41
- Paragrāndhikadrav (परग्रंधिकद्रव) - Sutra No 42-46
- Chumbaka Mani (चुंबक मणि) - Sutra No 47-50

Chumbaka Mani is crafted using the flux technique. The employed flux demonstrates remarkable reactivity, capable of dissolving iron oxides, sand, and similar substances even at temperatures up to 600°C. When subjected to further heating at 1250°C, it transforms into a magnetic substance with a diamond-like luster (Mani). This flux finds valuable application in effectively melting high-melting-point metals. Chumbaka Mani displays metallic properties up to 400°C and then shifts to semiconducting behavior at higher temperatures, suggesting its potential utility as a sensor.

Remarkably, it is observed that the Guhagarbha Darshana Yantra transforms light (solar) energy into electrical energy following the principle of photoelectrochemical cells as illustrated in the figure.

In summary, these experiments strongly validate the authenticity and scientific reproducibility of the technique and materials behind the Guhagarbha Darshana Yantra. It intrigues that such flux technology was already known to ancient seers. Thus, it is important to undertake a comprehensive study of ancient knowledge to uncover the potential existence of other described products.



यो न ह्यष्यति न द्वेष्टि न शोचति न कांक्षति ।
शुभाशुभपरित्यागी भक्तिमान्यः स मे प्रियः ॥

“The devotee who does not get over excited and always remains content, stays worriless, does not have jealousy for others, has no material desires, forsakes the fruit of all his auspicious and inauspicious actions and who always remains immersed in my devotion is very dear to me”



SUN	mon	tue	wed	thu	fri	SAT
			Maha Navami 1 S Navami	Durga Visarjan Saraswati Visarjan Vijaya Dashami Dussehra Gandhi Jayanti Madhavacharya Jayanti S Dashami	Papankusha Ekadashi 3 S Ekadashi	Pradosh Vrat 4 S Dwadashi
5 S Trayodashi	Kojagiri Purnima 6 Sharad Purnima S Chaturdashi	Valmiki Jayanti 7 Meerabai Jayanti HM Yagya Purnima/ K Pratipada	KARTIKA 8 K Dwitiya	9 K Trutiya	Sankashti Chaturthi 10 Karwa Chauth K Chaturthi	11 K Panchami
12 K Shashthi	Radha Kund Snan 13 K Saptami	14 K Ashtami	15 K Navami	16 K Dashami	Rama Ekadashi 17 Govatsya Dwadashi K Ekadashi	Pradosh Vrat Dhanteras 18 Yam Deepan K Dwadashi
Kali Chaudas 19 K Trayodashi	Naraka Chaturdashi 20 Lakshmi Puja Diwali K Chaturdashi Amavasya	21 Amavasya	Bali Pratipada Gujarati New Year Govardhan Puja S Pratipada	Bhai Dooj 23 S Dwitiya	24 S Trutiya	25 S Chaturthi
26 S Panchami	27 Chhat Puja S Shashthi	28 S Shashthi	29 S Saptami	Gopashtami 30 S Ashtami	31 S Navami	

। प्रबलः कर्मसिद्धांतः ।

The Law Of Karma Is Very Powerful

Surgical Practices in Ancient Bharat

The Rigveda, an ancient Indian text, mentions the Ashwini Kumaras as divine doctors skilled in surgery. They performed remarkable surgeries, including head transplants. One such case involved re-attaching the head and torso of Sage Chyavana. They also operated on Reejashva's eyes, implanted Pushna's teeth, and attached an iron leg to Vishpala, the wife of King Khela. These ancient procedures, including both autologous and allogeneic transplantations, date back to 5,000 years.



The remarkable surgical skills of the Rigvedic era may seem like legends or mysteries to modern medicine, leading to disbelief. However, these skills formed the basis of Ayurveda. 'Ayurveda' means 'knowledge for extending life' and is associated with the Atharvaveda. It is also called 'Vaidyashastra' and a physician is known as a 'Vaidya,' signifying knowledge (vidya). India's classical medical system is based on Ayurveda.

