

# YOGAKSHEMAM *Newsletter*

Bulletin of Yogakshemam (association law 1901)

September 2002

Edition : English website

N° 09

## **Sri T. Krishnamacharya's informal talks**

### Three basic needs of human beings

When a man is hungry and deprived of means of living, his hunger should be removed by feeding him with food as only such a step will give him satisfaction, contentment and happiness. Secondly, while this is in respect of caring for the body, his mind should also be fed' with knowledge for which he should be provided with spiritual education. Thirdly, his soul should remain filled with divine thoughts for which he has to cultivate the quality of compassion to every creation of God.

Even amongst persons considered as illumined and possessing spiritual knowledge to guide laymen on the path of religion, one may find them displaying three different attitudes. Some of them will direct the attention of those, who approach them, towards God, making them realise the Almighty's qualities.

They can be compared to a pious man suggesting to a hungry person to go to the nearby plantain tree and telling him about the possibility of obtaining fruits to meet his needs.

The second group may consist of enlightened leaders who can give them initiation, making them totally attached to God. They are like those who go with the hungry person to the plantain tree and show them the fruits, asking them to pluck and eat them.

The third class of divine creations are those who have experienced the presence of God within, displaying total detachment. They are like those who not only lead the hungry man to the tree but even pluck the plantain fruits and make him eat the same.

(Excerpts from my notes, T.K. Sribhashyam)

## **Homage to Brahman**

Of size of thumb or span within the body,  
A light of twofold or of threefold brightness,  
This Brahman who is being praised,  
The Great God – He has entered in all beings.

- Maitri Upanishad VI.38

## Summary :

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On 17 November 2002 Sri T. Krishnamacharya's birthday will be celebrated in India. The students of Yogakshemam will participate in this homage by dedicating this day to the traditional teaching of Yoga, the way it has been faithfully passed down by Sri T. Krishnamacharya and is being passed on today by Sri T. K. Sribhashyam.  
For more information contact the graduated teachers from Yogakshemam.

## Ândâl's Thiruppâvai

*Excerpts from an exclusive commentary by Sri T. Krishnamacharya*

*Thiruppâvai, in Tamil, the language of Tamil Nadu, is a poetic composition that has the power to lead to devotion. Thiruppâvai is a call for women to dedicate themselves to devotion.*

*Poème 5 : Krishna, the elusive son of flourishing North Mathura riverman, in fact, of grand pure Yamuna, was born in Ayar tribe as a cowherd, shone as a bright glowing lamp and had brought holiness to His mother's womb.*

*If we reach Him, after a bath, pure in mind and body, shower fragrant flowers and entreat Him, Dâmodara, the enticement of girls who observe the rituals and sing songs with mind entirely absorbed in chanting His name, the misdeed committed by us either with our knowledge or by negligence, in the past, present or future, shall be burnt entirely as straw in bonfire. Pray, listen and consider, our damsel.*

In this poem, Ândâl clarifies the doubts that creep in the devotees' mind: whether devotion to Lord would remove the guilt committed in one's life and whether an interruption in a devotee's devotional practice would be a guilt. Ândâl neither discusses the act of guilt, nor advises the girls to keep away from guilt. Her contention is that guilt would be wiped out as a straw is burnt in fire. She says that if we chant the name of Krishna and think of Krishna with mind completely absorbed in Him and follow the principles of Bhakti Yoga (devotional practices), the guilt that we commit knowingly or unknowingly would be burnt. She does not decry the act of guilt because in a human life, guilt is unavoidable.

Since Krishna is born of the family of cowherds, Ândâl gives a fitting example. She says that just like milk naturally removes hunger and thirst, so too the experience of Supreme Bliss removes guilt.

Through this poem, she declares that Sri Krishna is easy to approach, for He allows Himself to be tied up (*shower fragrant flowers and entreat Him*) because among all the Gods, Sri Krishna is the one who loves most the fragrant flowers, sweet songs and tasty milk which are the inherent properties of cowherd girls.

