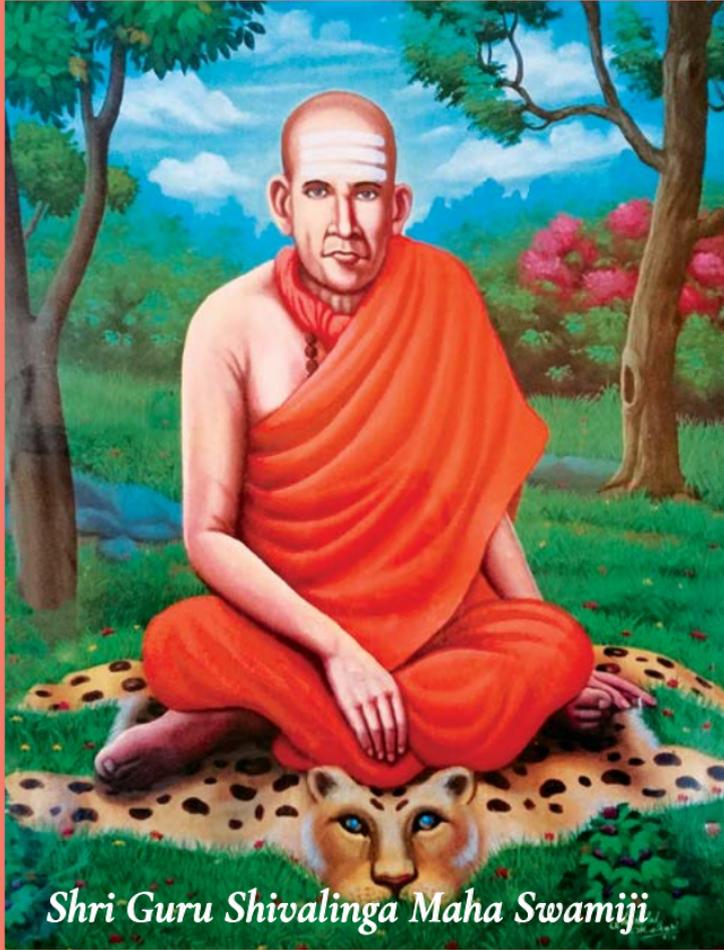




WISH, PRAY & GET
SHRI SHIVAKUMAR SWAMIJI NASIMATH



Shri Guru Shivalinga Maha Swamiji

ॐ चैतन्यं शाश्वतं शान्तं व्योमातीतं निरञ्जनम् ।
नादबिन्दुकलातीतं तस्मै श्रीगुरवे नमः ॥



**Om Caitanyam Śāsvataṁ Śāntam
Vyomātītam Nirañjanam |
Nādabindukalātītam
Tasmai Śrīgurave Namaḥ ||**

Who gives knowledge of Universal Energy
(Atman), which is permanent, steady and
peaceful, beyond every border, spotless and
pure, beyond primordial sound, beyond smallest
point and beyond time,
that Guru I bow to.

गुरुर्ब्रा गुरुर्विष्णुर्गुरुर्देवो महेश्वरः ।
गुरुरेव परब्र तस्मै श्रीगुरवे नमः ॥

**Gururbrahmā Gururviṣṇur
Gururdevo Maheśvaraḥ |
Gururdevo Parabrahma
Tasmai Śrīgurave Namaḥ ||**

Guru (dispeller of darkness) is Brahma (the creator); Guru is Vishnu (the sustainer and protector); Gurudeva is Maheswara (the destroyer of all sufferings and transformer); the Guru is verily the Para-Brahman (ultimate consciousness); That Guru I bow to.



If you are happy and smiling, everybody will be happy and smiling. With daily affirmations you create positive vibrations within yourself and in your environment, and thus spread peace, happiness and harmony.

Repeat these affirmations with faith and belief every morning and evening.
Then you shall witness miracles and positive changes in your life.

DAILY AFFIRMATIONS

Believe Him! Ask!! Get!!!

I pray for world peace & harmony.

Whatever I wish, I get.

I am lucky. Each day brings me good luck.

I believe in miracles.

I am fine. I am healthy. I am wealthy.