The earliest comprehensive medical text from ancient India is the 'Charaka Samhita', compiled by Maharshi Charaka. It includes the contributions of early medical practitioners like Acharya Atreya and Acharya Agnivesha, who formed the foundation of Ayurvedic principles thousands of years ago. Maharshi Sushruta, the 'Father of Surgery' pioneered cosmetic, plastic, and dental surgery called 'Sandhan Karma'. His procedures, such as Rhinoplasty (Nasa Sandhan), Cheiloplasty (Oshtha Sandhan), and Otoplasty (Karna Sandhan), are documented in the 'Sushruta Samhita', which details 120 surgical tools, 300 procedures, eight surgery categories, and 60 wound treatments (Shashti upakrama).

Maharshi Sushruta's Contributions to Surgery



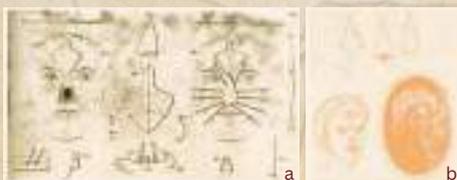
Queen Vishpala lost her leg during battle. The twin Gods, Ashwini Kumaras fitted her with an iron made prosthetic leg, allowing her to get back in action.



Photograph of 4000-year-old trepanated skull, found in Burzahom Srinagar, Kashmir. A female, 26-30 years, with 11 trepanation attempts (a surgical procedure in which a circular piece of bone is drilled and excised).



Surgical tools invented by Maharshi Sushruta



a. 'Indian Flap' for nasal reconstruction
b. Reconstruction of the nose by forehead Rhinoplasty

- **Anatomical Knowledge:** Maharshi Sushruta was among the earliest individuals to study human anatomy through the dissection of preserved cadavers.
- **Preservation of Dead Bodies:** He pioneered the technique of preserving deceased bodies for anatomical study.
- **Experimental Models:** He developed experimental models to teach surgical procedures to students before they operated on actual patients.
- **Categorization of Surgery:** He categorized surgery into distinct fields, including excision, scarification, puncturing, exploration, extraction, evacuation, and suturing.
- **Pioneering Procedures:** He is credited with originating plastic surgery, cataract operations, Laparotomy (a surgical incision into the abdominal cavity), Caesarian sections, and Vesical Lithotomy (surgical removal of stones formed inside the urinary tract (kidney stones), bladder, etc).
- **Health Awareness:** He knew health issues like aging and obesity's adverse effects. He also understood the benefits of physical exercise in managing conditions like diabetes.
- **Cosmetic Surgery:** He performed cosmetic surgeries, including Rhinoplasty (nose reconstruction), using forehead skin to reconstruct noses, which had a significant impact on the development of plastic surgery in Europe.
- **Ophthalmic Tradition:** He inherited India's rich tradition of Ophthalmology, with roots tracing back to legendary figures like King Nimi, who pioneered cataract surgery.
- **Transmitting Medical Knowledge:** The medical knowledge was transmitted to subsequent generations, contributing to the ongoing development of medical sciences.
- Sushruta Samhita's significance led to translations in various languages, including Arabic in the 9th century by Ibn Abila Sibal, Latin in 1844 by F. Hessler, German in 1846 by J.A. Vullars, English by U.C. Dutta in 1883 and A.F.R. Hornele in 1897, etc.

The Royal Australasian College of Surgeons (RACS) plays a vital role in surgical education and research. A statue of Maharshi Sushruta, recognized as the Father of Surgery, stands among notable ancient physicians.



शुभं करोति कल्याणमारोग्यं धनसंपदा ।
 शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तुते ॥

