

# GOD Canada - October 2020

## Newsletter

### Cherished Memories - His Portrait Is Him!

This series chronicles interesting experiences recounted by the devotees of HH Maharanyam Sri Sri Muralidhara Swamiji. These articles are from the series, "Cherished Memoirs" that is published [namadwaar.org](http://namadwaar.org)

It was a sunny morning. Sri Sri Swamiji had just returned from a tour. After his morning ablutions, He started out from Alapakkam and beckoned me to drive to Premika Bhavanam. As we were on our way, suddenly Sri Sri Swamiji summoned me to go to Sridharji's home.

Sridhar is one of the earliest devotees of Sri Sri Swamiji, who devoted his life full time towards serving the Master. He takes care of the Madhurapuri Ashram and is a personification of Guru Kainkarya. His mother had the fortune of having Sri Sri Swamiji's darshan quite often. She had then recently undergone a surgery for a fractured leg, and was recovering from it.

I immediately changed the route and got on the street that led to Sridharji's residence. No sooner did we reach the house than Sridharji's mom started jumping in joy! She was pleasantly thrilled and just could not control her emotional outburst which wetted her eyes, on seeing Sri Sri Swamiji at her doorstep. As Sri Sri Swamiji entered the house, she screamed, 'Sridhar! Did I not tell you? I knew Guruji would hear me!!' and Sridharji nodded in acceptance. I slowly nudged towards Sridharji and asked, 'So Sridharji, what is amma saying? Why is she so excited?'

Then Sridharji explained the whole story...

Sridharji's mother had not had Sri Sri Swamiji's darshan since, He was out of station and she was recovering, and yet she strongly desired to have His darshan. As her physical condition did not permit her to move out of her house, she kept telling Sridharji, 'Why don't you let Sri Sri Swamiji know of my desire for darshan?' and Sridharji simply responded, 'He has so much of divine work to do, so many places to go and spread the Maha Mantra, so many devotees to take care of, all over the world. We should not take up one bit of His time, as His time is very precious.' The matter did not stop there, thanks to her strong will. The argument reached its peak and finally Sridhar remarked, 'Well! Sri Swamiji often says that He is no different from His portrait. Walk down to the pooja room and talk out your desires in front of His picture'. She earnestly walked down and spoke out to Sri Swamiji's portrait expressing her thirst for Sri Swamiji's darshan.

I realized that it was at that very instant that, out of the blue, Sri Sri Swamiji made me veer the car to the direction of Sridharji's home!

Haven't we read about such incidents in books about Mahans and Saints? It is indeed true that the portrait of a Guru is no different from Him. Wherever we are, in whatever state we are, if we think of Him with earnest faith and devotion, it reaches Him immediately.

## Madhurageetham - Bharata Pradakshina - 9

### Kancheepuram

As we continue to explore Sri Swamiji's compositions on various deities and kshetras, let us travel to Kancheepuram

Varadharaja Perumal Temple is located in the holy city of Kancheepuram. It is one of the 108 divya Desams. One of the greatest Hindu scholars of Vaishnava Vishishtadvaita philosophy, Ramanuja is believed to have resided in this temple. The temple along with Ekambareswarar Temple and Kamakshi Amman Temple in Kanchipuram is popularly known as Mumurtivasam (abode of trio), while Srirangam is referred to as: 'Koil' (meaning: "temple") and Tirupati as: 'Malai' (Meaning: "hill"). Among the Divya Desams, Kanchipuram Varadaraja Perumal temple is known as: 'Perumal Koil'. This is one of the most sacred places for Vaishnavites. The fourth of the Divya Desams that completes this series is Melukote—which is known as Thirunarayanapuram. Vaishnavites believe that visiting all four places without a break will guarantee one a place in paramapadam.

Original Song in Sanskrit

रागम् : कानडा तालम् : आधि  
पल्लवि :  
वरदराजम् भजे ।  
देवादिराजम् भजे ॥  
अनुपल्लवि :  
काञ्चीक्षेत्र वासिनम् वाञ्चितफलप्रदम् ।  
रञ्जितभक्तजनमनोहररूपम् ॥  
चरणम् :  
वेगवती तीरस्थितम् वेद-परिपालकम् ।  
प्रपन्नरक्षकम् दानवशिक्षकम् ।  
गरुडारूढम् करुणास्वरूपम् ।  
मुरलीधर-पुण्यतरुफलितम् ॥

