

HOMAGE TO SRI TALLAM N. NANJUNDA SETTY

TALLAM. N. NANJUNDA SETTY, a Business Tycoon was born on 2nd July 1926 at Manchenahalli and procured the B.Com degree in 1948 from the Central College, Bangalore. He was the President of the Students Union during the same year. He married Tallam Subhadramma, a lady of his choice and she was wonderful wife and supported him in all his ventures. He migrated to Bangalore and started as a textile dealer in 1952 and from here he grew from strength to strength in Business, on the basis of his hard work, dedication, devotion, ethics and principles and he considered not only his family members but also his relatives as a team in all his various business activities.

He was very popular Director of then Vysya Bank and contributed his might for the growth of the Bank.

He served in various capacities in Federation of Karnataka Chambers of Commerce, and finally became the President of this Organisation in 1984. He was instrumental to build the Diamond Jubilee block, which generated perennial income to the Chamber. He held several posts in the Karnataka Film Chamber of Commerce and became the President of this reputed organisation also and had met several challenges and promoted the development of Kannada throughout his term. As President of Wholesale Cloth Merchants Association, he ensured the huge growth of the Textile market in Bangalore . His business career spanned for almost 65 years during which time he became the leading Distributor for Mafatlal Group of Mills in Bangalore and Bombay Dyeing for Karnataka, Andhra and Tamilnadu and came to be acknowledged as the Role model for the business community.

He joined the Lotus Feet of the Lord on 27th of Sept 2015. I join his children and relatives to pray for his noble soul. I dedicate this 28th book of mine to my valued and most learned client Sri. Tallam N. Nanjunda Setty.



EXEMPLARY POWER OF PRAYER



PRAYER is not a “spare wheel”
that YOU PULL OUT when IN
trouble, but it is a “STEERING
WHEEL” that DIRECT the RIGHT
PATH THROUGHOUT LIFE.





PREFACE

I pray and wish you all a very happy and contented rest of your life. I am blessed to do complete GayatriJapa every day and consequently my life for the day is peaceful and enjoyable. Gayatri Mantra is not only spiritual but it is divine and it is proven that chanting louder By its proper pronunciation, gives exemplary powers of prayer. The secret of the supernatural impact of Gayatri Mantra in the physical domains of life lies in the unique configuration of the specific syllables of the mantra.

A prayer is an act, grace is earned by prayers. Every Religion has good thought and preaches to do good, perform your duties, respect others, respect other religions, and live life before you leave life.

PRAYER is not to please the Almighty, it is for you to get peace. Prayer is an anti-virus which protects us from viruses like sorrow, gloom, sin and hopelessness, update the anti-virus daily by praying and stay blessed.

LOUD clanging and pealing of bells in temple is heard by the people not by god. God hears only the truth behind the silent voice which comes from the core of our hearts.

God expects you to pray for others, the will to win, the desire to succeed, the urge to reach your full potential. These are the keys that will unlock the door to personal excellence. The same has to be done for others.

The prayer could be to God by anybody, in any form, by any means and there is no fixed way to offer prayers. The purpose of writing this book, 28th to be precise: is to unravel by the secret of prayer by which I have benefited immensely and to share the exemplary powers of the prayers with my reader's.

I thank my good friend and godly persons Sri Udaya Ravi Shastry & Sri. Ramachandra Mahadevan for giving a helping hand to bring out this book in the form it has come out.

CA Dr. Vishnu Bharath Alampalli

Regards,

CA Dr. Vishnu Bharath Alampalli

Contact: 98807 01701.

Email id: vishnubharathco@gmail.com.

Website: vishnubharath.com

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What is prayer?

An aspirant invokes spiritual energy through prayer. All prayer – no matter what the religion – has a certain power, but some techniques are more powerful than others. The prayers are based on yogic principles, including the chakras, visualization and the correct use of spiritual energy, which make it highly effective.

Now, what is prayer? Prayer is a way to transmit energy from point A – the prayer [i.e. the person praying], to point B – the person who needs that prayer. The prayer energy is carried safely to its destination by the power of Love. The spiritual energy which is sent from the prayer [i.e. the person praying] to the recipient was referred to by the ancient yogis as, “prana” or “the universal life force”. But the carrier of that energy is Love

Prayer is a way of channelling and transmitting energy. It can bring joy, inspiration, healing, peace, exhilaration – and even bliss.

If prayer were understood and practiced every day by more people, not only would those people’s lives change, but the whole world would change. Why? Because prayer works. And once the nature of prayer becomes clear and we begin to understand how it works, the confusion and doubt that all too often haunt

the would-be prayerful believer are gone. The energy known as prana – universal life force. Everything in creation is manifested through energy. The name is not important, though. What is important is what it is and what it does. It can be aptly described as the “universal life force” When we want something the desire makes us magnets for energy. We use our minds, consciously or unconsciously, to direct this to bring about a certain result. This is the power of creative visualisation, or intention, but it is not real prayer.





THE GOLDEN RULE IN SEVEN WORLD FAITHS

Hinduism

Men gifted with intelligence.. should always treat others as they themselves wish to be treated.

Christianity

All things whatsoever ye would that men should do to you, do yet even so unto them.

Buddhism

In five ways should a clansman minister to his friends and families; by generosity, courtesy and benevolence, by treating them as he treats himself, and by being as good as his word.

Taoism

Regard your neighbour's gain as your own gain, and regard Your neighbour's loss as your own loss.

Confucianism

what you do not want to be done to yourself, do not do to others.

Judaism

Thou shalt love thy neighbour as thyself.

Islamism

No one of you is a believer until he loves for his brother what he loves for himself.



PRAYER BOOK

A farmer got late one night, on his way home, from the market. He noticed that he did not have his prayer book with him. To make things worse, on the way the wheel of his wagon broke. That meant that he could not possibly get home in time to say his usual prayers, and this thought disturbed him.

So, he prayed to God in this manner; “God, I did something very stupid today. I left early this morning and forgot my prayer book and now, I can’t remember a single prayer by heart. So, this is what I am going to do: I am going to recite the whole alphabet five times; and you, who knows all the prayers, can put all the letters from A to Z together and compose the prayers on my behalf.”

When God heard that, He said to his Angel, “Of all the prayers I have listened today, this is without doubt the best one because it came from a simple and honest soul.”

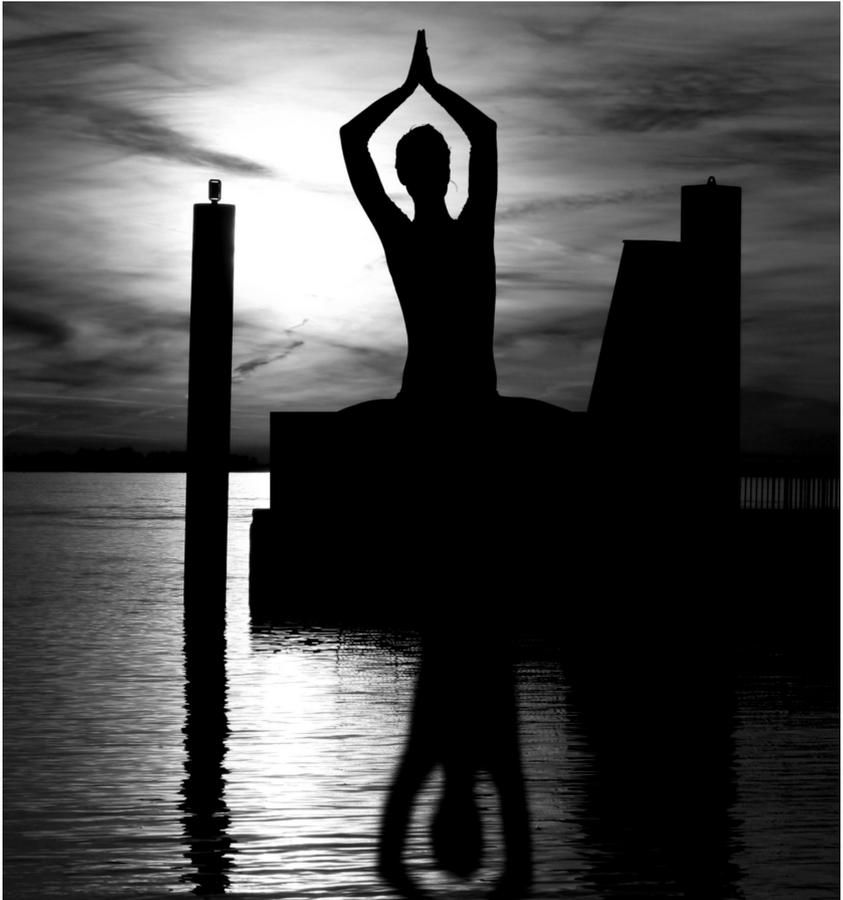
In one similar incident, when someone asked Saint Tulsidas, what is the best way to pray to God so that He listens to all your prayers? Tulsidas Ji replied, have you ever seen a farmer sowing seeds in his fields? He throws the seeds in air and they land on field in different positions; up, down, right and left. But, in whichever position they fall, they sprout and grow.

Like this, it doesn’t matter where and how you pray, the prayer from a sincere heart is always answered.

HENCE, ALWAYS PRAY FOR YOUR’S and other’S SUCCESS, PROSPERITY AND GROWTH!! “PRAY AND IT SHALL BE GRANTED.”

whom you have never met. I believe that each and every one of you has been demonstrated the power of prayer in your own life.!

God answers prayers that are in agreement with His will. His answers are not always yes, but are always in our best interest. When our desires line up with His will, we will come to understand that in time. When we pray passionately and purposefully, according to God's will, God responds powerfully!