“Salutations to the Light of the Lamp which brings auspiciousness,
 health and prosperity and destroys inimical feelings”



sun	mon	tue	wed	thu	fri	sat
३० S Dashami						Devuthana Ekadashi Kansa Vadha S Dashami
Devuthana Ekadashi Tulasi Vivah S Ekadashi/ Dwadashi	Pradosh Vrat S Trayodashi	Manikarnika Snan S Chaturdashi	Deva Diwali Guru Nanak Jayanti HM Yagya Purnima	MARGASHIRSHA K Pratipada	7 K Dwitiya	Sankashti Chaturthi K Trutiya/ Chaturthi
९ K Panchami	१० K Shashthi	११ K Saptami	१२ K Ashtami	१३ K Navami	१४ K Dashami	१५ Utpanna Ekadashi K Ekadashi
१६ K Dwadashi	Pradosh Vrat K Trayodashi	१८ K Trayodashi	१९ K Chaturdashi	२० Amavasya	२१ S Pratipada	२२ S Dwitiya
२३ S Trutiya	२४ S Chaturthi	Vivaha Panchami S Panchami	२६ S Shashthi	२७ S Saptami	२८ S Ashtami	२९ S Navami

। गुरुरेव परायणः ।

Guru Is Your Ultimate Shelter

Mandirs: Path to Dharma, Artha, Kaama and Moksha



1: If you zoom in you can see the scales of a snake; 2, 5: 3D carvings; 3, 12, 13, 14: Optical Illusions; 6: Rope carved in stone; 4, 7: Rotating stone ball inside and rotating wheel; 9: Detailed anatomy, 0.5 mm needle passing through the ear 19: Vein seen on the foot; 8, 10, 11, 16, 17, 19: Look at the level of intricacy, tiny sticks can also be inserted between gaps; 15: Unbelievable technology (rock softening) was used to carve this stone.



Rudra Mahalaya Mandir



Modhera Surya Mandir



Mukteshwar Mandir



The iconic, exquisite stone umbrella carved out of a single rock

Shri Bhoga Nandishwara Mandir



1



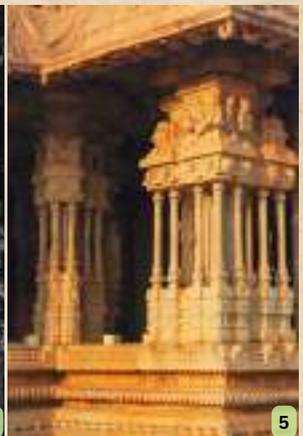
2



3



4



5



6



7



8

1, 2, 3, 4, 7: These are stunning and mesmerizing carvings on gleaming pillars of 12th century Hoysaleswara mandir, Chennakeshava mandir, and Harihareshwara mandir in Karnataka. Can you believe they were created without advanced tools and technology? Is it possible without the use of a lathe machine, laser stone-cutting machines, and software? Our heritage is incredible, mesmerizing, magical, and mystical. These astonishing mandirs were created by our ancestors from stones thousands of centuries ago, which turned out into masterpieces; 5: 56 musical pillars of Vitthal mandir, Hampi: You can hear the saptha-swarangal (7 musical notes) like a wave from these stone pillars; 6: 1212 pillars meet at one dot built by legendary engineers more than 1000 years ago at Rameshwaram mandir; 8: The hanging pillar at Lepakshi mandir is mystical. Among the sixty-nine pillars supporting the ceiling, one corner pillar does not touch the floor. A gap exists beneath it, allowing the passage of thin objects like cloth.

श्रद्धावाननसुयश्च शृणुयादपि यो नरः ।
सोऽपि मुक्तःशुभाल्लोकान्प्राप्नुयात्पुण्यकर्मणाम् ॥

“Listening to Shrimad Bhagavad Gita with unwavering faith and purity cleanses one's sins, leading to a place among the virtuous in the highest realms”



sun	mon	tue	wed	thu	fri	sat
	Mokshada Ekadashi Gita Jayanti HM MahaYagya Shrimad Bhagavad Gita Pathan S Ekadashi	Pradosh Vrat S Dwadashi	Hanuman Janmotsav (Telugu) S Trayodashi	Dattatreya Jayanti Annapurna Jayanti HM Yagya S Chaturdashi/Purnima	PAUSHA K Pratipada	K Dwitiya
Sankashti Chaturthi K Trutiya	K Chaturthi	K Panchami	K Shashthi	K Saptami	K Ashtami	K Navami
K Dashami	Saphala Ekadashi K Ekadashi	K Dwadashi	Pradosh Vrat K Trayodashi	K Chaturdashi	Hanuman Janmotsav (Tamil) Amavasya	Amavasya
Shortest Day of The Year S Pratipada	S Dwitiya	S Trutiya	S Chaturthi	S Panchami	S Shashthi	Guru Govind Singh Jayanti S Saptami
S Ashtami	S Navami	Putrada Ekadashi S Dashami/ Ekadashi	Putrada Ekadashi S Dwadashi			

