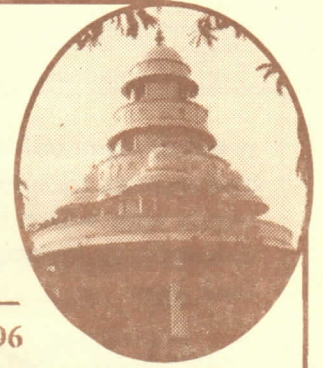


# Gurudarshanam



Vol. 11

November 1996

## HOME FOR S. N. A.

### SPECIAL SUB-COMMITTEE

The Ex-Presidents of the S.N.A have joined together in the marathon effort for the establishment of Home for S.N.A. along with a Sree Narayana Guru Temple. A Home for S.N.A. Special Sub-Committee has been formed for the purpose. Besides the ex-presidents, the Committee includes the current Secretary and Treasurer, and the President who is also the Chairman of the Committee.

Aim: a) To chalk out a programmatic working program, including fund raising. and b) to implement the program with zeal and determination so that the goal is achieved latest by 1997.

Names: Messrs N. Damanan, N.S.Thampi, K.K. Gangadharan, K.G. Janardhanan, P. Udayabhanu, P.K. Radhakrishnan, K.P. Damodaran, A.Janardanan, Ms. Sujatha Somarajan, and Dr. Nanu. M. K. Kandyil.

## NARAYANA GURU MY REFERENCE FOR REALIZATION

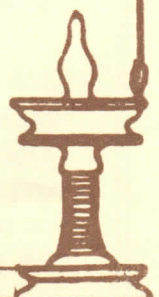
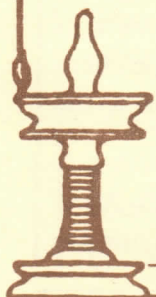


By GURU NITYA CHAITANYA YATI

Several times I scaled the peaks of the Himalaya mountain ranges and each time I thought it was the full stature of the mountains. But that was wrong because what I saw in the first visit was dwarfed and obligated by the second visit and what I marveled in the second visit was overshadowed by the third visit and so on. Similarly Narayana Guru stands indescribable to me.

People ask me, "Was Narayana Guru a believer in God?", my answer is, "Of course". But not in any caricature of god which the mentally ill people conceived as a crutch for them to walk on the uneven road of life's uncertainty. He was sympathetic person who never wanted to throw away a clumsily made paper boat created and shown to him by a child who is inexperienced in such manipulations. He was so much concerned with the future of the child that he always gave such a token a recognition of his admiration, not for the execution of the child but to encourage the intention behind it. His God was not the God of religion or the temple or the Church. He has given his definition of God in his Universal Prayer-- "Thou art existence, knowledge, the norm of all measurement of values, the verity of the present, the temporal receding of the present into the past, and the upsurging of

*The next Prayer Meeting will be held on November 24, 1996.  
Please see page 2 for details.*



possibilities manifesting from the future to refresh and recreate the present." With an allusion to the words with which he articulated, he goes into an indescribable silence. That was his God. That is my God, too.

People ask "Was he a Sankarite. I answer, "Yes of course!" In upholding the philosophical imperativeness of the one which implies in it All-- what is commonly accepted as the non-dual philosophy, *Adavaita*. All the same Sankara's *maya* was a cliché to him. He redefined it so that Vedanta cannot be laughed at as a snobbish and puerile philosophy of an impractical somnambulist.

People ask "Was Narayana Guru a *bhakta* like Sri Ramanuja?" My answer is, "Hardly anyone excels Narayana Guru in his *bhakti*". To avoid any misunderstanding one should know he defined *bhakti*. Continuous contemplation of one's own Self, is *bhakti*. As one's Self is not unidentified with the Self of one's own mother, father, Guru, husband, wife, child, neighbor, social laws, and all appreciations in every heart, the contemplation of self involves and envelopes everyone and everything. So naturally there was much in common between Narayana Guru and Ramanuja in upholding the shimmering of single values which is collectively recognized as both the beauty and justice of truth.

