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DHARMA

In this issue...

*Rise Dharma, like the sun to end communal strife.
Unite all in ONE and to give us New Life
- Yogi Shuddhananda Bharati*

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Festive Greetings

The months of April, May & June 2022 saw festivals such as Good Friday/Easter, Wesak, Ugadi, Vaisakhi, Vishu, Tamil New Year and Hari Raya respectively.

Despite the relaxation of the SOP by the government, the rakyat were still cautious when celebrating.

The Dharma Editorial team wishes all our readers well and pray that this will be a better year, free of Covid-19.

Stay safe.

CHILDREN'S ROLE TOWARDS THEIR PARENTS

If parents play their role well the children's role will fall into place. For example, if the father doesn't love and respect his wife, nothing can work well among the children. If marriage doesn't work out well we can't expect much from their offspring.

It is just like the boss and his secretary, if they cannot work together the whole administration can crumble. So the secretary has to be well chosen and the boss will have to show himself to be an ideal leader, and who the secretary will respect as well.

Now coming to the subject of marriage, the connection is supposed to have been made in heaven, therefore the young man and the young woman will have to wait for the right time, wait for the precious heritage from God and lend himself/herself to Divine guidance in matters of marriage so that the right partner will come at the right time.

The state of inter-personal relationship among the young and the old has become very tense, not knowing where to start just like the chicken and the egg. But a start has to be made somewhere and there is nothing better than at this point where I see so many young people in front of me who have to exercise much patience and devotion to God and wait for His guidance in life. This is the first step in life.

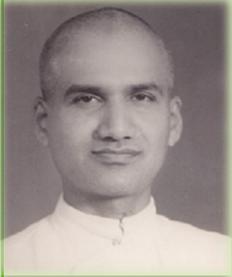
The Head and the Heart

The dearest possession that Man has is the head and the heart. The head to reason and the heart to feel. Both have to be used and used well.

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Cover page photo:

Lotus flower plant - as they rise from the mud without stains, they are often viewed as symbols of purity, strength, resilience, and rebirth.



True education should be based upon universal principles and not upon any kind of sectarian idea, for otherwise it would be degrading humanity.

**- Dr Swami Satyananda, JP, 1958
Founder-President, the Pure Life Society**



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GOD THE GURU

God is your Guru,
God the silent Guru,
Teaches through any
form,
Through any language,
Through pain and
pleasure.

God's your Dad and Mum
Your friend and elder,
Your teacher in life,
Your teacher for life,
Your teacher through all
life.

Let us learn from all,
Let us not discriminate,
But live in one beautiful
communion,
In the One Spirit,
And that is God.

- Mother A Mangalam

Keep your balance.

Do not get overjoyed over
your success neither
lament over your defeat.

This is how the Great Ones
amongst men have lived.

- Mother A Mangalam



EDITOR'S NOTE

Mother Mangalam at 96 continues to be the face of The Pure Life Society and has remained true to the hopes and aspirations of Founder - President HH Dr Swami Satyananda, JP, ever since it was set up in 1949 with her as co-founder. Hers has been a life of unswerving dedication, taking on the mantle of leadership upon the passing of her spiritual master in 1961.

The cause couldn't have been in better hands and she has been able to assemble service-minded individuals for keeping it alive through philanthropic, corporate and public support.

It's not lost on her that all she has to do is give of her best and not fret about the fruits of her labour, an underpinning of the Hindu philosophy she subscribes to. Life as both spiritual and material is central to her and is a message, she puts out consistently.

She believes wholeheartedly the imperative that we need to keep our body and mind clean and healthy to make the best of our lives in tandem with all that have been gifted to us by the Creator. A balanced mind is behind the kind of leadership she has provided and still does, despite her age and physical infirmities.

Her awareness is still sharp as she amply demonstrated at her 96th birthday celebration held at The Pure Life Society. In heart of hearts, she would have preferred a simple and quiet occasion, but it was those around who wanted the occasion to be more demonstrative.

The presence of leaders of other faiths underscored the very nature of the institution she heads and which subscribes to universal religion and righteousness. Promoting people of different races and cultures living together in harmony has provided her with the driving force for all she does.

Why she has been able to achieve all that she has is simply this. She practices the 3 Cs – commitment, concentration and consistency. Has she been committed to her cause? Tick. Has she weighed in with concentration? Tick. Has she been consistent? Tick.

Life is challenging for one reason and one only. To test us, given we have been endowed with free will that separate us from all other living creatures on earth. We need to pass the test to enjoy peace and harmony. Fail and the troubles that confront us are meant for realisation. Adversity is the best teacher, provided we learn from it.

The leaders of different faiths who were present and the multi-racial gathering marking her birthday showed the goodwill and admiration she has won for herself.

Mother is seen as a guiding light. Testimony comes from the *Datin Paduka* Selangor State award she received from His Majesty, Tuanku Shahrafuddin Idris Shah Al-Haj ibni Almarhum Sultan Salahuddin Abdul Shah Shah Al-Haj and the federal *Merdeka Award* ought to be seen as due recognition for services rendered by one who has chosen to dedicate her life to serving humanity with total commitment and tenacity.

Praise God for her presence amongst us.



CHILDREN'S ROLE TOWARDS THEIR PARENTS

continued from front cover

But there is a tendency for students in higher education to use the head so much that they even land themselves in the psychiatric ward.

