



Antarnaad

the divine rhythm

Knowing others is wisdom
Knowing yourself is enlightenment

- Lao Tzu

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Mind speak-
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Food for thought

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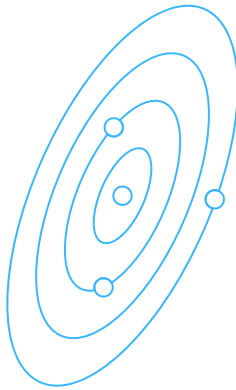
PAUSE n LEARN
wellness studio

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CHAITRA NAVRATRI: TIME TO RECHARGE & RECALIBRATE

25th March 2020 is a significant date in the Hindu calendar. It marks the onset of the Hindu New Year in many parts of the country and also heralds the onset of Chaitra Navratri. Let us understand the significance of these nine days. It is said that this divine window opens up a unique opportunity to detoxify, rectify imbalances, recalibrate and realign the harmony of our body through cleansing techniques that help one tap into the vital, abundant spiritual energy available all around



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All of us and everything around us is nothing but a manifestation of energy in different forms. Be it an earthworm or a human, any element of the nature or an object – a common denominator to all that we see and experience around us vibrates through this single unit called energy.

Out of all life forms on earth, only the human form has the privilege of consciously connecting with the Universal creative energies; thereby elevating life physically, mentally and emotionally.

With an awareness of the functioning of this Energy system, one can optimally unveil the innate potential and use it righteously.

The process to do so is called Sadhana

ॐ भूर्भुवः स्वः ततसवितुर्वरेण्यं, भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्।

आत्मीय परिजनों

'अंतर्नाद' के प्रथम अंक में आप सभी का स्वागत है अपनों तक अपनी बात पहुंचाने के उद्देश्य से ये पहल की गयी है

अभी कल ही की सी बात लगती है जब pause n learn नाम का बीज महाराष्ट्र के पुणे क्षेत्र की मंगल भूमि पर अंकुरित हुआ था और विगत तीन वर्षों में इसके फलों की मिठास आप सब तक भिन्न भिन्न प्रयासों द्वारा पहुँचती रही है। पारिवारिकता, पवित्रता और प्रामाणिकता को आधार मानकर आत्मीयता विस्तार का जो क्रम बन पड़ा है, उसके पीछे कोई दैवीय सत्ता ही है जो सतत मार्गदर्शन व संकल्प बल प्रदान कर नित नए पड़ाव निर्धारित भी कर रही है व उनपर चलाते रहने का ताना बाना भी बुन रही है।

मानव जीवन में शारीरिक, मानसिक, आध्यात्मिक व सामाजिक स्तर पर harmony स्थापित हो, और इस संगीत से समस्त धरा आल्हादित हो सके, pause n learn द्वारा इसका प्रयास अहर्निश किया जाता रहा है। अनेक इसके साक्षी बने, अनेक लाभान्वित हुए और अनेक साथ हो लिए एक परिवार की तरह। बहुत से ऐसे हैं जो आने वाले दिनों में साथ जुड़ेंगे। आप सभी के सामूहिक प्रयासों व शुभ आशीषों के कारण ये यात्रा इतनी निखर पायी है। लिखने वाली उंगलियां न भी रहें, तो भी ईश्वरीय योजना का ये छोटा सा अंश, pause n learn, आगे बढ़ता ही रहेगा। जिसकी योजना व शक्ति लगी है, वही इसे अहर्निश आगे भी बढ़ाएंगे।

ये संवादपत्रिका अपनों से अपनी बात कहने के साथ साथ नए परिजनों तक युग निर्माण का सन्देश पहुँचाने का भी एक माध्यम है। हम सभी आत्मीयता के धागे से बंधे हैं। बाहर के शोरगुल से कुछ देर दूर होकर भीतर बसे नाद को सुन सकें, इस मनोभाव से इस पत्रिका का नाम 'अंतर्नाद' रखने का विचार आया। गुरुसत्ता से यही प्रार्थना कि हम सब अन्धकार से प्रकाश की ओर, मृत्यु से अमरत्व की ओर एवं अज्ञान से ज्ञान की ओर सदा गतिशील रहें और आत्मीयता के धागे से बना ये हार ईश्वर के गले में पहनाया जा सके।

