



Vol 55:3

DHARMA

March, 2023

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*

- ☞ Religion of the Hindus
- ☞ Children's corner
- ☞ Welcoming Durvasa
- ☞ The Universe viewed from the world of the spirit
- ☞ Scams that pay and strangle you
- ☞ A Tribute to Swami Satyananda
- ☞ Master Ming Hui
- ☞ Importance of Adding Values
- ☞ Remedies for maladies
- ☞ And many more

The New Year!

The months of January and February have seen a number of festivities in Malaysia.

Thai Pongal, the thanksgiving harvest festival of the Tamils, Thaipusam festival for the Hindus and the Chinese New Year, welcoming the year of the Rabbit.

We wish our readers all strength and fortitude to overcome the challenges of the times.

Stay safe.



AN EXPOSITION ON THE HINDU PERSPECTIVE

Talking about Man and religion, human beings in general, are attracted to religion, more for its miracles than the substance contained therein. Hindus are no exception. But, we cannot ignore this part in the human psyche. It is important to build up one's faith in God. But the human being should not stop at this.

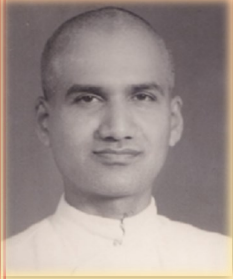
One should be able to go beyond one's faith and see the oneness in humankind by raising our consciousness to the point of Light within us. Swami Vivekananda, the chief disciple of Sri Ramakrishna, had said in one of his lectures in the States, 'it's good to be born in a church but not to die in it'.

To know all about one's scripture is good, but to live it is better and to be it, is the best. The practice of Hinduism is aimed at reaching a high level of consciousness where the mind gets absorbed in Divine consciousness. Contemplation and meditation help us to move into the realm of higher consciousness. The Hindus call this state 'Krishna consciousness' or 'Siva consciousness' (Siva Pragniei). Christians may call it Christ consciousness and so on.

But whatever the terms may be (words have their limitations), it is a state where the mind, often referred to as a 'monkey' in Hindu scriptures, is brought to focus by conscious effort of the will to dwell in the Supreme Light of God. The control of the mind and focusing it on the object of our love, in common language, is known as meditation. It is a spiritual exercise (Sadhana) in which the stimulating factor must be LOVE. If this is done regularly and systematically, it helps the meditator gradually remain unaffected by the sorrows of the world.

continued on page 4

Cover page photo: Decorations found in the homes of Tamil and Chinese families celebrating Pongal (Tamil Harvest Festival) and Chinese New Year.



Education should be the expansion of the knowledge of self. It is the simultaneous training of the body, vital, mind, heart and the soul, leading to perfect manhood and womanhood.

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



Contents

Hindu Perspective	- Mother A Mangalam	- 01
From the Founder	- Swami Satyananda	- 02
Justice	- Mother A Mangalam	- 02
Editor's Note	- P C Shivadas	- 03
Religion of the Hindus	- Swami Satyananda	- 07
Timeless frames	- Editorial Board	- 08
Children's Corner	- Web Source	- 09
Welcoming Durvasa	- Swami Jyotirmayananda	- 10
Universe viewed	- Rev Yonosuke Nakano	- 12
Scams that strangle you	- Joachim Ng	- 14
A Tribute	- Heah Joo Seang	- 16
Master Ming Hui	- Master Cheng Yen	- 17
You get by giving	- J Maurus	- 18
Importance of values	- Ravindran Raman Kutty	- 19
Remedies for Maladies	- Mother Mangalam	- 20
Saying it in pictures	- Editorial Board	- 21
Reflections	- Swami Paramananda	- 22
A change in later life	- Raymund Jagan	- 22
Gong Xi Fatt Chai	- Ravindran Raman Kutty	- 23
Malaysian Speaks	- Editorial Board	- 23
Great Minds of yesteryears	- Adi Sankaracharya	- 23
Editorial Information	- Editorial Board	- 24

JUSTICE

*I'm feeling bitter,
My tongue is feeling bitter,
No one can stop this
Burning bundle of energy
From creating havoc
To you and your fellow men
Who have curbed the Spirit
Of the One who thinks and
acts
Nothing but for the welfare of
others.*

*For fame or name cares she not
Rebel has she been from the
beginning
Her very birth has been
heralded by
Gifts from old and young of
every creed and colour
Money or fame means nothing
to her
Giving is all that she knows
Her thoughts alone will build
or destroy
Such a power is she.*

*Take care
Beware
Injustice cannot sway its arms
for long
For God is just.
Do justice to the thousands of
kids
Who go through her hands
Or be destroyed.*

- Mother A Mangalam

EDITOR'S NOTE

We are in the throes of a new year and throes it is, given the devastating earthquake that has hit Turkey and Syria. The massive loss of life and destruction to property and infrastructure saddens us no end it must be said, but is a reminder how fortunate we are here in Malaysia to be spared natural disasters on that scale.

Yes, we have floods, landslides, accidents and health-related issues that cause death and mayhem, but it is the scale of the new disaster that boggles the mind and should will us to wanting to do something within. What is within our control is what we ought to focus on.

Weather is mankind's shared responsibility. Nature can only take so much of a beating from human excesses causing wanton destruction, be it for food or materials to satisfy our senses or build.

With electricity we can turn night into day, but only now are we turning to renewal energy after depending so much on fossil fuels. With the multiplication of our populations, demand for the fundamentals of life such as food, shelter, jobs and economic activity have spiralled.

We are learning from our mistakes, but not enough to reverse the trend effectively. That much is clear and when we think about it, all our activity is surely altering weather patterns and even weight distribution on our planet that nature figured was right.

But all said and done, it is up to us to shoulder our end of responsibility towards the larger cause. It is the sum total of individual efforts that will spell success or failure. Minimising use of plastic is a case in point. It is not someone else's responsibility but all of our own.

Our conscience must be set to work and this is where religion in its different forms has its role to play in exhorting us, encouraging us, even cajoling us, to not just do things right but do the right thing.

Enlightened leaders have the right attitude and take charge with good effect. Enlightened because it resonates with truth; take corruption in all its forms. It takes an enlightened leader to see it with all its ramifications and do something about it.

Thankfully, we are blessed with such a Prime Minister, who has made it as his cornerstone of administration. He cannot do it alone, with all the *agencies* (enforcement and judiciary) at his disposal. We, as citizens must assist him, by doing our bit and tapping into our spiritual energy. This goes for the corporate leaders as well, to propel us along the direction.

We must give spirituality its rightful place in our lives and Dharma is seeking to play its role in this effort.



