

SEVA TIMES

THE ART OF LIVING INTERNATIONAL CENTER, BENGALURU



Natural Farming Practices for a Healthy Society

pg. 2

YLTP Helps Young Man Implement His Dream

pg. 3



FEBRUARY 2021

SEVA SNIPPETS

Israeli Consulate Donates 100 Digital Tablets



Jonathan Zadka, H.E. Consul General of Israel, accompanied by Seidman Ariel, Deputy Consul General, visited one of the branches of The Art of Living Free Schools in Bengaluru on January 4, 2021. The Israeli Consulate donated digital tablets to 100 students to help them attend online classes and study from home. Jonathan Zadka later tweeted, "We are extremely proud in our collaboration with @aolschools supporting students learning from home. Grateful for the opportunity to take part in such an inspirational initiative. We value the guidance and enlightenment of Guru Dev."

Giant Yam Grown Organically



This single piece of yam, weighing 77 kilograms, was harvested at The Art of Living International Center, Bengaluru. The yam was grown organically.

Organic Products Fair at Bengaluru Ashram



Starting January 17, weekly Naisargika Santhe, a natural produce fair, has been launched at The Art of Living International Center, Bengaluru. This fair which is open from 10:30 a.m. to 7:30 p.m. every Sunday will help organic farmers, local businessmen, and environment-friendly natural product manufacturers, to display and market their products.

Chandrasekar Kuppan Receives Award for his Good Work

Chandrasekar Kuppan, under whose leadership the Naganadhi River Project of The Art of Living was successfully completed, was awarded by the Vellore District Collectorate on the occasion of the 72nd Republic Day in recognition of the good work done by him in reviving a river that had been dead for years. Chandrasekar Kuppan said that this had achieved and made possible only by imparting the knowledge of Sudarshan Kriya through the government scheme in the form of Capacity Building Training to all the residents in each village who were involved in the river rejuvenation project.



Karmayog Yatra Meets Community Leaders in West Bengal and Assam

By Dr Hampi Chakrabarti

The Art of Living Karmayog undertook a Yatra through West Bengal and southern Assam, to connect with the community leaders and Karmayog stakeholders after the pandemic. This past year has been difficult for everyone, and more so for our dedicated community leaders in the rural, remote and tribal areas, who went out of their way to support their communities during this time.

The Karmayog Yatra commenced from Mecheda in Purba Midnapore district and touched upon Kharagpur district, Pancha and Tulin in Purulia district, Andal, Siliguri, Darjeeling, Alipurduar, Cooch Behar in West Bengal and Dhubri, Gouripur, Bongaigaon, Nalbari and Guwahati in Assam.

The prime concern for Karmayog in this yatra, as laid down by Gurudev Sri Sri Ravi Shankar, is to support the population of rural youth who have taken a financial setback in the current circumstances. These are dynamic and hardworking youth, but with a lack of access to opportunities. Karmayog is working to create income generation windows for these youth through the Micro Entrepreneurship



Glimpses from meetings in (clockwise) Purulia, Rajabhatkhawa, Mecheda and Darjeeling

Training Program. Under this program, rural youth will be trained and hand held under Karmayog's mentors to establish themselves as successful Micro Entrepreneurs.

In this Yatra, the Karmayog National Director is also conducting discussions with the Karmayog stakeholders and community leaders who have envisioned service projects for their communities and are keen to embark on its implementation or scaling up their ongoing efforts

at the earliest as the pandemic regulations ease up. While a young student of music from Hooghly, Sayanto Ganguly, has created a network of more than 500 grassroots artists solely operating through organic person-to-person contacts and social media, Jitendranath Mahato in Karadih village of Purulia has established a school from kindergarten to standard five, boarding 75 students and educating more than 250 from the local community. Ram

Kumar Lama from Alipurduar organized a two-week cultural festival enabling local tribal communities to showcase their cultural dance and music. Lama now is planning to reach out to the tribal tea garden workers with the benefits of Sudarshan Kriya.