। शिवास्ते सन्तु पन्थानः ।

May Your Path Be Blessed

Dhyaanam (ध्यानम्)

Dhyaanam (ध्यानम्) or Meditation is the process to connect our limited consciousness with the Infinite Intelligence or Cosmic Consciousness or The Supreme Divine. Bhagavan Shri Krishna says

समं कायशिरोग्रीवं धारयन्नचलं स्थिरः ।
सम्प्रेक्ष्य नासिकाग्रं स्वं दिशश्चानवलोकयन् ॥ (BG 6.13)

One should do dhyana by sitting in a posture, keeping his spine, neck and head in a straight line, remaining steady without looking here and there, focusing mentally on the breath which flows at the tip of the nose, controlling the mind by remaining content, practicing brahmacharya and fixing his mind on me. This is how one should do dhyana.



The way one should dial a correct number to connect with the desired person, exactly the same way right kind of meditation techniques lead us to higher conscious states. Whereas, incorrect practice of things without any proper guidance can lead to disasters. Various powerful meditation techniques are prescribed in our Vedas, Upanishads and Tantric Scriptures. One should learn these meditations under guidance of 'Guru'. Understanding the current world situation Rishis encapsulated these most ancient and powerful techniques in the form of Himalayan Meditation.

The Himalayan Meditation App is a pure blessing from Himalayan Rishis, which seeks to your spiritual growth, elevates humanity and provides extensive insights into the 'Universe' and 'Nature'. Himalayan Meditation App is consecrated with 108 Yagyas (यज्ञ) by the Sages themselves to make you feel the Divine presence during the Meditation and make you feel the Sages' guidance during the Meditation.

- The Himalayan Meditation App serves as a pathway to live a stress-free, disease-free, balanced, focused, and conscious life while opening the spiritual gateway to higher realms.
- It's a unique meditation app, designed to uplift every soul with ancient Vedic Yogic techniques accessible in both guided and self-guided modes.
- Discover 24 distinct powerful meditations in self and guided modes, offering over 500+ possibilities of newness.
- This has meditation techniques starting from Beginner, to Intermediate, to Advanced, catering to the need of all kinds of souls throughout the globe.
- The most unique, swiftest, most potent solution for all problems: embrace Himalayan Mindfulness, Heartfulness and Soulfulness as your direct paths toward the 'Supreme Union'.
- The app embodies the Yogic way of life and Seva which is a must for everyone who wants a transformation in life and My Path section to pave your path towards immortality.
- Himalayan chants and melodies are incredibly powerful, remarkably soothing, and a harmonious reflection of nature's tunes. Upakhyam: Explore captivating Upanishadic stories right here.
- Write to us with the photo of this page to avail a discount of 50% on any of our Himalayan Programs from Himalayan Meditation App.

Download link



[Himalayan Meditation](http://thehimalayanfoundation.in)

<http://thehimalayanfoundation.in>

Science of Yagya (यज्ञ)

Fire (अग्नि), a mystical element, was deeply explored by our ancient Rishis and Maharshis. While some perceive fire merely as heat and light, others acknowledge its bodily significance and purifying property. However, thousands of years ago, our sages recognized the significance of Agni in the creation of the universe and its connection to cosmic forces. The power of Agni gave rise to cosmic dust, stars, and planets. They believed Agni sustains creation and will ultimately transform it into ashes. The first word in the Rig Veda is 'Agni', marked by a prayer to Agni, which is the first attribute of The Supreme Being.

ॐ अग्निमीले पुरोहितं यज्ञस्य देवमृत्विजम्। होतारं रत्नधातमम्॥

यज्ञ, (Yajna, yagna, or Yagya, havan) means offering, oblation, fire ceremony, worship, prayer.