PRANAMS TO DIVINE GAYATRI MATA

The Gayatri Mantra inspires wisdom in us. In very basic language, it says “May the divine light of the Supreme Being illuminate our intellect, to lead us along a path of righteousness”.

According to the late Pandit Shri Ram Sharma Acharya, “The rishis and sages of the Vedic Age had experienced and experimented on the enormous extrasensory energy pools – the chakras, upachakras, granthis, koshas, matakas, upayatikas and nadis, hidden in the subtle cores in the endocrine glands, nerve bundles and ganglions. It is said that the activation of these rekindles rare virtuous talents and supernormal potential. Scientists, meta-physicists, spiritual practitioners and others are studying and rediscovering these ancient approaches towards

self-realization.

The secret of the supernatural impact of Gayatri Mantra in the physical domains of life lies in the unique configuration of the specific syllables of the mantra. The cyclic enunciation of this mantra stimulates the subliminal power centers in the subtle body. The pressure on tongue, lips, vocal cord, palate and the connecting regions in the brain generated by continuous enunciation of the twenty-four special syllables of the Gayatri Mantra creates a resonance (or a vibration) in the nerves and the ‘threads’ of the subtle body. The musical flow thus induced titillates the extrasensory energy centers. The latter begin to stimulate and a sublime magnetic force arouses in the sadhaka that attracts the vital currents of Gayatri Shakti immanent in the infinite domains. This magnetic charge induced by the continuous repetition of the Gayatri Mantra ‘attunes’ the seeker’s mind to link with these supernatural power-currents.” It is significant that the prolonged repetition of the Gayatri has a cumulative effect on our bodies and our minds. Our minds are sharper, our immune system is stronger, and our hearts are open. When our energy centers, including our main Chakras, are activated by the vibrations of the Gayatri mantra, this has a positive and healing effect on our life force energy – on our Prana.

Benefits of chanting



PRAYER WORKS!



During World War II, a soldier was separated from his unit on an island. The fighting had been intense, and in the smoke and the crossfire he had lost touch with his comrades. Alone in the jungle, he could hear enemy soldiers coming in his direction. Scrambling for cover, he found his way up a high ridge to several small caves in the rock. Quickly he crawled inside one of the caves.

Although safe for the moment, he realised that once the enemy soldiers looking for him swept up the ridge, they would quickly search all the caves and would be killed.

As he waited, he prayed, “Lord, please spare my life. Whatever will happen, I love you and trust you. Amen.” After praying, he lay quietly listening to the enemy begin to draw close.

He thought, “Well, I guess the Lord isn’t going to help me out of this one.” Then he saw a spider begin to build a web over the front of his cave. “Hah” he thought, “What I need is a brick wall and what the Lord has sent me is a spider web. God does have a sense of humor.”

As the enemy drew closer he watched from the darkness of his hide out and could see them searching one cave after another.

As they came to him, he got ready to make his last stand, but then he heard the leader of the soldiers say, “You may as well ignore looking in this cave. If he had entered here this web would be broken!” So they left and he was delivered!

To his amazement, however, after glancing in the direction of his cave, they moved on. Suddenly he realised that with the spider web over the entrance, his cave looked as if no one had entered for quite a while. “Lord, forgive me,” he prayed. “I had forgotten that in you a spider’s web is stronger than a brick wall.” God’s ways are not our ways, God’s thoughts are not our thoughts.. He will neither leave us nor forsake us.. Let’s trust in God always!!

(Sometimes a prayer doesn’t change d situation. But it changes our attitudes towards the situation and gives us hope which changes our entire life.) Stay Blessed !



PRAYER IS AN ANTI-VIRUS

Prayer is an anti-virus which protects us from viruses like sorrow, gloom, sin and hopelessness, update the anti-virus daily by praying and stay blessed.

Hard times don't create heroes. It is during hard times when the hero within us is revealed.

Sometimes you have to keep silent, swallow your pride and accept that you are wrong, it is not giving up, it's called growing up.

The biggest suspense of life, you never know the person who is praying for you and who is playing with you.

The will to win, the desire to succeed, the urge to reach your full potential: These are the keys that will unlock the door to personal excellence.

No matter how good somebody's life looks from the outside, you can be sure there is something about it you wouldn't want to have in your life.

Whenever you are in a condition to help someone, just do it and be glad, because God is answering someone's prayer through you.

Prayer will never solve a problem but it will definitely give peace of mind and peace of mind will give the power to solve the problem.



Truth is like a surgery, it hurts but cures. A LIE is like a painkiller; it gives instant relief but has its side effects later.

A PRAYER & TRUTH, FAITH, TRADITIONS, CUSTOMS

- # Challenges are what make life interesting and overcoming them is what makes life meaningful.
- # Prayer is an antivirus, which protects us from viruses like sorrow, gloom, sin & hopelessness, Update the antivirus daily by praying & stay blessed.
- # Truth is like a surgery, it hurts but cures. A LIE is like a painkiller; it gives instant relief but has its side effects later.
- # Challenges are what make life interesting and overcoming them is what makes life meaningful.
- # PATIENCE and silence are powerful energies, patience make us mentally strong and silence make us emotionally strong.
- # The cost of discipline is always less than the price of regret, so self discipline is the biggest investment for success in life.
- # Well wishers are like beautiful street lamps they can not make the distance shorter, but they can lighten your path and make the journey easier.
- # Negative thoughts and tensions are like birds, we can't stop

them from flying near us but we can certainly stop them from making a nest in our mind.

- # Faith is taking the first step even when you don't see the whole staircase.
- # Smile and soft words are real debit cards of life. Pay first and get benefits later. Anger and hard words are credit cards of life, use first and pay later with interest.
- # Your mind is a magnet. If you think of blessings, you attract blessings; and if you think of problems, you attract problems. Always cultivate good thoughts and always remain positive and optimistic.
- # Every heart has a pain. Only the way of expressing it is different. Weak people hide it in eyes; while brilliant hide it in their smile.



The size of candles may differ, but they yield the same brightness. It's not the matter of our position, but your ability that shines.



- # You never know which footstep will bring a good twist in life. So keep on walking. Happiness comes when it is most unexpected.
- # Never tell you're secret to anyone because if you cannot keep it to yourself do not expect others to.
- # CHANGE only takes place through action, not through meditation and prayer alone.
- # When we really care about someone, their mistakes never change our feelings because it is the mind that gets angry but the heart still cares.
- # Golden rules for a happy life: Be honest when in trouble. Be simple when in wealth. Be polite when in authority and be silent when in anger.
- # Behavior is a mirror in which everyone, displays his own image, always try to build a respectable image, because reflection cannot be changed by changing the mirror.
- # A prayer is cleaning therapy of heart and most effective purifier of soul, it converts hate into love and changes anger into kindness.
- # It is impossible to fail completely and it is impossible to succeed perfectly. But it is always possible to perform dedicatedly.
- # Mistakes increase your experience and experience decreases your mistakes. You learn from your mistakes AND then others will learn from your success.
- # A drop of water in the lake has no identity, but if it falls on lotus, it shines like a pearl, choose the best place where you

Deep relationship is not built by forcing others to understand you, but by giving them the confidence that you will never misunderstand them.



can shine. Be a pearl!

- # Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that.
- # A river cuts the rock not because of its power, but because of its consistency. So never lose your hope and keep walking towards the goals.
- # Each relationship has feelings and differences, It is always better to melt in feelings than to get freeze in differences.
- # Victory is not the property of brilliants; it is the crown for those who bow themselves in front of hard work and confidence.
- # Everyone has two eyes. But no one has the same view. So, always try to prove that you are right but never attempt to prove that others are wrong.
- # If you do not make the time to work on creating the life you want, you will be eventually going to be forced to spend a lot of time dealing with a life you don't want.
- # Be thankful for all the struggles you go through. They make you stronger, wiser and humble. Don't let them break you. Let them make you



Raise the level of your words but not the voice. For it is the rain that grows flowers and not the thunder!

- # In any relationship, all communication gaps are created not by 'what is said' but by 'how it is said'. What is said reaches the mind. How it is said reaches the heart, and there is no way to win the mind without winning heart.
- # A beautiful relationship does not depend on how good understanding we have with someone. It depends on how well we avoid misunderstanding. So, never choose a person

without understanding and never loose a person after understanding.

- # When our phone hangs or works slow, we delete all the unwanted pictures, files and data. In the same way when our life hangs or slows down, let us delete unwanted worries & get some extra space to enjoy it fully.
- # Our life is a creation of our mind. Do not believe in ‘Tit Expect nothing and accept everything. For That’ rule. Learn to “Let Go” because we cannot even have the next breath until we let go the existing one.
- # Peace does not mean to be in a place where there is no noise, trouble. It means to be in the midst of those things and still be calm in your heart.
- # To see a world in a grain of sand, And a heaven in a wild flower, To hold infinity in the palm of your hand, And Eternity in an hour.”



*Confident
walking is
more successful
than confused
running.
Follow no one,
but learn from
everyone.*



not God...but neither am I the Devil.

I merely give you medicine, as my Teaching would tell me to;
But God is really the One who restores health back to you.

He deserves the credit, please understand this.

The same medicine that healed you may also sadly unexpectedly,
without warning, cause the death of another, It's all Destiny and
God's will, and that's the truth.

Illness, health, life and death, are decided by Fate, you see, they
cannot be guaranteed, neither by you, nor me.

As your well-wishing doctor, I can only try my best.

So shower me, my dear patient, neither with praise nor hatred,
Try to understand and remember, this cardinal truth instead, I
am a human being like you, imperfect and mortal, I am not God...
but neither am I the Devil....