Dâmodara is another name for Sri Krishna. When Sri Krishna was a small boy, Yashoda (his foster mother) tied him to a mortar-stone. The boy ran about,

dragging the heavy stone with him and the rope snapped. Part of the rope still remained round his abdomen. From that he got the name Dâmodara. *Dâma* means rope and *udara* means abdomen.

### **Sri T. Krishnamacharya's commentary :**

*North Mathura* is not the geographical north of Mathura (31°8 N 74°38 E) but it symbolizes all the holy cities of India where Vishnu visited or lived like Kanchipuram, Srirangam, Udipi, Guruvayur, Varanasi, Prayag etc.

Ayar tribe is a tribe of cowherds. *Andâl* reminds the girls that unlike other incarnations, Sri Krishna took birth not only in a cowherd family, but in a place, where illiterate and ignorant cowherds lived without having the chance to be initiated into spiritual life. His birth in this tribe enabled all of them to shine reflecting His radiance.

The mother's womb is considered as sacred and holy as the middle portion of a *mantra*. It is the middle portion that makes the *mantra* sacred and holy, because the creative aspect of the *mantra* is hidden in the potential form, just as the mother's womb. *Ândâl* reminds all girls that just as Yashoda's womb became holy by the birth of Krishna, they all have the holiness and sanctity in their womb.

My father, Sri T. Krishnamacharya says that God is not only near women but He is in them. They do not have to search for Him, unlike men. The ways and means men use to approach God have made women feel wrongly that God is more for men than for women.

In these poems, *Ândâl* speaks of the 27 days of holy bath in the month of *mârgali* (see N° 5), and fear of consequences of an interrupted. Girls may not be able to respect the rules of this vow – their monthly periods during which time river bath is prohibited, guests at home, preparation for the festivities etc., may force them to interrupt the vow. They fear that a vow broken may not provide the benefits that they expect. Through this poem, she assures them saying that when the mind and heart is absorbed in God, then guilt – past, present or future – would be burnt like a straw in the fire.

In the first part of the poem, *Ândâl* brings to light the five divine qualities of Sri Krishna: Indefinable, Omnipresence, Benevolence, Equality, and Grace.

When the imprisoned Devaki gave birth to Sri Krishna, she saw him in His Divine Universal form with four arms, three hands holding Conch, Discus and Mace (*Pânchajanya*, *Sudarshana* and *Gada*) and the forth hand showing Protection. Devaki was overjoyed by this Bliss, but prayed the child to take back this Universal Form and become a small new born baby. God is thus indefinable and always disguised. Even though Sri Krishna was born on the banks of Yamuna, He is present all around Mathura be it in the south or the north of Mathura. It is this omnipresence that makes all temples in India as holy and sacred as Mathura. In the incarnation of Sri Rama, before that of Sri Krishna, Rama with his wife Sita and his brother Lakshmana were to cross Yamuna. River Yamuna was so happy to have the touch of the feet of Sri Rama that she overflowed to embrace him. Sri Rama told Yamuna that He being vowed to one wife, would not touch her but and declared that in his next incarnation, He would be born on the banks of Yamuna and will always be near her. According to the promise, Sri Krishna was born on the banks of Yamuna. Incidentally, river Yamuna is Sri Krishna's favorite river. Sri Krishna chose cowherd tribe for His incarnation to show to the world that God is equal to all and love all without discrimination. Finally, God bestows Grace by his presence. His presence is

everywhere and where ever He places his Holy Feet, the place becomes sacred. Just like the middle portion of a mantra is the Grace of God, so too, giving birth is a Grace, because in each birth, there is a soul and the soul is but a part of the Almighty. Here Ândâl brings to light the great luck that women have in giving shelter to souls and thereby receive God in their womb.