In Chapters 3 and 4 of Shrimad Bhagavad Gita, Bhagavan Shri Krishna explains the philosophy and different kinds of Yagyas.

Today's gravest peril is the toxic climate, imperiling all life forms. Since the ancient Vedic era, Rishis and Maharshis have guided us on the purifying ritual of Havan.



Himalayan Sages perform Yagyas on festivals and full moons, showing gratitude to the Supreme Divine, Devas, and Nature, benefiting human well-being. Join these Yagya services through Himalayan Meditation.



Himalayan Rishis foresee 1,00,000 mass Yagyas happening in the near future.



[himalayan meditation](http://himalayanmeditation.com)

Yagya Seva by Himalayan Meditation

Yagya is the process of cosmic transformation and transmission

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

श्रीमद् भगवद् गीता-
Verse 3.10,3.11
(Santh Saral
Bhagavad Gita
version by
Himalayan Sages)

The four headed Brahmadeva 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.

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 8886344222, 📞 +91 7506910073

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 Dhyaana (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



Glimpses of mass Yagyas held at different locations of India, US, Denmark, UK, Indonesia, and Singapore

Our youngest sadhaka performs Yagya every Purnima, sitting alone with focus and seeking blessings for an hour or two



You can feel the presence of Devatas in the flames

FEEL THE DIVINITY

Ashtakams Seva by Himalayan Meditation

Ashtakams are profoundly powerful and divinely transformative. They radiate an ineffable spiritual energy that transcends ordinary words. When immersed in the recitation of Ashtakam, one gets overwhelmed by the divine majestic, and celestial presence. It stands as a testament to the timeless wisdom and divine grace that flow through these sacred verses, offering solace, healing, and a deep connection to the divine realm. Daily recitation with devotion under the guidance of a Spiritual Master, has the intense ability to remove sufferings and guides you towards the abode of Shri Hari (The Supreme Divine).

Explore and immerse yourself in the Divine resonance of Ashtakams, such as Ganapati Raksha Kavacham, Hanuman Hridaya Malika, Bhootanatha Ashtakam, Mahamaya Ashtakam, Jeevaashtakam, Mokshya Ekadasham, Krishna Kriya Shatakam, Narayana Ashtakam, Kaarana Shatakam, Purnabrahma Stotram, Maa Mangala Ashtakam, Skanda Panchakam, and many more available for your spiritual journey on our YouTube channels.

Many devoted individuals have shared their experiences after regularly chanting these Ashtakams. They have been inspired to serve by printing and distributing Ashtakam books and installing marble, steel, and sunboards of these sacred texts in the nearby mandirs.

One remarkable example is one devotee's unwavering love and dedication which, with the grace of Shri Hari, brought the beautiful and powerful 'Purnabrahma Stotram' broadcasted live on Doordarshan-Odia channel during the 'Jagannatha Rath Yatra'.

A multitude of dedicated individuals worldwide are passionately joining our mission to install Ashtakam boards in all Dhams (धाम), Jyotirlinga mandirs, Shaktipeethas, and other mandirs globally.



With the Divine kripa of Shri Hari, devotees have lovingly installed sacred Ashtakam boards in several sacred mandirs. These include the Kamakhya Shaktipeetha, Devikup Shaktipeetha, Vaidyanath Shaktipeetha, Tara Tarini Shaktipeetha, Vimala mandir, Vishalakshi Shaktipeetha, Attahaa Shaktipeetha Fullora, Amarnath Shaktipeetha, Vaishno Devi mandir and many more. In many mandirs, Ashtakams are recited daily as part of the rituals. These installations of boards by dedicated sevaks united in this great mission share the divine teachings and enhance the spiritual journeys of the devotees who visit these significant places. Furthermore, Kheer Maa Bhavani mandir at Jammu and Kashmir, landmark mandirs of Barsana and Vrindavan, Kaalabhairava mandir of Varanasi, Sharika Mata mandir in Hari Parvat, Srinagar, Kashmir, Jagannath Puri mandir, Vyasadeva Gufa, Shankaracharya Peeth, Dwaraka, many mandirs in the USA, and numerous other significant mandirs have also warmly embraced these Divine boards.