Education should make a person humble. Otherwise it cannot be termed as education. The more educated a person is, the more he is a listener. He uses his ears more than his mouth.

This act of listening to the elders before replying is the path of the educated.

Putting into practice what we learn is a way of sharing what we know with others. A visible expression of what we know is service. It is of no use if one knows all about electricity and fail to chip in to help one's Mum or Dad in fixing up some faulty electrical equipment when they are in need of help. A spirit of ever-readiness to help in time of need is something that has to be cultivated.

The Extended Family

The extended family is a thing of the past. The constant interaction of the children with their parents in this system somewhat helped to promote love, concern, compassion, respect and attention between parents and children. Such values tightened the bondage between parents and children.

The role of the children towards their parents was played well. The instinct of gregariousness is a natural instinct in Man that helps maintain healthy inter-personal relationship. By this absence of the extended family today the role expected of the children can fall short.

Unless some effort is made to revise this system of the extended family it may become very hard on the children to continue maintaining ties with the elders. Poor transport facilities, financial constraints of having to run two homes and problems of child-care within the family can make it virtually impossible to play their role as dutiful children.

In Manu Sastra it is stated that it is not possible for us to get liberation without having paid off three debts.

- 1) The debt to God;
- 2) The debt to one's ancestors; and
- 3) The debt to his teachers

In modern language it is the social debt due by the individual to society or in other words his dues to society. In conclusion, the children's role towards the parents, as I see it, is reciprocal, subject to the Law of Karma. As we have done in the past so do our children unto us. It can be one's own children, it can be even children who are not your own. The Law of Karma works steadily and surely in everyone's life in a very subtle manner. □

- Mother Mangalam, Talk at Spiritual & Motivational Seminar, organized by Sri Murugan Centre for Kajang SPM Guidance Class Students at Sivananda Ashram, 1995)

ENERGY OF FREEDOM

By nature, we all love being free: having the freedom to make our choices and decisions, or act the way we see fit. But you need to know that there is a limit to freedom. Whether your acts are good or bad there are prices that you have to pay for your choices.

We need space. What is space? It is being able to feel for yourself without being controlled or conditioned or ruled. And also knowing, that you can make a decision without having doubts about yourself and fearing the outcome.

If we are conditioned or controlled for a long period, anger will be the energy to show itself. This will be shown to our parents, children and the people around us. Wanting the freedom to do something positive is a good thing, but if we misuse our freedom for a negative action, then it is bad, so you have to be aware of what freedom means to you.

For example, if you have not had freedom from a young age, this lack of freedom becomes a bad thing. Having a sense of freedom allows you to be more creative in your life and if you did not have this as you were growing up, it can have negative effects for you.

Freedom does not come without conditions, especially if you are in a relationship and you find that you compromise, in most situations by being the one to give in. You might suddenly realize that in the later part of your life you have ultimately lost your freedom of will and rights.

Feel and share this energy of freedom from young with your family first.

DO: Discipline the good or bad energy of freedom in your mind. Realize that feeling free has to start in your mind.

DON'T: Don't let anyone control or make use of you. You have your right to freedom.

PRACTICE: Do things with a free mind to create and have freedom to move forward in your life's journey.

Feel Free Within

*- Parvathy M K Muthu, Beware of Your Mind – Guide to a Successful Life's Journey,
“Mastering Do's & Don't's of the “Mind”*

**FREEDOM IS NOT
overcoming what you
think stands in your
way. It is understanding
that what is in your way
is part of the way.**

GUY FINLEY

AN OUTLINE OF INDIAN THOUGHT (An Address)

Founder-President of the Pure Life Society, Dr Swami Satyananda, JP

The story of Indian thought is a process of unrelenting search after the Ultimate Truth of existence (*Sat-chit-ananda*), the One in the Many, by knowing which everything else is known in the words of the Vedas; and the attainment of the eternal and perfect beatitude (moksha or nirvana) through the direct realization (*anubhuti*) of this Ultimate Truth, transcending the limitations of ephemeral existence (*maya*) together with its various modes which are governed by the law of cause and effect, action and reaction (karma). The means of attaining the fulfilment of life are strict moral, physical and intellectual discipline which consists in conditioning the mind by intense study, reasoning, concentration and meditation (Yoga).

The origins of this thought doubtless go as far back as the 4th and 5th millennium B. C. as is evidenced by the recent archaeological findings at the prehistoric Dravidian civilization of Mohenjo-daro and Harappa in the Indus Valley. They are clearly discernible in many words in Tamil - the surviving language of that prehistoric culture - such as "*kadavul*" meaning the transcendent ground of our being; "*paar*" meaning the universe which is subject to our perceptual observation; "*uyir*" or the self which is the essence of being; "*ool*" meaning involution-evolution, cause effect and vice versa; "*veedu*" meaning final release that comes as a result of giving up all desires; "*aram*" substrative righteousness which is the law that govern our lives; "*arivar*" meaning one who is a knower of the Ultimate Truth - "*paddaangku*" meaning supreme wisdom. The origins are also revealed by the available utterances of the ancient unique Tamil School of Philosophers, popularly known as the '*Siddhars*' or perfect beings.