AN EXPOSITION ON THE HINDU PERSPECTIVE

continued from front cover

‘Don’t take sorrow and don’t give sorrow’ has been said by the wise. This doesn’t mean to say that one sits doing nothing about it.

One has to move forward positively with spiritual strength to face the challenges that confront one with right attitude, that is, *with God in head and hands to work*. The result, whether successful or not, is dedicated to God. For the sincere practitioner the words, ‘*thy will be done, thy will is ever gracious*’ would come naturally on one’s tongue.

Knowing all what has been said is only part of mental gymnastics. The person has to live it. But all of us have this element known as *desires* in us. We cannot classify them as good or bad. The desire to achieve riches is not bad but how we do it and how we use it is something which needs Divine guidance that comes from deep within us. Giving in to sensual enjoyment through our five senses *for the purpose it is meant for*, is not bad.

But, to go over the limit for sheer enjoyment and for selfish purposes and thereby hurting ourselves and our neighbor does not seem right, does it?

All of us have been given the will to choose. This is where the Hindus compare this act to the elephant’s trunk that has the power to pick a needle in a haystack - the power to discriminate.

The Way

When the mind of Man directs the intellect or ‘*Buddhi*’ to dive into the Divine elixir of life within us, the intellect gets attuned with the Divine will. In other words, the intellect gets *spiritualized* (*This is how Siddhartha became a Buddha*). With the aid of the spiritual intellect, the body, mind, the emotional self and the vital self, manifest positive results in all situations. The way towards such results is meditation. Swami Shantanand, who has set up spiritually motivated institutions both in Singapore as well as parts of West Malaysia, in the latter part of the last century, has described the mind of Man thus:

“Man’s mind is like a river. A river has in itself infinite potentialities of making a country prosperous. The generative power of the river is hidden and lies dormant. If the waters of the river are allowed to simply flow into the ocean, it becomes a waste. But, in order to harness the powers of the river, its flow is obstructed by the construction of a dam and waters diverted through channels to the fields. So too, the powers of the mind are hidden and lie dormant.

At the same time, the river of mind flows idly in all directions of the sensual world and gets wasted. In order to bring out the powers of the mind and utilize it for the peace and happiness of man, the flow of the mind should be obstructed and channeled. The technique of arresting and channeling the powers of the mind is known as Meditation.”

The Hindu scriptures (The Sanatana Dharma) states that there is more than one way in which we can focus the mind into a meditative mood. The word that’s commonly used is Yoga.

Yoga, as is commonly seen to be, is not physical gymnastics alone. The root of the word Yoga is *Yuj* (in Latin) meaning ‘to join’ – to join with the Source of all Creation. That moment of spiritual experience when the individual mind merges itself and becomes one with the Source of all Creation is Yoga. To attain that state, one has to tone up the body, mind and spirit with exercises that help this process of reaching the Yogic state. Not all can do the physical exercise.

There are many paths to self-realisation. They are classified in 4 main sections known as Bakti Yoga (devotee), Jnana Yoga (reflective), Karma Yoga (service), Raja Yoga (a comprehensive approach by using one's potential).

Bakti Yoga

There's meditation in the abstract, which is known as *nirguna upasana* and meditation on the most loved form, known as *saguna upasana* (Bakti Yoga).

The *saguna upasana* is popular as it gives room for the expression and expansion of your love. You bring the object of your love in the centre of the heart or the space between your two eyebrows. Then, with closed eyes, you dwell on the beauty of the form and reflect on the attributes of the beloved. To still the mind you are given a Mantra by the Guru, and which you repeat lovingly with faith, devotion and admiration. This is called Bakti Yoga, the state of Yoga, reached with devotion and love.

Jnana Yoga

In *nirguna upasana*, i.e. meditation without form, one meditates on certain axioms of wisdom from the Upanishads such as '*Aham Brahmasmi*' (I am Brahman, Tat Twam Asi (I am that I am, Aum Tat Sat (Aum – That is Truth) This abstract meditation is only for the advanced practitioners.

Then there is the Vedantic meditation, where the aspirant identifies oneself with the Light of God and feels the Divine effulgence intensely while one mentally repeats 'I am the Light of all lights. I am the all Pervading, I am the All-Mighty and I am the All-Conscious immortal being'. This is auto suggestion. This may sound blasphemous, but did not Jesus, when confronted by the Jews say, 'is it not written in your law that 'Ye are all Gods' (Quote: St. John's Gospel Chapter 10:34).

In the same way, there is also a method by which the aspirant negates by saying 'I am not the body, I am not the senses, I am not the mind, I am not the Buddhi or intellect, and I am beyond the three bodies, (Karana - Causal, Sthula - Gross, Sookshma – Subtle), the three states'. As one goes deeper, one becomes the witness. It may perhaps be relevant at this juncture to mention a great saint and philosopher Sri Ramana Maharishi of the last century who lived his whole life since the age of 17 in a cave in South India, and had inspired many people across the globe with a great axiom of substance (Maha Vakya) 'Who am I'?

Karma Yoga

Then there is Karma Yoga meditation in which the aspirant (usually a workaholic) dwells in the Divine presence while engaged in work. He/she sees the presence of the Divine in everyone as he/she serves them. This is known as *Narayana Bhaava*. One feels himself an instrument of the Lord while one works. This is known as *Nimitta Bhaava*. One dedicates the results of one's actions whether good or bad at the feet of the Lord. This is known as *Narayana Arpana-matsu*. In this way, one develops a sense of detachment which helps one naturally to get into a meditative state or Yoga.

Raja Yoga

Then comes Raja Yoga, which is the royal path of mind control and is said to be the most comprehensive and scientific approach to God realization. The way along the path of Raja Yoga has been aptly described in 196 Sutras or verses divided into four chapters. The authority for this knowledge is Patanjali Maharishi of pre-historic times.

The first chapter is the road to Samadhi. It talks about restraining the activities of the mind (*Yoga Chitta – vrtti – nirodhah* in Sanskrit). The second chapter deals about Yoga Sadhana or

the systematic practice of yoga, which is self-purification through discipline, study, self-surrender.

The third chapter deals with Divine manifestations of power. They are known as *Siddhis* (miraculous powers) that are attained through the protracted practice of meditation. An aspirant is supposed to ignore these powers.

The fourth chapter deals with liberation, where the practitioner becomes truly liberated or detached and where one's soul is established in its true nature which is pure consciousness – the state of 'I and my Father are one' (St John Chapter 10:30).

Kundalini Yoga

There is what is known as the *Kundalini Yoga* where the aspirant meditates on the six mystic centers or chakras. This is assisted by certain techniques in breathing and concentration.