Visit our YouTube channel and listen to Divine Ashtakams and immerse yourself in their sacred resonance.



Contribute to Mandir Seva as per your heart's desire and willingness. Your support is deeply appreciated and helps maintain the sanctity and vibrancy of our sacred spaces.

Contact us:

+91 8886344222
+91 7506910073

Why 'Himalayan Kids' ?

A Right place for your Kids...

"CATCH THEM WHILE YOUNG"

OUR VISION & MISSION



Himalayan Kids is the first step towards Conscious parenting

Parents give roots and wings to their children

Only Five Minutes with Himalayan Kids everyday can transform your child's life forever

In Himalayan kids Program, kids engage in meditation practices to help develop their potential into that of a "super-kid."



...and our endeavour is to develop all these qualities in your child

LEADERSHIP	BRAIN POWER	CONCENTRATION
IMPROVED SLEEP	MEMORY	KINDNESS
YES TO HEALTHY FOOD	FOCUS	COURAGE
	NO SCREEN	IMMUNITY

'Balayogam and Balabodham Programs'

Super Exciting and Enthusiastic one hour for kids with HM

This highly popular initiative runs continuously, attracting children from various parts of India, US, UK, Denmark, South Africa, Singapore, and beyond. The program offers a diverse range of activities, including Surya Namaskara, Morning Energization, Super Brain Yoga, Mindfulness Meditation, Character Building, Chanting Shlokas, Concentration Building, Time Management, Informative and Captivating Lectures on 'Vedic Bharat's Science and Technology,' Mandir Architectural Marvels, and special sessions on Ramayana, Mahabharata and Shrimad Bhagavad Gita.



Some other activities done by Our kids in Previous workshops

Fancy Dress

Elders' Feet touching & taking blessings

Drawing

Art and skills

Vedic Bharat: Science and Innovations lecture series

Recognition and awards

Chanting

Children have surpassed our expectations in ways beyond imagination. Their adoption of meditation practices has instilled discipline and consistency in their daily routines. They have also mastered the chanting of Shrimad Bhagavad Gita at a young age and enthusiastically upheld 'Bhartiya Sanskriti' centered around gratitude. Our children were captivated by ancient Bharat's advanced technology in the fields of science, mathematics, medicine, mandir art, and architecture. They delved deep into Vedic culture, driven by curiosity and fascination. We take great pride in nurturing the mind, body, and spirit of our children. Upon program completion, the children are rewarded with certificates and medals. This selfless service brings a sense of happiness and fulfillment.

DO NOT FORGET TO GO THROUGH

• HIMALAYAN KIDS ALBUM

• KIDS ACTIVITY AND MEDITATION PROGRAMS



Himalayan Kid's Meditation is a
'LIFE LONG. PRECIOUS GIFT'
that you can bestow upon your child

Contact us:

+91 8886344222

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Himalayan Meditation Events and Programs

SEVA, SWAADHYAAYA, SAADHANA, and SATSANG are wonderful practices for Spiritual Growth and Inner Peace.

JANUARY

- Makara Sankranti: Morning Surya Dhyana
- Time Management in Yogic Way - 3 Days Program
- Pausa Purnima Yagya
- Ashtakam Paath

FEBRUARY

- Maha Shivaratri - Maha Yagya, Bhajans and Abhishekam, Dhyana
- Anger Management Challenge - 21 Days program
- Leadership Management - 7 days Program
- Magha Purnima Yagya
- Ashtakam Paath

MARCH

- Medha Nadi : Infinite memory and intellect Challenge - 41 days program
- Chaitanya Mahaprabhu Jayanti - Leela Dhyana
- Phalguna Purnima Yagya

APRIL

- Shri Rama Navami Yagya, Mantra Dhyana
- Hanuman Janmotsav - Mantra Dhyana
- Get rid of Insomnia, Sleep Disorder & Bad Dreams - 27 Days program
- Chaitra Purnima Yagya

