

Meditation for the Development of Students

Tatavarthy Veera Raghava Rao



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Written and Published by :
Brahmarshi Tatavarthy Veera Raghava Rao

Translated in English by :
K.BHUVANESHWARI

For Books Please Contact :
TATAVARTHY VEERA RAGHAVARAO
Tatavarivari Street, BHIMAVARAM-534201.
W.G.Dist., A.P. Ph: 94403 09812

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Meditation for students!



Swami Vivekananda could read a book of about 200 pages within five to ten minutes! He would read any book with such speed, possessing an incredible memory.

Einstein, a Nobel laureate (Noble prize winner), didn't go to church or believe in God. From a young age, he admired nature, often spending time peacefully in its stillness. He was one of the world's intellectual giants, with an extraordinary memory.

Brahmarshi Patriji read one lakh books, including scriptures from various religions and numerous works by philosophers, sages, yogis, and wise thinkers from around the world. He authored many writings and had a remarkable memory. He was a spiritual scientist who could answer any question without hesitation.

Many intellectuals had impressive memory power, which they achieved through meditation. By practicing meditation, we, too, can enhance our memory and accomplish incredible things. Meditation is often misunderstood as a subject related to devotion, God, or religion.

Many students fear that meditation might lead them to renounce (leave) everything and join monks, while some of them worry about giving up their pleasures. But meditation is none of these things. Medi-

tation does not mean becoming a monk or joining a hermitage (ashram). Meditation has no room for superstitions. Students can dedicate a portion of their day to meditation while continuing to enjoy studies, sports, music, and family time.

Meditation is about bringing forth the inner powers within us. The saying "Yogah karmasu kaushalam" means improving skill in the actions and professions we engage in. Through meditation, one's capability grows. All truths are understood clearly through meditation.

When students practice meditation, they can focus deeply on any task they take on, not only performing it accurately but they also succeed in it. Their memory power increases, allowing them to remember everything they hear and read. They become intellectuals, developing exceptional skills that gain everyone's praise.

Meditation brings a state of relaxation, free from tension, which helps students face exams without fear. Students often study, talk, and play for long periods, which drains their energy. Meditation provides deep rest. 15 minutes of meditation provides rest equivalent to 2 hours of sleep. By cleansing the "pituitary glands", meditation enhances memory power.

Those who practice meditation are less prone to illnesses, and even existing health issues can be healed. There will not be a need to use spectacles. Meditation also shields children from potential dangers due to future "ultraviolet radiation."

Meditators excel in every field, achieving top positions! They gain energy, and they demonstrate high proficiency in whatever sports or competitions they participate in. Meditation reduces anger and develops calmness, extending lifespan. It refines speech, making it more attractive, helping them gain friends. Meditation brings clarity in speech, food, thoughts, vision, and behavior.

"Wherever there is meditation, discipline will certainly be present. Without meditation, no amount of discipline can be effective," said

Patriji.

Here, we must also remember another important point: The food we eat influences our health, thoughts, and our meditation practice. Consuming meat increases violent behaviour and the rajasic qualities within us. Therefore, we should avoid meat consumption and have only pure vegetarian food.

Patanjali Maharshi said, "Nirvishaya manah dhyanam," meaning to be without thoughts. This involves emptying the mind, allowing the life energy (cosmic energy) from nature to flow abundantly within us. During this time, every cell in the brain energizes, which enhances its capacity. As a result, memory power increases.

Great scientists have created wonders by utilizing a significant portion of their brain capacity. Similarly, if we enhance our brain capacity slightly, we can create amazing wonders. Therefore, students and youth should practice this meditation, shaping their lives positively and bringing glory not only to their families but also to the country. This is the aspiration of Brahmarshi Subhash Patriji. Thus, everyone should meditate and aspire to become a Vivekananda. Just imagine how that country would be then!



What should students do to excel in studies?



Many people enroll their children in prestigious schools, paying high fees with the belief that such schools provide a superior education. However, parents should understand that "It's not the teacher who teaches, but the interest and focus of the student that enables learning." This is why, Ramana Maharshi said, "your perseverance (dedication) is your teacher (Gure - Guruvu)." In other words, only those who focus and listen carefully can truly learn, regardless of how great the teacher is. If the student is not attentive, even the best teacher cannot make a difference.

Therefore, one must listen with a focused and receptive mind to truly grasp knowledge. This focus is what we call "concentration." And to attain such focus, meditation is essential-there is no other way. Let's now understand how concentration develops through meditation.

"Concentration through meditation!"

Naturally, only a few students excel. They graduate with high honors and achieve great positions in life.

While all students may appear similar and put in equal effort, the results are not the same. Some reach a high status and enjoy many comforts in life, while others, despite working just as hard as the others, lead ordinary lives with average outcomes. Doesn't this indicate

that there's a missing factor somewhere?

Generally, people tend to conclude, "He is intelligent, and I'm not intelligent" and live with this belief, carrying on with life without questioning it. However, they don't think about the real reason. If they identify and correct this reason, everyone can achieve similar results and showcase equal abilities.