Tantric Meditation

Then there is a *Tantric Meditation*. The aspirant meditates on the *Sri Chakra Yantra* where one dwells on the female aspect of God and merges one's consciousness with the Universal Spirit, which one addresses as *Parasakthi* (the great cosmic energy). This meditation is usually done with certain root mantras known as *bijaksharas*.

Having covered what I consider a wide spectrum of the contemplative dimension in Hinduism, let me conclude with a general description of what the human being is. The being is a composition of the physical self, the psychic self, the emotional self, the vital self and the spiritual self, all of which will have to work in harmony with nature. All these self(s) are controlled by three characteristics known as *Gunas* – *Satva*, *Rajas* and *Tamas*, in different proportions according to the birth, the environment and the upbringing of the individual.

Satwa - calm, contented, peaceful, harmonious

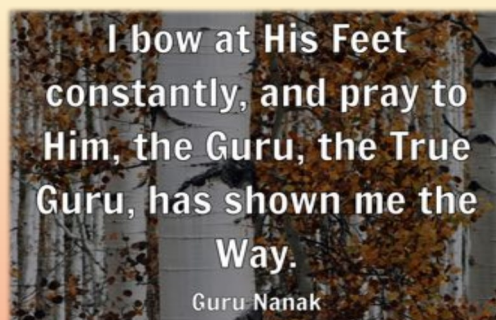
Rajas - active, quick to anger, prone to fighting, violence.

Tamas - lazy, indolent, passive.

As the psychological make-up differs from person to person, under the influence of the *Gunas*, each person is given the opportunity to choose the type of meditation that suits one best.

In the case of an aspirant who happens to meet his/her Guru, the choice is usually made by the Guru. The Guru gives the Mantra to the pupil, who is in a fit state of body, mind and spirit, to receive the instruction. □

**- Mother A Mangalam at a Seminar on the Contemplative Dimension of Faith,
Catholic Junior College, Singapore, 2012**



A SHORT ACCOUNT OF THE RELIGION OF THE HINDUS (An Address)

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

.....continued from previous issue

The word "Veda" means 'knowledge' or 'wisdom'. The Vedas were originally one mass of literature. They were handed down orally for a very long period of time before the art of writing was known.

About 3000 B.C., they were codified and committed to writing. They are four in number, namely the Rig, the Yajur, the Sama and the Atharvana. They contain the utterances and revelations of divinely inspired Saints and Seers, both *Gnanis* or *Arivars* or *Munis*. *Rishi* means a Seer of Truth; and *Gnani* or *Arivar* means a Person of Wisdom; *Muni* means the Silent One, that is to say, a person in whom all desires and actions have come to an end.

These utterances and revelations are universal truths and laws (*ritam*) which are common to all mankind. These truths and laws govern our spiritual, physical, mental, moral, ethical and social lives. If we break these laws we suffer here and hereafter. On the contrary, if we know the laws and live according to them we are happy here and hereafter.

The Vedas tell us that we can also go beyond these laws and become one with the Divine Universal Spirit if we live rightly, purify ourselves, control our senses and passions, give up all desires, and contemplate on the Divine.

Since the truths and laws inculcated by the Vedas are eternal and universal, the religion of the Hindus is called the Eternal Religion (*Sanatana Dharma*).

The Saints and Seers of mankind belonging to whatever clime, or race or time, the Vedas say, have also realized the same truths.

Innumerable saints and sages have appeared in India from the Vedic age down to modern days. They, or their disciples, have put on record their spiritual experiences mainly in poetry and hymns, in the different languages of India and these agree with the teachings of the Vedas. These latter books are called the *Upa-Vedas* or subsidiary-*Vedas*. To this class belongs the Bhagavad Gita, the *Thirukkural*, the *Devaram*, the *Thiruvachakam*, the *Divyaprabandham*, etc.

The most important surviving sections of the Hindu religion are the *Saiva*, the *Vaishnava* and the *Shakta*. The word "*Siva*" literally means 'Supreme Bliss and Love,' the word "*Vishnu*" means 'Supreme All-Pervasiveness' and the word "*Shakti*" means 'Supreme Power'. These terms, we will readily see, indicate the different aspects of the same Supreme Being.

These and other groups of the Hindu religion have additional scriptures or Agamas as their respective authorities but supplementary to the Vedas. The word "Agama" literally means 'going near', that is, "that which helps us to reach God".

Based on the Vedas and Agamas are several schools of Religio-Philosophy in India. Of these, seven are the most important ones. They are:

- ♦ The Vaishesika or the school which teaches about Atoms;
- ♦ The Nyaya or school of Logics;
- ♦ The Sankhya or the school which explains the theory of evolution;
- ♦ The school that gives lessons in Yoga inclusive of the body, mind and spirit;

- ♦ The Purvamimamsa or the Logos-Ritualistic school;
- ♦ The Vedanta or the Gnostic school which embraces all the above schools and ends in a monistic conception of existence;
- ♦ The Siddhanta or the Theistic-Synthetic school which is the essence of all the above schools.

The Hindu religion recognises that different men are on different stages of evolution, and consequently, for their spiritual growth and development, different means and paths (Yogas) are required. Therefore, it does not insist on a stereotyped path for all. It prescribes alternative paths to suit different temperaments.

These paths vary from image worship to the ancient formless worship and abstract meditations. They vary from intense selfless activities to psychic control.

When the Supreme Spirit is seen or conceived of by the human mind, it is treated as a personal God, having infinite attributes. It is worshipped through love. To express this love various symbols, images, forms and means are adopted such as temples, offerings, devotional chanting, singing, pilgrimages, fasting, services etc.

These, however, the Hindu scriptures say are the training-school for spiritually underdeveloped and unrefined minds. Through these means, when our minds become purified and concentrated, we realise the Absolute and become one with It. "Becoming Divine is the sole object of human life and all our efforts should be directed towards that end", say the Hindu Scriptures. The lives of the Saints and Seers are examples to us. □

- Kind courtesy of 'Dharma Essays' (1956)

Timeless Frames



HH Dr Swami Satyananda, JP was invited to preside at the All Malaya Hindu Conference in the late 50's of the last century.