MAY

- Kill your Inner Enemies - 27 Days program
- No more Alcohol, Tobacco and Nicotine - 41 Days Challenge
- Vaishakha Purnima Yagya
- Ashtakam Paath

JUNE

- Ratha Yatra - Brahmaanda Dhyana
- Panic Attacks, Anxiety, Depression - 41 Days Challenge
- Inner Transformation - 27 Days program
- Jyeshtha Purnima Yagya

JULY

- Capacity and Capability Development - 27 Days program
- Yogic Sleep One step Ahead - 21 Days program
- Guru Purnima (Ashadha) Yagya, celebrations

AUGUST

- Shri Krishna Janmashtami Yagya, Bhajan, Abhishekam, Dhyana, Celebrations
- Kundalini Awakening Raise inner dormant power in 84 Days
- Shrawana Purnima Yagya
- Rishi Panchami - Know Yogi's Sahaja Sadhana

SEPTEMBER

- Third Eye Activation- 84 days challenge
- Bhadrapada Purnima Yagya
- Ganapati Raksha Kavacham Paath
- Mahamaya Ashtakam Paath

OCTOBER

- Nectar of Devotion - 41 Days in Devotional Service
- Kartika month 5 AM Dhyana challenge
- Sharad Purnima - Chandra Dhyana
- Diwali Yagya and celebrations
- Ashwin Purnima Yagya

NOVEMBER

- Kartika month 5 AM Dhyana challenge
- Rewrite Your Past and Deep Cleaning - Sanskara Dahanam in 27 Days
- Kartika Purnima Yagya

DECEMBER

- Gita Jayanti Mahayagya - Sampurna Sanskrit and Santh Saral Gita Pathan
- Overcome Overthinking & Lack of Interest - 21 Days challenge
- Margashirsha Purnima Yagya



HM Events and Programs

To commence your meditation journey, we are pleased to introduce hands-on programs dexterously crafted by Himalayan Rishis. These online programs such as 'Atmashodhanam', 'Abhayadaanam', 'Navanirmanam', and 'Balabodham' comprise of simple yet powerful ancient Vedic meditation techniques, that give both material and spiritual success in your life. Join the ranks of over 2,000 individuals who have actively participated in these transformative programs over the past year and have personally experienced their magnificent effects. Himalayan Meditation offers a unique opportunity to embrace a disciplined life, presenting a rich array of programs for spiritual and personal growth. To delve deeper into this enriching experience please write us at thehimalayanmeditation@gmail.com

Prasadam

Indulge in the exquisite taste and nourishment of Sattvik delicacies, meticulously made without artificial additives. These wholesome foods are composed of pure ingredients, offered to Shri Hari and blessed with sacred mantras. Crafted with utmost love and purity, they are designed to promote your well-being. For more information contact us.

Our events, hosted in various locations including Mumbai, Delhi, Chandigarh, Bangalore, the United States, and Denmark, are dedicated to fostering spiritual and personal growth. They encompass a wide range of enriching activities, including the distribution of Ashtakam booklets. Our calendars provide significant insights into Vedic Bharat. Additionally, we share Himalayan Prasadam, bestowing blessings from this revered region to nurture the soul. Our outreach also extends to educational institutions, where we introduce young minds to mindfulness and inner peace through group meditation sessions in schools, colleges, and corporate sectors. Furthermore, we collaborate with fitness centers, emphasizing the significance of integrating physical exercise with meditation for holistic well-being.

These events reflect our unwavering commitment to spread ancient teachings and nurturing spiritual enrichment within diverse communities.