## **The white elephant**

- A story on Buddha's one of the past lives

Once there lived a magnificent white elephant in the Himalayas who was surrounded by eighty thousand females and his mother who was blind. When he gave the other elephants food to take to his blind mother, they kept it for themselves, and neglected her. When he heard about this disregard for her, the white elephant to his mother to a cave in the mountains and stayed with her, taking care of her. Then once a man from Benares (Varanasi) became lost in the forest. The elephant saw him and, lifting him onto his back, led him safely out of the forest. The king of Benares, whose royal elephant had just died, told all his subjects to report any suitable elephants they might see. The man then told the king about the splendid elephant who saved him when he was lost; and the king sent his trainers to bring the elephant to him at once. When the elephant had been brought to the king's palace, he refused to eat and began to wither away. But when the king learned of the elephant's longing for his mother and his worry over her well-being, he had a new city built for the elephant and his mother. Later, when the mother-elephant died, the elephant went away to live in a monastery.

The white elephant was Buddha in one of his previous lives.

## **Hindu astrological predictions**

- by E. K. Dilip Kumar, Hyderabad

While the general results of planetary conjunction are common to all, the exact results would depend on the horoscope of the individuals. Since the transit of Jupiter and Saturn happens just after the middle of the month, the following predictions mainly focus on the period from July 2002 to June 2003. Hindu astrology offers easy ways to minimise the adverse effects of transitory planets.

### **Aries or Mesha**

Great times are finally here after 7 and a half years of Saturn's influence coming to an end. You can forget the past and look forward to better days and a good life. The next 2 and a half years will reward you for your patience and effort. Transit Saturn occupying the 3rd house, empowers you to win over your rivals within and outside your work place. It gives you a winning edge in court cases, competitive examinations and lady luck will be right beside you wherever you need her, removing obstacles from your path. Transit Jupiter occupying the 4th house, could imply health problems for your mother. She may require more care and attention from you. You could please Jupiter by donating yellow cereals or flowers to married lady teachers who're not very well off. Expect increased expenses on vehicle and home maintenance. Your ventures at work will take a new direction in the later part of the year. So, if you run a business, and are considering expansion, postpone it by a year

for better results. New assignments and roles will take shape in the later half of the year.

### **Taurus or Rishabha**

Though your quota of 7 and a half years of Saturn's influence isn't over yet, the worst is behind you. This is because Saturn is edging out of your moon sign and will finally move away on July 23, bringing you great relief. You may continue to have minor concerns related to finance and family. In case the two are already interlinked, there may be more trouble. You could minimise these adverse effects by donating Sweet Balls made of Sesame Seeds to orphans every Saturday. Avoid taking important decisions on Saturdays and on the 8th, 17 or 26th of every month, since your luck runs low on these. Transit Jupiter will occupy the 3rd house of change and awakening. You are likely to get more spiritual or religious-minded this year. You may find yourself in a new environment and travelling frequently. A new pet in your home is in sight.

### **Gemini or Mithuna**

This is the central part of 7 and a half years of the difficult phase of Saturn. You will be prone to injuries on the leg especially the lower parts. To minimize this possibility, you could donate foot wear to the poor on Saturdays, may be even artificial legs where required, if you can afford it. Though Transit Saturn makes trouble, Transit Jupiter will come to your aid. So, look forward to help from the west. Your teachers, professors, astrologer or guide will help you through turbulent times. Though money eludes you, you will still find a way to tide over financial crises. Life-saving aid may come at the eleventh hour, so don't give up.

### **Cancer or Karkataka**

Of all the 12 signs, the transit of both Saturn and Jupiter offers the maximum challenges for those born in this Moon Sign. This is because the influence of "7 and a half years of Saturn" begins alongside that of Jupiter. The transit of Saturn marks the beginning of a challenging phase in your life. To minimize the adverse effects, you could donate food to the handicapped or needy on Saturdays. Avoid alcohol and non-vegetarian food on Saturdays. While there's nothing to worry about, you do need to take extra care when you speak. Think not twice, but five times before you leap. The most challenging aspect of this phase is that you may have to leave your family behind and move on to new surroundings. Today, this could imply good news for those aspiring to go abroad for higher education or to pursue a career. However, be cautious in all that you do. Offer prayers to Jupiter on all Thursdays for a year. The challenges may not be that bad and may only bring out the best in you, helping you learn more about people and life.