Within the historical perspective the birth of philosophical thought in India was evidently in the Vedas, the earliest available literature of India, which are assigned to the 3rd millennium B.C. The Vedas are also claimed to be the earliest records of human speculation. The Sanskrit word "Veda" means knowledge or wisdom, from the root "*Vid*" (to know) .

Throughout the centuries, with changing times and conditions, Indian thought has been developing and also adapting itself to suit the new concepts of life necessarily brought about by the march of civilization. During its long period of evolution an extraordinary mass of philosophic material, which for detail and variety has hardly any equal in the world, has accumulated. However, it has throughout kept up its characteristic identity which is essentially spiritual. Indian philosophy starts at the very bottom and soars up to the very summit. As in ancient Greece and ancient China, philosophy in India comprehends all fields of knowledge.

Independence of thought in India is another vital point to be marked, so much so that we find hopelessly contradictory schools of great variety, some of which are atheistic, agnostic, nihilistic, and materialistic, while others are pluralistic, dualistic, or monotheistic, qualified non-dualistic, idealistic, spiritualistic, and monistic, running parallel and criticising each other during the centuries, all or some of which when studied even with the critical attitude of a modern Western philosopher will be found to contain outstanding contributions to epistemology, logic, analytic psychology, ontology and general metaphysics including teleology and eschatology.

This may be the reason why the eminent French philosopher Victor Cousin declared, "India contains the whole history of philosophy in a nutshell" and he also said "When we read the poetical and philosophical monuments of the East, above all those of India, which are beginning to spread in Europe, we discover there many a truth, and truths so profound, and which make such a contrast with the meanness of the results at which the European genius has sometimes stopped,

that we are constrained to bend the knee before the philosophy of the East, and to see in this cradle of the human race the native land of the highest philosophy."

It is a historical fact that Indian thought has had a lasting influence on the thought of Asia as a whole and for that matter to some extent on the thought of ancient Greece itself. Professor William Jones says, "When we compare the writings of the Greeks with the great, clear, comprehensive systems of the philosophy of the Hindus of India we cannot help thinking that the Greeks derived their knowledge from the fountain-head of Indian philosophy. "

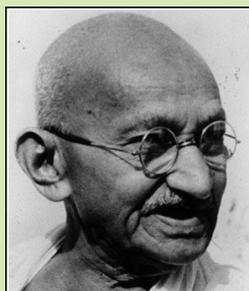
From this standpoint it is evident that a student who desires to understand the mental life of Asia, at least must indispensably be armed with a knowledge of Indian thought.

Philosophy in India takes its origin and has its bearing in life itself. It attempts to solve the problems of life and death. It shows the way how philosophical principles could be applied and worked out in our individual and collective lives. Philosophy in India is a way of life and not a mere intellectual gymnastic. A philosopher, in the Indian viewpoint, is the Ideal Man and he is expected to practise what he believes and preaches. He strives to become perfect even as God is. In the traditional Indian view four conditions are essential for a student of philosophy, namely:-

1. The spirit of inquiry between the real and the unreal, truth and error, the permanent and the evanescent.
2. An impersonal approach in order to have clear thinking and honest judgment without bias. The student must have no desire for the fruits of action. It is knowledge for knowledge's sake. He must be above all petty motive or practical self-interest.
3. He must have tranquility, self-restraint, renunciation, patience, peace of mind, faith and self-examination. These help him to train the mind and control the body so that the search for Truth may be carried on without vacillation or obscured by temptation.
4. He must strive for moksha or release from all bonds, physical and mental, in order to reach the eternal beatitude.

The popular charge against Indian philosophy and culture is that they are pessimistic. If by pessimism is meant a sense of dissatisfaction with what we are, then we may grant that Indian philosophy is pessimistic. But, on the other hand, if we accept that the inner urge of our being is to eliminate misery and to march towards the achievement of maximum happiness, the highest good, then surely Indian philosophy, which shows the way to truth and goodness, reality and perfection is eminently optimistic. □

- Kind courtesy of 'Dharma Essays' (1956)



Our ability to reach unity in diversity
will be the beauty and the test of
our civilization.

— Mahatma Gandhi —

ADDRESS
AT THE 96TH BIRTHDAY CELEBRATION OF
REVERED MOTHER MANGALAM
SATURDAY, 21 MAY 2022, AT 11AM, AT THE PURE LIFE SOCIETY



It is with great pleasure that we welcome everyone to the 96th Birthday celebration of our Revered Mother. A milestone of yet another year of your existence and great service towards humanity.

We also congratulate you Mother, for accomplishing a lifetime of humanitarian service for the past 70 over years. A track record that most probably very few in the world are able to match: a true *Karma Yogi*, a *yogini*.

With your inwardly reflection, hermit tendencies, good diet, a minimalist way of life, always serving others and continually learning, you have kept yourself in a state of an enlightened person.

You were only 34 years old when you were chosen to be the Life President of the Pure Life Society, which you have helmed with full responsibility. Salutations to you for what has been a blissful spiritual journey. You are certainly an inspiration for the masses to emulate! Without your determination and grit, without your sacrifices and strength, The Pure Life Society will not be what it is today.

In *Sanatan Dharma*, each individual's creation needs to function as per their characteristics and code of conduct. The development of the knowledge of the Self to its fullest, means to acquire knowledge of the fundamental nature of the Self.