Though students may appear present in the classroom, their minds are often wandering (roaming) elsewhere. Their bodies may be there, eyes and ears directed towards the teacher, but their minds are not. Thus, they fail to grasp what the teacher is saying. It is the mind which listens and understands. Only when the mind is focused then only they can understand. Moreover, they can understand only what they concentrate on, as the mind is capable of doing only one thing at a time. Therefore, students need the ability to place their minds on what they intend to learn-this is called "concentration." But, studying tirelessly day and night won't help.

For students to excel academically and truly learn, "where are they physically?" is not important; the crucial point is "where are they mentally?" It is because they are present wherever their mind is. So, if they are sitting in a class but thinking about home, it means that they are at home. Therefore, they may appear as they are listening to the lessons but are actually not understanding anything. The reason is that their mind is not focused on the subject-they lack 'concentration.'

The mind doesn't naturally listen; it behaves like a monkey. When you ask it to do one thing, it does another thing. Tell it to focus on one spot, and it shifts to another. Few people naturally have the strength to concentrate their minds, and these individuals achieve good results. Those who lack this strength naturally fall behind. However, if such students practice "observation of the breath" meditation daily then over time, they too can concentrate on studies. They will remember what they listen to and read without a need to repeatedly listen or read,

which will yield better results.

'Meditation' is the process of developing the strength to concentrate the mind on what is needed-in other words, increasing "concentration." This is why success that may seem unattainable through hard work can be achieved through meditation. It enables one to reach new heights in academics and attain a high position in life.

"Memory power through meditation!"

Another important reason why some students struggle to achieve high results is because of lack of memory power. Memory power is the ability to recall what one has read or heard whenever needed.

Students with strong memory power can write exams with ease, perform well in interviews, and achieve good results. Some people are naturally gifted with this memory power, but those who lack it should work to improve it. The way to enhance memory power is through the "meditation practice of observation of the breath."

When one closes the eyes and observes the breath, a state free of thoughts gradually arises. In this state, immense life energy (cosmic energy) enters the mind, and each cell in the brain absorbs this energy, becoming more powerful. As a result, the brain functions more effectively than before.

In that way, memory power significantly improves. What one reads or listens to remains clear in their mind. Meditation not only boosts memory in children but also in adults. Therefore, those with weaker memory can strengthen it through meditation and achieve good results like other students.

Many students, instead of addressing this weakness, spend hours and hours studying. Despite all their hard work, their efforts go to waste. That time could be used for recreation, learning other skills, or simply enjoying life.

"Relief from tension with meditation!"

Another significant weakness among students is 'tension.' They may feel fine up until the exam, but as soon as they enter the exam hall, 'fear and tension' start to arise. Because of this, they forget what they have studied and will not be able to write the exam well.

Meditation incorporates discipline in students. They act calmly and consistently, do what they are supposed to do, avoiding what they shouldn't do. They handle every situation well, respect everyone, and earn praise from others.

Through meditation, students not only gain many benefits but can also achieve better results with less effort. Therefore, every student should make 'meditation' a part of their routine.

"Peace of mind through meditation"

Naturally, when we feel tired after working, a short rest helps us regain energy and continue working effectively. Similarly, after feeling tired from playing, a rest for some time helps us recharge and play well again. When we get tired from climbing many stairs, resting for a while allows us to climb faster again. Likewise, after running, fast cycling, walking, or working, fatigue (tiredness) sets in. After a short rest, people can resume these activities as usual.

Students, however, mainly work with their minds. Typically, they feel energetic in the morning and can concentrate well on their studies. But by afternoon, they experience mental fatigue (mental tiredness) and struggle to focus on their lessons, losing interest in what is being taught. In such situations, if they give their minds a short break, they will be able to refocus on their studies.

When we don't engage in any physical activity, the body gets rest, but for the mind to rest, "meditation is the only way." Meditation provides relaxation not only to the body and the senses but also to the mind.

We know that 'rest for the stomach' means 'fasting,' and 'rest for the mouth' refers to 'silence.' However, we often do not know that 'rest for the mind' is 'meditation.' Meditation is essentially giving rest to the mind.

Through meditation, students remain mentally alert without fatigue (tiredness). They can listen, study, and play consistently from morning until evening, managing all their tasks effectively.

We may wonder and think, "What does it mean to regain energy after a short rest?" Let's consider some examples. When someone returns home from being out in the sun, their vision may become blurred, and they can't see clearly. If they close their eyes for a moment, giving their eyes a rest, they can see clearly again and function normally.

Similarly, when carrying heavy bags with both hands, if the weight becomes too much, we keep them down. After a while, our hands regain strength, allowing us to carry them again. This demonstrates that giving rest helps to recharge the lost energy.

In the same way, whenever students find free time during the day, if they meditate for some time, their minds relax and then they can concentrate on their studies again. Since students primarily work with their minds, it is the mind that experiences the most fatigue (tiredness). Therefore, it is the mind that needs rest.

The more students practice meditation, the more they can break free from mental fatigue (mental tiredness) and remain energetic. They show interest in their education and achieve good results. This not only brings a good name to their educational institution but also to themselves and their families. In the future, they can contribute positively to society and the nation.