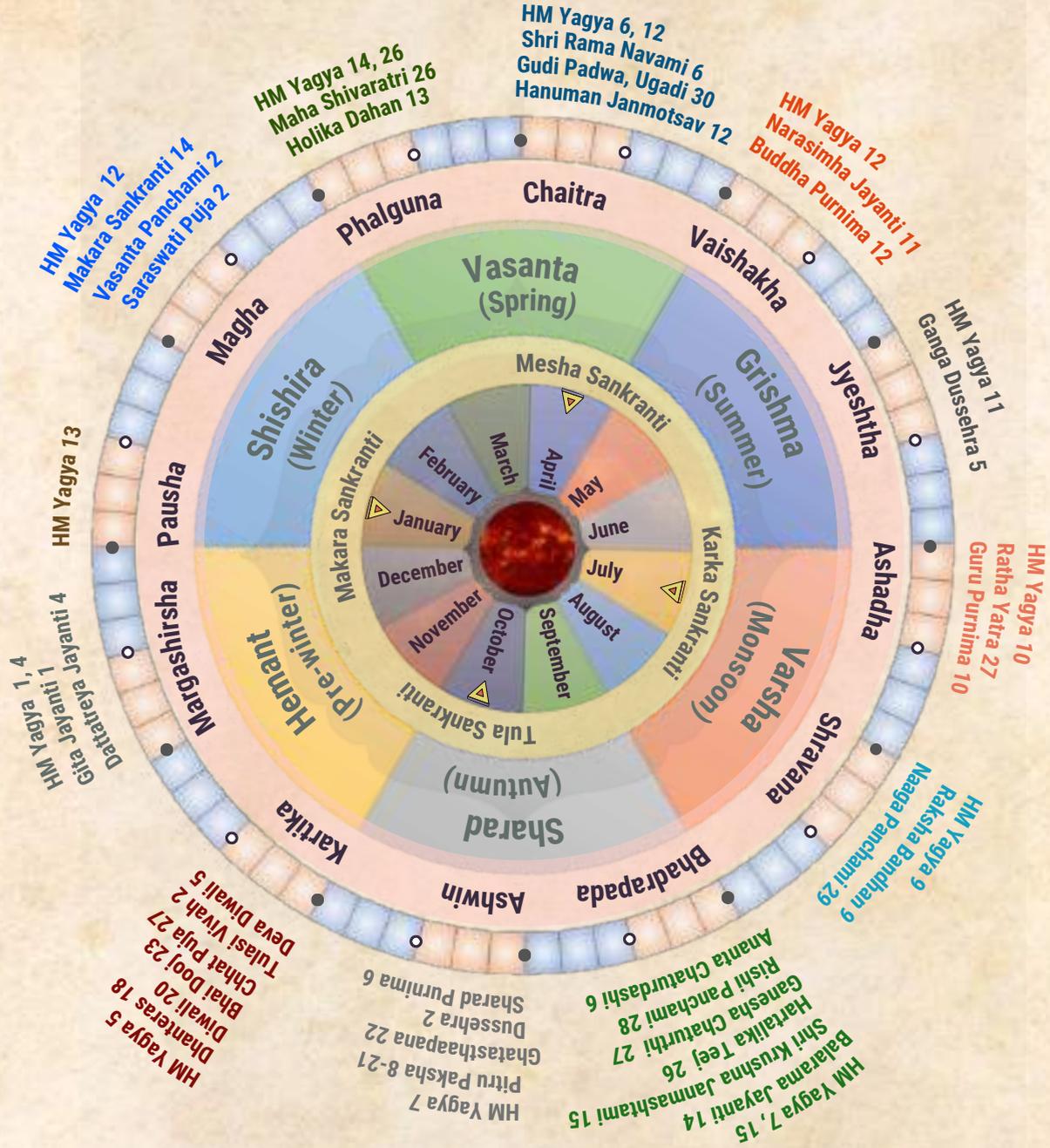
For more information about Events and Programs: [+91 8886344222](tel:+918886344222), [+91 7506910073](tel:+917506910073)

[himalayan meditation](http://himalayanmeditation.com)



Yearly Calendar of Himalayan Meditation - 2025

FEEL THE BLISS, FEEL THE DIVINITY: Seva, Swaadhyaya, Saadhana and Satsang (4S) with Himalayan Meditation



- For more information and offerings please visit our website thehimalayanmeditationadipurusha.com
- Visit our Social Media pages on Instagram and Facebook
- Feel free to donate at your discretion to support our cause, with our UPI ID: thehimalayanseva@sbi
- Contact us: +91 8886344222, +91 7506910073
- Write to us: thehimalayanmeditation@gmail.com, ancient.bharat.calendar@gmail.com



! लंगलाल भवतु !