Mother, you have lead your life to the state of absoluteness or the state of Oneness. You have given meaning to your life. You have attained a life of Righteousness which constitutes the 5 pillars which are: **1) Knowledge 2) Patience 3) Justice 4) Love and 5) Dedication.**

We know that human life is full of battles. Mother rises to all challenges and fights to the last to stand her ground.

Mother, the Supreme Power has created you as an even human being, or in other words, you are a MASTERPIECE.

We as members are proud of what The Pure Life Society stands for, which is:

To promote the spirit of unity in the face of diversity through service to the community irrespective of race or religion

and

To be a centre of excellence for human welfare and well-being through the realization of

One God One World One Race

We thank our Founder-President, HH Dr Swami Satyananda, JP, for establishing The Pure Life Society, which Mother had been very much a part of during the initial years and continues to do so till this day. You have developed and created a landmark not only in the country but in thousands of hearts. You have imprinted your legacy in all those who have come in contact with you.

We wholeheartedly thank you for the great efforts that you have undertaken for the sake of service.

Here's wishing you HAPPY BIRTHDAY with an abundance of strength and energy to come your way.

To conclude the address, a prayer of thankfulness:

O' God,
May YOUR GRACE and BLESSINGS
descend upon us All,
The breath that we take is His grant,
The work that we carry out is His doing,
May we come together and praise His name.

OM PEACE, PEACE, PEACE

*- Datin Poonam Kukreja, Vice-President,
The Pure Life Society*

PRACTISE TOLERANCE AND PATIENCE

Tolerance and patience help you to avoid hasty judgment, criticism and troubles.

One important effect of religion on people, is to make them more tolerant. A tolerant person is one who does not interfere with other people, even if he thinks they are wrong, but is prepared to let them think what they like and say what they think. He thinks they are wrong, he may try to persuade them to believe differently, but he will not try to force them.

This may not seem a very important point, but a great deal of the misery of mankind in the past has sprung from people being unwilling to tolerate other people thinking differently from themselves. Tolerance is a characteristic Buddhist virtue which illustrates the doctrine of the 'middle path'. The Buddhist attitude allows each man to mind his own business, yet always offers help if needed and desired.

Cultivate tolerance; for tolerance helps you to avoid hasty judgment to sympathise with other people's troubles, to avoid captious criticism, to realise that even the finest human being is not infallible; the weakness you find in your neighbours can be found in your own self.

Strive for the ideal of Brotherhood through understanding. The world has known enough hatred; let the future be based on the broad foundation of Loving Kindness. All the apostrophes addressed to tolerance are of no avail if we miss the fact that it is a state of mind or more accurately, a state of heart and that it must be individual.

At the present day and all through human history we witness a struggle between man, with his activities, desires and ambitions, and social environment.

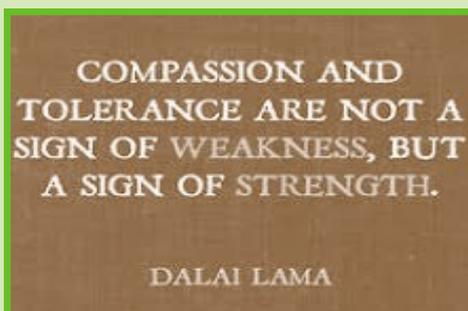
That struggle is the motive power of progress, which will not be completed until man is in perfect harmony with his environment. When that happens the individual will have, in the words of Spencer, "No desires but those which may be satisfied without exceeding his proper sphere of actions, while society maintains no restraints but those which the individual voluntarily respects".

This absolutely perfect adjustment may never be quite attained, but the tendency of things is plainly towards it; and when the world is close upon it, each individual will be able to exercise all his faculties spontaneously, freely and beneficially.

You must learn how to accept defeat as a wise and cultured man, because you cannot expect to win on each and every occasion. If your defeat is due to your own weakness, then every effort should be made to correct it without creating trouble with others. ▣

.....to be continued

- Ven K Sri Dhammananda, 'Why Worry?'



Children's Corner

Change Yourself and not The World

Long ago, people lived happily under the rule of a king. The people of the kingdom were very happy as they led a very prosperous life with an abundance of wealth and no misfortunes.

Once, the king decided to go visiting places of historical importance and pilgrim centres at distant places. He decided to travel by foot to interact with his people. People of distant places were very happy to have a conversation with their king. They were proud that their king had a kind heart.

After several weeks of travel, the king returned to the palace. He was quite happy that he had visited many pilgrim centres and witnessed his people leading a prosperous life. However, he had one regret.

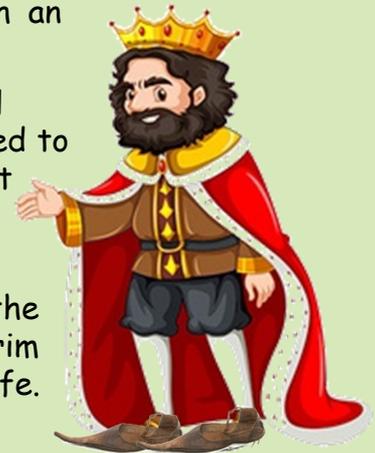
He had intolerable pain in his feet as it was his first trip by foot covering a long distance. He complained to his ministers that the roads were not comfortable and that they were very stony. He could not tolerate the pain. He said that he was very much worried about the people who had to walk along those roads as it would be painful for them too!