Thus, it is essential and necessary for students to practice meditation whenever possible, as it keeps them energized and provides relaxation when they feel tired.

"Mental strength through meditation"

Many parents focus on the physical strength of their children, believing that it is essential. Due to the long-standing belief that physical strength comes only from consuming (eating) meat, parents often encourage, force, or even compel (pressurise) their children to eat meat and eggs.

However, humans are not defined by physical strength alone; we also have:

1. A mind that guides the body,
2. Intelligence that makes decisions in every matter and
3. An inner self, or soul, which is the source and foundation of everything. Unfortunately, many parents lack this understanding, and so they prioritize only the physical strength of their children, without paying much attention to mental strength, intelligence, or inner strength. But they should recognize that along with physical strength, mental strength is also very important for children. Furthermore, intelligence is even more essential than mental strength, and parents should understand that the inner power of the soul is the most crucial of all. All these qualities can be developed by: 1. Consuming (eating) a sattvic vegetarian food and 2. Practicing meditation.

Since the mind is what drives the body, the mind plays a crucial role in a human being's life. When the mind is calm and pure, a person can remain active and courageous in all situations, working consistently from the morning till the evening. When the mind is purified, intelligence and inner power (soul power) strengthens.

"Through meditation, one can change their thought patterns!"

Anyone's life is shaped by their way of thinking, and the same applies to students as well. The success they achieve depends on their thought patterns. In the Bhagavad Gita, it is said, "Yad Bhavam Tad Bhavati," meaning that your behavior is determined by your thoughts, and your life's outcomes are shaped by your behavior.

Generally, students have four types of thought patterns: 1) Disastrous thinking, 2) Negative thinking, 3) Positive thinking, and 4) Miraculous thinking.

It is observed that whatever type of thinking a person has, they experience results that align with it. That's why it's said, "Yamatihi Saagatir Bhavet," which means "your path (result) is determined by your mind (thinking)."

Let's understand a bit more about these types:

1) Disastrous Thinking: Some students think, "He should fail the exam, he should get lower marks, only I should pass, and only I should get the highest marks." With such thoughts, it isn't the other person who fails; instead, the one with these thoughts is likely to fail. The other person won't get low marks; it's more likely that this person will. The reason is that their focus is not on themselves but on others. They do not pay attention to their own efforts and do not focus on their own work. Therefore, their results reflect their attitude. "They want the other to fail, but it's they who fail." So, anyone with this type of thinking should change it; otherwise, they will be the ones who suffer.

2) Negative Thinking: Then, there are some students who doubt and fear everything. They constantly worry, "Will I pass or not? Will I be able to take the exam or not? Can I complete this task? Can I speak well? Can I perform well? Can I achieve this? Will people think badly of me?" With such thoughts, they hesitate in every task, fear failure, and lack confidence to move forward boldly. Therefore, they get results that reflect their thoughts. Students with this type of thinking also suffer in life. Hence, students should strive to change this type of thinking as well.

3) Positive Thinking: This is the type of thinking that is welcome and desirable in students. These students say, "I will achieve this." They work hard, strive, and succeed. They say, "I will get the first rank," work hard for it, and indeed achieve it. In any area of life, they do not

think negatively. They think positively about everything and achieve their goals. If they think they can write, they write. If they think they can speak, they speak. If they think they can do something, they do it. If they believe that they can succeed, they succeed. They have confidence and no hesitation or fear in their minds. They put their plans into action and achieve them. Such people achieve their intended success. That is why people say "think positively".

4) Miraculous Thinking: Only a few students have this type of thinking. These students believe, "I will get the first rank in the university, I will achieve the first position in the state, I will become an IAS officer." They work exceptionally hard and actually achieve these goals. Such individuals will break records and achieve new ones in the future, earning awards and recognition in their respective fields.

Looking at this, we can see that students have various types of thinking patterns. However, to avoid losses and achieve success in life, one must think positively. It is important to have a positive mindset in order to achieve anything.

It is easy to say that we should think positively, and giving advice is simple. But actually implementing it is very hard. The reason is that we give a lot of advice to children, but how many of them actually follow that advice? Similarly, many people give us advice as well. How many of us are able to follow that advice? In books, many authors tell us, "This is how you should behave! You should do this, not that!" But how many of us actually practice it? The truth is, it is very few. This is why, "it is easy to say, but hard to practice."

The same applies to children! For children to be able to practice the good things we tell them, there are two essential things they must follow.

1) One must consume sattvic vegetarian food. 2) One must practice 'observation of the breath' meditation. By practicing these two things, any student, child, or youth can purify their mind and develop

their intellect. They will be in sattvic qualities, thinking clearly and using their discernment (intelligence). There is no need to tell them what to do; no need to force them to work. They will do everything correctly and do what needs to be done.

No matter whatever mental state one may be in, that means even those in a negative mindset will change. They will be able to think positively and achieve success in all areas. They will bring honor and prestige to their parents. Their parents will not need to tell them what to do. They will respect their parents, bring joy to them and make them proud.