Children's Corner

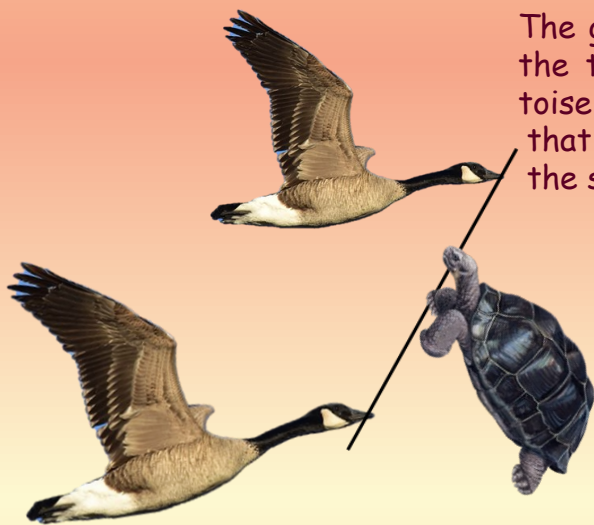
The foolish tortoise

A tortoise and two geese lived near a lake for many years. The three were very good friends and the tortoise always kept them entertained with his constant chatter.

The lake they lived by started drying up due to a drought that hit their region.

They decided to move to another lake many miles away.

The geese could easily fly to the new lake but the tortoise wouldn't be able to cover such a huge distance.



The geese then came up with an idea to carry the tortoise with them. They asked the tortoise to hold on to a stick with his mouth so that they could each hold on to either side of the stick, and fly.

The geese clearly told the tortoise that he wouldn't be able to chat along the way. Even before they took off, the geese cautioned him about opening his mouth mid-flight.

They took off and crossed a village where residents saw the rare sight of two geese carrying a tortoise with a stick; and started shouting and laughing at them.

The tortoise got annoyed and opened his mouth to snap at them. Before he knew it, the tortoise ended up falling to his death.

Moral: Always listen to friendly advice and check your impulses.

- Web Source

WELCOMING DURVASA

....continued from previous issue

Those situations in which your expectations are crushed and your feelings are thwarted have their purpose and profound meaning. It is during those experiences that you discover your roots in God. Comfortable situations cannot allow you to rise beyond your ego. If happy situations abounded in human life, you would never turn your mind to God.

As Saint Kabira said, "O What use is that happiness that takes one's mind away from God? Let that happiness be hanged. Better it is to have pain and misery that directs one's mind to God."

Thus the subtle meaning of worshipping Durvasa in daily life implies developing persistence, endurance and patience, the spirit of forgiving those who hurt you - no matter how many times you are hurt. Remember always that you are not practising patience towards individuals; you are practising patience towards God Who is putting you to test. Krishna was fully aware of this and you can be too. To the extent that you can welcome Durvasa, to that extent you become as Divine as Krishna.

The great secret of spiritual progress, of a life that triumphs over all obstacles, is to be able to welcome Durvasa, to be able to serve him at any time, at any cost, sacrificing anything. Then as a result of all this, the grace of Durvasa comes. You discover you have never lost anything in your austerity. Rather, you discover that you have become wealthier and more prosperous. Your wealth becomes the wealth of spirit, the wealth of knowledge, and you discover your essential nature, your unity with God.

Viewed from still another spiritual perspective, Durvasa is a manifestation of Lord Shiva, who is none other than God or the Divine Self. God has two aspects: God the destroyer and God the benevolent. The Shiva concept embraces both. He is God the benevolent, and in that context he is known as Shiva - the embodiment of auspiciousness, the giver of boons, the fulfiller of desires, ever gracious, the personification of compassion. God, however, has another aspect that operates in human life - the aspect that thwarts your desires, that crushes your expectations, that makes you age and destroys the elegance, beauty and health of your body. That aspect is called Rudra the terrible.

To the human mind the Rudra aspect seems terrifying and the gentle Shiva aspect seems most wonderful. When one develops a more mature understanding of life, however, he realizes that both are needed. Good things will not come in your life unless certain things are destroyed. You cannot have a newly designed house unless you demolish the old house. You cannot have a seed sprout unless its old form is destroyed. So construction and destruction must go on side by side. Although destruction fills your heart with a sense of pathos and of cruelty, it heralds the emergence of beauty and glory.

An aspirant must eagerly accept the destruction of egoism, mental impurities, and subtle obstacles that do not allow him to realize the Self. However, while Rudra goes on destroying the illusions that your egoistic attitudes create, your healthier aspirations - those desires that are in harmony with your evolution - are immediately fulfilled by the grace of Lord Shiva. God is the fulfiller of your wishes as well as the destroyer of your illusions. So you view Him in both ways: as the destroyer, the terrible, and the benevolent or most auspicious. That is the beauty of this figurative way of worshiping God as Shiva in both His aspects.

It is that Shiva who appeared in Dwaraka as Durvasa. Though he did a lot of harm to Krishna in

the palace, Krishna knew him to be Shiva and maintained a serene mind, considering it a privilege that Shiva was attending on him.

When most people encounter adversity after adversity, they develop a sense of humiliation. But if you possess a spiritual philosophy, instead you develop a sense of pride that God is more interested in you than in others. Lord Shiva is more interested in you because he is after you, shaking you free of all your illusions.

When you wash clothes in the old style the piece of cloth is struck down on a rock again and again. That cloth may shriek and cry out in anger, "How dare you treat me in this rude manner!" But after that ill-treatment the cloth comes forth shining bright. Similarly, when you are beset by apparent adversities, instead of developing a degraded attitude, understand that God is simply being gracious to you! When He inflicts pain He does so out of concern for you - because through pain you are being led to a change that is necessary for your evolution and eventual attainment of Self-realization.

Everyone Is a Part of Yourself

Nothing should be more hated by an aspirant than the negative quality of hatred, and nothing should make him more angry than anger itself. For as long as these vices exist, one is blocked from perceiving and experiencing the glorious non duality of the Self. The following account of an event at the ashram of Sri Ramana Maharshi in South India expresses this point quite profoundly:

Once several thieves entered the ashram of Sri Ramana Maharshi in South India during the night. They thought that since many people visited the Maharshi daily, the ashram would have lots of money and costly objects. But to their disappointment they could not find anything. At that time the Maharshi was absorbed in deep meditation. The thieves asked the Maharshi for his wealth, and getting no response from him, they struck him with a stick. Some disciples woke up because of the noise and commotion. They rushed to Ramana Maharshi and saw what had happened. By that time the thieves had taken to their heels.

Angry about the injuries inflicted upon their Guru, the disciples took sticks in their hands crying out, "We are going to take care of those miscreants!" Sri Ramana Maharshi said, "Do not go after them. Stop and think. If your teeth bite your tongue, do you knock them off?" In reflecting on that question, the disciples learned a profound spiritual lesson.

You would never think of knocking out your teeth if they bite your tongue because both teeth and tongue are part of one existence. You simply continue taking your teeth to the dentist to be cared for and pampered.