Considering all this, he ordered his servants to cover the roads in the whole country with leather so that the people of his kingdom can walk comfortably.

The king's ministers were stunned to hear his order as it would mean that thousands of cows would have to be slaughtered in order to get sufficient quantity of leather. And it would cost a huge amount of money also.

Finally, a wise man from the ministry came to the king and said that he had another idea. The king asked what the alternative was. The minister said, "Instead of covering the roads with leather, why don't you just have a piece of leather cut in appropriate shape to cover your feet?"

The king was very much surprised by his suggestion and applauded the wisdom of the minister. He ordered a pair of leather shoes for himself and requested all his countrymen also to wear shoes.



Moral: Instead of trying to change the world, we should try to change ourselves.

- Web Source

TIMELESS FRAMES



Yogi Shuddhananda Bharati and Swami Satyananda in the Inner Communion Hall at the PLS
in 1952

CULTIVATE KIND WORDS

A kind word has a divine power to calm storms of hate and strife, and "change mere men into visible angels".

Father Faber says: "The power of kind words!"

In truth, there is hardly a power on earth equal to them. It seems as if they could almost do what in reality God alone can do, namely, soften the hard and angry hearts of men.

Kindness, to be perfect and to be lasting, must be cultivated and conformed to the divine model, Jesus Christ. Christ-likeness, without the sweetness and gentleness of kindness, is simply unthinkable.

Kindness and happiness always go together, they are like Siamese twins, like two sides of the same coin.

The reward for kind words is immediate and double; for they cause visible happiness in others, and an abiding happiness in ourselves.

Through kindness, a man very quickly follows, approaches, and even overtakes the kind and loving Christ.

It pays to be kind. Charity is patient, is kind. Kindness is a master key to all hearts.

- J Maurus, 'Just a Moment please!'

A SIMPLE BUT FITTING CELEBRATION HAPPY BIRTHDAY, MOTHER MANGALAM

The times, perhaps, did not quite permit it, neither would she have wanted it, but celebrate she had to at the behest of The Pure Life Society's administration, children and well-wishers.

At 96, it makes sense to celebrate every birthday of our dear Mother Mangalam who has exercised her guiding presence for the well-being of the society she co-founded with the venerable HH Dr Swami Satyananda, JP, in 1961.

Thankfully the strict Covid-19 restrictions that had been the bane of the country for the past two years have been lifted and marking the occasion was entirely possible with the staff, children and nearly 200 well-wishers on hand to mark the occasion joyfully.

Amongst the many esteemed guests were Tan Sri Dr. Lee Lam Thye, Chairman of the Alliance for Safe Community, Madam C. Sushma, the First Secretary (Commerce and Education), Indian High Commission, Mrs Yuko Perring, President of Katorea-kai, The Japan Club, Datin Paduka Khatijah Suleiman, President of Cheshire Home and Dato' Ramani Gurusamy, Advisor, Vocational Training Opportunity Centre of the YWCA.



The author with his wife and Ravi

Despite her infirmities, Mother had braved the sun to release 96 birds marking her birthday before she entered the multi-purpose hall with the aid of a walker she is now forced to use, smiling and acknowledging the gathering on both sides of the aisle.

There was the presence of leaders of different faiths, denoting the religious underpinnings this country has enjoyed all along and reflected in the guests present and added on colourfully and pointedly by a performance put on by the children at Pure Life, showcasing the cultural diversity the country is blessed with.

Datin Poonam Kukreja, The Pure Life Society's Vice-President, welcomed the guests and congratulated Mother for her "humanitarian service for the past 70 years" and "as a true karma yogi, a yogini with inward reflections that have kept her in a state of enlightenment".

On the passing of the Founder-President, HH Dr Swami Satyananda, JP, Mother had been serving devotedly and had taken on the mantle of Life President of The Pure Life Society at the age of 34, a position she continues to hold with full responsibility and spiritual enlightenment, enabling the organisation to be what it continues to be today.

The philosophy of *Sanatana Dharma* states that each entity of creation had to function as per its characteristics and code of conduct. "Knowledge, patience, justice, love and dedication have been the cornerstones of your dedication. You come as a package."

"Life is full of battles, but you have never showed signs of fear, standing your ground always. You are a masterpiece," said Datin Poonam.

Prayers were offered by the religious leaders present, namely The Most Venerable Datuk Sri Dhammaratana, Chief High Priest of Malaysia, Rev Eugene Benedict of the Roman Catholic Archdiocese of Kuala Lumpur, Rev Thomas George of Mar Thoma Church, H H Swami Samya-mananda Maharaj of the Divine Life Society, Sardar Harcharan Singh of the Sikh community and Mr T K Lee of the Baha'i Community.

Mr Ravindran Raman Kutty a former student of Mother at the Dharma school, added a heartfelt touch with a poem he composed about Mother and it is published in full separately.

Kudos to Geetha Madhavan, Mother's Executive Assistant and her team of colleagues, for a job well done in putting the whole programme together. She was the emcee for the occasion and, when all was said and done, she thanked her team of colleagues for all the hard work they had put in towards the success of the event.

At the dining hall where guests sat down for a hearty vegetarian meal, Mother cut a cake, which she did to a round of applause. A stream of people had their photos taken with her and she handed 'lados' the Indian sweet as her gesture of appreciation.

Another year in Mother's eventful life is done and prayers for her continued longevity, duly said.