आपसी प्रेम का ही ये नतीजा है कि अब तक ये सन्देश हजारों लोगों तक अलग अलग माध्यमों द्वारा पहुंचाया जा चुका है। जहां जन जागरण का क्रम दस हजार से भी अधिक लोगों तक पहुंचा है, वहीं व्यक्ति निर्माण के प्रयास भी एक हजार से अधिक लोगों के साथ निरंतर क्रियान्वित हो रहे हैं।

spiritual retreat, योग कक्षाएं, corporate talks, स्कूल कॉलेज में व्याख्यान, online programs इत्यादि के माध्यम से 15 से भी अधिक देशों तक भगवान का सन्देश परोसा जा रहा है।

आगामी दिनों में कुछ नए प्रयोग क्रियान्वित होने हैं, ऐसे में आपका स्नेहाशीष सदा बना रहे ऐसी प्रार्थना आप सभी के उज्ज्वल भविष्य की प्रार्थना, चैत्र नवरात्रि की हार्दिक शुभकामनायें

आपका शुभेच्छु

All the festivals in the **Indian lunar calendar** are such moments when the interplanetary configurations are exceptionally surcharged with divine energies and vibrations, which can be accessed and assimilated by the individual human consciousness. Sadhana is the name given to those practices that help us get connected and aligned with the higher frequencies of Universal energy

A great opportunity to realign awaits us on 25th March, the beginning of the Chaitra Navratri parva. Our sages had found through their seer vision that this is a special window of 9 days that appears twice a year (Chaitra & Ashwin) when the Universal energies shift and recalibrate. A little sadhana and disciplined lifestyle during these 9 days can be very useful to revamp the whole life system

According to the Vedic scriptures, this nine-day period generates a tidal wave in the physical life force, which nullifies and expels the toxic elements that get accumulated in the body during the preceding six months on account of irregularities in food and lifestyle. Routine bodily imbalances like fever, cough, cold, etc. should be considered a natural symptom of this elimination process. Similarly, there is an enhanced flow of vital spiritual energy all around during the Navaratri period. Let us be mindful of this and optimize the opportunity

The nine days of the Navaratri Parva (heralding the change of season) is believed to be the time surcharged with vibrations of divine energies. During this auspicious confluence of seasons, the subtle nature undergoes great changes. Navaratri symbolizes nine doors or sense organs, situated in the Ayodhya of the human body. Hence, it is recommended that through anusthana or 'cleansing techniques' one must reflect on all the doors (one door each night) with the objective of awakening the divine potencies latent in them. This is the main purpose of Navaratri sadhana



CHAITRA NAVRATRI SADHANA TECHNIQUES

All or any of the following can be adopted with consistency for all the nine days:

- Chant Gayatri mahamantra (minimum 3 rosaries)
- Observe fasting by skipping one meal a day. This will help the system to recalibrate, remove unwanted accumulated toxins & save energy
- Watch your thoughts & deeds
- Speak less, observe more
- Study some inspiring literature and take notes for personal upliftment
- Meditate
- Seva, Sankeertan or Satsang – incorporate at least on every day consciously

As Pause n Learn family we could all sign up to following at least one of the above on each of the nine days.