Similarly, you are related to all the people and beings around you just as your teeth are related to your tongue, or your hands are related to your feet. In other words, all beings are integrally related to the Cosmic Whole, all are part of the same Self. That was the lesson Ramana Maharshi wanted his disciples to understand, and that stirring vision of the Non-duality of the Self is the goal of all spiritual movement. □



- Swami Jyotirmayananda, 'The Art of Positive Feeling'

THE UNIVERSE VIEWED FROM THE WORLD OF SPIRIT

.....continued from previous issue

We must regard the activities of the noumena of the heaven earth-fire-water as the thing in itself of supreme-religion, and recognize that all that exist are kept alive by the functions of those heavenly bodies. In consequence, it is not too much to say that where there is no supreme-religion, there is nothing in existence.

God is protecting all the created providing them with such perfect great principles of spirit; therefore we, human creatures, are always being brought up under His venerable guard through the activity of the power of Divine virtue, that is, divine attributes.

The activity of the power of Divine virtue is regarded as a sacred instruction to human beings, in accordance with which they are able to be well active. This divine instruction is firm, unswerving, and unchangeable.

Teachings preached by word of mouth have misconceptions or superstitious elements within them. Some ideas produced by human intellect are sometimes called teachings, but there are such ones as are against the instructions of God.

Divine intentions will never turn wrong when applied to humankind, and will easily be understood by all. There is the great strength of the power of Divine virtue in that it makes anyone perceive the cosmo-primal principles at the core.

Therefore, what the whole universe has as its criterion is worthy of being regarded as pure and true teachings that make one have a firm, unshakable conviction for learning what the power of Divine virtue, namely, the noumenon of the activity of the Soul should be. The teachings based on the cosmo-primal principles are intuitive instructions to humankind; therefore, the teachings of cosmo-primal principles expound the fundamental path of humanity and human duty.

The etymology of the word education, as everyone knows, is to bring up. Then, who on earth is bringing up human beings? The heaven-earth-fire-water, namely God, has brought them into existence on earth and has been growth-promoting them by controlling the force of life or vital energies, providing them with necessities for living. Thus, the invisible constant activity of the God of the universe is teaching us what He is doing. In other words, His activity itself, is a great education to us. As a consequence, we are to be able to know only when we come to be aware of this Truth that 'We are now in the World of God'.

One will come to learn what Divine Will is, if he has a frame of mind fit for perceiving it, and then he will know the true meaning of self-culture, in other words, why he has to lead a life in accordance with the Will of the universe.

Though the matter of education is very much discussed about, today, the fundamental point of it is always forgotten. The people of today are only thinking about this problem from the viewpoint of the cultivation of knowledge, slighting the importance of spirit.

As a consequence, they have formed a spiritually groundless human world based on human knowledge alone just as we see it now. Since it is nothing but an education based on the human idea only, it has no instructive power to lead people to acquire righteous spirit. In as much as it is so, it must be made clear as to what principle our education should be based on.

In the human world, it is thought by the majority of people that human intellect is capable enough to make everything clear; therefore; they are unaware of the existence of God, that is, the venerable Great Spirit of the universe existence in this world. As they are depending on human intellect only, they are liable to become selfish and avaricious without finding the significance of their existence at the end of their lives.

Such being the actual state of their lives, they do not try to perform their duties as a human being, resulting in strife and conflict among themselves. It is all caused by the lack of spiritual education based on the cosmo-primal principles. As a consequence of it, people are unconsciously leading themselves to act against the Great Spirit of the universe. They are thus trying to break down Divine intentions by making trouble over trivial matters, due to the gross error of spiritual education.

The cosmo-primal principles should not be taught by word of mouth, but should be taught by acts and doings. Truth of nature, in other words Divine Soul and Power, is in action being omnipresent in the universe. In case a man acquires this spiritual activity of Truth of nature in mind, a derived spirit of the Great Spirit will be transmitted into his own spirit, which will provide him with divine virtue and power.

The cardinal principles of the whole universe is uniform to all men. We should perceive that the cardinal principles are operating the rhythmical circulation of the universe with the spiritual power of nature, and protecting all the created. There is no room to doubt anything of the cosmo-primal principles.

It goes without saying that one who has some doubts about this, is a person who depends on his own preconception and knowledge alone. One who has some doubts in the matter of the existence of the Great Spirit of the universe, is nothing but a being in human shape that has not such spirit as a man of truth has. The cosmos is constantly active and advancing. The universe is, therefore, extending its activity more or less, in other words, it is evolving. As a consequence of it, Divine power of activity in this world will finally be made evident to the human kind when human spirit is perfectly united with Divine Soul.

As the mighty force of life of the cosmos is active and advancing day by day, so men are also advancing keeping up with the development of the universe. In consequence, it is necessary that the universe and the humankind should proceed in concert with each other.

It is needed for us to know the cosmo-primal principles in order to have an active mind. In short, we should recognize that the cosmo-primal principles are cultural instructions for our spiritual activity. We have to realize that human knowledge is still declining on one side though it has been developing year after year, and that it has been moving towards self-centered thinking.

If we uplift our spirits on the basis of the cardinal law of the universe, that is, the Great Spirit of the universe, we will be able to meet Divine wishes in the end. We should bear this in mind as a matter of great importance. □

**- Rev Yonosuke Nakano (reproduced from Dharma Vol 42, No 1 & 2, 2007) - Compiled by
Shin Nega, President of Ananaikyo**



SCAMS THAT PAY AND STRANGLE YOU

Xiang Xin, a retiree living on savings built up over years of working life in Taiping, thought one morning that an angel was bringing him to a river flowing with silver coins. A stranger claiming to be from the human resources department of an advertising and social media services company messaged him on WhatsApp to offer him a lucrative work-from-handphone job.

All Xiang Xin had to do was help create a following for products retailed by the company's merchant clients. For each completed task done on YouTube, whether posting star ratings or hitting the "subscribe" button, he would be paid RM10. Money would be banked into his account each time he accumulated RM100 earnings. The stranger created a chatline with a picture showing herself as a young, long-haired, and beautiful lady. Cool.

After making RM400 over two days in January, Xiang Xin pledged complete belief in his new angelic friend. Now the angel told him he was being promoted to a higher level of earnings and needed to start by investing RM100 in a forex/cryptocurrency platform. For his investment Xiang Xin received RM130 in return. That's the cool life with an angel.

Then the angel struck, with a requirement that Xiang Xin invest RM500 for the next forex/cryptocurrency task. This harder task would take a number of steps to complete. Xiang Xin calculated that RM500 was a small risk as he had already earned RM430. However, at the 4th step of this new task he was asked to bank in another RM1,000.