A CRUCIAL HEART OPERATION

Young parents with six years old daughter came up for check up due to severe pain in the body. The junior Doctors attended and found many disorders and tool all resports&Eray and reported to the senior Dr. Mehtha along with the parents. Mr. Mehtha saw the reports and learnt that it was a very bad case as the blood circulation to and from heart is not proper and revival is very difficult as it is considerably delayed and thanks have worsened. He politely told the parents that the case is such and even if operation is done the survival chances is only 30% and the risk is to the extent of 70% and it cost exorbitantly. He also said that the Operation has to be carried out immediately failing which the child can survive for only few days. The child being only child they had no option to take the risk and asked the Doctor to go ahead with the operation. The doctors admitted her and started preparing for the operation. The mother, who was with the child all through, gave lot of courage to the child and also made her pray god, who can only save her. The child was told that God exist in her Heart and the operation will be done by doctor to her heart.

The child was taken to operation theatre and Mr. Mehtha had

pity on the child as he was not very confident of the success of child's operation. He spoke to her and said that she should be courageous and he will do his best. The child replied that she is not worried and only thing that her mother had told that God resides at her heart and when she is operated look at God and see how he is and what form and kind. With very heavy heart the Doctor started operating and the stage came that there was no hope of what so ever as the blood had completely stopped flowing to heart. He even instructed to his staff that to pack up as there is no chances of revival as the blood which is very crucial is not even flowing to the heart, inspire of his best efforts. At that moment, he remembered that child telling him to see the God inside her and tell her about him and that moment he prayed Almighty that he has done his best and the rest is his hands, tears came from his eyes and his spectacles got fully wet and he could not see anything, by that time his junior screamed that Doctor blood has started flowing to heart, he got his spectacles cleaned and started to observe the flow of blood and he noticed that adequate blood was flowing and the heart was functioning normally and was very happy that the operation was quite successful and the first thing he did after the operation to put the photo of God in his operation theatre. He had no courage to face the child as she will ask about the God, the farm and kind etc., he narrated the whole story to her parents and told them but for the Almighty's power it could not have been successful operation. He started praying God, ever since before he started any operation.



PRAYER COULD BE IN ANY FORM

There is a general conception among the less educated people that prayers are meant to be offered only in the form of shlokas and unless you chant the shlokas you cannot appease the god and get his favours.

But it is not true. There is no specific form or method for a prayer to be followed. A mother can see whether the child is crying for want of sleep, or due to pain or hunger or it needs a fresh diaper. While a mother can make out what her child needs and why it is crying, can't the God make out what his devotee wants? He hears even a silent prayer and comes to our rescue.



WHAT EVER GOD DOES, HE DOES WITH LOGIC

God does his blessings with logically and miracles do not happen. Things happen with a reason and through somebody. This gives an impression whether it was accidental or the God's grace.

THERE lived a king and he had his minister. He was quite happy and prosperous year after year. He used to go for hunting regularly and one day he got hurt while negotiating with a lion. The minister expressed, may be for a reason this could have happened and it may be for his good. The king got irritated with the ministers and he put him to jail.

He continued to go for hunting and after few days the men in forest caught hold of him while hunting and decided to give him bali to God. He pleaded that he is the king and he will do every favor they ask and let him be left. The men of forest were very much determined and started preparing to offer him to god and in the process he was given bath and finally inspected that there are no wounds as it was their culture not to give offering a person with wound. Then they noticed the wound he had few days back and left him free as he was not fit to give offer to God.

The king remembered his minister telling him that the wound which happened may be to his good. He released the minister from the prison and narrated the whole story to him and gave him good gift and felt sorry for putting him to the prison. The minister told him that this was also for his good which the KING did not understood. When asked why he felt so, he explained that if he was not put to prison, he would have accompanied him for hunting and both would have been captured and they would have left him free as he had wound and the minister could have been offered to God by the men of forest and his going to prison saved his life. The morale of the story is that God will help and rescue with full of logic and no miracle he does.



REAL VALUE OF LIFE

A man went to Guru and asked, “What’s the Value of life?”
Guru gave him one stone and said, “Find out the value of this stone, but don’t sell it.”

The man took the stone to an Orange Seller and asked him what it’s cost would be.

The Orange Seller saw the shiny stone and said, “You can take 12 oranges and give me the stone.”

The man apologized and said that the Guru has asked him not to sell it.

He went ahead and found a vegetable seller. “What could be the value of this stone?” he asked the vegetable seller. The seller saw the shiny stone and said, “Take one sack of potatoes and give me the stone.”

The man again apologized and said he can’t sell it.

Further ahead, he went into a jewellery shop and asked the value of the stone.

The jeweler saw the stone under a lens and said, “I’ll give you \$100,000 for this stone.” When the man shook his head, the jeweler said, “Alright, alright, I’ll give you \$150,000 just give me the stone.”

The man explained that he can’t sell the stone. Further ahead, the man saw a precious stone’s shop and asked the seller the value of this stone.

When the precious stone’s seller saw the beautiful ruby, he carefully lay down a red cloth and put the ruby on it. Then he walked in circles around the ruby and bent down and touched his head in front of the ruby.

“From where did you bring this priceless ruby from?” he asked. “Even if I sell my whole world, and my life, I won’t be able to purchase this priceless stone.”

Stunned and confused, the man returned to Guru and told him what happened. “Now tell me what is the value of life?”

Guru said, “The answers you got from the Orange Seller, the Vegetable Seller, the Jeweler and the Precious Stone’s Seller explain the value of our life... You may be a precious stone, even priceless, but people may value you based on their level of information, their belief in you, their motive behind entertaining you, their ambition, and their risk taking ability. But don’t fear, you will surely find someone who will discern your true value.”

In the eyes of God you are very very precious. Respect yourself. You are Unique. No one can Replace you!

HOW TO HANDLE LIFE

Asked Guru, “how to handle life”?

Guru Replied “ Check Your Room”

My room gave me all the answers:

Roof said : Aim high.

Fan said : Be cool.

Clock said : Value time.

Calendar said: Be up to date.

Wallet said : Save now for the future.

Mirror said : Always observe yourself.

Lamps said : Light up other’s life.

Wall said : Share others’ load.

Window said : Expand the vision.

Floor said : Always be down to earth.

Stairs said : Watch each step you take.

And I Said, Thank You God!





WHAT YOU MUST DO...

Go for medical exam, even if you are not sick

Drink more water, even if you don't feel thirsty

Must let go, even if faced with grave problems

Must give up in life, even if you are right

Must be humble, even if you are very powerful

Must be contented, even if you are not rich

Must exercise, even if you are very busy.

Must PRAY, even if you don't believe in God.



GOD IS THE ONLY SAVIOUR

In a remote forest, a pregnant deer is about to give birth to a baby. It finds a remote grass field beside a river and slowly goes there thinking it would be safe. As she moves slowly, she gets labor pain. At the same moment, dark clouds gather around that area and a thunderbolt sparks a forest fire. Turning left she sees a hunter who is aiming an arrow from a distance. As she tries to move towards right, she spots a hungry lion approaching towards her. What can the pregnant deer do? As she is already under labor pain!

can the deer go left ? – hunter’s arrow is pointing

can she go right ? – hungry male lion approaching

can she move up ? – forest fire will engulf her

can she move down ? – she will be swept away by the fierce river

Will she give birth to a fawn?

Will the fawn survive?

She is constrained by the fire on the one side & the flowing river on the other & boxed in by her natural predators.

What does she do?

She focuses on giving birth to a new life.

The sequence of events that follows are:

- Lightning strikes & blinds the hunter. Right at the moment he arrow which zips past the deer strikes the hungry lion.
- It starts to rain heavily, & the forest fire is slowly doused by the rain.
- The deer gives birth to a healthy fawn.

In our life too, there are moments of choice when we are confronted on all sides with negative thoughts and possibilities. Some thoughts are so powerful that they overcome us & overwhelm us.

Maybe we can learn from the deer.

The priority of the deer, in that given moment, was simply to give birth to a baby.

The rest was not in her hands & any action or reaction that changed her focus would have likely resulted in death or disaster.

Ask yourself, Where is your focus? Where is your faith and hope?

In the midst of any storm, do keep faith on the Creator always. He will never ever disappoint you. NEVER.

Remember, He neither slumbers nor sleeps.



A DEBT RIDDEN PERSON

A Businessman was deep in debt and could not see any way out. Creditors and Suppliers were demanding payments. He sat in the park, deep in thought, wondering if anything could save his company from bankruptcy.

Suddenly an old man appeared before him and asked, “I can see that something is troubling you seriously”. After listening patiently the old man said,

“I believe I can help you”. He asked the man his name, wrote out a cheque and put it into his hands saying, “Take this money, meet me here exactly one year from today... and you can pay me back at that time”.

Then he turned and disappeared as quickly as he had come.

The businessman saw in his hands a cheque for \$ 500,000... signed by Warren Buffet, one of the richest men in the world. “I can erase my worries instantly” he realized. But instead, the man decided to put the uncashed cheque in his safe, knowing that it might give him the strength to work out to save his business and to use this only in case of dire emergency.

With changed thinking he negotiated better deals, restructured his business and worked rigorously with full zeal and enthusiasm and got several big deals. Within few months, he was out of debt and started making money once again. Exactly one year later he returned to the park with the uncashed cheque.

As agreed, the old man appeared.

But just as the businessman was about to hand him back the cheque and share his success story, a nurse came running up and grabbed the old man. "I'm so glad I caught him" she cried. "I hope he hasn't been bothering you much."

He always escapes from the mental hospital and tells people that he is Warren Buffet", saying this she took the old man away.

The surprised man just stood there, stunned!

All year long he had been dealing thinking that he had half a million dollars behind him...