I am perfectly all right.

I am confident & courageous.

I am a smart hard worker.

I am successful.

I am protected all the time.

I am peaceful with Love & Compassion.

I love all. Everyone loves me.

I respect & love parents, elders & family.

**I am very thankful to
mother, father, Guruji & God.**

LIFE IS A/AN...

CHALLENGE	meet it
STRUGGLE	fight it
ADVENTURE	dare it
PUZZLE	solve it
OPPORTUNITY	take it
JOURNEY	enjoy it
GIFT	accept it
SONG	sing it
BEAUTY	praise it
MYSTERY	unfold it

HOW EMOTIONS AFFECT YOUR BODY?



Mind has a power over the body and our vital force, so get rid of negative emotions and cultivate positive thoughts.

LOVE brings peace and harmony, strengthens our mind and body.

SMILE reduces stress and spreads happiness. Therefore love everybody, be calm and peaceful and smile every day!

Past is gone! Future is not yet born!!
Live happily in **PRESENT!!!**

Pure **LOVE** and **TRUTH** produce joy, peace of mind, inner calmness, spiritual strength,

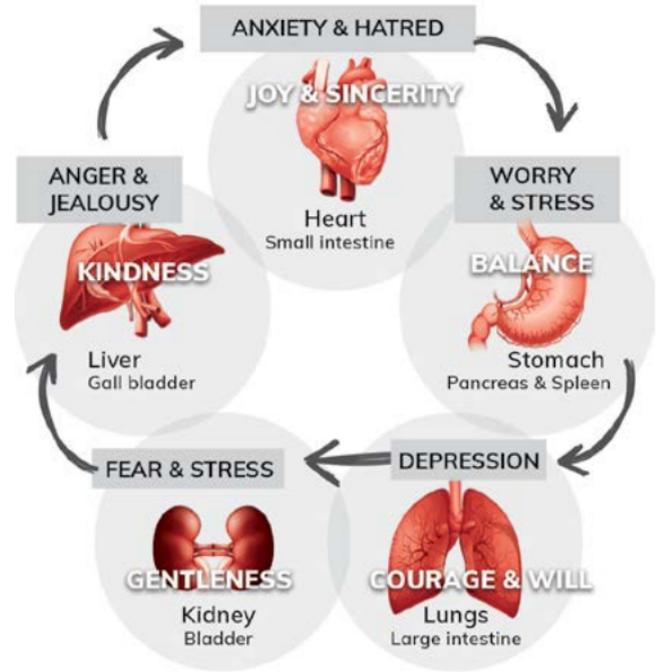
STRESS & EMOTION CREATION CYCLE

fearlessness, strengthen the heart and help harmonious functioning of body.

Listen and respect views of others!
 Avoid unnecessary arguments!!
 The best answer is in **SILENCE!!!**

PRAYER generates spiritual current in the body and develops tranquility of the mind. It increases inner strength and energy and thus sense of connecting with God or Universal Divine Energy.

You are lucky, success is yours!



DREAM - MORE	PLAN - PERFECTLY
THINK - HIGH	BE - CONFIDENT
CHOOSE - BEST	WORK - HARD
ANALYZE - TWICE	EXECUTE - WELL

CREATE A BETTER WORLD

WITH LOVE, COMPASSION & PEACE



With your thoughts and actions you create your environment. Everything you do or think radiates energy and creates circumstances in your surroundings. Therefore, you should always be positive. With a positive mind pray for peace and harmony in yourself, your family, city, nature and in the world.

JOIN US in our journey of creating a better world through unity, togetherness and common prayer. You can pray anywhere, whether you are alone, with family or friends, at home, on the road, in the car or in the temple. Pray with devotion, faith, feeling and visualization. Then that prayer will make a difference.