Inspired by Gurudev's vision to bring a smile on every face, our trained community leaders are leaving no stone unturned towards the development of rural India.

Natural Farming Training Commences in Kheda, Maharashtra

Kheda, Maharashtra: In an attempt to bring tribal farmers back into the mainstream, The Art of Living is working hand-in-hand with the Ministry of Tribal Affairs to train tribal farmers in natural farming techniques. The 3-day training program not only provides farmers with the know-how to adopt natural farming techniques and increase their agricultural produce but also provides them with a platform to sell their produce at competitive rates so that they earn the maximum benefit. This project has been kicked off in two states so far. In Maharashtra,

the project has been launched in Kannad Tehsil. Nearly 10,000 tribal farmers will be trained in Kannad, Sillod, Soegaon, and Vajapur tehsil.

Lack of organization makes the small scale farmers vulnerable to exploitation. Gurudev's vision is to provide proper training to the farmers and also ensure that they get the best price for their naturally grown products for which there is an increasing demand. Along with the practical knowledge on farming, the farmers are also taught breathing and meditation techniques to ensure good physical, mental



Participants learning breathing techniques to stay physically and mentally fit

and emotional health. They are also encouraged to participate in community building activities like satsang where they gather in the evenings to sing bhajans and share knowledge.

Project Director of The Art of Living Pandurang Shelke, Sudhir

Chapte, Sharad Dolharkar, Gopal Kale, Parshuram Mahatme, Sunil Borbane, Bhaskar Magar, Dinesh Chavan, Prakash Kadam, Harivansh Sisode, Narendra Ratnaparkhi, Kiran Boralkar, Ankush Garad and others are playing an active role in the project.

Traditional Wisdom Revitalized by Naisargika Santhe

By Padma Koty

The recent two-day Naisargika Santhe (organic fair) at The Art of Living International Center organized by the Sri Sri Institute of Agricultural Sciences and Technology (SSIAST) Trust and Ace Trust was a heartening and educational place to be at. It demonstrated how such Santhe can rekindle our efforts to bring traditional wisdom back into our lives to make our lifestyle meaningful, balanced and protective of health. It also foregrounded the sense of community and shared values and revived the enthusiasm of both buyers and sellers, more so when the pandemic has affected the economy.

Says Venkatesh SR, CEO, SSIAST, "Such vocal-for-local events serve to create business platforms and sales outlets for local small businesses and vendors while helping consumers to buy chemical-free organic groceries, vegetables, and other necessities. Young startups and diverse self-help groups also gain exposure and support."

At the Santhe, there was clearly high consumer interest in traditional stone ware and pottery, organic health products, rare yams and tubers and so on. Several products had value-added features: one organic grower had a warehouse and processing teams to meticulously clean vegetables and greens before selling them. A dairy initiative buys milk at higher MRP from over 2000 farmers - who may have just 2-3 cows - based across 94 villages in Karnataka and Tamil Nadu. A lady marketing dozens of traditional Indian games organizes "game parlors" where, for a nominal fee, children can play several of these traditional games!

Such Santhe also keep alive famous State-wise culinary delights like the Maddur vadas and Benne Dosas, chemical-free ice creams and traditional sweets prepared with A2 milk and jaggery that remind us that these wise food traditions deserve to be revived in our home kitchens. Importantly, these well-organized Santhe are reconnecting youngsters too to almost-forgotten traditions, values and healthful daily-use products.

New Year Begins with a 16 Day Fitness Challenge

"One can be said to be in a perfect state of health when you're physically fit, mentally calm and emotionally steady." – Gurudev Sri Sri Ravi Shankar

The year 2020 took its toll on humans the world over, taking away many things they held dear - relationships, plans, commitments, and most importantly - health. Lockdown meant staying indoors most of the time and consuming extra calories either out of boredom or out of frustration. A vaccine may help to protect people from the COVID virus but it would take more than just a vaccine to help them recover from the physical, mental and emotional exhaustion of 2020.