People ask "Was Narayana Guru a dualist?" I pointed out his meticulous care not to use another's toothbrush or bath towel. He knew that everything had its separate place and unique quality which was not to be confused with its similarity of form and semblance of name. So he respected the logic of Madhva. All the same, he knew that there is a philosophical unity which can comfortably give the individual items of plurality their due claim for separate existence.

People ask "was Narayana Guru a Gandhian?". Then I remember that Guru had great reverence for the Gandhian ideology of respecting every member of the human species and being in absolute harmony with nature's inimitable laws. But Narayana Guru was certainly not a nationalist. In his eyes India was only part and parcel of this blue globe called earth

## PRAYER MEETING

Date: November 24, 1996

Time: 10:00 A.M.

Place: Temple B'nai

471 Elmton Road

Elmont, New York

### Sponsors:

Mrs. & Mr. Venkitaraman Bhatt

Mrs. & Mr. V.V. Padmanabhan

Mrs. & Mr. Peethambaran Kesavan

We thank the sponsors and invite the Sree Narayanites to sponsor prayer meetings in the coming months. Please call Mr. A. Janardanan, Secretary at 718-347-1573

### DOOR PRIZE

A Door Prize will be awarded to the youngster who reaches the Prayer meeting venue between 10:00 and 10:15 A.M.

The winner will be selected by lot. Parents, please bring your children on time to win the prize.

and he did not want to look upon anyone as an alien or of another creed or religion. He never tolerated racial claims or the untouch classifications of man into caste by birth. Otherwise he was in full sympathy with Gandhi.

People ask, "Was Narayana Guru a communist?". I readily give my answer, "Why not?". But he was not a Marxist or Leninist. He recognized the common need of mankind and every body's right to share the bounty of the world as of their common heritage. He did not want to divide humanity into sheep and goats. He recognized only one class amidst mankind and that was having humanity as the mark of man.

Some people are in doubt whether Narayana Guru was an idolater or an iconist. As icons are

## MEMBERSHIP RENEWAL AND CONTRIBUTION TO THE HOME FOR S.N.A.

The year end is fast approaching. Members are requested to renew their membership by paying the dues.

The deadline for making the contribution of \$1000 to the Home for S.N.A. program is December 31, 1996. Members are urged to make the payments as soon as possible.

Once again, please note that by paying the contribution of \$1000 for Home for S.N.A. you become a Life Member of the Association and need not have to renew the membership or pay the yearly membership fee. So, please hurry up and pay the contribution.

attempts by imaginative artists who are intriguingly clever to fashion out of metals, carve out wood, or mold with clay and had the ability to chip off stones to put the softness and nimbleness of the meaning of a smile or the gait of a dance in unweildy material, he has there to appreciate the skill of the artist. Here he looked like an idolater. But when he saw religious fanatics exaggerating the stupidity of someone's superstition and using an image to torment the soul of the gullible and exploit the weak, he was an iconoclast who could fearlessly tear down an altar and trample upon it to convince people that stone images cannot bite you.

Did Narayana Guru approve of riches?. He was certainly not an admirer of poverty. He wanted everyone to learn the alchemy by which the charred mind of a self condemning person could be transformed into a jewel or rare value so that one could be proud of oneself. Thus out of dust he created millions of self-respecting humans. That is a process still continuing.

Such is my Narayana Guru, whom I adore not as a relic of the past, but as a promise of my own future.

(Concluded)

## PUBLIC SPEAKING

The Association is training our youngsters in public speaking and presentation skills. Vice President Dr. N. Chandraguptan, is organizing a training class. For information and enrollment, please contact the Secretary Mr. A. Janardanan at 718-347-1573.

## FRIENDS IN NEED ..

The following are the names of donors for the funeral of Sunil Padmanabhan:

Haridas Karunakaran \$545, P.K. Babu \$250, Balachandran R. Panicker \$200, K. Velayudhan \$150, Vilasini Madhu, Ramesh Lakshmanan, P.K. Radhakrishnan, K.G. Janardhanan, G. Appu, Biju Valth, M.T. Balakrishnan, and Sasi Divakaran (\$101 each).