It's not the money, real or imagined that turns our life around.

It is our Self-confidence that gives us the power to achieve anything & everything that we want.

Have Trust in you, have faith in God and lead a Confident life..

All my books are
in my website:
www.vishnubharath.com
can download

PRAY FOR OTHERS, GOD WILL TAKE CARE OF YOU

*I don't know about the
challenges my Friends
are facing..*

*But You know
everything..*

*I hear their silence,
You hear their plead..*

*I see their laughter,
You see their tears..*

*I see what they receive,
You see what they
sacrifice..*

*I see their happy faces,
You see their scarred
souls..*

*I know their faith,
You know their doubts..*

*I know about their
dreams,
You know about their
fears..*



Today, I pray to You to give them everything they need & bless them for all times to come.

give it to the person whose name was written on it....

Within minutes everyone had their own balloon....

The speaker began:

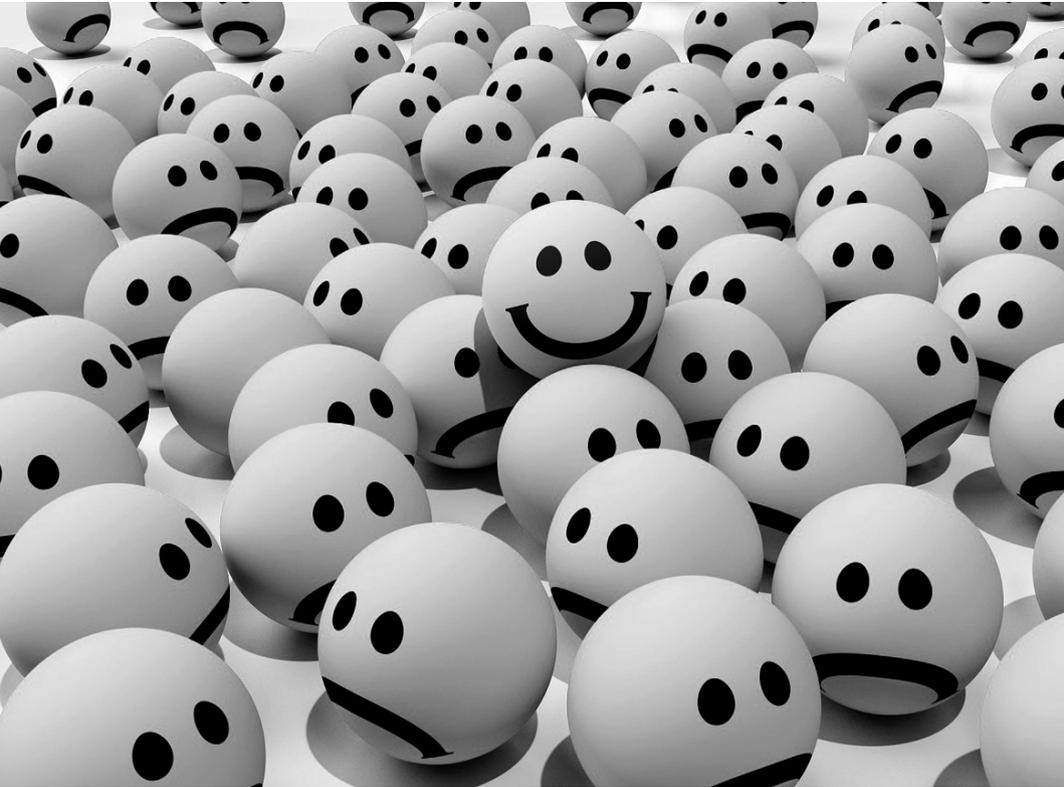
“This is exactly happening in our lives....

Everyone is frantically looking for happiness all around, not knowing where it is....

Our happiness lies in the happiness of other people....

Give them their happiness; you will get your own happiness.....”

And this is the purpose of human life.



TEN SPIRITUAL TONICS

STOP WORRYING,
worry kills life.

BEGIN EACH DAY WITH A PRAYER
it will arm your soul.

CONTROL APPETITE
over indulgence clogs body and mind.

ACCEPT YOUR LIMITATIONS
all of us can't be great

DON'T ENVY
it wastes times and energy

HAVE FAITH IN PEOPLE
cynicism sours the disposition.

FIND A HOBBY
it will relax your nerves

READ A BOOK A WEEK
to stimulate imagination and broaden your view

SPEND SOME TIME ALONE
for the peace of solitude and silence

TRY TO WANT WHAT YOU HAVE
instead of spending your strength
trying to get, what you want.



PRAYER GUIDE BY SWAMY DAYANANDA SARASWATHI

A prayer is an act, grace is earned by prayers. One has to be Kartha to be Bhoktha. I perform action and enjoy the experience but cannot determine or predict the outcome. Each action performed is registered in memory, all of them together is one action known as Karma. Isvara accounts the cause effect order which is Karmaphala. Our actions are based on knowledge but there are also hidden variables on which we do not have control. An action is based on freewill but reaction is mechanical, it just happens. Human beings have to live intelligently as there is responsibility for which we seek God's help.

Anger is due to unfulfilled desires. Easy things anybody can

do, to reach out to people you have to do things that hurt you (donation). Prayer means recognizing the God with great belief. Following Dharma gives satisfaction. If food is cooked and offered to God before eating it gives positive result.

We see the world which is created by an intelligent being, Isvara, it is his manifestation. Thus he is the master and we are his servants and Bhaktas. Following what he said to do or his laws is Dharma. In Sanskrit there is no word for evil. When you go against Dharma you may get away from manmade laws, you have to pay it later there is no excuse.

Dharma and Karma are both sides of a coin. Prayers are actions and have results. Environment and parentage contributes a lot of a person. No one has choice over time, place and parentage etc only a hidden variable confirms it. Previous Papa or Punya acts on us that is why certain things go in our way and others not.

When we feel guilty for omissions and commissions there are Prayaschitta prayers. Most of the Prayaschitta karmas are done to purify one self. Ritualistic prayer produces the maximum punya. Chanting Gayathri mantra and doing surya namaskar daily are good. Oral prayers are common in all religions.

As basic person in you is always related to Ishwara we all are his children. There are verses showing the steps to do pooja mentally. As a guest is received offered a seat, water to wash his feet and hands, to take bath, clothes, ornaments, flowers, sandal paste and food mentally God is also offered these steps. It is a kind of meditation.

A teacher is looked upon as a source of knowledge and

some mantras require to be given by a competent person Guru. Repetition of meaningful chanting is Japa. Mind always moves from one object to another. By chanting repeatedly a name there would not be any distraction as mind knows the next action. This auto-suggestion helps to control mind. Prayer is like a shock absorber against failures and disappointments. The more you are prayerful you accept situations and learn from your actions and make right decisions.

It is difficult to fulfill desires as they are more than the resources. We have to control or come out of it. Pooja having a cultural back ground helps to gain knowledge, gives joy and grace. After marriage wife gives permission to husband to do all the rituals. With this she gets 50% of Punya of her husband, his papa is not shared but 50% of papa of wife goes to husband not punya. Women have to be careful.

In our religion everything is sacred for us. We worship five elements space, air, fire, water and earth. Worshipping is a form of blessing. Obstacles may arise but with the grace of God it comes under control. To avoid obstacles we offer prayers at the beginning itself to remove them.

Goddess of knowledge Saraswathi removes dullness and gives clarity. Lakshmi does not mean mere money, it is the happiness born of money. What signifies real wealth. Knowledge, health are real wealth. Even if you do not have materialistic wealth you can be happy as happiness is from within.

God's grace is always there, we have to tap it to get it. What is life, it is series of decisions and to make right decisions one requires clarity and memory known as Pragna and Medha. God is a doctor who cures, heals diseases by his grace. God is the creator and possesses everything he can give us whatever we want, we can pray to him for our needs. There is a temple near Chennai THIRUNINDRIYUR; there is a story behind it.

A king and a sadhu both built temples and fixed same date for consecration ceremony. King visualizes that God is interested in Sadhu's temple. The king meets Sadhu to find out where was his temple. Saadhu said from the last 10 years I am building brick by brick mentally himself without any outsider's help so God was interested. King asked Sadhu to perform the ceremony first and give the temple plan so that he can modify his temple accordingly. King did modifications to his temple. This temple is still there near Chennai.

Om IS A SYMBOL OF GOD and in Sanskrit means that which protects us, Isvara, He maintains order in the world by order

called Niyathi. It is the name of the God who is everything.

The symbol denotes THE INFINITE, INDEFINABLE BRAHMAN OR PARAMESHWARA

In Rudram we offer salutations and in Chamakam we ask him something as he is the giver of everything. The more we are in touch with the order we are nearer to Ishvara.

Ambition implies aggressiveness and anxiety. There are broad spectrum prayers to praise God and also prayers for seeking. A suktham is also a prayer in the praise of Isvara. A qualified person that is a Bhaktha praises Him. Sahasranamas describe thousand holy names for a god or goddess covering the leelas and attributes of Isvara. Satsang and prayers help to get clarity. People around us are also helpless so we seek the grace of Bhagwan.

In the Poornakumba mantra a sanyasin is praised. They give pleasures of world and are in pursuit of knowledge.

Sharadha is another name for Saraswathi Goddess of knowledge and purity is represented by white colour. Lakshmi, goddess of wealth is always the result of your effort, and many think wealth is important but Release from Samsara is shubha a grand finale.

A seed when opened has nothing in it but under certain conditions grows into a big tree. We do not water the whole tree but water only the roots as it holds it though we cannot see the roots. Thus we do not see God we pray for his grace with belief.

