Dear Readers,

*The Vedanta Kesari* is one of the oldest cultural and spiritual magazines in the country. Started under the guidance and support of Swami Vivekananda, the first issue of the magazine, then called *Brahmavadin*, came out on 14 Sept 1895. *Brahmavadin* was run by one of Swamiji’s ardent followers Sri Alasinga Perumal. After his death in 1909 the magazine publication became irregular, and stopped in 1914 whereupon the Ramakrishna Order revived it as *The Vedanta Kesari*.

Swami Vivekananda’s concern for the magazine is seen in his letters to Alasinga Perumal where he writes: ‘Now I am bent upon starting the journal.’ ‘Herewith I send a hundred dollars…. Hope this will go just a little in starting your paper.’ ‘I am determined to see the paper succeed.’ ‘The Song of the Sannyasin is my first contribution for your journal.’ ‘I learnt from your letter the bad financial state that *Brahmavadin* is in.’ ‘It must be supported by the Hindus if they have any sense of virtue or gratitude left in them.’ ‘I pledge myself to maintain the paper anyhow.’ ‘The *Brahmavadin* is a jewel—it must not perish. Of course, such a paper has to be kept up by private help always, and we will do it.’

For the last 104 years, without missing a single issue, the magazine has been carrying the invigorating message of Vedanta with articles on spirituality, culture, philosophy, youth, personality development, science, holistic living, family and corporate values.

Over the years, production and publication costs have gone up manifold. A non-commercial magazine like this can continue its good work only with the generous financial support and active assistance of well-wishers.

Hence, we appeal to our readers and admirers of Swamiji to support us by donating to the following schemes:

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To become self-supporting

To establish the magazine on firm financial footing we need **ONE CRORE RUPEES** for the Permanent Fund. Please contribute generously. Names of the donors will appear in the magazine.

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Once a year, please sponsor at least one page in one issue of The Vedanta Kesari. In a year (12 issues including a Special Issue) we need 600 pages to be sponsored. If you sponsor more pages, it will help us reach the target faster and enhance overall quality. The sponsor’s name will appear in the margin of the page.

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focus in this issue:

Developing Shraddha in Oneself

The seed of faith or shraddha is like nuclear power. A small atom can create extraordinary power. Similarly even a seed of true shraddha in you, can enable great accomplishments.

1. This feature enables you to begin on the journey of consciously developing shraddha in yourself.
2. There are four major practices, along with a set of think triggers (a,b,c). These triggers help you develop shraddha in different areas. The last section is a self-exploration exercise where you can find out how different people have developed shraddha in themselves.
3. We recommend that this issue be used as a pullout, so that you can keep it with you.

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Developing shraddha in my capacity to do

1. Don’t theorize, act!

Here is a popular story of the scholar and the boatman...

Once, a scholar was crossing a river in a boat. To make conversation, he named different books and asked the boatman if he had read any of them. The boatman said that he hadn’t. The scholar remarked, “You have wasted half your life, if you have not read these books!”

After a while, the boat suddenly sprang a leak and water rapidly entered the boat. The boatman urgently asked the scholar, “O learned man, can you swim?” The scholar replied, “I have read many books on swimming and know a lot about it, but I have never tried swimming.”

The boatman commented as he prepared to swim, “Then your whole life has gone waste. The boat is about to sink!”

It is not enough to know the ‘theory’, we must also put ideas into practice.

2. Have faith that the future can be a better place (positive outlook)

Here’s how some people look at their country’s future –

RESPONSE 1

All our institutions are corrupt. We will never become a developed nation!

RESPONSE 2

So many people have come out of poverty in the last 50 years! As a nation we will continue to become better.

Which group has ‘shraddha’ in our future? What is the difference in thinking?

Developing shraddha in my power to create a better future

2a. Have faith that the future can be a better place (positive outlook)

Have faith in your ability to think & plan for a better future

Two start-ups are presenting their business ideas to some funders...

“‘We have a great concept for an app. It’ll be a gamechanger.’

‘This is the app service we want to build:
1. Through this app, the users will be able to...
2. We’ve done market research and this is potential for this app...
3. This is how we plan to phase our development of this app...”

CASE: A remote village is facing severe water problems. The government had promised to build them more ponds and wells but there has been no action yet –

VILLAGER 1

“It’s God’s will now. There’s no use in us doing anything about it.”

VILLAGER 2

“Why can’t we get people together and do something about this? Can we find some answers? Let’s keep putting in the effort, results will come.”

Who is more likely to succeed? Why?
Consciously appreciate what is good & great in your culture

An approach:

At first, our capacities are like this – a seed full of potential...

when we nurture it through constant learning, practice, struggle, etc. . . .

...it unfolds it’s potential, and can keep going.

Consciously develop your capacities

Affirm your true nature

Both Lata and Sita have failed in their semester exams. Observe how they respond –

Lata: I’m weak, I’m nobody, I’m useless.
Sita: I’m strong and capable. I know I can work hard and come back from this setback.

Who do you think is more likely to build faith in herself?

Affirm your true nature

Both Lata and Sita have failed in their semester exams. Observe how they respond –

Lata: I’m weak, I’m nobody, I’m useless.
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Who do you think is more likely to build faith in herself?

Consciously appreciate India’s greatest heroes & heroines

Here is a conversation between Raj and his friend -

Raj’s friend says:

Raj says, quoting Swami Vivekananda:

"No, he is not merely a monkey God. ...On the one hand Mahavira Hanuman represents the ideal of personal service, and on the other hand he represents leonine courage, striking the whole world with awe..."

Which approach is more likely to result in us building our infinite power?

“’I’m bad in mathematics. I will never be able to learn this subject.”

“I don’t do well in mathematics. So that means I have to struggle harder to learn this subject.”

Which of these great heroes have you heard of?

Can you find out what kind of ideals some of our mythological characters represent?

Consciously appreciate India’s greatest ideals

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"No, he is not merely a monkey God. ...On the one hand Mahavira Hanuman represents the ideal of personal service, and on the other hand he represents leonine courage, striking the whole world with awe..."
**SELF-EXPLORATION**

Here are ten stories of people who developed shraddha in themselves

Search for their stories on the internet and see what made them great...

<table>
<thead>
<tr>
<th>Examples of people who had shraddha in themselves</th>
<th>Examples of people who had shraddha in their ideals</th>
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<tr>
<td><img src="image1" alt="Nachiketa" /></td>
<td><img src="image2" alt="Netaji Subhas Chandra Bose" /></td>
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<td><img src="image3" alt="Savitri" /></td>
<td><img src="image4" alt="Mahatma Gandhi" /></td>
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Examples of people who created a better future for their community

- Savitribai & Jyotirao Phule
- Basanti Behan

Examples of people who had shraddha in their culture and heritage

- Padma Subrahmanyam
- Bal Gangadhar Tilak

Examples of people who had shraddha in their capacity to do

- C. V. Raman
- Mary Kom

Go beneath the stories of their lives, to see how they built tremendous shraddha in themselves.

Share examples of your experiences of trying out these practices, on www.vivekanandaway.org

Any questions that come up in your mind while doing so, can also be discussed here.