Therefore, parents must provide sattvic vegetarian food to their children and encourage them to practice 'observation of the breath' meditation. No further instructions will be needed. Every child will become a Vivekananda or a Buddha. Otherwise, they may turn out like Veerappan or Bakasura (one with evil and demonic qualities). That is why we must understand the greatness of meditation and help in the transformation of children's thought process.

"Intellectual power through meditation!"

If someone asks, "Is physical strength greater or intellectual strength?" The immediate answer would be intellectual strength. The reason is that no matter how much physical strength a person has, without intellectual power, they will not be able to achieve anything. They will not excel in any field or demonstrate any skill. From a young age, children with intellectual strength succeed in everything. They showcase their intelligence and reach top positions in various fields.

Physical strength is needed by animals because, in the animal kingdom, physical strength is needed as it grants them dominance. It keeps all the animals in control. Among animals, the one with physical strength is the king. However, in the human race, those with intellectual strength hold the power. Does the Prime Minister of India possess physical strength? No, right? So, how did the Prime Minister rise to

that position? It is because of intellectual power, isn't it? They are leading the country through intellectual strength. Isn't it the same for Sonia Gandhi, who once led the country with her intellectual power? Many leaders and prominent figures achieve great things and reach high positions through their intellectual strength.

At the time of the ancient kings! Mighty kings and emperors with courage and strength would receive advice from wise ministers and royal gurus who had intellectual power and intelligence. From all of this, it is clear that intellectual strength is more important than physical strength for children. Let's look at a small story that demonstrates the same.

In a forest, a powerful lion would kill and eat any animal it pleased, causing all the animals in the forest to live in fear. One day, the animals gathered and decided, "If the lion continues to kill us as it wishes, none of us will have peace. We won't be able to live happily. Therefore, every day, one of us will go as food for the lion." They told the lion, and it agreed. So, every day, one animal went to it as food.

One day, it was the turn of a clever rabbit. It thought to itself, "I must find a way to escape the lion's wrath (anger)." After thinking for a while, the rabbit came up with a clever idea. It went to the lion and said, "O King! There is another lion in the forest stronger than you. From now on, you should stop your hunting, or no one will pay attention to you." The lion with rage asked, "A lion stronger than me? Where is it? Tell me where it is, and I will deal with it!"

The rabbit then led the lion to an old well. The rabbit said, "The lion is in that well". The lion immediately looked into the well and saw its own reflection. Thinking it was another lion, the lion leapt (jumped) into the well to kill it. The lion drowned instantly. Thus, the small rabbit defeated the mighty lion using its intellectual strength, proving that wisdom is greater than physical power.

From this, we can understand that "intellectual strength is greater

than physical strength." We also learn that what cannot be achieved through physical strength can be achieved through intellectual strength. Therefore, parents should prioritize enhancing their children's intellectual abilities. Here's another point to note: The clever rabbit, who has intellectual strength, is a vegetarian, while the strong lion, with physical strength, is a meat-eater. But what is the use of it? This story also suggests that vegetarianism is superior to meat-eating. So, all the students should be vegetarians, build intellectual strength, become wise, and sharpen their intelligence!

Now, let's understand how meditation develops intelligence and improves intellectual strength. In meditation, we close our eyes, which means we move beyond the physical state (body consciousness). If we keep our eyes open, we remain in the body consciousness, bound by physical perception. That's why, in meditation, we close our eyes. When we close our eyes, thoughts arise, indicating we are entering a mental state since the mind is the source of thoughts. As long as we are in thoughts, we remain in the mental state. To reach the state of intellect, we must go beyond this stage-thoughts must stop. Only then we can enter the state of intellect.

"To stop the thoughts and reach the intellectual state, we must practice "observation of the breath meditation" as said by Patriji. There is no other way. As we continue to observe the breath, our thoughts gradually decrease, at a certain level, they completely stop. The mind ceases (stops) to function and becomes restful. At that point, we reach the state of intellect, where the intellect blossoms and functions effectively. Our thinking capacity grows, and we can think clearly.

The longer one can sit in meditation, the better their intellect functions, and the more their intellectual strength improves. They act and think wisely, not foolishly or irrationally. They do what is right and avoid what is wrong.

In this way, regular meditation cultivates wisdom. Intense medi-

tation can make one Buddha. It will help them think deeply and act appropriately. This demonstrates that meditation enhances one's thinking power.

Look, many children are often scolded by adults or parents. They say, "Don't you have any sense? Why do you do such things?" The reason is simple, it is because they behave in that way.

"Lacking common sense means not doing what should be done and doing what should not be done." Let's look at some examples: When children are asked to stand in line, some of them step out of the line and stand aside. In such cases, the teacher scolds them, saying, "Don't you have any sense? What were you told to do, and what are you doing?" Similarly, when a class ends, the teacher says, "Stay silent; another teacher will be coming," and leaves. But as soon as the teacher leaves, the children make a lot of noise. The next teacher who comes in scolds them, saying, "Don't you have any sense? Why are you making such noise?" Additionally, when students arrive late to school, or instead of sitting in a class, are found wandering (roaming) outside in the playground, they get scolded saying, "Don't you have any sense?" The same goes for study time or homework time-when they don't study and instead talk to others or act mischievously, they get scolded for "not having sense." Similarly, if they make little kids or girls cry or hit them, they get scolded again saying, "Don't you have any sense?" Children do many such things that they shouldn't do. The reason is simply a lack of common sense.