To motivate people to take charge of their health, The Art of Living began the New Year with a 16-Day Fitness Challenge that was open to all irrespective of their age, size, or shape. Every day of the fitness challenge brought together a structured regimen for the body and the mind.

The fitness challenge was streamed live on YouTube at 7:30 AM IST every morning. Dinesh Ghodke, expert trainer from The Art of Living, led the participants in workouts that focused on each and every part of the body. The regimen was designed to help participants to get fitter, boost their immunity, increase their stamina, and lose all the "lockdown flab." Participants also



received helpful tips to improve their health and diet. The exercises were combined with a relaxing meditation led by Gurudev Sri Sri Ravi Shankar.

Here is what some participants had to say:

"Thank you for this wonderful 16 days. I will continue to follow this set everyday from now. I also took the 4 days Sudarshan kriya program in between the challenge and I must say it's an amazing experience." – Aarti Patil

"The past 15 days have been super amazing and a start to a more spiritually awakening lifestyle. I want to thank you and Sri Gurudev for this priceless gift which I shall treasure for the rest of my life." – Radha Reddy from South Africa.

"Wonderful exercises. Feeling very energetic." – Neeta Gahilot

Natural Farming Practices for a Healthy Society

Natural Farming Training provided by the Sri Sri Institute of Agriculture (SSIAST) is a 3-day program that is conducted by trained agri teachers in a workshop mode. The techniques taught in the workshop are borrowed from ancient technologies used by farmers when India was primarily agrarian. Natural farming methods weave farming into pre-existing symbiotic relationships in nature.

During the workshop, participants learn, through practical demonstration, how to prepare and use different types of natural fertilizers and pesticides. They are also provided with in-depth theoretical knowledge on indigenous seeds, indigenous cows, and maintenance of fields without using chemicals.

Prabhakar Rao, a trustee of SSIAST says, "It is our commitment to help the farmer throughout the crop cycle. We give them personalized inputs based on the region and the season. We are able to do this because we have created a social ecosystem for the farmer. We don't just take up agriculture projects. The Art of Living has engaged with the community on many levels through Youth Leadership Training



Natural Farming Training being conducted by Ms. Sejal Swami at Maliya Hatina, Gir, Gujarat

Programs (YLTP) and meditation workshops for the community. YLTPs have created large groups of yuvacharyas (volunteers) who work towards social projects that are locally relevant."

He adds, "We have created natural farming trainers from within the

community itself. Villagers are also gathered once a week to meditate and sing bhajans. It is this community support that has made it easier for the farmer to adapt."

SSIAST has so far trained 2.2 Million farmers in 22 states.



A farmer from the SSIAST Natural Farming Project in Gangapur village, Latur, Maharashtra, is making INR 3 lacs/year from a 1/2 acre farm. He has been growing cauliflower for four seasons in a year with 4-5 crops in each season. Each flower weighs up to 2.5 kgs and he has managed to grow 8,000 kgs in one season.

Day in the Life of a Sevak

Today we meet Ankur Agrawal. Ankur shares the onus of overseeing the smooth functioning of the Temple of Knowledge (ToK), Kolkata. Alongside, he also drives several rural service project initiatives across the south of West Bengal.

6:30 am - Ankur has gathered with fellow sadhaks at the meditation hall for group sadhana.

7:30 am - Participates with everyone in the daily puja at the ToK

8:00 am - They together prepare breakfast and lunch for all residents

9:15 am - Breakfast has been devoured. Ankur rushes to the Gowshala for his daily round.

9:40 am - All being well there, he makes his way to the Natural Farming ground. Pintu da, the garden in charge has been complaining for three days about the delay in arrival of desi tomato seeds. Ankur sets his mind on sorting it out today.

10:50 am - Several phone calls later, location of the seeds has been traced and their safe arrival ensured.

10:55 am - Delayed as usual, Ankur reaches the skill center. He makes phone calls to a few local acquaintances with good market connections to find buyers for the face masks that trainees have made.

11:30am - With some time in hand before lunch, and no assured buyer yet, Ankur continues his phone calls.