Now, for the first time, Xiang Xin began to entertain a doubt. Nevertheless, his belief in the angel held and he banked in RM1,000. Three steps later, he was asked to invest another RM2,000. Xiang Xin's trust in the angel shattered and he refused to obey as there could be yet another call for a further investment.

For his failure to go through all the steps and complete the assignment, Xiang Xin was told sternly that his RM1,500 had been entirely forfeited with zero compensation. He was further informed later that he had been sacked from his job as a marketing associate.

All along the way, Xiang Xin ignored some clues that this was a scam marketing gig. He should have been suspicious why he was not asked to prove that he had posted his ratings for the selected merchant products upon completion of each of these easy tasks. You can rate a product 5-star, but if you don't post it up nobody gets to see it.

Xiang Xin ignored the clues because he had become an unquestioning believer. He believed fully. All scams utilise the power of belief. The scammer wins you over with a convincing start. In Xiang Xin's case, it was the image of an angelic lady conveyed by the picture and the initial quick money rolling in. When belief takes firm hold over your mind, you will be led to your doom.

Xiang Xin lost only RM1,070 but police disclosed on February 6 that another victim of a similar but riskier online job scam lost RM53,000. The 41-year-old victim had to first make a RM300 payment that was refunded with a RM90 reward. Having won her unquestioning belief, the scammer now asked her for higher doses of investment spread out through 10 payments to four bank accounts.

A scam may also rip off your savings by offering you great discounts for product purchases. You are asked to deposit money to purchase items such as watches, gym equipment, video games, and jewellery at 50% discount. You receive the products and realise that you can resell them for a hefty profit. So you put in a much bigger deposit. At that point the scammer gives you the Judas kiss and betrays your trust.

Health scams are the strongest indication of how widespread dishonesty has become. Just two weeks ago, a retiree disclosed that a fake clinic got hold of his medical record including his heart

condition and offered him a free screening. He suspected that he would be lured into buying a RM10,000 healthcare package.

The bigger concern here is that employees of institutions in the public, semi-public, and private sectors are selling personal data to scammers. This is happening despite the existence of a Personal Data Protection Act. It means that cybersecurity measures are very weak, probably because institutions don't want to spend on these non-profitable measures. It's not their company data that is being stolen; it's only your personal data.

In mid-2022, Inspector-General of Police revealed that from 2020 to May 2022, there were 71,833 reported commercial crime cases with losses totalling more than RM5.2 billion. A high 68% were online scams.

The most horrific scam of all is the so-called Macao Scam that should be renamed the Jail Scam. Here, the scammer exploits your power of belief in authority and your fear of death in a police lockup. The caller poses as someone from a ministry, tax dept, post office, courier service, insurance company, or bank and plants fear in you by revealing that your name has surfaced in a police investigation.

In the most common variation of this scam technique, you find yourself talking to a tough "police inspector" who accuses you of involvement in fraud, drug trafficking or money laundering. A friendly "sergeant" then takes over the call and he implants greater fear in you by revealing that a police warrant has been issued for your arrest and detention.

However, the "sergeant" offers to get you out of trouble in a legit way. He instructs you to transfer money in batches to a number of government accounts to demonstrate your innocence and avoid being thrown into a police lockup. The "sergeant" calls you at fixed times and he warns you each time to observe strict privacy and confidentiality. No one must know of the calls, as the investigations are top secret.

Early last year, a doctor lost RM747,000 and in May a real estate agent was scammed of RM7.73 million. Towards year-end, a university lecturer lost RM1.3 million, and in December an engineer lost RM2.9 million. In such big Macao Scam or Jail Scam cases, the victims borrow heavily and may even take out bank loans.

Far more numerous are losses below RM100,000. In mid-2021, a secretary with no savings lost RM65,000 borrowed from family members. An 85-year-old retired teacher lost RM50,000 in December 2021, and a school teacher lost RM32,700 in March 2022.

The flawed school system is the reason that Malaysians easily fall victim to scams. Years of primary, secondary, and tertiary schooling emphasise exam-oriented learning entirely dependent on belief. Schools conduct very few discovery-oriented lessons, as the emphasis is on memorising theoretical stuff for exams.

On top of that, most Malaysians have no relationship with the police and no contact persons that they have ever dealt with. They also fear the police because of stories circulating of deaths in lockups. So they obey the "police" voice out of faith and fear. The police must do more than just issue advisories. They must go down to the ground and mix frequently so that ordinary folks can establish a relationship with them.

On preventive enforcement, if someone impersonates the police to commit a crime shouldn't he get a life term or hang if a victim dies from depression? Shouldn't telcos and banks be compelled by law to deploy AI tracking? The Macao Scam uses easily recognisable phone-calling and money transfer patterns that can be detected by AI within seconds. AI can then intervene to save the victim, while alerting the police to swoop in. But will telcos and banks invest in AI to protect you? ▣

- Joachim Ng

First published in the Ipoh Echo on February 16, 2023

A TRIBUTE

DR SWAMI SATYANANDA, JP, FOUNDER-PRESIDENT THE PURE LIFE SOCIETY (SHUDDHA SAMAJAM)

Dr Swami Satyananda, JP, passed away on 9th April 1961. We received many condolence letters as well as letters of appreciation from people from all walks of life, whose lives Swami Satyananda had touched in one way or another.

Swamiji Satyananda, one of the most illustrious sons of Malaya, renounced the world and sacrificed everything to further the noble cause.

My earliest association with the learned Swamiji was when he helped in the launching of the Adult Education movement which has now spread so impressively throughout the length and breadth of Malaya. He was highly respected for his erudition and his profound knowledge of philosophy and of comparative religion.

The Pure Life Society which he founded has filled a long-felt want, I can still recollect the salutary influence which was asserted upon me when I visited his Sacred Temple where serenity and solace prevailed. The school which has been established and which is devoted to the welfare of the orphans and the students of all races, classes and creed is an ample tribute to the foresight of a servant and a scholar who was endeavouring to foster national unity and democratic ideals which was the pre-requisite of a strong, independent, united Malayan nation.

No amount of praise can be constituted a sufficient tribute to his services. He was such an inspiring personality who could count on a host of friends and admirers from the most powerful to the humblest citizens of this land of Persekutuan Tanah Melayu. Moreover, his reputation has spread far beyond the confines of our country.

He cherished an ideal and he was dedicated to that ideal. A great honour was conferred upon me when I was invited to lay the foundation stone of his school. My mind has been greatly enriched through my association with him. Indeed, he has created an invaluable impression on the minds of all who have come in contact with him and who had benefitted from his sound counsel and wise advice.

May his soul rest in peace.

