president enjoyed the same sugary rapport with P V Narasimha Rao, since Mr Rao is a diabetic. Mr Rao would rather indulge himself in a multi-discipline mind game like Satavadhani than in savouries. Stories of how a sweet dish turned many a political tide are legion. Not surprising in a society that celebrates almost every occasion from birth to death with sweets.

Times are a-changing in Rashtrapati Bhavan, Soon, a man who has combined his pursuit of missiles with his love for mysore paak will occupy the presidential palace. Those who know him say his mother made the best mysore paak in Rameshwaram. Perhaps, the bachelor could not find a suitable bride who could the taste of his moth mysore paak, some speculate. For the next five years, "ignited minds" in Rashtrapati Bhavan may expect to be further ignited by the sweet smell of boiling besan, sugar and ghee.

ospital is the cardiac centre ugurated recently. The Ruby lso regularly in the news for perations carried out with

plain truth about these big it only the rich can afford t. Even a routine delivery of a t Rs 50,000 or more if there is complications.

an system of medical care is p in India. Anyone going to ing sick there, without having ance, would make himself can re yes insolvent. That to the are not really welheir close relatives. The same People from the rural areas pankrupt at the big hospitals , the elderly are brought back pitals without treatment as cannot pay

course remains the family docbe is unfortunately dwinr country like India, it should nent's responsibility to proe medical care. A government no right to rule in a democrae people like Lata Mangeshfree medical treatment to the ie right sense of the word, inin for ever-increasing costlier

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Darkness to Light: Guru as Awakener

By B R Sharma

SPEAKING

Today, the full-moon day in realisation. Osho, while the month of Ashada, is celebrated as Guru Purnima. On this day disciples come together to express their gratitude to their beloved guru, venerated as the embodiment of sage Veda Vyasa. We worship Vyasa as an apostle of truth and wisdom, for having systematised the divino utterances in the form of the four Vedas, the eighteen puranas and the Mahabharata. Guru Purnima is a special occasion to commemorate Vyasa's service to humanity, and to resolve to follow the path of learning and knowledge.

Indian tradition believes in the importance of establishing a strong guru-shishya relationship; only then can the seeker attain truth and divine wisdom. According to the Taittariya Upanishad, 'guru' is considered to be the first letter or the purvarupa

of the alphabet and disciple, the last letter or the uttararupa. Wisdom their meeting point or vidyasandhi. The teachings and discourses of the guru constitute the link. The guru-

shishya parampara goes beyond mere pedantic or doctrinal learning. As the late Swami Kuvalayananda said, "Very often philosophical gymnastics is mistaken for spiritual knowledge. It is to be remembered, however, that no intellectual conviction or philosophical training will take an individual even a whit nearer the Lord; practical experiences in the sublime regions of adhyatma alone count.'

The term guru should not be confused with acharya or upadhyaya. An acharya is one who performs ritual ceremonies and an upadhyaya, a formal teacher of worldly and practical arts. Acharyas and upadhyayas can be as many as there are rituals to be performed and arts to be learnt. They could be called shiksha gurus. The diksha guru, however, imparts instructive knowledge and guides the disciple to a deeper understanding of healthy living, and shows the path of self explaining the role of a guru says, "the role of a guru is to give you a glimpse of the real not a teaching but an awakening. The guru is not a teacher, the guru is an awakener"

The etymological meaning of the term guru conveys the same idea. The syllable 'gu' stands for darkness and 'ru' for light. The one who takes us from darkness to light is said to be a guru. Disciples live together at the ashram of a guru, where they learn the importance of austerity and devotion by serving the guru. All great masters have had their gurus. Even Lord Krishna, who is regarded as Jagadguru, sat at the feet of Guru Sandipani. The guru shares his being with his students. He initiates the disciple into a path of learning which suits the seeker's temperament and capability. A worthy shishya

should therefore listen to and respect diverse points of view, even while remaining loyal to his diksha guru.

The absence of a guru, though, does not preclude learning and wisdom.

tradition regards Indian whatever is visible in nature - the diverse objects of the universe - as replicas of the supreme guru. This is described beautifully in the dialogue between Yaduraja and Avadhut, in the Shrimadbhagwatpurana, wherein, 24 principal objects are considered to be the gurus from whom Dattatrey could learn the lessons of Truth. The allegorical lesson being that the guru, the embodiment of divine wisdom, is all pervasive. We therefore need to conduct ourselves virtuously, learn to appreciate the beauty of natural phenomena and live simply before we can expect to find a Satguru. A guru can only guide us along the path of learning; the effort and the toil has to be the disciple's. In a way, you are your own guru. Only when you learn to seek divinity within your self, live a disciplined life and follow the advice of your guru, will you find the light within. http://spirituality.indiatimes.com

Sacred Space

Guru's Grace

The Guru is a mediator. He brings man and God together, even as a match-maker brings together the lover and the beloyed. A Guru is like the mighty Ganges. Men throw all filth and refuse into the Ganges, but the holiness of that river is not diminished thereby. So is the Guru above all petty insult and censure.

Sri Ramakrishna

Many are the gurus who are proficient to the utmost in Vedas and Shastras; but rare is the guru who has attained to the supreme truth.

Many are the gurus on earth who give what is other than the self; but rare is the guru who brings to light the atman.

He is the guru by whose very contact there flows the supreme bliss; the intelligent man shall choose such a one as the guru and no other. Kularnava Tantra

Whoever does not have a guide, Satan is his guide. Hadith

As in the sky flies the white-clothed crane./ Keeping its mind behind,/ In its heart continually remembering its young ones;/ So the true Guru keeps the disciple absorbed in the love of God,/ And also keeps him in his heart.

Adi Granth

In the presence of the Satguru:/ knowledge flourishes, sorrow diminishes, joy wells up without any reason, lack diminishes, abundance dawns. all talents manifest. Sri Sri Ravi Shankar (Today is Guru Purnima)