Festivals are form of expression. Shivarathri is a festival dedicated to prayer of Shiva. Markandeya was the son of Sage Mrugandu. His life time was only 16 years. He was a Shiva Bhaktha. On the day of his death he was in Shiva temple holding Shiva lingam. Yama the Lord of death comes to take him, as he does not come out of the temple Yama puts his rope on the lingam. Shiva appears and blesses Markandeya eternal life as he was his true devotee.

Guru creates conditions to remove ignorance and gain knowledge. A guru is compassionate. He is a super therapist who re-orientates the student. The teacher student relationship is great and that is why Guru is praised a lot.

A person is remembered with respect in history as he has contributed significantly for future generations, which is a blessing. Sri Adishankaracharya not only had vast knowledge but also he was compassionate to uplift the humanity spiritually. He created tradition for people, AND we maintain them even today.

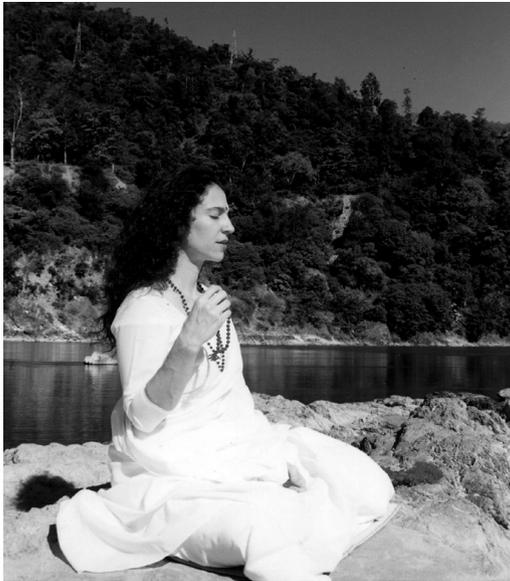
OM SHANTHI, SHANTHI, SHANTHI.

**SHANTHI MEANS PEACE AND IT IS
REPEATED THRICE SIGNIFYING**

MAY PEACE BE WITHIN US

MAY PEACE BE AROUND US

MAY PEACE BE ABOVE US



IMPORTANT FACTS OF LIFE

Health is the first of life

Wealth is the next of life

Character's courage is the best of life

Respect is must in life

Turning is the test of life

God's blessing is the crest of life

Love is crucial for life

Happiness is the perfume of life

Truth is the search of life

Death is the rest of life.





“ALL GOOD IN US IS LIKE GOD”

A poor man asked the Buddha, “Why am I so poor?”

The Buddha said, “ you do not learn to give.”

So the poor man said, “What if I don’t having anything?”

Buddha said: “You have a few things,

The Face, which can give a smile;

Mouth with which you can praise or comfort others;

The Heart which can open up to others;

Eyes: which can look other eyes.

Body: which can be used to with which you can help others.”
so, actually we are not poor at all, poverty of spirit is the real poverty...people are not rich as they look, as they pose and as they talk...people are rich as they think as they care, and love

THREE THINGS TO TAKE CARE

Three things to respect
old age, religion and law

Three things to love
purity, honesty and hard work

Three things to admire
beauty, intellect and character

Three things to cultivate
courage, cheerfulness and contentment

Three things to maintain
promise, friendship and affection

Three things to control
tongue, temper and temptation

Three things to watch
speech, behaviour and action

Three things to prevent
laziness, falsehood and slander

TEN GURU NANAK LESSONS

Five centuries after the passing of Guru Nanak, his words still resonate with his followers. Let's take a look at 10 of his teachings that make sense to this day.

1. Never forget the poor

This mantra was relevant in 1500 when there was no concept of poverty alleviation, and is just as relevant now, when poverty hasn't left the world. When Nanak was 12, his father gave him Rs.



20 to set up a business. Nanak bought food worth Rs. 20 and gave it away. When his father asked him about this investment, Nanak told him it was a “true business”.

Today, a Gurudwara named SachaSauda (true business) exists, where Guru NanakFEEDS the poor.

2. There is one God



Using religion to segregate people into categories is awful. In the Guru's own words, “There is neither Hindu nor Muslim.” On his visit to Hardiwar, he saw people offering the water of the Ganges towards the sun in the east, as an offering to

their ancestors in heaven. He began to throw water towards the West. When others ridiculed him, he said: “If Ganges water will reach your ancestors in heaven, why should the water I throw not reach my fields in the Punjab, which are far less distant?”

3. Women are equal to men

At a time when other Indian religions wanted quiet, demure women in the temple and no women in the mosque, he permitted women to join religious gatherings and openly sing their praises of God.



4. Running away to a forest won't give you enlightenment



“Remember the essence of religion/ Is meekness and sympathy/
But a life of goodness and purity/ Amid the worlds temptations”
(Guru Nanak). May be one could achieve enlightenment in forests centuries ago, but we're not capable of that today. And Guru Nanak DOES NOT even require you to do that. He believed that living as a householder was better than going away for a divine truth. Nanak himself was a farmer even after achieving enlightenment.

5. These five evils are probably ruining your life

a. Ego b. Anger c. Greed d. Attachment and e. Lust.

Most, if not all, suffering of big city life comes from these five evils.



6. Find your own guru

You need a mentor to guide you on how to live right. In Guru

NANAK'S

words, living right is much superior to visiting pilgrimage destinations.

7. Be selfless

The Punjab Golden Temple feeds over a 100,000 people of all religions every single day. Not because there is some divine gain, but because it is a sacred duty. For Nanak, the concept of selfless service was a way of life.



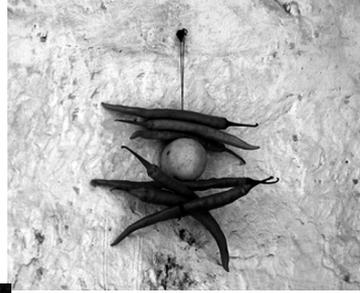
8. Fight superstition of any kind.

Nanak devoted his life to attacking formal rituals, caste, and practices that DIDNOT make any sense. This is the simplest way you can find meaning and purpose in your own life cutting out

the clutter of what society dictates you should do.

9. Simplicity is beautiful.

It is not hard to practice the tenets of



Sikhism. There are only 3!

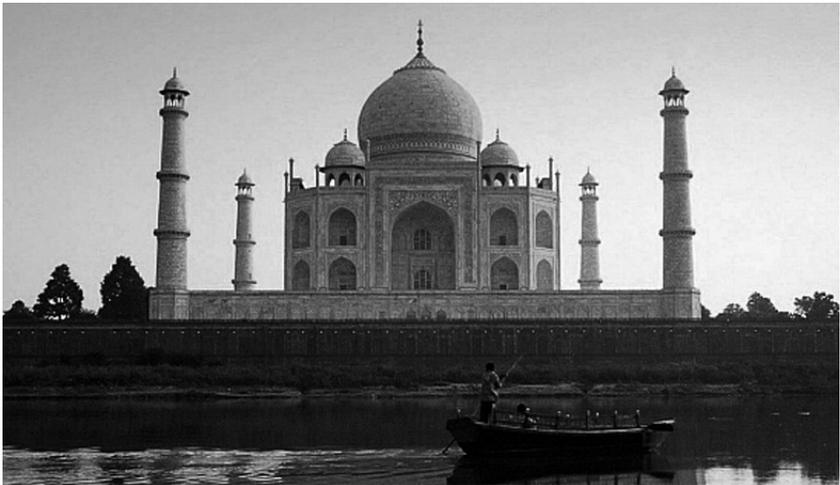
VandChako:
Sharing with others

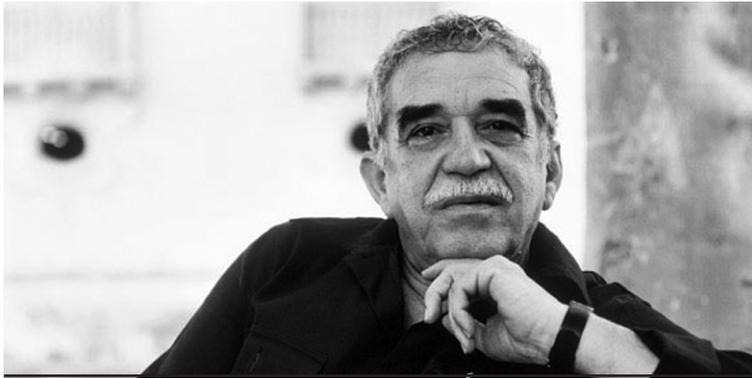
KiratKaro:
Making an honest living

NaamJapna:
Remembering God at all times

10. Travel!

There is much to be gained from your journeys. At a time when religious leaders never ventured out of their villages, Guru Nanak walked, yes, walked, to Iraq, Ladakh, Tibet and Saudi Arabia!





THIRTEEN PHARSES TO LIFE –GABRIEL GARCIE

Gabriel Garcia Marquez was a Colombian novelist, short-story writer, screenwriter and journalist, known affectionately as Gabo throughout Latin America. Considered one of the most significant authors of the 20th century, he was awarded the 1972 Neustadt International Prize for Literature and the 1982 Nobel Prize in Literature.

He is considered a great thinker, who puts complex thoughts into simple premises. These are 13 principles to life he HAS put down. Do you agree with him?

I love you not for who you are, but who I am when I'm by your side.

- 1 No person deserves your tears, and who deserves them won't make you cry.
- 2 Just because someone doesn't love you as you wish, it doesn't mean you're not loved with all his/her being.
- 3 A true friend is the one who holds your hand and touches your heart.