- Heah Joo Seang, JP

The highest service demands the greatest sacrifice,
but it secures the fullest blessing and the greatest
fruitfulness.

(James Hudson Taylor)

MASTER MING HUI

With strength and perseverance, you can use your abilities for the good of all people.

Long ago lived Master Ming Hui, who was virtuous and highly accomplished in his spiritual cultivation.

His father died shortly after he was born, and his mother passed away when he was four. His uncle took the orphan in. When he was around eight years old, his uncle decided to send him to be a novice at an old temple in the mountains. But it was a long way to the temple, so his uncle rented a horse and a groom to take him there.

Once on the road, the horse trotted on regardless of the hot weather. Only when they came to a lake did the horse slow down its pace to drink some water. Seeing the animal's tirelessness, the boy realized, "You can achieve your goal only with diligence and hard work."

After many days of travel, they finally reached the temple. Ming Hui was adorable, smart and more mature than the average boy. There was an old monk in the temple who often told him stories from the Buddha's lives when he was cultivating himself as a bodhisattva before attaining buddhahood.

One story that made a deep impression on Ming Hui was about when the Buddha was a prince. One day, the prince saw a mother tiger with seven little tigers in the forest, foraging for food. The mother tiger was unsuccessful in her search for food and the cubs were all whining from hunger. The prince felt very sorry for them, so he sacrificed his life for them by making himself their food.

This story really touched Ming Hui, so he was determined that his spiritual cultivation would also incorporate the compassion and courage of self-sacrifice.

He started to meditate on a rock outside the temple to strengthen his courage. One night when he was sixteen years old, he wanted to go deep into the mountains to test his courage. The old monk tried to stop him, but Ming Hui took out a sutra on the Buddha's previous lives and said, "Old master, you often told me the stories about the Buddha's previous lives, and you also encouraged me to have perseverance and fortitude. We all have to die some day. If I can't face death, how can I develop a fearless mind? So would you please let me go?"

Since the old monk had indeed taught him this, he could not stop Ming Hui from going. So the old monk watched silently as Ming Hui went deeper into the mountains.

There were many bears, wolves, tigers and other wild beasts in the mountains. Ming Hui kept telling himself to stay calm and have courage. He continued to walk until he reached a remote area and sat down on a huge rock.

By that time the sun had set. The stars twinkled and the moon glowed in the sky. Ming Hui sat quietly and recited the Buddha's name. Because he was tranquil, every sound he heard, from the calls of insects and animals to the babble of mountain creeks, was clear and beautiful.

He could even hear bears and wolves slowly approaching him, but he kept in mind the Buddha's spirit of fearless self-sacrifice and remained very calm. Even when a large black bear trod right by him, he stayed still. In this manner, he sat until daybreak.

When Ming Hui opened his eyes, he saw the shadow of a person some distance away. He

looked more carefully and was surprised to see the old monk. The old monk approached him and said kindly, "Have you realized your wish?"

Ming Hui inferred that the old master must have travelled through the night to get there by dawn. He was touched and decided to study with even more diligence to live up to the care and instruction he received from the old master. Later he became a renowned master of the Zen sect.

The point of this story is not to encourage people to sacrifice themselves to the mouths of animals, but to stress that when we recite a sutra, it has to enter our minds and be expressed in the form of daily practice.

In this way, we will be able to truly cultivate the strength and courage that are indispensable for us to help and give to people. Then we can go further and use our abilities to serve all people.

- Dharma Master Cheng Yen, *The Master tells stories, Volume 2*

YOU GET BY GIVING

Eleanor Jodd, a 40-year old blind pianist, gave her first pint of blood for wounded soldiers back in 1940.

Since then she has given six times the total amount of blood in her body to various causes. The other day she had her 75th contribution!

It is difficult for most to realise that those who give or share their happiness with others never run short of it themselves. As they give, so they get!

The Lord has entrusted to you a generous portion of the peace of the world. Part is for yourself. The other part He expects you to transmit to others.

It's up to you to pass it on. If you don't, there will be just that much less peace in the world – and less in your own heart.

The more love and peace you bring into the lives of others, the more you bring into your own. You can't lose by God's method.

Freely have you received, freely give.

- Matthew, 10:8

- J Maurus, *'Just a moment please!'*

THE IMPORTANCE OF ADDING VALUES

Value add is the most important element we must teach our children, besides all that we have taught them.

Some simple tips:

- ♦ If they are at home (playing on their handphone or computer) ask them to see how they can improve the house look and feel (suggest simple things like alter the picture frames or moving the couch to another place or add a flower plant in a corner of the dining).
- ♦ When they are visiting a friend or relative tell them to buy a simple bouquet (or some fruits and not walking in with bare hands).
- ♦ If they see something not so good, (say a tilting signage, a pot hole, rubbish, water puddle, a stray, a good deed of someone) Tweet it, FB it or write a letter to the editor about it.
- ♦ If anyone is sick or old, make sure they visit, be it at a hospital or at home or at least make a call asking 'how are you'.
- ♦ If they are throwing waste (teach them about recycling) there are many centres taking your recycling materials. It is easier today.
- ♦ They can be engineers, doctors or professionals in any field, tell them whether it's an office, neighbourhood or home, they must add value and please don't be just a "salaried staff" spending their time, thinking it ends here!
- ♦ There are thousands of things you can do while walking either on the road or a playground, teach them to pick the waste. Carry a small bag to bag it, though we are aware of Covid-19 concerns.
- ♦ Make sure your children visit their school and say HI to their teachers who taught them, though they may have gone overseas, but when they return for their break, it is a must for them to go see and talk to them.
- ♦ Make sure the children say HI to the bus/van driver who daily ferries them home and school. Insist on this little thing without fail.
- ♦ Also remind them to connect with their teachers on FB, Insta or Twitter so that their communication is intact.

Today "value add" is a must because you will be rewarded for sure by someone who is watching you from afar, called our creator. So, you don't need a "badge" or "title" from any human being but you make a difference to yourself and to the world around you.

Remember God is watching you.

- Ravindran Raman Kutty



Remedies for Common Maladies-My Experience

By Mother A Mangalam

WINTER MELON SALAD (POOSANIKAI PACHCHEDI) (Good for diabetics)

Ingredients:

White melon - 1 (medium sized)
Celery - 3 sticks
Ginger - thumb-sized
Green chillies - 4
Almonds - 6
Curry leaves
Yoghurt

Condiments:

Mustard seeds - 1 tbsp
Split white gram - 2 tsp
Asafoetida - ½ tsp
Dried chillies - 2



Preparation:

- Pare the hard shell and cut white melon into small pieces;
- Scrape and cut the ginger into small pieces, soak in water and rinse;
- Cut green chillies into small pieces;
- Soak almonds and skin them;
- Blend all of the above into fine paste and mix into suitable quantity of yoghurt.