PRAY in yourself, family,
nature and world
FOR every day
PEACE at **7 p.m.**

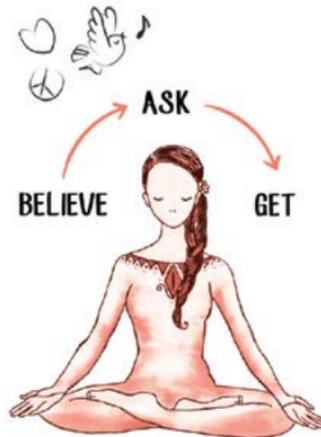
* PEACE IN YOURSELF *

HEALTH, WEALTH & LONG LIFE

Creating a positive and peaceful society begins with yourself and to find happiness, joy and fulfilment you must start with your health. When you are healthy, wealth will automatically follow. If health and wealth are there, you will definitely achieve peaceful and long life.

There are five factors that determine and affect your health – oxygen, water, sunlight, diet & mind.

Therefore, to become healthy and full of energy you should think positively, do pranayama, drink plenty of water, eat healthy diet and walk in the sun every day. Then you can grow towards creativity, success, boundlessness, happiness and fulfilment.



* PEACE IN THE FAMILY *

CREATE UNITY OF LOVE



A strong family, where there is support, sharing, honesty and care, enables you to develop into fulfilled, productive and positive person. Happiness in the family starts with you. You

need to appreciate others, make your family strong and your home filled with kindness, affection and understanding. Therefore, family is the main and most important foundation of the individual and society. If you create a happy family, that positive vibration, peace and harmony will radiate throughout your street, city, nation and finally the world.



* PEACE IN NATURE *

NATURE IS A REFLECTION OF GOD



Appreciate Mother Nature, care about it and preserve it. So many diseases, sufferings and pain have taken place only because nation had

started going in a direction of destroying in the name of development. It is time to do something about it, no matter how big or small the deed is! Start preserving the biggest treasure you have – Mother Earth.



HOW? Buy organic, save water, plant trees, protect animals, reduce waste...

* PEACE IN THE WORLD *

TOGETHER AS ONE



Come together, be together, live together and eat together to live happily and to spread **PEACE** and **HARMONY** in the world. Once you realize that we are all one, the principle of sharing and love will manifest itself naturally and automatically.

Come together as one voice and pray for the welfare of society.



SHANTI MANTRAS



Sarveśām Svastir Bhavatu
Sarveśām Shāntir Bhavatu
Sarveśām Pūrnam Bhavatu
Sarveśām Maṅgalam Bhavatu

**Sarve Bhavantu Sukhinaḥ
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśyantu
Mā Kashchit Duḥkha Bhāgbhavet**

Auspiciousness be unto all; Fullness be unto all;
Prosperity be unto all. May all be happy! May
all be free from disabilities! May all look to the
good of others! May none suffer from sorrow!

**Om Saha Nāvavatu
Saha Nau Bhunaktu
Saha Virjaṃ Karavāvahai Tejasvi
Nāvadhītamastu Mā Vidviśāvahai
Om Śāntiḥ Śāntiḥ Śāntiḥ**

May He protect us both (teacher and the
taught)! May He cause us both to enjoy the
bliss of Mukti (liberation)! May we both exert
to discover the true meaning of the sacred
scriptures! May our studies be fruitful! May
we never quarrel with each other! Let there be
threefold peace.

**Aum Dyauḥ Śāntirantarikṣaṃ Śāntiḥ
Pṛthivī Śāntirāpaḥ Śāntiroṣadhayaḥ Śāntiḥ
Vanaspatayaḥ Śāntirviśvedevāḥ
Śāntirbrahma Śāntiḥ.**

**Sarvaṃ Śāntiḥ Śāntireva Śāntiḥ
Sā Mā Śāntiredhi.
Aum Śāntiḥ, Śāntiḥ, Śāntiḥ**

May the peace radiate in the whole sky as well
as in the vast ethereal space everywhere. May
the peace reign all over this earth, in water and
in all herbs, trees and creepers. May peace flow
over the whole Universe.

May peace be in the Supreme Being - Brahman
and may there always exist in all peace and
peace alone. Om peace, peace and peace to us
and all beings!



DIVINE HEALING MANTRA

MAHĀMR̥TYAÑJAYA MANTRA



**Om Tryambakaṃ Yajāmahe
Sugandhiṃ Puṣṭivardhanam
Urvārukamiva Bandhanān
Mṛtyormukṣīya Mā'mṛtāt.**

We worship the three-eyed One (Lord Shiva).
Who is fragrant (in a state of supreme bliss),
and who sustains/nourishes all living beings.