- 4 The worst way to miss someone is to be seated by his/her side and know you'll never have him/her.
- 5 Never stop smiling, not even when you're sad, someone might fall in love with your smile.
- 6 You may only be a person in this world, but for someone, you're the world.
- 7 Don't spend time with someone who doesn't care spending it with you.
- 8 May be God wants you to meet many wrong people before you meet the right one, so when this happens, you'll be thankful.
- 9 MISSING INSERT
- 10 Don't cry because it came to an end. Smile because it happened.
- 11 There will always be people who'll hurt you, so you need to continue trusting, just be careful.
- 12 Become a better person and be sure to know who you are before meeting someone new and hoping that person knows who you are.
- 13 Don't struggle so much, best things happen when not expected.



WHAT YOU STILL CAN DO!

*Life is not about what you couldn't do so far,
it's about what you can still do.*

Wait and do not ever give up..

Miracles happen every day....

*Rs.20 seems too much to give a beggar but it
seems okay when IT IS given as tip at a fancy restaurant.*

*After a whole day of work, Hours at the gym
seem alright but helping your Mother out at home
seems like a burden.*

*Praying to god for 3 min takes too much time but
watching a movie for 3 hours doesn't.*

*Wait a whole year for Valentine's day but we
always forget Mother's day.*

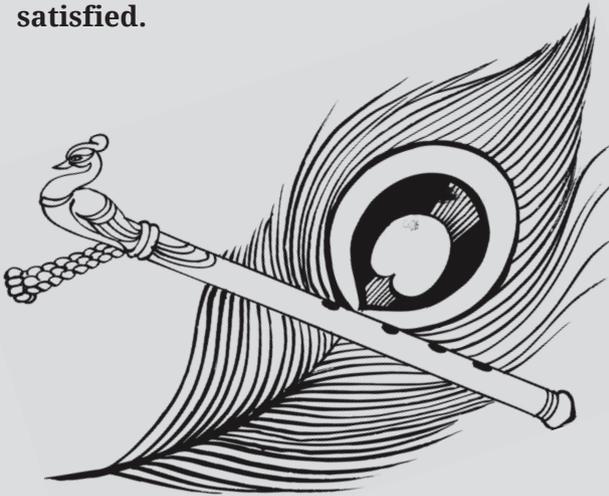
*Two poor starving kids sitting on the pavement
weren't given even a slice of Bread but a painting of
them sold for lakhs of Rupees.*

THINK ABOUT IT..

Make a change. Six Easy ways to earn, even after death

- 1) Give a copy of Bhagwadgeeta / Jain aagam / Bible / Quran to some one. Each time ONE reads from it, you gain.
- 2) Donate a wheelchair to a hospital. Each time A sick person uses it, you gain.
- 3) Participate in building a Temple, hospital, school or college. Anybody uses it, you gain.
- 4) Place water cooler in a public place. Anybody drinks water, you gain.
- 5) Plant a tree. Whenever a person, animal sits in its shade or eats from it, you gain.
- 6) And the easiest of all to SEND THIS message with people. Even if ONE applies any of the above, you gain.

I just did and noticed the change and feel satisfied.





A SPECIAL PRAYER BY SENIOR CITIZEN

A Simple, not-so-intelligent, but sincere prayer

My dear God,

You know that I am growing older.

Keep me from becoming too talkative, from repeating all my jokes and anecdotes.

and particularly keep me from falling into the tiresome habit of expressing an opinion on every subject.

Release me from craving to straighten out everyone's affairs.

Keep my mind free from recital of endless details.

Give me wings to get to the point.

Give me the grace, dear GOD, to listen to others as they describe their aches and pains. and keep my lips sealed, for my own aches and pains are increasing in number and intensity, and the pleasure of discussing them is becoming sweeter as the years go by.

Help me endure the boredom with patience

Teach me the glorious lesson that occasionally, I might be mistaken.

Keep me reasonably sweet.

I do not wish to be a saint (Saints are so hard to live with), but a sour old person is the work of the devil.

Make me thoughtful, but not moody - helpful, but not pushy - independent, yet able to accept with graciousness favours that others wish to bestow on me.

Free me of the notion that simply because I have lived a long time, I am wiser than those who have not lived so long.

I am older, but not necessarily wiser !

If I do not approve of some of the changes that have taken place in recent years, give me the wisdom to keep my mouth shut.

GOD, please know that when the end comes, I would like to have a friend or two left ! Please give peaceful & painless death.

Visit my website

www.vishnubharath.com

for daily updates on valuable
info/pictures/videos



Smile indicates the sweetness of heart and silence indicates the maturity of mind. Having both indicates completeness of being human.



STEPS OF SPIRITUAL PRACTICE

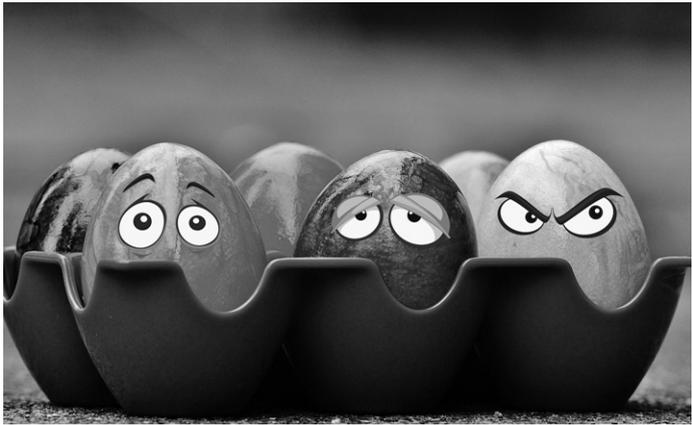
- All birds find shelter during a rain, but eagle avoids rain by flying above the Clouds.
- Problems are common, but attitude makes the difference.
- If they respect you, Respect them. If they Disrespect you, Still Respect them. Don't allow other's action to decrease your Manners, because you represent yourself not others.

- Happiness is a miss addressed emotion. When you seek it for yourself, it cannot be found. But when you give it to others, it'll find its way back to you.
- In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing.
- Wise men live and then talk about life , normal men talk about life and then live.
- One can count number of seeds in an apple but cannot count number of apples in a seed. Fortune is unseen. Things can change in a moment, always hope for the best.
- If you never taste a bad almond, you would never appreciate a good almond. Sometimes we need to experience bitterness of life to understand the value of sweetness.
- The size of your problems is nothing compared with your ability to solve them. Don't overestimate your problems and underestimate yourself.
- To smile without condition, to talk without intention, to give without reason and to care without expectation is the beauty of any relation.
- Always look for 'what is wrong', before looking for 'who is wrong'. This keeps relations safe and strong.

*Patience and
silence are
powerful energies.
Patience makes us
mentally strong
and silence make
us emotionally
strong. So
implement both
in your life
strategically and
intelligently.*



- Successful people carry two things on their face. “Smile and Silence”. “Smile to solve the problems” “Silence to avoid the problem “.
- Opportunities and obstacles are equal for all. But the difference is that, a positive person gives results and a negative person gives reasons.
- Love and forgiveness always go together because you can't love people unless you forgive them and you can't forgive people unless you love them.
- When you move your focus from competition to contribution, life becomes celebration. Never defeat people, just win.
- Lucky person will win hardly once in a life time. But, talented person will lose hardly once in a life time.



Life can be happier and stress free, if we remember one simple thought: “We can't have all that we desire, but time will give us all that we deserve”.

- Truth is like surgery, it hurts but it cures and lie is like a pain killer, it gives relief but has side effects later
- God has planned happiness for each one of us at the right time in our life. The only thing is that he does not share his calendar with us.
- Every little smile can touch somebody's heart. No one is born happy, but all of us are born with the ability to create happiness.



The willingness to listen, the patience to understand, the strength to support, the heart to care, and just to be there, that is beauty of real relationship.



- Your life is a result of the choices you make, AND if you don't like your life, start making better choices.
- Nothing can be changed by changing face. But everything can be changed by facing the change.

- Never feel sad on losing anything in your life, because whenever a tree loses its leaf, a new leaf is ready to take its place.
- Right things are not possible always. Possible things are not right always. Be true to your heart, you will never go wrong.
- Taking the first step with the good thought, the second with the good word and the third with the good deed; I enter paradise.
- A moment of anger can destroy a lifetime of work, whereas a moment of love can break barriers that took a lifetime to build.
- Life is not about what you could not do so far, its about what you can still do. Never giveup, miracles happen every day. Abdul Kalam was rejected as pilot.
- Always be good with the good. But don't start bad with the bad, because you can shape a diamond with a diamond, but you can't wash mud with mud.
- When your heart is filled with love, open your heart for others who may be in distress. Let your compassion flow towards all beings.
- Beware of mind garbage, each load of mind garbage negatively impacts your possibilities and lowers your expectations.

*Tears can be trusted
more than smile because
you can easily smile at
anybody, but can't cry
without true feelings.*





LESSONS FOR LIFE

1. No matter how beautiful and handsome you are, just remember Baboon and Gorillas also attract tourists. ***Stop Boasting.
2. No matter how big and strong you are, you will not carry yourself to your Grave. ***Be Humble!
3. No matter how tall you are, you can never see tomorrow. ***Be Patient!
4. No matter how Light Skinned you are, you will always need light in Darkness. ***Take Caution!
5. No matter how Rich and many Cars you have, you will always walk to Bed. ***Be Contented!