Dressing:

- Put in mustard seeds, asafoetida, dried chillies and split white gram into a tsp of heated oil.
- Allow contents to sputter and add it to the mixture.
- Add chopped coriander leaves.
- Add the above to the blended ingredients.
- Serve.



*'Feed your body with what it needs
Don't feed the body with what you like'*

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



The CEO and staff of Novo Reperio visited PLS as part of their CSR programme, to donate easels and other painting materials, much to the delight of our children. They also sponsored a sumptuous tea for the children and staff.



Members from the Tian De Fo Yuan Centre spent a morning with the children and distributed angpows, oranges and Chinese New Year cookies, much to the delight of the children.

A CHANGE IN LATER LIFE

In my 60s, and still going strong
Made a change hoping nothing would
go wrong
Learning of animal cruelty,
animal oppression
I decided to embrace the life of a vegan

Changing from 'lovely the meat I ate'
To being animal compassionate
Needed understanding and information
And lots of heartfelt inspiration

Rejecting meat curry
Which I used to eat in a hurry
For family to understand was difficult
They still look upon befuddled

Chicken, prawn, crab and fish,
Which I used to crave and wish
Do not appeal anymore
So now I easily ignore

Foods I eat now
Since I took this vow
Veggies, fruit, lentils, beans
Grains, nuts, seeds and greens

Rejecting human exceptionalism
I now see all through an empathy prism
To have compassion for all in need
For human, or animal of any breed

- Raymund Jagan

To see and listen to the wicked,
is already the beginning of
wickedness

- Confucius

Reflections

Salient Thought for the Day

Those who are careful in little things, nothing
can thwart them.

Lines to Memorize

When the Fire of Truth burns in the heart,
It purifies the heart.
When its spark comes out of the tongue
It is vibrant with light.
Lo, it falls upon the ear that is not closed to
the subtle, spiritual sound like far-distant
music,
Rousing the soul to new world.

Lesson

Unless we have true vision and are watchful,
when difficulties come, we shall not be able
to meet them. We must safeguard ourselves
by acquiring wisdom. Wisdom is abiding and
always sustains. Even our mistakes are not
evil; we learn as much through our mistakes
as through our good deeds. But when we have
learned, we must be careful not to repeat
them.

Prayer

All-pervading Spirit of the universe!
Help me to find my union with Thy in-
finitude.
From Thee alone do I draw strength and
life.
By Thy Light alone can I kindle my little
light.
Contact with Thy Being alone can cleanse
my impurities,
And bring me peace and bliss.



- Swami Paramananda

The Malaysian Speaks

Integrity is part and parcel of being an NGO professional because it provides a sense of accountability between the organisation and public. Fostering a culture of integrity motivates staff to act ethically to serve the cause they support better, especially in the third sector of society, which comprises non-governmental and non-profit organisations or associations, including charities, voluntary and community groups, and cooperatives.

- Farahda Mohd Farid, General Manager, National Cancer Council, 'Embedding integrity in value systems', Your Opinion, The Star, 8th February 2023

As a Malaysian Chinese raised in the Christian faith, I happily celebrated Christmas and the Rabbit Lunar New Year with my family and friends. This is one of the greatest benefits of living in a multiracial, multicultural, multi-religious nation like ours, to be able to enjoy and appreciate all kinds of festivals of the different communities.

- June HL Wong, So aunty so what?, 'Can we just enjoy all our M&M's?', The Star, 8th February 2023

Each child responds differently to what we do for them. I find that love always gives. A childhood filled with love and beauty will hold them in good stead in their adulthood. And the love they've received since young will strengthen them to look in the real world with wonder and affection.

- Mary Eu, 'Love always gives', Heart & Soul, StarLifeStyle, 10th February 2023



Gong Xi Fatt Chai

2023 Chinese New Year,
a much awaited year
The rabbit is going to bring families
together
Hopping and hopping, bringing smiles
Rejoicing and rejuvenating

What a way we passed 2020, 2021 & 2022
We are free now to join in the fiesta
A reunion which was much awaited
Bringing everyone together to "Lou Sang"

The newness and greatness is dawning
Bringing in an abundance of Prosperity and
joy
Cheers & happiness unending
The New Year is here to rock us into all
new tidings

Rabbits are shy yet curious
High spirited in character
Affectionate & always loving
Climbing on you & always clinging

They are adorable & loveable
Reminding us of a beautiful world
Innocent yet charming looks
Adding continuous joy to any

May the rabbit bring you more wealth
May the rabbit bring you merriness
May the rabbit keep you curious and
healthy

Gong Xi Fatt Chai to you and yours

- Ravindran Raman Kutty



Great minds of Yesteryears

Who but the Atman is capable of
removing the bonds of ignorance,
passion and self-interested action?

- Adi Sankaracharya

பொருளற்றார் பூப்ப ரொருகா வருளற்றா
ரற்றார் மற்றாத லரிது - குறள் 248

Those who lack wealth may, one day, bloom; those
who lack compassion are incorrigible, and are forever,
doomed.

- Thirukkural

When it is obvious that the goals cannot
be reached, don't adjust the goals, adjust
the action steps.

- Confucius

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.

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



Dharma QUARTERLY

Devoted to

UNIVERSAL
RELIGION,
RIGHTEOUSNESS &
CULTURE

ONE GOD
ONE WORLD
ONE RACE

DHARMA Editorial Team

Editor	- P C Shivadas
Design & Content research	- Geetha K Madhavan
Editorial Board	- Dr Amir Farid bin Dato' Isahak - S Sundareson - Joachim Ng
Advisor	- Datin Paduka (Dr) Mother Mangalam

Have you certain views and perspectives you wish to share?
Your comments and even suggestions are most welcome.
Write, fax or email to:

The Editor of Dharma
c/o The Pure Life Society
Batu 6, Jalan Puchong
58200 Kuala Lumpur
MALAYSIA

Phone: + 60 3 7782 9391 / + 603 7782 8303

Fax: + 60 3 7784 6020

email: info@purelifesociety.org.my

web: www.purelifesociety.org.my



Published by: The Pure Life Society (Shuddha Samajam)

Batu 6, Jalan Puchong

58200, Kuala Lumpur, Malaysia

Phone: +60 3 7782 9391 / +7782 8303

Printed by: Percetakan Bintang

No. 23 Jalan Perindustrian Maju Jaya

Batu 14, 46000 Puchong

Phone: +60 3 8068 3561