### **Leo or Simha**

Saturn moves into the 11th house from your moon sign. Times couldn't have been better for you...in 30 years. So, grab every opportunity coming your way. Some of your long cherished goals and ambitions will finally take shape. This advantage remains with you for the next 2 and a half years. While the transit of Saturn is considered good, that of Jupiter is not all that good. Therefore the good effects that Saturn has, may begin with a threat of change in place but do not worry, for these changes lead to good results. Promotion is on its way for many, probably accompanied by a change in place of activity. More job responsibilities will follow automatically. Since Transit Jupiter is not in a good spot, offering prayers to Jupiter

or visiting a temple that is flooded with devotees on Thursdays should minimize the adverse effects. You could befriend Jupiter by donating yellow clothes to those in the teaching line who're not very well off.

### **Virgo or Kanya**

Transit Saturn plays a neutral role in the 10th house. This is sensitive transit as it brings up old issues pertaining to your job or business. So keep your tax papers, insurance, loan documents and other legal papers ready. An old court case may be revived but thanks to Jupiter your chances of winning are good. Transit Jupiter is at his best in the 11th house. So despite a bad transit of Saturn you will wriggle out slowly and surely out of the quick sand. A simple remedy to cushion the adverse effect of Saturn is to donate your old shoes and foot wear to orphans or the aged, on a Saturday.

### **Libra or Thula**

Rejoice! For Transit Saturn has finally decided to relieve you of the hardships you've undergone the past 2 and a half years. All your concerns related to family and finance will simply vanish. Come July 23rd and you are free from the effect of the notorious "Saturn in the eighth". However the last one year has been good to you and you would have had several opportunities coming your way. A few breakthroughs, a much-awaited family holiday...all thanks to planet Jupiter that protected you from the 9th house while Saturn was teaching you the tough lessons in life. Now, Jupiter moves over to the 10th house. Those who are employed ought to be careful of what you say to your superiors. There is a threat of losing your job. To overcome such negative influence, you could donate Chickpeas on Thursdays, outside a crowded temple. This should be done in such a way that, those who receive it can readily consume it. For those in business a few problems crop up, but having learnt your lessons well, you are ready to take on these and you will come out with flying colours.

### **Scorpio or Vrishika**

The transit of Saturn into Gemini is not good news for those born in this Moon sign. The reason is that "Saturn in the eighth" starts from July 23, 2002. For a period of 2 and a half years you are likely to face difficult challenges. Go slow on borrowings. Even if you have the greatest business ideas. Do not borrow from your relatives, especially those of your spouse's. Do not vouch financial security for anyone, even your closest friend. Always, carry your driving license and other related papers with you. Handle policemen and legal matters calmly. Try to complete all matters of litigation before July 23rd. Above all, do not worry. There is always a way to reduce the negative impact of planets. Donate lunch and water to one person every Saturday for the next 2 and a half years. Transit Jupiter moves from the inauspicious 8th house into the most auspicious 9th house. This is good news for you. So, despite the bad Saturn transit you are likely to be protected by Jupiter. This means that your troubles will be lifted even at the last moment by what is referred as the divine help or providential help. So thank your lucky stars! And planets!

### **Sagittarius or Dhanus**

Transit Saturn moves over from your 6th house to the 7th house, which is not good. So, for the next 2 and a half years, monitor your health on a regular basis. Keep an eye on your debts. Do not incur more. Avoid direct confrontation with your enemies both in the family and at your work place, for luck won't favour you. The best

way to combat this bad transit is to donate someone breakfast and water every Saturday for the next 2 and a half years. Jupiter who was so long in the favourable 7th house has decided to move over into the unfavourable 8th house. This transit is therefore not good. So take extra care from mid 2002 to mid 2003. Donate blood at least once. This should prevent blood loss in hazardous situations. Avoid risky sports like motor racing, boxing, martial arts, gymnastics etc during this period. If your horoscope spells danger for you from water, stay away from it!