- P C Shivadas



Various Religious leaders/
representatives reciting prayers

96TH BIRTHDAY CELEBRATION OF OUR REVERED MOTHER MANGALAM



Releasing of 96 birds

Happiness in seeing old friends



Awaiting the programme to start

Mr Ravindran Raman Kutty, reciting a poem he specially penned for his favourite teacher



With an old friend, Tan Sri Lee Lam Thye



Cutting the cake surrounded by family and friends

DRESS SAFELY AND KEEP YOUR DIGNITY

Last November, Women's Aid Organisation (WAO) published initial findings of its survey on Malaysian public attitudes towards violence against women. The survey, involving 1,000 Malaysian respondents, found that 83.4% believed that rape happened because of men's uncontrollable sexual desires and 51.3% believed that rape occurred because of how women dressed.

WAO commented that this was a worrying finding as it could reflect support for violent behaviour and victim-blaming practices. For years, women activists campaigning against rape have pushed the line that many girls fall victim despite their modest dressing and hence women should uphold their right to dress as they please.

In 2020, Amnesty International Asia Pacific voiced the opinion that "reprimanding women for their clothing choices serves to reinforce the notion that women are to blame for sexual violence they suffer."

Victim blaming is a fuzzy emotional term that confuses the issue. If you leave your purse at the table unzipped and a thief picks RM50 from it, is he innocent because you are careless? No, the thief will still go to jail. You are not blamed; you are merely reprimanded for neglecting to safeguard your property.

Three years ago, a teenage girl wrote a letter asking whether she would be blamed if she wore short-shorts and got raped. No, the court will definitely send the rapist to jail. But the colossal problem for a rape victim isn't whether she will get blamed; the colossal problem is that she will be devastated by the rape and may never regain her normalcy.

Four years ago, a foreign tourist in Kota Kinabalu was photographed wearing a shirt and just a bikini bottom while strolling along a street renowned for eatery stalls. What if a stalker had groped her thighs and ran? To be clear, no woman deserves to be sexually violated even if she lays naked on a public beach. But she may get a reprimand.

Before Covid-19 struck, the annual Rio Carnival in Brazil and the Songkran water festival in Thailand were hunting seasons for predators to grope women who dressed skimpily. A survey found that more than half the women who participated in the 2016 Songkran revelry were sexually harassed, prompting the Government to advise: "Don't dress too sexily or wander around alone."

One of the worst cases of mass groping in the streets occurred in 2016 in the German city of Cologne during New Year Eve revelry. A total of 1,049 women reported being sexually assaulted by male immigrants who fondled and groped them between the legs.

One year before the Cologne calamity, a high school situated in a town with a heavy population of foreign asylum seekers had a premonition that there would be a mass outpouring of sexual lust. The school banned students from wearing see-through tops or blouses and short-shorts or miniskirts.

Two years ago, Guangxi University in China banned female students from wearing spaghetti-strap tops, low-cut dresses, waist-exposed blouses, and miniskirts. #MeToo activists slammed the university, and asserted that it was the job of the police to protect women and the job of society to educate men to respect women no matter what they wore.

But even in the United States of America which has the world's best educational and law enforcement agencies, a gunman so easily walked into a classroom to kill 19 schoolchildren and two teachers. The reality is that civilised society is a concrete jungle of dishonesty teeming with predators. In Malaysia, scammers are just a phone call away from taking all your money. Many-scam calls are not blocked.

Crime prevention experts have long known that predators do not strike randomly but rather they

choose a suitable target in a favourable environment. First, are you vulnerable - like a girl alone at home or the only passenger in a bus? Even if you're conservatively dressed, you are alone and hence vulnerable.

Second, are you attractive or provocative? This is where skimpy dressing can let you down if you're surrounded by predators on a crowded train or street. In the past, Catholic girls schools used to advise students to dress modestly so as not to draw undue attention. Specific items were mentioned: Midriffs must be covered at all times. No spaghetti straps, mini-skirts or short-shorts.

Most women remain unaware of the commercial exploitation masquerading as a struggle for gender liberation. The wheel started turning in 1921 when a scantily clad woman advertised a tyre valve cap. Soon, the dress peeled off when a naked model wrapped her legs around a tyre rim and another model exposed the top part of her breasts while crawling across luggage bags for sale.

By the 1980s flesh on display had become a compulsion marketed as feminine liberty in fashion, advertising, entertainment, travel, and sports. The shorter the dress, the shorter the time it took for the big money to roll in. Models in shorts and tube tops showing sexy skin demonstrated the alluring power of women to draw in the money — but there was no gain in respectability.

Promotional girls dolled up in skimpy clothes earn high income, but the risk is just as high as they attract the eye of sexual predators. Constant sexualisation of women's bodies in pop shows and even by one airline that dresses its air girls in bikinis has lured young women into throwing their pay packets on scanty attire.

But last year, Norway's sports ladies fought back to regain some dignity when they refused to wear bikini bottoms as required by the rules at the European Beach Handball Championships. They preferred to pay a fine instead. □

- Joachim Ng

Watch his Youtube videos:
Religious lesson from Covid-19 / The Natural Religion /
& All Religions Serve Humanity Equally Well

When a woman veils her body in
modest clothing, she is not hiding
herself from men. On the contrary,
she is revealing her dignity to them

**A TRIBUTE TO YBHG DATIN PADUKA (DR) MOTHER A MANGALAM,
LIFE-PRESIDENT OF THE PURE LIFE SOCIETY ON THE OCCASION OF
HER 96TH BIRTHDAY**

Mother Mangalam's name is synonymous with the Pure Life Society (PLS). Clad in a white cotton saree, symbol of purity, she is truly a mother to thousands of underprivileged children who passed through the threshold of PLS during the last seven decades.