English Transliteration  
Ragam: kAnada  
Thalam: Adi

Pallavi

varadarAjam bhaje devAdirAjam bhaje (varadarAjam...)  
Anupallavi  
kAnchi kshetra vAsinam vAnchita phala pradam  
ranjita bhakta jana manohara rUpam (varadarAjam)

anupallavi

kAnchi kshetra vAsinam vAnchita phala pradam  
ranjita bhakta jana manohara rUpam (varadarAjam)

charanam

vegavati tIraStitham veda paripAlanam  
prapanna rakshakam dAnava slkshakam  
garuDArUDam karuNAsvarUpam  
muraLIDhara puNya taru phalitam (varadarAjam)

## Excerpts from Sri Ramanujam ji's 5 minutes Wisdom series:Part 2

### 1. How to reduce Social Media Addiction?

Because of too much virtual addiction, kids these days think it is unnecessary to talk to people. As well, they should experience joy while having face-to-face conversation with others. If there is no joy and there is no need to have face to face conversation, kids feel that it is better to communicate virtually through various online and social media attractions. There must be a need and joy for personal interactions.

At least, among our sathsang families, we should practice what we are telling our kids. If we tell our kids, "No Screen time", and we are busy with checking Whatsapp and other social media forums then that is a problem. We have to start practicing this at home first, we have to reduce screen time and spend time together as family. As parents, we should sacrifice our distractions for the well-being of the whole family.

### 2. "Acceptance"

When our needs are not fulfilled, when we expect something from someone and our expectations are not met, when there is a resistance outside, that is the cue for us to watch for 'Acceptance'. That is the cue for us to stop and think whether we are getting irritated under the current situation or are we accepting what is happening around us. Acceptance is not

agreement, resignation, defeatism or fatalism. “Acceptance is not to fight the dead past. Instead of hitting our head against the wall of ‘could have, should have, would have’, which is called non-acceptance, we have to use our intelligence to move on through the door called ‘what can be done now?’, the door called ‘possibility’, the door called ‘purpose’ “ – this is acceptance. Acceptance means, “This has happened, I cannot change the past, rather I will concentrate on what I can influence, which is the future. I focus on what can be done and what needs to be done now.”

3. “Attention” – how to be successful in being attentive?

a. The first and foremost thing that we have to bring into practice to be more attentive is to stop multitasking wherever possible. More important is our inner productivity than outer productivity. Even if replying to an email takes 3 minutes longer, it is fine. We have to start practicing small successes. So, what is small success? We take up one job, even if it takes little longer, we stay on this one task, finish it and then move on to the next task. This way, we are supporting our intellect to ‘focus’. Habituate focussing on one task at a time.

b. The second thing we have to do is to lock away all the electronics and gadgets when we are focussing on one task. Japanese have this practice called ‘2 hand radius’. They keep only required materials that are essential to complete the particular task within the 2 hand radius. Other unnecessary articles or tools will not be within this radius.

c. The third practice that we have to adapt is to sit quietly for at least 10 minutes every morning and just observe what our ‘mind’ is up to. ‘Attention to inattention is meditation’ says Sri Jiddu Krishnamoorthy. When we are paying attention to the inattentive mind, without getting distracted, the mind becomes calm over time. For 10 minutes, every morning, sit down comfortably, and observe the mind – let the mind wander, just observe the thoughts, do not judge the thoughts, do not work on the thoughts, just watch it. This is how the power of attention will bring our mind under control. When the mind is being observed, it will start behaving totally differently, it will calm down eventually.

## Toronto Monthly Sathsang Report for Sep 2020

With the Blessings of our beloved Guruji and Sri Madhuri Sakhi Sametha Premika Varadha Takurji, GODToronto Sathsang families continued to E-sathsangs.

Sep 01 - Sep 13 - Akanda Nama via Zoom call from 5:30am to 12 noon.

Sep 17 - Oct 16 - to celebrate Pushothama Month, we are having Akanda nama for 12 hours (5:15am to 5:15 pm) daily via Zoom call. Nama chanting by all members (from 2 yr old to 60 yr old)

Upcoming Events

Oct 17 - Oct 24 - Navaratri Ramayana Utsav - we shall celebrate Navaratri with Poorna Ramayana Parayana Navaha Utsav (Oct 16-24), culminating with Seetha Kalyanam & Sri Seetha Rama Pattabhishegam on 24/Oct, Saturday.

Oct 26 - Nov 14 - GuruMaharaj Jayanti Celebrations - Akanda Nama & Madhura Geetham Utsav  
+ Yuva Bhagavatha Utsav  
Dec 19 - Dec 27 - Madhura Utsav - Radha Kalyanam + Sampoorna Bala Bhagavatha Saptaham