May he lead us to immortality (severe our
bondage of samsara (worldly life)), just as the
cucumber is released from its bondage (the vine
to which it is attached). May he liberate us from
(the eternal cycle of birth and) death.

ESSENCE OF GITA



- The soul is never born, nor it ever dies; nor does it become after being born. For, it is unborn, eternal, everlasting and primeval; even though the body is slain, the soul is not.
- Your right is to work only and never to the fruit thereof. Do not consider yourself to be the cause of the fruit of action; nor let your attachment be to inaction.
- He who acts offering all actions to God, and shaking off attachment, remains untouched by sin, as the lotus leaf by water. Offering the fruit of actions to God, the Karmayoga attains everlasting peace in the form of God-realization; whereas, he who works with a selfish motive, being attached to the fruit of actions through desire, gets tied down.

- For, in that case death is certain for the born, and rebirth is inevitable for the dead. You should not, therefore, grieve over the inevitable.

WHO IS DEAR TO ME?



He who is free from malice towards all beings, friendly and compassionate, and free from the feelings of “I” and “mine”, balanced in joy and sorrow, forgiving by nature, ever-contented and mentally united with Me, nay, who has subdued his mind, senses and body, has a firm resolve, and has surrendered his mind and reason to Me - that devotee of Mine is dear to Me.

He who is not a source of annoyance to his fellow-creatures, and who in his turn does not feel vexed with his fellow-creatures, and who is free from delight and envy, perturbation and

fear, is dear to Me.

He who expects nothing, who is both internally and externally pure, is wise and impartial and has risen above all distractions, and who renounces the sense of doership in all undertakings - such a devotee of Mine is dear to Me.

He who neither rejoices nor hates, nor grieves, nor desires, and who renounces both good and evil actions and is full of devotion, is dear to Me.

He who deals equally with friend and foe, and is the same in honour and ignominy, who is alike in heat and cold, pleasure and pain and other contrary experiences, and is free from attachment, he who takes praise and reproach alike, and is given to contemplation and is contented with any means of subsistence available, entertaining no sense of ownership and attachment in respect of his dwelling-place and is full of devotion to Me, that person is dear to Me.

Those devotees, however, who partake in a disinterested way of this nectar of pious wisdom set forth above, endowed with faith and solely devoted to Me, they are extremely dear to Me.

Bhagavad Gita



Shri Guru Vani



**“LIFE is a beautiful struggle.
Don’t cry over it,
ENJOY every second.”**

“First create peace in yourself. Then aura will be created around your body, mind and soul. Only then you can create love, compassion and peace in this world and in the universe.”

**“Oxygen, water, sunlight, healthy food,
positive mind and yogic exercises cure
ALL dreaded diseases & give
HEALTHY WEALTHY LIFE.”**

“LIFE IS... Best for those who are enjoying it. Difficult for those who are comparing it. Worst for those who are criticizing it. Your own attitude defines your life. So, enjoy each moment of your life!”

“To change the world, we have to start with ourselves: with our prayers, by performing our duties and with good actions.”

“Knowing future is not important. Building future is important & builder of a future is only YOU.”

“When our mind is silent and our imagination becomes stagnant, then the inner conscience starts talking.”

“The great things in life are: simplicity, patience, compassion and love. They are treasures that unlock mysteries of the soul.”

“NATURE is reflection of God. It provides everything to all beings. So, love, take care of & save nature.”

“DHARMA is Universal Truth filled with Love, Compassion, Humanity and Peace. Where our divine comprehension of truth gives us insight into what is right or wrong.

Moral, social and spiritual life principles should be determined by your own Self. When you know yourself, you will know the world around you, nature and the Universe.”

“REAL SPIRITUALISM is beyond all boundaries of space and time, rules and regulations, customs and culture. Don't interpret it and don't put it in boxes (gender, caste, creed, nation religion). Realize it.”



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*The strength lies in unity and togetherness.
We are all part of one world, so let's work
together, pray together and be happy
together in love, compassion and peace.*

Join us in a **PRAYER**
every day at:
07:00 P.M.

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