

the basic preparations required, the intelligent discussion of what prana means and how to tap it is commendable.

The author and publisher have obviously made considerable efforts with the quality of the paper, the layout, charts and style of the book. This first-rate book is meant to be a practical companion for everyday reference and use.

— Amrit Ray

Books Received



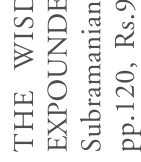
A TRUE KARMAYOGI by Amaladevi Chattopadhyay, 2003 The Crafts Council of Karnataka, 37, Sribhooma 1, 17th Cross Malleswaram, Bangalore - 560 055 (India) tholaprintsindia@vsnl.net, pp. 111, Rs 250.



ADVAITIC EXPERIENCE by K.N. Subramanian. Guru Publications, 2003, "Peace Villa", No. 356, Mahakavi Bharathi Nagar, Vyasarpadi, Chennai—600 039, tel: 25511882, pp. 78, Rs. 150.



MIND OVERCOMING ITS CANKERS: AN IN-DEPTH STUDY OF MENTAL EFFLUENTS IN THE BUDDHIST PERSPECTIVE by Ven. Acharya Buddhharakkhita. Buddhist Publication Society, 2004, P.O. Box 61, 54, Sangharaja Mawatha, Kandy, Sri Lanka, pp. 230.



THE WISDOM OF SRI DATTATREYA [AS EXPUNDED IN TRIPURA RAHASYAM], by K.N. Subramanian. Sura Books (Pvt) Ltd. Chennai 2003, pp.120, Rs.95.00.



BOOK DIVINE: THIRUKKURAL by Saint Thiruvalluvar, English Translation Lt Col Cr Sundar. Om Vignesh Publishers, 2001 Plot no. 43, 24th Cross Street, Padmavathy Nagar, Selaiyur, Chennai - 600073, pp.292, Rs. 110.

RAMANA KIDS CORNER



Dear Children of Bhagavan,
Happy Deepam! This time at Ramana Kids Corner, you will meet a child-like devotee of Bhagavan and a puzzle to guess the correct festival. I like to hear from you. Send me your letters to ramanakids@yahoo.com

Swami Shantananda Puri

Have any of you met Swami Shantananda? Yes, yes, he is the Swamiji, with the child-like, gleeful smile on his face, bursting with joy. He is often seen at Sri Ramanashramam. Swamiji is an ardent devotee of our Bhagavan Ramana. Talking to Swamiji, is like talking to an innocent child, simple and open. On Bhagavan's Jayanthi day in 2004 (Jan. 8th 2004), a family with two children approached Swami Shantananda for his blessings. The Swamiji was residing at Sri Ramanashramam in the cottage assigned to him. He was at that point of time in *mouna* i.e. in silence. The family requested Swamiji to give instructions to the kids on how to meditate. Since the Swamiji was in *mouna*, he wrote down a very beautiful, simple message. This letter is a treasure, it is from God's child to all children between 0 -99 years. This heart-felt message was written very spontaneously, and all present felt the blessings.



Swami Shantananda Puri

Dear Children,

OM. In life as you grow, you have to meet problems. Even as children, problems in school, problems in house, health problems. So in all these problems, there is one helper sitting inside our heart. He is very kind, all powerful. He will help if you call him. How to call? There is a code word — daily sit down for 15 minutes and shut your eyes. By imagination, imagine that you are seeing in the right side of the body next to the HEART which is on the left. Then you just think continuously “Who Am I?” “Who Am I?”. The one who is sitting inside the Heart is called GOD. Also, called the SELF. But His pet-name is “I”. If you do it daily, your intelligence, memory, beauty, creative capacity — all will grow — and one day you will become great. Do not repeat “Who Am I” but go on feeling — focus your attention. It looks difficult. Do it for 6 months — so easy! It will help you at all times.

Blessings of Bhagawan. HARI OM.

What is HARI OM? Short form for “Hurry Home” — Wish you a nice journey! (pointing to the heart, meaning the inward journey)

— Swami Shantananda
Jan. 8th, 2004 (Jayanthi Day)

Activity

Arunachala Paati: What a loving message from Swamiji! Is meditation really that simple? Can children really meditate? There are so many scholarly books written about meditation. How can it be that simple? Our Bhagavan’s message is exactly that, very simple. He taught us these golden code words — *Who Am I!* It is for everybody. In fact, adults can meditate only if they become child-like—innocent, pure and simple.

So why waste time anymore? Let us begin to do self enquiry every day. Don’t worry if you are doing it right or not. Bhagawan will guide us every moment. All we have to do is to obey our Guru, our Father and our Friend.

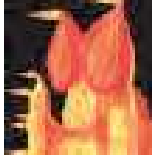
Please write to us anything you want to say or ask about meditation — how you meditate, when, and why you meditate etc. Send your letters to ramanakids@yahoo.com



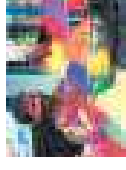
Pongal



Pournami



Deepavalli

Ramana
Jayanthi

Holi

Kartikai
Deepam**Which festival is being celebrated?**

This issue celebrates a festival at Tiruvannamalai. Which one could it be? Use these clues to eliminate the different festivals. You will be left with the festival that is going to be celebrated grandly on December 13th, 2005.

Clues:

1. This is not a monthly celebration;
2. It is not a celebration of the birthday of a saint;
3. This is a festival of lights;
4. This festival is about the column of light.

Did you guess right? Yes it is the Deepam festival. Hundreds of thousands of devotees gather to celebrate Kartikai Deepam, where a huge flame is lit on the peak of the Arunachala hill, symbolizing Siva’s appearance as a huge column of light. Devotees circumambulate the Hill, and many climb towards the peak. At Sri Ramanashramam around 6pm, devotees gather outside the Samadhi Hall, and begin to recite the *Aksharanamanamalai*, facing their beloved Arunachala. All are blessed as they witness the lighting of the Deepam. On Deepam day, may we all remember the light within each of us! Nammo Ramana.

Dear Children of Bhagawan,

Happy Deepam! This time at Ramana Kids Corner, you will meet a child-like devotee of Bhagawan and a puzzle to guess the correct festival. I would like to hear from you. ◀