Similarly, even adults often behave without sense in various situations. For instance, at water taps, milk booths, while boarding a bus, or at ticket counters, adults can often be seen behaving the same way. The reason is that they, too, grew up this way. However, this kind of behavior can harm both family and society, so it's essential to develop sense from the student stage onwards itself.

Likewise, many people unnecessarily interfere in others mat-

ters and suffer the consequences. They don't think about themselves or their work but instead focus only on others, sometimes they even get into trouble or suffer losses. Similarly, students should keep their focus on studies and aim for good results, but many students focus more on outside issues, fights, or politics, neglecting their studies, ruining their future, and losing out on life opportunities. The reason for this is a lack of maturity or common sense or intellectual development.

Let's look at a story that shows the condition of such people and how they lose in life. At the edge of a village, there was a pond with a tortoise living in it. Near that pond were two cranes, and over time, the tortoise and the cranes became friends. After a while, due to a lack of rain, the pond dried up. Then, the cranes said to the tortoise, "There is no food here for us. We are going to another pond." The tortoise replied, "If you both leave, then what happens to me? Please take me along with you." Then, the two cranes brought a stick and held it between their beaks, saying, "You hold onto this stick with your mouth, and we will carry you to the new pond." The tortoise held the stick tightly in its mouth, and the cranes flew. As they were flying over a village, children below saw this scene and began laughing, cheering, and jumping around, mocking the tortoise.

The tortoise thought, "Why are these children looking at me instead of playing? I must teach them a lesson." Thinking this, it opened its mouth to speak, let go of the stick, and immediately fell down. The children below caught the tortoise and killed it. Do you see? The tortoise suffered a great loss, even losing its life, because it paid attention to others instead of minding its own business. And all this happened due to a lack of common sense (lack of intellect)!

Similarly, when students focus on matters other than studies-fights, love affairs, or politics-they are likely to lose their future opportunities. Wise people focus on their work and goals; they don't give importance to irrelevant matters or things unrelated to them. But if

anyone does, it's simply because they are not thinking sensibly. Therefore, everyone should strive to be wise, improve their intelligence, and strengthen their reasoning ability. To achieve this, they should: (1) consume (eat) pure and sattvic vegetarian food and (2) practice meditation regularly.

"Soul power (inner strength) through meditation!"

For students, soul-power (or inner strength) is the most important thing. The reason is that whether it's the body, mind, or intellect, they all function only as long as there is a soul within. Without the soul, they all become lifeless. In a way, when the soul departs, the body is called a corpse (dead body). Only with the soul does the body exist; without the soul, the body disappears. Therefore, we must recognize the greatness of the soul and give it importance. We should strive to enhance our inner strength and ensure that the energy of the soul within the body remains intact (not damaged/unharmed). Otherwise, you will have to go through losses and hardships! To understand the greatness of the soul, let's look at a short story shared by Osho.

In a village, there was an old woman who loved flowers and gardens very much. So, she maintained a small flower garden and took care of it as though it was her lifeline. Unexpectedly, she fell ill and was bedridden. She was worried about what would happen to her garden.

She had a grandson. Seeing his grandmother worried, the grandson said, "Grandma! Don't worry. I will take care of your garden, even better than you would." Thus, after promising his grandmother, he began spending every day in the garden, maintaining it with great care. He looked after it so carefully that he would spray water on each branch every day, wipe each leaf with water, and even dip each flower in water. He would embrace (hug) the plants with great care. A time span of one month passed this way.

The old woman recovered a little, gained some strength, but

she always kept thinking about her garden. Wanting to see it, she took her grandson and went to the garden. Upon entering, she was shocked to see that the entire garden was dry and withered (lifeless). She was surprised and became very angry. She immediately asked her grandson, "What is this? You said one thing, but did something else!" The grandson, looking sadly, replied, "Grandma! I took good care of the garden. I was so attentive that I watered every branch, wiped each leaf with water, and dipped each flower in water. But still, the garden dried up like this. I don't understand why, Grandma!"

Then the old woman asked, "You said that you looked after the branches, leaves, and flowers, but what about the roots?" The grandson, surprisingly, asked, "Roots? What are those, Grandma?" He only knew the visible parts of the plant, like the branches, leaves, and flowers, but he didn't know about the roots that were the foundation. He thought that caring for a plant meant caring for its visible parts but didn't realize that it was the hidden roots that truly supported it. So, while he took care of the branches, leaves, and flowers, he neglected the roots, and that's why the garden ended up in such a state.