[Let us also try and join for Special Online Navratri webinars through zoom.us for one hour satsang every day: 5:00 AM IST](#)

Some suggestions for good read

- God lived with them by Swami Chetananand
- My Journey by APJ Abdul Kalam
- Bhagwad Geeta
- Biology of Belief by Dr. Bruce Lipton
- A New Earth by Eckhart Tolle

MIND SPEAK

PAUSE N LEARN: A UNIVERSAL CALL

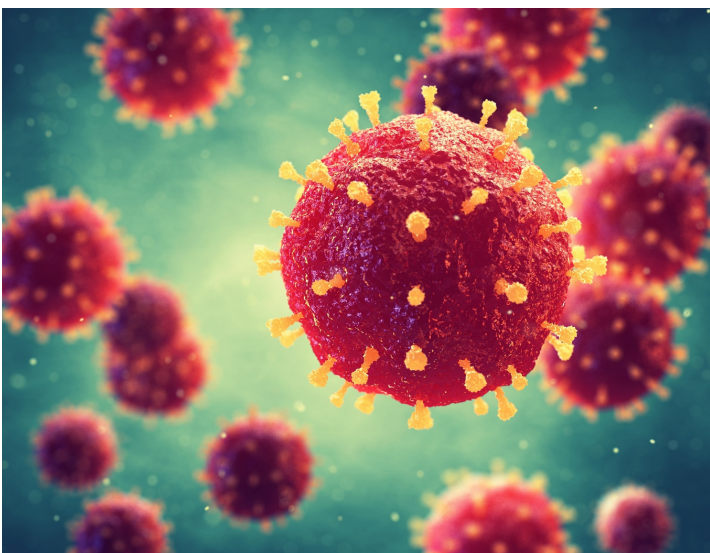


Just a quarter into the New Year and the whole world seems to have come to an unprecedented standstill.

Who could imagine that the big stock exchanges, touristy places, international airports, commercial hubs across continents will all come to a grinding halt at the same time! What we are currently witnessing is a 'never before' scenario indeed

Calamities and disruptions of some order are not new to mankind. History is replete with many such incidences. But this is for the first time (in our lifetime) that we have been jolted in a way that has converted the planet into a level playing field. Disturbing events such as earthquakes, tsunamis, the Australian wildfires and the current COVID 19 outbreak – are all testimony to mankind's obsession, greed and disregard for ecological balance and harmony

A lot has been said already on the global pandemic that we are currently facing. There are several measures that governments and societies are adopting to combat this challenge. We think, this also brings an emphatic message to mankind to:



PAUSE

- Contemplate the price we have to pay for uncontrolled greed, unhindered expansion, too much competitiveness, thoughtless rat race, insensitivity to ecological balance, increasing polarity, unabated quest to demonstrate superiority, narcissistic self-obsession and unbridled ego
 - Introspect on the faulty lifestyle that we have adopted where digital/virtual seems to be replacing the real
 - Be mindful of the tendency to indiscreetly sacrifice personal time on the altar of so called 'career advancement' that pushes oneself to look, think and act only for the 'Me' in each one of us
 - Watch out for the constant tendency and pressure to seek validation and therefore project a larger than life image
 - Underplay the emotional quotient that is so intrinsic to being human
- Work as a community for the betterment of each other rather than be totally obsessed with self-determination



N LEARN

- Gratitude, faith and belief in the intrinsic goodness
- The importance of having a balanced view of life
- Understand that success is just not about economic achievement but emotional, physical and spiritual well-being
- Value the rich heritage and tradition that we as Indians are endowed with. Our traditional life-style filled with simplistic goodness of valuing everything around us, spiritual wealth, making fresh food for every meal we intake, enjoying family time, the togetherness with which we celebrate our festivals and so on

The simple Indian way of maintaining good physical, mental and spiritual health through yoga, meditation, chanting and praying



POINTS TO PONDER

- We kill 200 million animals everyday for food. 20 crores per day!! If we include sea animals the count shoots up to 3 bn per day
- Every 10 seconds a child dies in this world due to hunger
- Every 40 seconds someone commits suicide on this planet. Such is the impact of depression.
- 10mn die due to cancer every year - 1 every 3 second including kids and elders.
- Over 4 lakh people die due to medical negligence every year in the US alone.
- Over 1 bn animals got killed in Australian bushfires
- Millions of birds were culled by us for one reason or the other
- 1 in every 50 children has a disability (over 15 crore globally)

What kind of a world have we created? Full of pain, misery and agony for both ourselves and others?