I have known Mother Mangalam for more than 48 years. I had worked closely with her in managing the affairs of the Pure Life Society as I was a member of the Committee of Management for over 28 years. In 2009, I did not seek re-election but continue to this day as a life member.

Mother Mangalam, was born in Singapore on 17th May 1926, to a Hindu Brahmin family as the eldest in a family of seven children.

In her youth she was actively involved in Saratha Sangam, a Hindu religious organization where the late HH Dr Swami Satyananda, JP, (later Life-President of the Pure Life Society) was a leading figure. Immediately after the Pacific War (1942-1945), Swami Satyananda moved to Kuala Lumpur to set up the Pure Life Society to provide shelter for orphans and destitutes, of all races, product of the war-torn years.

At the request of Swami Satyananda she moved to Kuala Lumpur in 1946, then 20 with the family. She assisted Swami Satyananda in the PLS and at the same time was undergoing teacher training. Appointed as a teacher at the Dharma Lower Secondary School, Kuala Lumpur, she continued to serve the PLS after school hours.

The Pure Life Society was founded in 1952 by the late Swami Satyananda. In 1957 the Society became a statutory body and its activities are governed by the Pure Life Society (Shuddha Samajam) Incorporation Ordinance, 1957. It is non-sectarian, non-communal, spiritual, cultural, educational and humanitarian in character. The objects of the Society, inter alia, are to promote the study and practice of Dharma (righteousness) in their purest form, the study of comparative theology and philosophy and to maintain spiritual and educational institutions, orphanages provide vocational training and performing arts, publication of journals etc.

Upon the demise of Swami Satyananda in 1961, Sister Mangalam as she was known then, was appointed the Life President of PLS as per the Will left by Satyananda in accordance with the PLS Ordinance 1957. She was then the headmistress of the Dharma Lower Secondary School. She opted for early retirement and devoted full time to the management of PLS.

With meagre government grant, she operated the Home with the support of the business community and well-wishers and dedicated volunteers. She developed the Home from three wooden structures to the impressive three storey block which stands majestically as a symbol of pride. PLS has sheltered and nurtured over 2,000 children of all races and creed.

Samuel Johnson in his eulogy of Oliver Goldsmith, Irish playwright and writer, said that "Nothing that he touched that he did not adorn." This is aptly applicable to Mother Mangalam. A creative thinker, she derives joy in producing something different from the ordinary, a souvenir, a corsage, a handiwork, a newsletter and so on. She is a perfectionist by nature and her expectations are always high.

One of her greatest assets is her ability to enforce discipline among the wards as well as the staff. Beneath her simple outward appearance lurks a strict disciplinarian. She uses eye-contact to enforce discipline.



Mother flanked by her sister Mrs T. Selvadurai & Rev Thomas George. Standing from left Mr P C Shivadas, Mr T K Lee, Mr M R Chandran & Mr S Sundareson

She once said, “Adults have a responsibility towards all children. Our pattern of behavior, our speech, our appearance play a great part. The benefits of obeying rules and regulations should be impressed upon the children and problems should be nipped in the bud. In the field of humanity, we have to learn to adapt, adjust, associate and agree to disagree in the most pleasant manner without accusing or condemning the others.”

Mother’s commitment to safeguard as well as enhance the public image of PLS is highly commendable. As a resident in the main complex, she keeps vigilance over the wards and the workers all the time. Anyone who intends to do a mischief will have a second thought because he will be haunted by the ever watchful eyes of Mother. In the event of an emergency, Mother is the first person that the staff will turn to. Perhaps it is more appropriate to say that she is on call 24 hours. Her presence gives added confidence and a sense of security and comfort to the wards.

Her role in the revival of the Inter-faith Spiritual Fellowship (INSaF) is one of the glorious chapters in the history of PLS. INSaF provides a platform for people of different faiths to promote common principles of all religions and universal values thereby fostering unity in diversity.

The many medals, accolades and awards she received including the prestigious Merdeka Award and the conferment of Honorary Degree in Humanities by the Taylor’s University in 2018 are an ample testimony of her contribution to the community and the nation.

Her humanitarian services rendered to the needy will be long remembered for generations to come. ▣

- S. Sundareson



**A HUMBLE DEDICATION TO OUR DEAR MOTHER MANGALAM...
ON THE OCCASION OF HER 96TH BIRTHDAY - MAY 2022**

Happy Birthday Mother

Clad in white pearl saree
A petite young lady greets
Hundreds of school children
Students Listening to the silvery
voice of Sister Mangalam

Mondays & Fridays are assemblies
Me among the hundreds
Just enjoyed listening every word
Mellow & dulcet were her voice to
me

English class was always special
The lessons were music to my ears
The teacher is none other than the petite white
saree headmistress
Who is feared, yet loved and revered

Never failed to carry her exercise books
Never failed to greet nor miss getting her at-
tention
Never misbehaved in her classes
Never missed her classes either

From Std 1 to Form 3, we were not just taught
We were imbued with values
We were introduced to love, care & share
We were not seen as students but as a family
ready for a picture!