Mohan Das, S.S. Prakash, Raju Pullarkat, Ramachandra Panicker, R. Sasikumar, N.S. Thampi, Babu Karunakaran, N. Chandraguptan, Sujatha Somarajan, and K.G. Prasannan (\$100 each).

Balachandran. E, Nanu M. Kandiyil, and K.G. Sahirudayan (\$51 each), K.N. Balakrishnan, Babu Karunakaran, B. Aravindakshan, Venkittaraman, Bhatt, K.P. Damodaran, Gopinatha Panicker, A. Janardanan, V. Krishnankutty, G. Sahadevan, K. Peethambaran, C.G. Padmasenan, R. Prasannan, V.V. Prabhakaran, Ragavan Nair, Rajan Ayyappan, N.S. Rajeevan, Radhakrishna Pillai, M. Suvarnakumar, R. Jayachandran, Upendra Panicker, A. Venugopal, Vinod Simhan, and M. Sudhakaran (\$50 each). Sunil Jose \$40, P.K. Divakaran, K. Surendran, P.S. Haridas (\$25 each).

The total collection of \$4,371 has been disbursed by paying \$3,245 for the funeral expense, incidental expenses \$157, and \$969 to the mother of the deceased.

**MENTAL HEALTH**

(Continued from August Edition)

**DEPRESSION**

(By Dr. Zahida Nayeem, MD)

This is a summary of Dr. Zahida Nayeem's speech at the S.N.A Prayer Meeting held on May 26, 1996.

(Dr. Nayeem is an attending Psychiatrist at New York Psychiatric Center, Bronx. She has a private practice in New Rochelle, New York and can be reached at phone (914) 636-1515)

**Depression in Elderly Population**

It is not a response to growing older and lack of self control, it is a mental illness which is more in geriatric population because they have lack of social support, progressive loss of hope, financial burden and difficulties in addition to medical illness. Also, loss of a loved one plays a major role in an elderly getting depressed. They are biologically vulnerable due to chemical imbalance in their brains. Most elderly people who are depressed present with physical symptoms like headache, back pain and tiredness. Elderly people are very fragile. Minor stress can trigger a major depression.

**Depression in Teenagers**

Adolescents generally do not enjoy very good mental health to start with. Some psychiatrist say "All adolescents are crazy" to some extent. In the case of teenager, individual is subjected to sudden growth, many important hormonal changes and other major changes like leaving home, going to college, leaving school, and teenage girls get married, get big responsibilities like child birth. All this is quite stressful which can cause depression. Depression is one of the common emotional problems adolescents suffer from.

They usually present with behavioral problems, drugs, alcoholism, delinquent behavior, family problems, acting out of control and problems with law.

Some teenagers develop deep depression which could be masked and the teenagers can commit suicide unexpectedly. Suicide is the 3rd leading cause of death in the age group (15 - 24 yrs) after accident and homicide.

(To be continued)

**MATRIMONIAL**

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Proposals are invited from parents of Ezhava girls for a 29, 5'4", Ezhava boy currently residing in the U.S. and doing his last year Ph.D. in Bio-organic Chemistry.

Please write with details to:

Advertisement Box M

P.O. Box 471

Glen Oaks,

New York, NY 11004

**SOUVENIR 1996 ADVERTISEMENTS**

Those who have not yet paid for their advertisement/compliments published in the Gurudeva Jayanthi Souvenir 1996 may please do so immediately.

**NEW MEMBERS**

The following are the new members of the Association:

Mr. P.K. Divakaran  
Mr. Mohan Das  
Mr. M.T. Balakrishnan  
Mr. N. Sasikumar  
Mr. N. Sureshkumar  
Mr. C.G. Udayabhanu  
Ms. Rekha Sasidharan

**CONSTITUTIONAL AMENDMENTS**

Many members have expressed from time to time that the constitution of S.N.A. requires amendments to make it more dynamic, pragmatic, and nationwide.

Please forward your comments and suggestions in this regard to the Secretary by November 30, 1996.

*Editor: Dr. Nanu M. Kandyil**Assistant Editors: Gopinatha Panicker and A. Janardanan*