The roots are the foundation for the visible plant. What needs nourishment is the root, not just the visible parts of a plant. Similarly, for our visible body, it is the invisible soul that is the foundation. How many of us understand that, "it is the soul that needs care and attention, not just the body?" Just as the plant suffers when its roots are neglected, a life focused solely on the body, not caring for the soul, will face similar troubles. How many of us truly understand that, "the invisible soul exists within the visible body, and the body's source is the soul, and without the soul, the body becomes lifeless?" Without the soul, the senses will not function, various bodily functions will stop, and the essential organs will cease (stop) to work properly. How many of us understand this? The reality is that very few people truly grasp this.

Everyone gives importance to the body but not to the soul. They focus on physical strength but do not think about soul energy or soul power. As a result, when children grow up they face more diseases and difficulties. Therefore, from a young age, children should practice meditation to nurture and strengthen their soul.

The soul is divine. Strengthening the soul's energy means strengthening the divine energy within the body. As the soul grows stronger, divine qualities become more evident (visible) in a person. When children meditate from a young age, they begin to act with god-like qualities.

As the soul's energy grows, children will live peacefully and joyfully. They will act with courage and accomplish great things. Their knowledge will grow, and they will love everyone.

They view everyone with equality. Selfishness and hatred will disappear. They will feel compassion, kindness, and mercy for everything around them. They do not act violently but they behave righteously and ethically. They will become outstanding individuals in any field. They will honor and love their parents, elders and always stay healthy. All this is possible only when the soul's energy (soul power/inner strength) flourishes within the body.

How does the soul's energy (soul power/inner strength) reduce in children? What should one do to grow one's soul's energy in the body?

The mind covers the soul. When the mind is pure, the soul's power strengthens. But when the mind is impure, the soul's energy diminishes (reduces) within the body. This concept is explained in the following verse of the Bhagavad Gita.

**Shlok|| dhumenavriyate vahnir yathadarsho malena cha
yatholbenavrito garbhas tatha tenedam avritam**

(B.G. 3- 38)

Meaning: Just as fire is covered by smoke, a mirror by dust, or a fetus

by the womb, the soul's knowledge (self-awareness) is concealed (covered) by desire (kama) due to the mind.

From this, we can understand that the mind is responsible for the weakening of the soul's power. In children the mind is pure, which is why they are often compared to God. But as they grow, the food they are provided and the behaviors taught by parents gradually lead to an impure mind. Slowly, the soul's energy within their bodies diminish (reduce). One of the main factors that pollute the mind is eating meat, which is considered lifeless food.

Therefore, parents should not introduce or make meat consumption (meat eating) a habit to their children. Instead, they should provide a vegetarian food that is sattvic (pure) and encourage them to meditate daily. This way, their minds will remain pure, and as students, they will study well, excel, grow, and become wise.

"Food regulations are essential!"

From the above points, we understand that "meditation" calms and purifies the mind which develops the intellect. However, along with meditation, food regulations must also be followed. This is because food has a significant impact on the mind.

Especially, one should completely give up lifeless food like meat. (1) It makes the body prone (vulnerable) to illness, (2) pollutes the mind, (3) weakens the intellect, and (4) weakens the soul's energy. Meat eating brings various harms to children. Moreover, it is associated with violence. Violence is not only unrighteous but also sinful, causing great harm to children's lives and leading to many difficulties in the future.

Furthermore, lifeless food does not enhance knowledge; in fact, it diminishes (reduces) it, harming one's entire life. That is why many live in ignorance today.

But nectar-like (amruth) vegetarian food enhances knowledge and intellect. This is because vegetarian food is created from plants,

which are formed by the five elements (panchabhutas) of nature. These five elements are honoured and worshiped as nature's deities (gods). Vegetarian food is filled with the power of these five elements.

Additionally, plants grow towards the sun and absorb sunlight to produce food. The sun is considered as a symbol of knowledge, often called the "Sun of Wisdom." Vegetarian food, derived from solar energy, contributes to wisdom. When children consume (eat) such food from a young age, their knowledge grows, and they become wise.

Not only that, animals cannot see the sun; they keep their heads in the opposite direction and live in shadows without sunlight. How can children gain wisdom by consuming (eating) the flesh of such animals, lifeless meat? They live in ignorance, doing actions they shouldn't do, going against creation and God. Despite earning wealth and accumulating comforts, they live in sorrow, bringing sadness to themselves and others.

Therefore, one should consume (eat) vegetarian food that benefits the body, mind, intellect, and soul. So everyone should eat vegetarian food and practice meditation regularly to improve their wisdom and mindfulness.



How to raise children?

Many parents worry a lot about their children. They don't like their children's behavior or actions and often feel that their kids don't live up to their expectations. Children don't always follow what parents suggest, and sometimes they even oppose them. Their actions often disturb the parent's peace of mind, who start worrying, thinking, "If they are like this now, how will they turn out in the future?"

Parents struggle to raise their children effectively. Some children, from a young age, fall prey to various addictions and do things they shouldn't do, causing parents immense stress. Despite punishments and attempts to correct them, these behaviors sometimes worsen, leaving parents frustrated who wonder, "How should we raise them? What should we do?"

As children grow, parents' strength tends to diminish, and they start relying more on their kids. In old age, they may become fully dependent on their children. In such circumstances, if the children's behavior is not good, the lives of these parents become miserable. Therefore, it is natural for parents to worry about their children. So where is the real issue? Is it with the children, the parents, or the way they are being raised? Let's think about it.