### **Capricorn or Makara**

You are the luckiest of the 12 Moon signs as far as these transits go. Transit Saturn moves over from the unfavourable 5th house to the favourable 6th house. While Transit Saturn is good, Transit Jupiter is even better. It moves over from the unfavourable 6th house to the 7th house. Now, this kind of luck comes around once in 60 years. So, throw a party on July 23rd this year! Opportunities pour in from all corners, even the most unexpected ones. So, you've got to be ready to grab them. Some of your most difficult problems lasting several years will get solved in just a few days. If marriage has eluded you all these years, then this is your lucky period. Romance is at its peak.

### **Aquarius or Kumbha**

Transit Saturn moving to the 5th house, would be in a slightly better position. The negative effects in these areas of life are likely to drop. Now, you are likely to be worried for no reason. Those with a history of hypertension may have to be watchful or may have to pay the doctor a visit to re-assess the condition. A change in lifestyle would help you lot. Earmark your morning time on green grass, green parks or green fields. Your children may cause you concern. Besides health, it may be their education, job or their marriage that worries you. They may have to leave for a foreign land for further studies. While this is great for their future, the additional burden of expenditure may stress you out. Worshipping Lord Ganesha or Lord Vishnu on all Saturdays is the best remedy. Jupiter who so long occupied the favourable 5th house gives up this house to move on into the unfavourable 6th house. So you could also worship your spiritual master or your family deity on all Thursdays to reduce the impact of this transit.

### **Pisces or Meena**

Transit Saturn give up the favourable 3rd house and moves on to the 4th house. This is not considered good. You are likely to feel more concerned about your home, buildings and property. If there are litigations relating to these then you should be extra careful. At home things are going to be more stressful especially from parents. You could reduce the negative impact by donating clothes to elderly women in old age homes on every Saturday, if you can afford it. The more you give the better. If possible, build a small hut for a poor, old lady. This would prevent the loss of a house you own that's part of a legal issue. Despite all these, things are not that bad. Transit Jupiter, fortunately will bail you out. Jupiter who was in the unfavourable 4th house now moves over into the favourable 5th house. This should protect you like a talisman. So do not worry. The providential help is close at hand. Look out for suggestions from consultants, lawyers and astrologers. Jupiter rules such professionals. Since Jupiter is likely to save you from nasty situations, help could come in from such people.

There was once an astrologer who was so perplexed by astrological predictions that he was struck by panic in the middle of a staircase, not knowing if he were to go down or go up. Finally, he died there in the staircase ! The forces of stars are real, but they are not the end of the ends of the existence. Astrology can provide useful keys to understand the influence of planets in your life. Astrology is to be taken like any other tool of knowledge; it is to be used wisely. Its primary goal is to enable you to begin your projects at a time when the forces are in your favor and to use the unfavorable moments for reading, reflection, meditation, prayers or pilgrimages. You will not be perturbed when the cosmic forces appear against you. On the other hand, you will avoid exceeding your limits. Thus, you will be always be calm and in peace.

## **Technical Sheet : Pathology and specific pedagogical indications for Yoga**

- by Doc. Carpentier Nancy, medical doctor, in collaboration with her teacher Sri T.K.Sribhashyam  
- Free hand translation

### **Sheet No. 4: Biliary lithiasis or Gallstones**

#### **Definition:**

Solid concretion, generally present in the gall bladder; commonly also called "gallstones"

#### **Physiopathology:**

In 80% of the cases, gallstones are composed mainly of cholesterol. Three interdependent mechanisms take place in the formation of lithiasis: Increase in the saturation of the bile by a lipid substance, often cholesterol, insoluble in water. It is the principle of super saturation. Cholesterol and the uncombined bilirubine are practically insoluble lipids in water. They are maintained fluid in the bile by components of the bile which are the biliary acids and the phospholipids. There is thus a possibility of super saturation either by increase in the cholesterol secretion, or by lack of biliary acids. The precipitation of this excessive substance in the form of crystals. This is the principle of nucleation. Prolonged retention and growth of these crystals in the gall bladder. This is the principle of stasis. The development of stones lasts for years at an average rate of 2,5 mm per annum.