1:00 pm - Lunch is done. A few zonal project coordinators have already arrived at the TOK for discussions on project documentation.

1:20 pm - After some light banter, the meeting formally commences. They discuss the ongoing service projects and scrutinize their current documents and records.

2:30 pm - This motley group is joined by the YLTP office representative on Video Call for further discussions



Ankur Agarwal in conversation with The Art of Living faculty and volunteers

regarding documentation.

4:30 pm - The team takes a tea-break.

5:15 pm - Ankur takes the plumber around to fix a few issues in the bathrooms.

6:30 pm - All gather for satsang.

8:00 pm - Ankur challenges a few fellows to a game of badminton but loses to them.

9:40 pm - Dinner and dishes are done along with adda with the zonal coordinators who have stayed back for the night.

10:15 pm - Lights out.

Blankets Bring Warmth to the Needy in Several States

As the biting cold set in at the peak of winter, volunteers of The Art of Living in Jharkhand and Rajasthan came forward to arrange blankets for the needy in several areas.

Ranchi: Volunteers of The Art of Living distributed blankets and also toffees and sweets among children residing in the adjoining areas of Jatra Sthal, Chanaghasi, Kute Toli, and Hatia. This distribution program was organized under the leadership of Rishinath Sahadev of The Art of Living under the One Million Smiles program that was launched by the Deputy Commissioner of Ranchi on November 26, 2020.



Abu Road, Rajasthan: On January 6, 2021, volunteers of The Art of Living distributed sweaters among the children studying in Shiv Sanskara Kendra run by Adarsh Vidyalaya. On January 12, 2021, sweaters were distributed among 150 tribal children in Paba, Danbore, Nichalagarh, and Deldar villages. Elders and women were given blankets.

Dhanbad: Between December 25 and 31, 2020, volunteers of The Art of Living joined hands with the All Nobelians Alumni Association, Dhanbad Chapter, to distribute blankets to around 250 needy people residing in the adjoining areas of Bank Road, Purana Bazar, Railway Station, Haripur, Bus Stand, Shahid Nirmal Mahto Memorial Medical College and Hospital, Malhar Basti, Hindu Mission, Polytechnic, BBMKU, Barwa Adda, Babudih, Kisan Chowk, Damien Social Welfare Center, Chalkari Basti, and Topchanci Lake. Mayank Singh, Art of Living faculty and member of All Nobelians Alumni Association, stated that people usually distribute blankets among the needy people in urban areas but people in rural areas are also in dire need of blankets.

On December 28, 2020, over 100 blankets were distributed in areas falling under Dumdumi Panchayat, Jharkhand. In addition, children in these areas were given food packets.



West Bengal: On the occasion of Vivekanand Jayanti on January 12, 2021, volunteers of The Art of Living distributed blankets among 200 families in Gaurhati village, Hooghly. Volunteers also shared their experience with these people on how life could be transformed into a celebration.

Rajasthan: As part of its ongoing ILQW project, The Art of Living distributed around 1000 blankets among the mine workers in Bijolia Block, Bhilwara, from January 3-10, 2021.

YLTP Helps Young Man Implement His Dream

Purulia, West Bengal: It was not that the community in Karadih village of Purulia District, West Bengal could not travel up to the nearby villages to avail education for their children. But why should they? Why shouldn't there be a school right here, in this village? And that too not just any school, but a school that had the capacity to host and board children from nearby villages too! That was the thought that had made a home in young Jiten's heart.

Jitendranath Mahato grew up in this very village. Under the shade of a dedicated school teacher father, very early in life, he had understood the value of good education in transforming lives. He knew the 'what', but the 'how' wasn't yet visible. It was only after he underwent The Art of Living's Youth Leadership Training Program, the 'how' began taking shape. He took a resolve that was immediately met by resistance from all corners. Friends and observers brushed it away calling it, "impossible" and family worried for what will become of him if he failed. Nothing, however, deterred this young man with the resolve. He alone set forth in search of like minds to generate funds for the school he would build.