The journey was unique,
Many were subjects taught
A subject not taught, but every Dharmatian
took home was Mother Mangalam herself
You became a part of us & our lives

Mother was not just a teacher but a GURU
You left no chalk marks but footprints
You did not mark us red or blue but left us all
pure
You were The Pure Love that made our lives



Knowledge you shared kept us ahead in our
lives
Values you imparted moved us higher in our
achievements
Teachings you left, differentiated us from the
others
Dharma you envisioned created far more
greater humans

Mother you are a shining star
Making several thousands of stars
In a cosmic planet called Dharma Institute
You were the Beacon of Hope for all

Orphans no more...
Plights no more...
Fear no more....
We have YOU ...our HOPE much more!

You are our very own Mother Theresa
We are all so proud to be your student or your
wards
As the path you have laid, is far from over
Showering a future so much to endeavour for
all

Happy birthday Dearest Mother

- Ravindran Raman Kutty

Remedies for Common Maladies-My Experience

By Mother A Mangalam

BLACK NOODLES EXOTICA (Black Mee - healthy)

Ingredients:

Black Noodles (Bichotan Charcoal Noodle – organic – vegan) - as required
Salad Leaves - 4 leaves
Soft Tauhu - 1/2 block
Bean-sprout - 3 tbsp
Vegetarian Anchovies - 2 tbsp
Button mushrooms - 6 pieces
Pepper - to taste
Braggs Amino Acid Kicap - to taste
Onion Sprouts

Preparation:

- Boil water. Put in the noodles into boiled water
- Cook. Strain and keep noodles aside
- Cut soft tauhu into cubes and soak in Braggs Amino Acid
- Chop fine onion sprouts
- Cut salad leaves
- Cut button mushrooms

Method:

- Boil 2 glasses of water
- Add bean-sprout, vegetarian anchovies, salad leaves and the soft tauhu (together with the kicap)
- Add pepper and salt
- Add the noodles
- Sprinkle onion sprouts
- Stir for a minute
- Serve hot



‘Feed your body with what it needs
Don’t feed the body with what you like’

***Saying it
in Pictures Activities @ Pure Life***

Performances of children at the
96th birthday of our revered
Life-President, Datin Paduka
(Dr) Mother A Mangalam



The Malaysian Speaks

We must construct a history of many races and many faiths to create the idea of richness and variety that is a strength in all of us.

- Mohd Tajuddin Mohd Rasdi, 'Telling a story of our nation', Over the Top, The Star, 7th June 2022

All authors, publishers and other stakeholders in the book industry in Malaysia must also play their respective roles to produce quality books to strengthen the publishing industry and promote a reading culture. This is necessary given the fact that Malaysia is currently near the bottom of the list of countries when it comes to the number of new book titles published every year.

- Tan Sri Lee Lam Thye, 'How to get our children reading', Your Opinion, The Star, 7th June 2022

We grew in importance as we welcomed all, yet we also developed our own sense of identity. One that was strong enough to spark the struggle for nationhood and independence. Building our own identity in those early days didn't stop us from remaining open to trade, foreign investment and international travel and education, all of which helped us to become an Asian powerhouse.

- The Star Says, 'Let us celebrate cultural diversity', The Star, 12th June 2022



Great minds of Yesteryears

"If you truly loved yourself, you could never hurt another."

- Buddha

Reflections

Salient Thought for the Day

If you keep your gaze on the right course, no one can turn you back.

Lines to Memorize

My heart is full today, O Lord of my life,
now Thou art come.

I was lonely and desolate;
I dared not ask Thee to this lowly cottage;
But Thou, wondrous Lover,
gavest me courage.

Lesson

We have no existence separate from the Divine existence. When, without any calculation, without any doubt or question, we learn in humble spirit to lose ourselves and be used as God pleases, there comes a greater dignity in our life. We refuse then to have our selfish will, because we know how limited it is. We have a peaceful feeling in knowing we apart of the great Will. As we meditate on this mighty fact, it becomes a reality for us and our heart is filled with humility.

Prayer

O Thou who art my guide and friend,
Help me to come to Thee with humility
and a true sense of consecration.

May my gaze never be turned away from
Thee;

May I never seek my joy apart from Thee;
May I approach Thee with faith and
devotion,

And find all my strength and peace in Thee

- Swami Paramananda



அழுக்காறு அவாவெகுளி இன்னாச்சொல் நான்கும்
இழுக்கா இயன்றது அறம - குறள் 35

Righteousness is all about removing the four flaws –
envy, desire, anger and harmful words.

- Thirukkural

“I slept and dreamt that life was joy. I awoke and
saw that life was service. I acted and behold,
service was joy”

- Ravindranath Tagore

Be a part of Dharma....

Dharma Quarterly published
by the Pure Life Society, to
encourage inter-religious and
inter-racial harmony. We
would love to have your
contributions, whether ideas
or articles.

Come, be a part of us.....



Dharma QUARTERLY

Devoted to

UNIVERSAL
RELIGION,
RIGHTEOUSNESS &
CULTURE

ONE GOD
ONE WORLD
ONE RACE

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Your comments and even suggestions are most welcome.
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