Take Life Easy

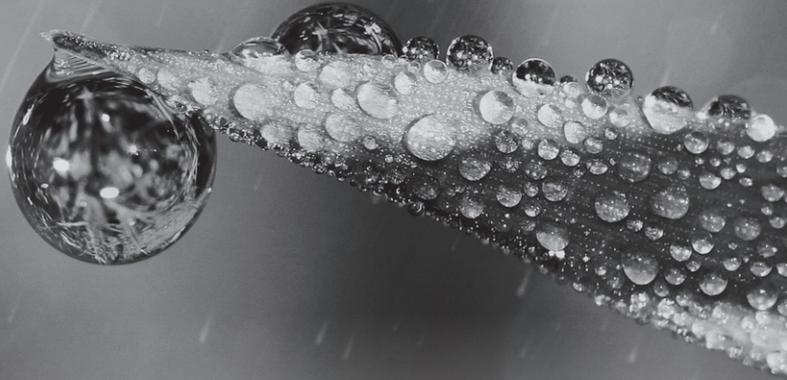
Life is "Exp. + Exp. + Exp."

Yesterday was Experience.

Today is Experiment.

Tomorrow is Expectation.

So, use your Experience in your Experiment to achieve your Expectations.



RAIN DROP

Beautiful explanation by Swami Vivekananda:

“The rain drop from the sky:

If it is caught in hands, it is pure enough for drinking.

If it falls in a gutter, its value drops so much that it can't be used even for washing the feet.

If it falls on hot surface, it perishes.

If it falls on lotus leaf, it shines like a pearl and finally, if it falls on oyster, it becomes a pearl.

The drop is same, but its existence & worth depend on with whom it associates.”

Always be associated with people who are good at heart.

HEART IS VERY PRECIOUS, DON'T EVER HURT WHETHER IT IS YOUR'S OR OTHERS.

WORDS OF WISDOM

Your parents are not your emergency fund. Your children are not your retirement fund. Build your own wealth. Good behavior does not have any monetary value. But, it has a power to purchase hearts of million people.

Always have a successful exit than a favorable entrance. Because, what matters is not being clapped when we arrive but being remembered when we leave.

When “I” is replaced by “we” even “illness” becomes “Wellness”.

“My pain may be the reason for somebody’s laugh. But my laugh must never be the reason for somebody’s pain” - Charlie Chaplin.

Human beings are very strange. They have ego of their knowledge but, they don’t have knowledge of their ego.

The greatest weakness is... not realising your own strength.

Never be SAD if anyone does NOT recognize your worth. It’s their LOSS and your GAIN, because people who don’t APPRECIATE your TRUE WORTH don’t DESERVE to know you

Do not place your MISTAKES on your HEAD its weight may CRUSH you. Instead PLACE them UNDER your feet and USE it as a PLATFORM to VIEW your HORIZON

There are no real FAILURES in LIFE, only RESULTS. There are no TRAGEDIES or MISTAKES, only LESSONS and there are no REAL PROBLEMS, only OPPORTUNITIES





OFFERING TO GOD !

Even when I was young I used to wonder about NEIVEDYAM TO GOD and have asked my parents.. Will God come and eat and even waited curiously to see HIM in action. But then my parents were not able to give me an acceptable explanation. I was just advised to have BELIEF.

Once I posed this question to Guru, in a spiritual class.

“Does God accept our ‘neivedhyam’? If God eats away the ‘prasadhham’ then from where can we distribute it to others? Does God really consume the ‘prasadhham’, Guruji?”

The Guru did not say anything. Instead, asked the student to prepare for classes.

That day, the Guru was teaching his class about the ‘upanishads’. He taught them the ‘mantra’: “poornamadham, poornamidham, poornasyapoornaadaaya....” and explained that: ‘every thing came out from “Poorna or Totality.” (ofishavasyaupanishad).

Later, everyone was instructed to practice the mantra by-heart. So all the boys started PRACTICING . After a while, the Guru came back and asked that very student who had raised his doubt about

Neivedya to recite the mantra without seeing the book, which they did.

Now the Guru gave a smile and asked this particular sishya who didn't believe in God: 'Did each of you really by-heart everything as it is in the book? The sishya said: "yes Guruji, I've recited whatever is written as in the book.

The Guru asked: "If you have taken every word into your mind then how come the words are still there in the book? He then explained:

"The words in your mind are in the SOOKSHMA STHITI (unseen form). The words in the book are there in the STOOLASTHITI (seen).

God too is in the 'sooksmasthiti'. The offering made to Him is done in 'stoolasthiti'. Thus, God takes the food in 'sookshmam'. Hence the food doesn't become any less in quantity.

While GOD takes it in the sookshmasthiti, we take it as 'prasadam' in 'stoolasthiti'.

I felt guilty and fully satisfied with the REPLY of Guru.

**Life is not about what you couldn't do so far,
it's about what you can still do.
Wait n don't ever give up..
Miracles happen every day...**

Pray God and he will come to your rescue.

**Make your anger so expensive that no one can get it easily
and make your Happiness so cheap that everyone gets it
from you.**

THE TWELVE BLESSINGS

The Twelve Blessings are a series of blessings to spiritual workers and great cosmic beings, incorporating profound wisdom – as well as some of the most beautiful prayers ever given to Earth. As well as giving us an enhanced appreciation of the great cosmos in which we live, The Twelve Blessings also form a spiritual practice which is easy to perform and can be done correctly in just a few minutes. They are a way of expressing gratitude to those upon whom we depend for our continued existence on this planet, and also a way of helping to heal the world by raising the consciousness of humanity as a whole. As such they are an excellent way of improving world karma, as well as our own individual karma. They are performed in the same way as is any prayer, by raising the hands and visualizing the flow of spiritual energy as white light.

The blessings are as follows:

- 1. Blessed are they who work for peace*
- 2. Blessed are the wise ones*
- 3. Blessed are they who love*
- 4. Blessed are the planetary ones*
- 5. Blessed are the thanks givers*
- 6. Blessed are they who heal*
- 7. Blessed is the Mother Earth*
- 8. Blessed is the mighty Sun*
- 9. Blessed are the supreme Lords of Karma*
- 10. Blessed is the great being known as the Galaxy*
- 11. Blessed are the supreme Lords of Creation*
- 12. Blessed is the Absolute*





There is no wine if Grapes are not pressed, no perfume if flowers are not crushed. If you feel any pressure in life, it means God is bringing the best out of you.

GOD IS AUTHOR & YOU ARE CO-AUTHOR

- Blessed is the person who understands that the reason for praying is not only to get what we want but to accept what god has given us.
- No one has travelled the road of success Without crossing streets of failure. God never promised easy journeys in life. He only promised Great Destinations
- **All of us are afraid of so many things in life, specially:**
 1. Fear of sickness and ill health.
 2. Fear of Evil spirits.
 3. Fear of Evil eye
 4. Fear of life's uncertainties.

God can take care of all your fears, as he is all Powerful, Merciful and more than all Compassionate.

- God when I lose hope, help me to remember that your love is greater than my disappointments and your plans for my life are better than my dreams.

- because of beats and pains. Life is race; God is your rider. So if you are in pain think, God wants you to win.
- God is not the sole author of your destiny. You are the co-author of your destiny.
- Pray ordinarily for God, He will do extraordinary for you. Be natural to God, He will do supernatural for you.
- Do not limit your challenges, challenge your limits. Born with personality is God's gift, living as a personality is an achievement.
- The Gathas, the Vedas and the Gospel teach man to lead pure and pious lives of philanthropy and benevolence. This is the only way to salvation. 'Be good and do good', is the gist of Religion's philosophy. He who recites daily prayers and performs religious rituals and ceremonies, but himself does not lead a pious life, nor is good to others, is like a man who ploughs the field but does so without good results. But he, who, besides reciting the prayers and doctrines, puts them into practice in daily life, is like a man who not only ploughs and sows but also reaps the harvest.
- good behavior does not have any



Do you know why God didn't give us the gift to read others' minds? So that we could have the chance to "TRUST" and the privilege to be "TRUSTED!"



monetary value. But, it has a power to purchase hearts of the million people.

- PRAYERS, DREAMS AND SEEDS ARE SIMILAR IN NATURE. THEY ALL HAVE NOTHING WITHIN BUT THEY HAVE THE POTENTIAL OF CREATING EVERYTHING.
- Lack of experience exposes you to the bullets of evil.
- The brave one never lets hindrances deter him from his course.
- Forget the past but learn from the experience and take care in the future.
- Great souls become humble after their victory.
- Self-confidence puts an end to the tensions of the world.
- Remove the darkness of the mind and the world will be illuminated.
- What do you gain by prayer? Answer- given by Swami Vivekananda, I gain nothing, In fact I lost anger, depression, jealousy and irritation.
- THE POWER OF A COMPELLING CAUSE RESTS IN THE SOUL OF ITS CREATOR, because a cause springs from the soul. It is a spiritual statement from one soul that cannot be the result of many. It comes from a deep place of knowing, some conviction that a richly imagined future could in some way, dramatically and positively, change the world.

*Its slow when we wait, Its fast
when we are late, Its long when
we are sad, Its short when we are
happy, in fact, time is determined by
our mental status not by clock.*





PRAYER IN ALL RELIGIONS

P RAYER OF HINDUS: The myriad-headed purusa (Supreme being in his Universal form) Prayer or worship is considered to be an integral part of the Hindu religion. The chanting of mantras is the most popular form of worship in Hinduism. Yoga and meditation are also considered as a form of devotional service towards the Lord. The Picture to the right represents the Om sign, which is a sound of peace. The Gayatri mantra is Hinduism's most representative prayer. Many Hindus recite it on a daily basis, not only contemplating its straightforward meaning, but also dwelling on and imbibing its sound, regarded to be pregnant with spiritual meaning.

PRAYER OF JAINS: Those who befriend Thee enjoy prosperity and good fortune, while those who are hostile to Thee are annihilated in no time, Thou art, however, indifferent to both. This behavior of Time, O Lord! Is exceedingly wonderful.