Today, six years down the line, Gurukul Shiksha Niketan in Karadih village educates 250 students from kindergarten up to the 5th standard and boards 75 tiny tots from nearby villages. The future of the generations to come in this village has been secured. The naysayers have eventually come around and bowed to the strength of Jiten's sankalpa. His only wish now – to make it a high school as soon as possible.



11 Manifestations of Divine Love



- 1. Can't stop praising:** In order to praise something, it needs an intense feeling of love inside. Have you noticed when you're crazy about something, that you talk about it, talk about it, talk about it. Like, when someone has fallen in love with somebody, then they always talk about them. This is the first manifestation. You won't feel that any amount of praising is sufficient or that you're done.
- 2. Rupa – love for the form:** The second type is "Rupa," means form. Deep interest in the form, though God has no form. God is all-pervading. There is no form to the Divinity, but it is expressed in the forms. The Divine loves the form. That's why millions and millions of forms are present in this creation. Even if you are aware of the formless nature of Divinity, a form makes it more interesting. It kindles the love in your heart.
- 3. Worship as an expression of love:** Puja - the third one. Puja means worship, honoring, offering, offering one's self. Whatever you love, you want to possess it. And in the process of possessing, you make the beautiful thing ugly. Your expression gets distorted. Worship is contrary to that. Whatever you appreciate, adore, recognize the beauty, you worship it. Puja is a replica of what the nature does to you. Sense of giving, offering, is one of the expressions of Divine love.
- 4. Constant remembrance:** That memory comes again and again. It's not that you make an effort to remember the Divine. As soon as you wake up, the first thought comes about the Divine, about the Divinity, about the loved one. You don't make any effort to think about that person. But the thought constantly comes, you remember, and you go deep and deep in the silence within you. That becomes the meditation.
- 5. To love is to serve:** One form of expression of Divine love is so much of humbleness and service, as one's nature. Not even the thought comes, "I am doing some service." You can't but do the service. Even if one wants to try to abstain from it, it doesn't happen. One finds oneself back into it. Love gets expressed as service.
- 6. Servitude brings authority:** You know what brings authority? It's being a servant. Being a servant is to acknowledge the fact the Divine has bestowed this trust in me. If you don't want to be a servant, you can never be a master. If you don't want to be a disciple, you can never be a guru, a master. Its first qualification is this, being a servant.
- 7. Make the Divine your dear friend:** To someone above you, you may have a lot of respect but there may not be love. You may honor them, but your heart may not start speaking. In such cases, the master will come and put his hand around you, "Come on, what is it? What is the matter? Open up." Love expressed in the form of a friend, companion. The wisdom is not preached to you in a very serious manner, but in a playful manner. To me, a friend is one who plays.
- 8. Divine as your beloved:** The purpose of a life partner is to rejoice and to share life with and to talk to someone who you can depend on. The Divine is the only really dependable relationship, never changing, total relationship. If you could make the Divine as your life partner, your problem of loneliness will never come.
- 9. Divine as your child:** Another form of love is mothering the Divine, being a mother to the Divine, seeing the Divine as a child. This attitude is also in you naturally. Anyone whom you love, you immediately go to care for them and feed them and take care of them. Loving the Divine as your child, as having been born out of you.
- 10. Offering your life to the Divine:** With wisdom, when one sees life - with experience, when one looks at life and says, "Even if this life can be a flower on the path of the Divine, it's worth it. This life is offered to the Divine. This belongs to the Divine." Completely offering your life. That very moment, the worries disappear. You will smile through all situations.
- 11. Longing becomes bliss:** This is the last and the supreme form— the intense longing, an unbearable longing. And you will see that as it becomes more intense, that intensity of longing flips over and becomes bliss. You get immersed totally in the Divine. Many of you have experienced intense longing, and at some point that longing itself becomes a joy. And that very longing itself becomes blissful.