Ironically, Medical science is celebrating 2020 as the Global year for Prevention of Pain. We believe a little thought and awareness by each one of us will certainly contribute to creating a collective consciousness to help move the needle in the right direction

THE CLAYPOT STORY

“There was a time when I was just a dumb lump of red clay. Then one day my master came. He took me, brought me home, rolled and pounded me on a wooden table. Again and again, he poked his fingers into me until finally, I yelled out: ‘Don’t do that! Leave me alone!’ But he only smiled and gently said: “Not yet!”

Then, whoommmm! I was placed on a spinning wheel and suddenly spun around and around and around until I lost all my sense of direction: ‘Stop it; don’t you see that I’m getting sick? Quickly, take me from the spinning wheel!’ But the master only nodded in understanding and quietly said: “Not yet!” Then he placed me carefully into an oven. I never felt such heat. I yelled and knocked and pounded at the door: ‘It is hotter than hell – I’m burning to ashes. Please get me out of here before it is too late.’ I could only read his lips as he shook his head from side to side and silently pronounced, “Not yet!”



After I had cooled down he carefully picked me up, looked at me and brushed some dust away. Then he brought the colors! The fumes were horrible! ‘Please... you have no mercy! Please, Stop it!’ But he only shook his head and said: “Not yet!”

An hour or later he came back and placed a mirror before me and said: “Look at yourself!” And I did. What I saw amazed me. ‘That’s not me!’ I said. ‘It is too beautiful...’ With a very compassionate voice he spoke: “This is what you are meant to be,” and then he explained: “I know it hurts you when I rolled and kneaded you on the table. But if I had not gotten the air out of you, you would have broken

I knew you must have lost all your sense of orientation when I was spinning you. But without this you would never have come into this form. I know the fumes of the colours were intolerable when I painted you all over. But if I had not done that, you would not have had any colour in your life

“God is the potter and we are the clay. He will mould us and will expose us to enough pressures of just the right kinds that we will become a perfect piece of His liking. Let your potter work on you”



TRAVEL DIARIES

Pause n Learn retreats are no leisure outings. The endeavour in each of these is to tap upon the divine heritage of our spiritual country and align our latent energies. Be it in the vicinity of the towering Himalayas or the reverberating Holy Ganga, the spiritual vibrations of these places aid the upliftment of our consciousness. So far 8 such retreats have been organized where the seekers have unleashed their innate potential and thereafter create a roadmap to channelize this energy and share it with society

These outings are the journey within to the roads that were less travelled. Seekers not only access centres of high spiritual energies but also perform meditation, yagya, scale new Himalyan heights, take a dip in Holy Ganga and healing

In this segment of Travel diaries, we are introducing our readers to a rare place called Vashishtha Gufa in Rishikesh, Uttarakhand. Eras ago Rishi Vashishtha, the Guru of Lord Ram had performed penance at this place along with his spiritual partner Maa Arundhati when his sons were killed by Vishwarath (later became famous as Rishi Vishwamitra). The cave was later discovered by Swami Purushottamanand ji, a direct disciple of Swami Vivekananda in the year 1928. Team PnL was here on Mahashivratri in Feb 2020. Such retreats are filled with Meditation, Satsang, Healing, Yagya and life skill sessions



You can quickly experience this less explored place by clicking the link below
<https://youtu.be/2TyeDMDwM6w>

Celebrating Life

July 4th, 1902, Swami Vivekananda has left his physical sheath and became one with the Master

This year July 5th is also the day when Guru Poornima will be celebrated
Pause n Learn is planning to commemorate this auspicious occasion by hosting a special event

The ceremony will be graced by the presence of Padmashri & Magsaysay Awardee
Dr. Prakash and Dr. Mandakini Amte

Dr. Prakash is the son of Baba Amte, who was awarded
with Padmavibhushan for his social work in empowering the lives of leprosy patients in rural areas

JULY 4TH, SATURDAY
YOU ARE CORDIALLY INVITED

MORE DETAILS COMING SOON

We would love to hear what you think about this first edition of Antarnaad
Your comments/suggestions will help us direct our interaction in the right way