The main point to remember is that children are often compared to divine beings in their childhood innocence. They are seen as god-like when they are born; essentially, every child is like a divine at

the time of birth. However, as they grow, they begin to change. They may turn into mischievous, selfish, violent, or even deceitful (cunning/fraudulent) individuals. We can observe how children, who start off like gods, transform over time. This suggests that there is no flaw at the time of their birth-it's in the upbringing. The fault is not with the one who created them; God sends each and everyone into the world with the divine qualities. But if they change as they grow, it indicates a flaw in how they are raised.

Just like the saying, "As the king, so the subjects (people in his kingdom)," it's essential to understand, "As the parents, so the children." This means that children grow up based on how they are raised by their parents, and, moreover, they often end up resembling their parents.

Young children, especially, have a natural tendency to observe and imitate. Having just entered this world, everything is new and fascinating (interesting) to them. Thus, they observe everything around them and mimic it, learning constantly. Up until the age of six to seven, children primarily observe their parents and try to learn from them. At that age, it's the parents who teach them almost everything.

In their innocent years, children completely trust their parents. They do what they are told, say what they are asked to say, eat the food they are introduced to, speak the language and words they are taught, and behave as their parents guide them. They adopt habits and mannerisms from their parents completely, mirroring them in every way.

At that age, if parents tell children, "We belong to this family," the child thinks, "Oh, I belong to this family?" Similarly, if they say, "Our caste is this," the child wonders, "Oh, is this the caste I belong to? And do others belong to other castes?" and also believes what they were told.

If parents say, "Our religion is Hinduism, our god is lord Ram, our god is lord Krishna, our god is in the temple, we should go to the

temple, worship God," the child believes that too and follows it. They put on a bindi, put flowers in their ears, tie a thread on their wrist-just as their parents instruct them.

Similarly, if parents say, "We are Christians, our religion is Christianity, our god is Jesus, we should go to church, we should pray," the child believes and practices that, acting accordingly.

In this way, the concept of "I am different, others are different" is cultivated in them before they even step into the world or society. As this seed called "difference" sprouts and grows, it strengthens the notion of separation as the child grows.

Parents may not realize that they are sowing seeds of separation and hatred within the child since childhood. Some parents even teach their children that, "so and so person is our enemy, they don't get along with us. Don't talk to them, don't go to their house."

Moreover, many parents speak lies in front of their children itself, teaching them to lie, involve them in lying. Moreover, for fun, they make children cry, enjoying as they cry looking at it as entertainment, use harsh words in front of them, or inculcate fear in them by talking about "monsters," "cats," "ghosts," and so on, creating fear and anxiety in the child.

Some parents argue or insult each other in front of their children, unaware of the impact that will have on them. Many parents, either in seriousness or even jokingly, cultivate hatred by saying, "Your mother is not a good person" or "Your father is not a good person."

There's a saying, "What doesn't bend as a plant, won't bend as a tree," meaning a young sapling can be bent in any direction, but once it grows into a tree, it can't be shaped easily. Similarly, children can be molded as desired when they are young, making early upbringing extremely important. It's difficult for anyone to change them once they grow up.

In a way, all children are pure and innocent in their early years.

If they can grow up with that innocence preserved, nothing more is needed. If parents can avoid corrupting the child's purity, children will grow up as pure and good-hearted.

The main thing to understand is that it's not the children that need to be corrected; parents need to correct themselves. This is because children grow and develop according to how their parents are. So remember, **"Be the person you want your children to be."** This is crucial. "Behave the way you want your children to behave." Know that your children will follow your example.

Also, great care must be taken in raising children, especially with regard to their food. Food they take influences their future and their lives.

Food not only affects the body but also the mind, which drives the body, and the intelligence, which makes decisions. When food is impure or lifeless, the body becomes ill, the mind becomes impure, and the intellect weakens. Such individuals may speak and act in ways that cause pain and sorrow to others. Therefore, ensure that the food given to children is pure and sattvic. Parenting should start with attention to food, as food is the first thing desired by every new born on this planet earth. Not only that, food forms the foundation of a person's nature and actions. Hence, focus on the quality of food from the beginning. There is a saying that goes, "As is the food, so is the behavior."

Many parents wish for their children to be strong but they rarely desire them to be powerful. Strength is related to the body, while power is related to the soul which drives the body. A powerful individual can achieve anything, go through any circumstances, and face challenges with courage. Hence, parents must understand that "invisible power is greater than visible strength." Instead of raising their children to be merely strong, they should nurture them to be powerful.

Many parents focus on strength, feeding their children meat, eggs, and other lifeless foods, aiming for physical growth. They take

pride in their appearance but fail to observe their children's behavior and character, only to regret it later. Therefore, they should focus on enhancing their children's inner power. Practices that cultivate energy and vitality (power) should be encouraged. Power grows only through meditation. Hence, parents must introduce meditation to children and make them practice it from a young age. By which they can transform their children into individuals of immense inner strength and potential.