Excerpts from Sri Sri Ravi Shankar's commentary on Narada's Bhakti Sutras

8 TIPS

Boost Your Health with Cow Ghee

Compiled by Padma Koti

Cow ghee, (ghee is also known as clarified butter), has many health benefits. Here are 8 tips on how to not just boost your immunity but also stay healthy and glowing using pure cow ghee. A bonus: using cow ghee slows down the aging process and is believed to contribute to longevity!

1 Which is better: cow ghee or buffalo ghee? Choose cow ghee as it is more satvik (pure and purifying). Moreover, it is suitable for the lactose-intolerant as it is free from lactose and casein (protein).

2 You can use cow ghee as a substitute for butter and oil as it has a high smoke point of 450 degrees. (A high smoke point is indicative of better quality and refinement of the cooking medium).

3 Use the prescribed quantity of ghee on a daily basis to increase your memory and intellect. Cow ghee is also beneficial for mental and emotional imbalances.



4 Ghee is used along with Triphala and honey to improve eye health. However, check with a qualified Ayurveda doctor for suitability, proper procedure, and dosage.

5 Massaging your body with ghee enhances its beauty, strength and luster.

6 How much ghee is recommended? With all its benefits, ghee has to be used judiciously. Limit intake to about half a teaspoon per meal, and less than 1½ teaspoons per day.

7 Contraindications: persons with high cholesterol, and those who are obese, and those with excessive kapha or toxins in the system should take ghee only with their doctor's advice.

8 The last tip is from Gurudev: he recalls his grandmother used to add nutrient-rich drumstick leaves while preparing ghee.

DOWN THE SEVA LANE

WHAT?
School Adoption Project – Phase -1 (Adoption of 20 Municipal Schools with the aim of creating a better learning environment for children through infrastructural and technological support, better sanitation and hygiene measures, empowerment trainings and soft skill interventions for teachers and students.

WHERE?

Thane – Schools in Shantinagar, Ovla, Kharegaon, Gaimukh, Achanaknagar, Rabodi, Mumbra, Kausa

Navi Mumbai – Schools in Vishnunagar, Digha, Subhashnagar

Pune - Schools in Jadhavwadi, Pimpri, Chinchwad, Vasant Dada Patil, Akurdi, Rupeenagar, Nigdi, PrabhodhankarThakre School, Shramiknagar, Moulana Abul Kalam Azad School, Shramiknagar

BY WHOM?

- Capgemini Technology Services India Ltd., Mumbai
- Sri Sri Ravi Shankar Vidyamandir Trust (SSRVM)

WHY?

Poor infrastructure; hostile surroundings; lack of proper toilets, safe drinking water, and proper classrooms; impacted the growth and development of these lesser privileged children studying in government schools. There was a strong need to create a violence-free, joyful, learning environment and make education more meaningful and engaging in the best possible way.

Compiled by Indrani Sarkar



WHEN?

Dec 2015- Dec 2017

OUR IMPACT:

7161
children benefitted from health awareness and soft skill interventions

175
teachers benefitted from the empowerment training programs



by Vaidic Dharma Sansthan

(Based on the Moon Sign)

Aries (Mesha): Confidence remains very high throughout the month. Anything you undertake with confidence, using intelligence, brings you success. In the midweek of February, you will also gain mental strength. So the third week is very good to make any major decision of life. Continual chanting of Guru Graha beej mantra will help you attain grace. Talk only when needed. Do not argue. Do not make any hasty decisions. Handle your energy carefully. If possible, visit Kartikeya temple. Eat satvik food. Manage the pitta of the body with diet.

Taurus (Vrishabha): The first two weeks of February, worship Surya Dev by performing Surya Namaskar and listening to Aditya Hridayam early in the morning. The third week you can take major decisions as confidence, mental strength, intellect, and grace seem to be strong. Do not be in the limelight. Deal carefully with your life

partner. If possible, donate red grams to a cow. Pray to Lord Kartikeya to maintain peace at home.

Gemini (Mithuna): It would benefit you to worship Surya Dev throughout this month. February is a month for you to take on challenges and attain success. All in all, everything seems to be favorable. Become more involved in seva, especially to Guru. Chant Hanuman Chalisa before going to bed. Do not give up meditation. Goddess Lakshmi's grace is seen. Good for finance and family.