#### **Principal symptoms**

There is one symptom indicating the obstruction of one or more stones. It is the acute biliary pain. It is defined as a pain in the right hypochondria and/or epigastria. It occurs brutally. The pain is intense, lasts more than 30 minutes and often requires an anti-pain treatment and confinement to bed. This pain occurs mostly after meals. There is a pain specific to the palpation of the right hypochondria which is accompanied by a respiratory inhibition (sign of Murphy). Medicine does not recognize migraines, dyspepsia, pyrosis, nauseas and distending as symptoms of biliary lithiasis. It is nevertheless necessary to observe their frequency in this pathology, but very often the cholecystectomy does not make these symptoms disappear.

#### **Etiology**

We will take up only those causes the knowledge of which allows a Yoga teacher to give useful advices to its pupil, without ever replacing the doctor. It is a pathology that affects 10% of the European population, and twice as much women than men.

Food factors: Hyper caloric food, rich in cholesterol and refined sugars, too much meat, lack of vegetable fibers and excess of dry beans.

Factors more specific to women: age, sedentary lifestyle, oestrogens, hormonal contraceptives, multiparity, obesity, especially of android type, high rate of triglyceride in blood and low blood cholesterol level.

Factors more specific to men: age, sedentary lifestyle and triglycerides in the blood.

A significant and rapid weight loss can be a supporting factor for the appearance of crystals and cholesterol stones as well as the post-operative status of certain ailments.

## **Treatment**

Nutritional measures and food hygiene to prevent crisis of cholecystitis which can occur any time as soon as the lithiasis are formed. Cooked eggs, ice cream, cooked cheese in gratin and cooked tomatoes are elements which can promote a painful crisis of cholecystitis.

Medical prescription to treat the deficiency in quantity of biliary acids. This treatment, accompanied by nutritional measures, makes it possible to dissolve the cholesterol lithiasis, which appear transparent in radiography, until their complete dissolution.

Surgery in the cases of lithiasis impervious to X rays and if the crisis of cholecystitis are too frequent, in spite of anti-pain and spasmolytic treatments. The technique of laparoscopy is used if there is no urgency for operation. If a stone is blocked in the gall bladder or the duct, an urgent operation is undertaken using the traditional technique. This is why the medical profession often recommends the “cold” intervention. (to be followed)

The ether-storehouse of the heart, is bliss, is the supreme abode! This is ourself, our Yoga too; and this, the splendour of fire and sun. Maitri Up.VI.27
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## **The concept of devotion in the Christian religion (end)**

Isabelle OTT, Pastor, President of the Synodal Council

### *Spirituality in the orthodox religion*

Monks and nuns are bearers of the prayer of Christians which gives a voice and a heart to the praise of creation directed at its Creator.

In the Protestant religion:

Spirituality or devotion highlights and develops the relations which any believer may have with God within himself. Protestant spirituality was born with the Reformers. This spirituality is built on the certainty that Man is made just by faith, as an act of trust and surrender to God. This certainty sets us free to approach God without passing through intermediaries other than Christ himself. It is not an ecclesiastical hierarchy that makes the Gospel efficacious in a Christian's life. It is God who, through the Holy Ghost, draws Man to Christ and to Him. Obeying God rather than men is one of the fundamental precepts of the lives of Protestants and the foundation on which their genuine freedom is built. By rejecting the mediation of a

hierarchy, the Reformers opened up the way for a personal spirituality that unites each Christian intimately with God.

Spirituality may be seen as a road that begins with **conversion** and continues thanks to the various resources that mark out the believer's path: **reading the Bible, prayer, the spiritual assistance provided by the community** and those in charge of it (spiritual guidance) and the wish to attain **perfection**, the ultimate aim being life in Christ, through Christ.