Moreover, introducing children to meat eating at a young age unknowingly makes them a part of the sins associated with animal slaughter (animal killing) and cruelty. In the future, as a consequence of these sins, they suffer from unbearable diseases and hardships.

Additionally, violence becomes imprinted in them, and the sense of love gradually disappears. From killing animals, they slowly begin to harm others. Even during their education, they engage in ragging their fellow students under the disguise of fun, deriving pleasure from causing pain. They find pleasure in acts like harassing, insulting, or making girls cry, finding amusement (enjoyment) in their suffering. Some even go to the extent of proposing to a girl, "I love you, marry me," and if she refuses, they attack with an acid or with a blade or knife. They fail to empathize with the pain of others, always prioritizing their own enjoyment.

Later, they marry someone and start torturing them as well. Their selfishness and personal happiness always take priority. The thought that "they too are human beings with emotions and pain" will not strike their minds. The root cause is the violence imprinted from childhood, of harming living beings and animals, ignoring their suffering and pain, and killing them for meat. Who taught them all this? Isn't it their parents? Aren't the parents responsible for shaping them in this way?

Gradually, they get addicted to easy going lifestyle. They don't earn but spend whatever they have on luxuries. They pressurize their

wives for money, abuse them if they refuse, and even physically assault (attack) them after drinking. In extreme cases, they pour kerosene and set them on fire. The primary reason for all this is their inability to recognize that violence is wrong and sinful. They fail to understand that others are just like them and that everyone's pain is as real as their own. Who taught this behavior to those innocent god-like newborns? Who shaped them this way? Isn't it the parents that taught them violence? The violence that began with animals in childhood eventually extends to harming their wives. Over time, it worsens, and they don't hesitate to abuse their elderly parents. They fail to understand their parents' pain, treat them with disrespect, humiliate them, neglect them, and make their lives miserable like hell.

The reason is that their hearts harden and unfeeling due to exposure to cruelty towards living beings from a young age. This leads them to become tough and incapable of understanding words like compassion, kindness, love, and empathy. The fault lies with the parents for not teaching these values. If, during childhood, they were taught to love all beings-if, when they hurt a chicken, their parents had said, "It is also a living being, it feels pain just like you, do not hurt it"-wouldn't the child have understood and avoided such actions? Someone who can love a chicken, wouldn't they be able to love their parents? If they can love everything, wouldn't they also love their parents? Are parents not a part of everyone? Therefore, from a young age, children must be taught to love, not harm. This is extremely important. Love must become a natural trait in every child. Parents must recognize this and raise their children accordingly.

If parents nurture their children this way from a young age, the children will not only serve their parents but also their family and society. They will love everyone. Hence, parents must first renounce (leave) violence and guide their children to do the same. They should cultivate the habit of vegetarianism in them. When children, born as pure as

gods, are raised this way, they grow into divine beings, spreading joy to everyone and living happily themselves. They can experience heaven within their own lives. Let us know how meditation taught from an early age can help the children and the benefits it provides.

Parents often think about how to manage their children after they grow up, but the real focus should be on shaping them from a young age. The saying goes, "A plant that doesn't bend as a sapling won't bend as a tree." Therefore, it is crucial to mold children from a young age.

Moreover, care should be taken even during pregnancy. Just as we take precautions for a crop at the seed stage-even before the plant sprouts-by cleaning seeds, using pest control, and preparing the soil to support growth, similar care must be taken for children during their prenatal stage. Steps like preparing the womb, ensuring a healthy environment for the baby, and nurturing it with love and positivity even before birth are as essential as nurturing a seed to grow into a strong, fruitful plant.

The reason is that learning doesn't begin after children grow up; it starts while they are still in the womb. This fact can also be understood through ancient stories. In the Mahabharata, Abhimanyu learned how to break through the Padmavyuha while he was in his mother's womb. Similarly, Prahlada acquired knowledge about God from Narada while he was still in his mother's womb. This shows that learning begins not after birth but in the womb itself. Therefore, care for children must start from that stage.

This is why it is often said, "Pregnant women should be cared for attentively." People advise ensuring their happiness, fulfilling all their needs, and engaging them in activities like listening to scriptures or reading the Bhagavad Gita. The reason behind this is that the effects of these activities influence the baby in the womb. If proper care is not taken in the early stages or if one doesn't understand how to treat them

during that time, what is the use of regretting or worrying after the child grows up? Hence, as the saying goes, "It's of no use trying to catch the leaves after the hands are burnt." Precaution should be taken beforehand, and care for children must begin right from their infancy. Parents should first practice meditation themselves and then introduce it to their children. The significance of meditation and the benefits it brings to children must be understood.

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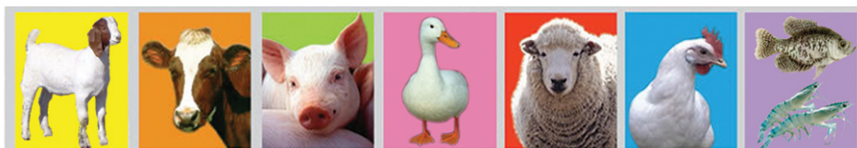
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