Cancer (Karka): You are fully blessed with Guru grace. You have unexpected gains. Take care with children. Misunderstandings may arise with children. Chant Ganapathi mantra. Avoid getting into ego clashes with your spouse. Meditation is must for you to get mental strength. If possible, visit Kartikeya temple regularly. Manage your temper in the work field. Listen to Vishnu Sahasranam.

Leo (Simha): Lots of grace of Lord Shani is seen. Generally this is a good month for you. Take care of your health. Become involved in Guru seva. Disturbances are seen in profession. Have patience. Use your intellect before making any decisions.

Virgo (Kanya): God's grace is abundant. But still be careful while driving, riding, or travelling. You have to utilize your energy very carefully. Guard your words. Use your courage intelligently. Last week is good to take any major decisions of your life

as Sun, Mercury, Jupiter, and Ketu are favorable. You will have confidence, intellect, courage, and God's grace. Only thing is that you have to do pranayama and meditation along with your Sudarshana kriya before taking any major decision.

Libra (Tula): Chant Navagraha stotram. If you cannot chant, at least listen to it. Sadhana and meditation are compulsory. Become more involved in seva to Guru. Offering service to old and poor will do you good. Be humble, be good, be sincere. Take any pending decisions only after proper sadhana, meditation, and Navagraha pooja. Do not be hasty. Live in knowledge. Have control over your tongue. Think twice before talking. Goddess Laxmi's grace is seen throughout the month.

Scorpio (Vrischika): The entire month is very favorable. You have confidence, you have intellect, and you are focused. In spite of these positive qualities, sometimes things do not work out according to your expectations. Therefore, chant Guru mantra. Become involved in Guru seva. You have to obtain Guru's grace to become successful.

Sagittarius (Dhanu): Although you are still under the influence of Saturn's transit, as Jupiter has become favorable in transit, you are finding lots of relief in many issues of your life. Take courage, accept challenges, and you will see success. The third week of February is very good. Take major decisions in the third week. Be humble

and be sincere.

Capricorn (Makara): Saturn, Jupiter, and Sun are together in your janma rashi until the second week of February. If your focus is on spirituality, you will see great success. Where material life is concerned, there may be some confusion. Listening to Vishnu Sahasranam would be good. It would also do you good to observe silence and remain a witness of everything. Any ill feeling for others will bounce back to you. Having purity in the heart, clarity in the mind and improving the intellect is very essential; you can develop these if you are in satsang and if you focus on spiritual growth. Good for saints.

Aquarius (Kumbha): Sade sathi or the 7-1/2 years cycle of Saturn has begun. Even Jupiter is not favorable. Focus on your spiritual progress. Worries related to children. Pray to Durga Devi. Feed poor people. Take action with courage. Finance is good. Pray to Lord Saturn. Become involved in seva. Perform Shani Shanti Homa. Donate to old-age homes.

Pisces (Meena): This whole month is very good. Almost all the planets are very favorable. You will achieve success in material life easily. Be grateful for everything. Be careful while talking - your straight forwardness may hurt others. Use polite words while talking.

*by Usha Kumari.R, M.A.in Jyotish. Former Faculty in Indian Council of Astrology Science and Sri Sri Gurukul.

Link for consultation registration vdst.in/e/E03859

SEVA TIMES

Published by:
The Art of Living Trust

Concept:
Debjyoti Mohanty

Editorial Team:
Thoheja Gurukar
Dr. Hampi Chakrabarti
Ram Asheesh

Design layout:
Suresh, Nila Creations

Contact:
+91 9035945982,
+91 7004144397

Email:
editor.sevatimes@yltp.vvki.org,
sevatimes@yltp.vvki.org

Website:
<https://www.artofliving.org/in-en/projects/seva-times>



All of the knowledge series by Gurudev, guided meditations, books, music by your favorite artists available on

THE ART OF LIVING
YOUR HAPPINESS APP
artofliving.org/app