PRAYER OF SIKHS: The one supreme being, whose Name is Eternal Truth, the Creator, the Spirit, devoid of fear and enmity, Immortal, Unknown, Self-existent, the Enlightener, the Bestower of Grace, Glory be to Him. The pure One was in the beginning, before all ages began: the pure one exists now, and, says Nanaka, shall exist for evermore. Praise to be the Guru.

PRAYER OF ZOROASTRIANS: Blessed was the Thought, and blessed was the word, and blessed was the Deed of the holy Zarathushtra. The celestial Spirits carried forth the Scriptures. Praise to you, O Sacred Scriptures! With adoration of Thee, O

Mazda, we desire Thy gift of gracious help, and stretching forth our hands to Thee, we pray for the blessings of Thy bountiful Spirit.

PRAYER OF MOHAMMEDANS: In the name of the Lord, the kind, compassionate. All honour be to God, the Lord of all the worlds. The kind, the compassionate, the King on the day of Faith. It is He who is wise, He who is powerful. Guide Thou us on the Path of Righteousness, The Path of those who rejoice in Thee, Not on that of those who ignore Thee and work injustice. Amen.

PRAYER OF CHRISTIANS: Prayer is simply conversing with God. It is communion with God. We converse with people all the time. We can't have a close relationship with another person without spending time communicating with them. It's exactly the same with God.

The New Testament teaches us that we are to pray:

1. **With faith:** "All things you ask in prayer, believing, you will receive.
2. **According to God's will:** "This is the confidence which we have before Him, that, if we ask anything according to His will, He hears us"
3. **In the Holy Spirit:** "But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit"
4. **With devotion:** "rejoicing in hope, persevering in tribulation, devoted to prayer"
5. **With thanksgiving:** "Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving"
6. **Earnestly:** "As we night and day keep praying most earnestly that we may see your face, and may complete what is lacking in your faith"
7. **Being on the alert for all the saints:** "With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints"



“OM” MANTRA

Richness is not earning more, spending more or saving more. Richness is when you need no more.

- ❁ Chanting of OM Mantra purifies the environment around the chanter and produces positive vibrations.
- ❁ The OM not only gives positive results to the one who is chanting it but to the entire vicinity wherever its vibrations flow.
- ❁ It cleanses your aura.
- ❁ It takes you to alpha, a meditational state which gives you deep relaxation.
- ❁ Your concentration increases when you chant this universal hymn.
- ❁ The ॐ chanting removes toxin from your body. It gives you better immunity and self-healing power.
- ❁ It improves your concentration and helps you focus on your target.
- ❁ The ॐ chanting improves your voice and gives a strength to

vocal cord and muscles during old age.

- ❁ The ॐ chanting produces a vibration and sound which is felt in your vocal cord and sinus.
- ❁ It opens pores which in turn helps in removal of sinus problems gradually and if done in complete faith.
- ❁ Om Mantra has a cardiovascular benefit too which keeps blood pressure normal.
- ❁ It helps in keeping your emotions controlled and thus by putting a control over emotions and leads you to excel in life.
- ❁ It is just like any other supplement that will help in the overall development of your body and mind positively without any side effects.
- ❁ It regular chanting helps in taking you to a spiritual journey and which will only result if it is done daily for a longer period of time.
- ❁ When OM Mantra chanted in group produces immense positive vibrations which charge up the entire vicinity.
- ❁ Even the attendants feel fully charged up even though a person is completely tired.
- ❁ Some people also claims to lose weight through ॐ chanting as it puts your entire body in work and its vibrations affects you positively hence, enhancing your metabolism which leads to weight loss.
- ❁ Om cleanses your skin and gives a sunny glow on your face when you chant OM regularly.
- ❁ When you tend to chant it regularly you start feeling stronger.
- ❁ Spinal cord efficiency is also increased by vibrations caused by sound of Aaaa. As this sound is generated from abdomen and mainly supported by spinal cord.

- ❁ The sound uuu is created by vocal cord which affects thyroid glands and throat.
- ❁ Even a picture of OM purifies the environment around.
- ❁ It is said that rubbing hands while ॐ chanting and putting those charged hands on different parts of body heals or activates those body parts.
- ❁ If those rubbed hands are put on your eyes your eye sight will start improving.
- ❁ And if rubbed on your face, it can give you a great personality.
- ❁ It is proved that chanting this Mantra improves quality of water. So before drinking if OM is chanted it puts water crystal in most beautiful sequence, which effects the body beautifully.

“HARI OM”

**Thank you, Thank you, thank you Lord,
for giving me such a precious life.
I am ever grateful to you.**

CA Dr. Vishnu Bharath Alampalli

Address: No. 7/8, 2nd Floor, Shoukath Building,
SJP Road, Bangalore -2.

Residence: No. 450, 7th Main, 4th Block,
Jayanagar, Bangalore 11.

Phone Nos. 42104220 Mobile: 98807 01701, 99800 77078

Email: vishnubharathco@gmail.com, info@vbandco.com

Web: www.vishnubharath.com

ALL MY BOOKS ARE AVAILABLE IN MY WEBSITE

PROFILE OF

CA Dr. VISHNUBHARATH ALAMPALLI



Personal Details

Born on 2nd Feb 1952 in an illustrious family of businessmen and acquired B.Com, FCA at the age of 21 years, youngest to pass CA in Institute history. Figured in an all India Merit list, both Inter and Final CA Exams.

PRESENT

- Practicing Sr. Chartered Accountant from past 42 years
- Vice President of APS Education Trust,(80 years of repute)
- Chairman – PHF Co., (P) Ltd-Transit Living Service Apartments
- Executive President – Karnataka Federation of United Nations UNESCO
- Director – CANFINA Financial Services, Subsidiary of Canara Bank.
- Chairman –RV Integrated PU College
- President – Vasavi Vedha Nidhi Trust, Sanskrit school.
- Trustee – Welfare Trust of GMR Infra.
- Trustee – RSS Trust (75 years of repute), RV Institutions, Bangalore (Institution of 75 years)

PAST

- Chairman – Southern India Regional Council of Institute of Chartered Accountants of India. Recipient of Best Region award of ICAI
- President – Karnataka State Chartered Accountants Association
- Chairman – Bangalore Branch of SIRC of ICAI. Received Best Branch award of ICAI.
- Managing Committee Member of FKCCI.
- President – Vasavi CA Charitable Trust.
- Chairman – NMKRV Degree College.
- Chairman – Education committee of FKCCI
- Member – Fiscal Laws Committee (FICCI), New Delhi

AWARDS

- HONORABLE DOCTRATE by Mangalore University.
- HONORARY PROFESSORSHIP by Tumkur University.
- RASHTREEYA UDYOG, VIKAS JYOTHI. VASAVI SIRI, KANNADA SIRI

AUTHORED

- AUTHORED 28 BOOKS, “LIFE IS LIKE A JOURNEY ON A TRAIN” & “HEALTH IS WEALTH & IT IS TAX FREE” IS RECOGNISED BY INTERNATIONAL PUBLISHER AND MADE IT AVAILABLE IN 158 COUNTRIES.

- PERSONAL GUIDE TO INCOME TAX Published by FKCCI.
- A WOMANS WORLD – Released by Governor of Karnataka.
- A MAN’S WORLD – All about how to achieve success
- KNOW MORE – Knowledge is Strength
- ARYA VYSYA BOOK- All about Arya Vysya’s
- “HEALTH IS WALTH AND IT IS TAX FREE” Tips for good health.
- “LIFE IS PRECIOUS” Importance of Human life.
- “BANK UPON YOUR BANK” Released by FKCCI.
- “VARIETY IS SPICE IN LIFE” Short stories.
- “FESTIVALS OF INDIA” All about Indian Festivals.
- “I LOVE MY INDIA” Sponsored by Canara Bank.
- “Words of Wisdom” Sponsored by ITC Ltd.,
- “Failure is stepping stone for success” spon by GMR Infra Ltd.,
- “Life, Friendship & Happiness” sponsored by GMR Infra Ltd.,
- “Adinarayana Mahime” of SLAS Charitable Trust.
- “ V CAT Referencer” A guide for Business man – by V CAT.
- “GOD THE ALMIGHTY” Sponsored by Canara Bank.
- “LIFE IS A LIKE A JOURNEY ON A TRAIN”- God is Travel Agent.
- “KILL THE ILL WITH OUT THE PILL –” Spon. Canara Bank.
- “SMILE & SMILE ALL THE WAY – IT IS TAX FREE” Spon. Advait
- PAST PRESENT & FUTURE – Spon. By Abaran Jewellers.
- LIVE LIFE BEFORE YOU LEAVE LIFE – How to live full life.
- FLIP FLOP INDIA – Merits & De merits of India.Spon:CANFIN HOME
- ASTOUNDING FACTS – Facts of Precious Life. Spon: Advait
- International release of “LIFE IS LIKE A JOURNEY ON TRAIN”
- International release of “HEALTH IS WEALTH & TAX FREE”
- EXEMPLARY POWER OF PRAYER

OTHERS

- Toured all over the world & Member of Red Cross Society
- Given Interview in AIR and Doordarshan – Public Cause
- Has keen interest in Farming and Agriculture
- Good Sportsman and Regular Swimmer &Yoga enthusiast

HOBBIES

- Very active in FACEBOOK with 3000+ Friends.
- Innovative WEBSITE **vishnubharath.com** more than 2000 people visit my site.
THE TEXT OF ALL MY 28 BOOKS ARE IN MY SITE.
- In contact with 15000+ DAILY, with email for useful & valuable info.

Front Cover Art: **Prof. M.SREEDHARA MURTHY** Page Design: **SAGAR M.S.**