### **Conversion**

Conversion is a firm decision about one's future spiritual path, often as the result of the growth of awareness and of experiencing God's presence. Conversion implies a change of direction in one's life.

### **Reading the Bible**

The Reformed Church taught that the faithful should read the Bible and let themselves be guided by it. God is known through Christ, and Christ through the Scriptures. Thus, sermons came to occupy an important place in Protestant worship. Believers must adhere scrupulously to the text of the Bible, with the assistance of the hermeneutic (interpretation) principles inherited from the Renaissance and humanism, on the one hand, and resorting to the illumination of the Holy Ghost, on the other.

### **Prayer**

Prayer accompanies reading of the Bible. It is the act which gives us access to the riches which God has prepared for us. True prayer implies that the spirit contemplates God alone and lets God pray in the innermost self.

### **Community and spiritual guidance**

Membership of a church community is not absolutely necessary for salvation in the eyes of Protestants. It is nevertheless a privilege and makes it possible to accompany the spiritual progress of the church's members, thanks first of all to the sermon, which may be flanked by Holy Communion, as well as to care of the soul and spiritual guidance.

### **Perfection (or fulfillment)**

Conversion, the first step on the road to spirituality, is followed by regeneration. With no strings attached, God's free love irresistibly draws the believer towards a new life which will be crowned by sanctification. Through sanctification, our whole lives are imbued by the presence of God – at work, in relations with others, with our partners and families, in political commitment, how we manage money, leisure, etc. Everything is illuminated by Christ and transfigured by the Holy Ghost. Protestant Christians dedicate their lives to sanctification because they know they are accepted by God and feel inspired and supported by the Holy Ghost. Sanctification is a gesture of gratitude which fits into daily existence. Inspired by Christ, this perfection takes the form of loving God, oneself and others, in particular those who suffer hurt and humiliation. The ultimate aim is a life in God, which the Christian lives in God and which God lives in him (according to the Gospel according to St. John, chapter 4, verses 20 to 26).

## **Conclusion:**

While Protestant spirituality tends to stress the auditory, the Orthodox tradition for its part gives pride of place to the kinesthetic and Roman Catholic devotion gives priority to the visual. In other words in this respect, as in many others, the various Christian religions complement each other and show how much they need each other.

Piety could be compared to language, because like language, it evolves; people who have grown up in the same tradition of piety communicate with each other subtly. Piety, like a mother tongue, is a matter of emotivity. A spirituality for the third Millennium would seem to invite us to be at ease with several forms of piety or "languages". So it is important to have a sound knowledge of our spiritual roots to enable us to visit other traditions and learn the ritual languages by means of which the faithful address God. Otherwise, we will remain limited in the same way as people who know only their mother tongue are limited in today's world.

## **The page of Srimathi T. Namagiriammal**

(Wife of Sri T. Krishnamacharya)

### **Green soya with zucchini**

#### **Ingredients for two people:**

- 50 gr. of green soya peeled and crushed (mung dhal)
- 200 gr. Zucchini
- bouquet of coriander leaves or parsley
- half a lemon
- 

#### **Cooking time: 20 minutes**

Wash soya well. Cut zucchini into pieces. Boil 650 ml water. Pour soya in ebullient water. Cook soya in 650 ml water with zucchini pieces and coriander and parsley leaves. Add a pinch of salt. After boiling let simmer 20 minutes. Do not cover with a lid, because soya easily boils over.

Keep cooking water and serve with cooked basmati rice. Add a dash of lemon in the plate.

Optional: add a whole green chilli in the cooking water to slightly spice and add aroma to the soya.

#### **Effects (without adding chilli):**

Reduces gastric hyperacidity

Helps to heal ulcerations of the digestive tract (oral, esophagus, gastric, intestinal, rectal).

Helps in the development of all cellular tissues

Benefits harmonious growth of children of all ages

Indicated during convalescence or post-operative phase

Reduces the caustic side effects of chemotherapies and radiotherapies