



DR SHOBHA RAJU

THE GOD, EVERYONE HAS SEEN ...there is no atheist!

No string or stand holds him.. yet he stands firm in the wide sky.

We pay charges on utilization of power at one rate per unit. If utilization crosses certain slabs, we need to pay at increased rates respectively. He supplies unlimited power and sends no bill of charges.

We do get some occasional cloudy days when the sun is not seen which feels like a separation from our beloved. Nevertheless, we do enjoy a virtual meeting with our beloved living abroad. Like wise, we do enjoy the warmth of light from the sun though he is clouded & not seen. There is no life without him. Day and night...summer and winter occur on account of him.

Moon..., we recite voluminous romantic poetry on him. The biological cycles and mind patterns of lives take place on account of moon and the moon functions only because of him.

Whole universe revolves

around him! The eternal marvel whom we take for granted. Some call it just a planet. But people who understand, call him "Surya Bhagavan!" (Sun God!).

According to the planetary position in which an individual takes birth, one's possibilities in life are predicted. This science of predicting the possibilities in human lives basing on the planetary position is called, "Jyotishyam" (Astrology) in Sanskrit. Sun is the chief of all planets and is worshiped as "Jyotishaam pataye namaha" (Salutations O! The Lord of Astrology) in "Aditya Hridayam" (An ode of thirty two hymns to Sun God). He is the authority of Astrology... the deciding force of human possibilities.

Sun's astrological position decides the health, power and the blessings of ancestors in one's life. The moon has to be in an exalted position in one's astrological chart to have brain power which is

pivotal in one's quality of thinking, which determines the class of life. "Chandrama maanaso jaataha"... The moon came from the Cosmic Mind! That Cosmic Mind operates in every individual mind. Depending on the moon's position in one's astrological chart, one's intellectual functioning is determined. (Astrological chart is drawn depending on the planetary position in which one takes birth). Moon is nothing but the reflected glory of the Sun.

But Sun isn't stubborn in fixing people's possibilities of life depending on his position at the time of one's birth. There are always solutions, our ancestors have so graciously prescribed.

Sitting in sun and chanting "Aditya Hridayam" can dramatically heal one's disease. Modern science also prescribes sun-bath for regaining health. Exposure to sun makes the body to produce vitamin D which is very important factor in physical as well as mental health.

We find the people who toil in the sun to be much stronger and healthier than the ones who work in air conditioned places without any exposure to the sun.

He is also addressed as “Kritagnagnaaya”, the destroyer of the thankless. To receive his grace, one needs to be in gratitude. Gratitude is the best prayer.

Rama was in utter disappointment and a kind of depression, as Ravana was challenging him repeatedly in the war. Saint Agasthya came to initiate Rama into “Aditya Hridayam”. Chanting of “Aditya Hrudayam” is a sure way to achieve victory. After chanting “Aditya Hridayam”, Rama exhibited his valor and could kill Ravana. Thus “Aditya Hridayam” could strengthen an incarnation like Rama also. Those who are in depression can get out of it by chanting “Aditya Hridayam”. Suicides could be avoided by taking refuge in Lord Surya by chanting Aditya Hridayam. It gives victory over inner enemies like lust, anger, greed, attachment, pride & jealousy as well as the enemies out side.

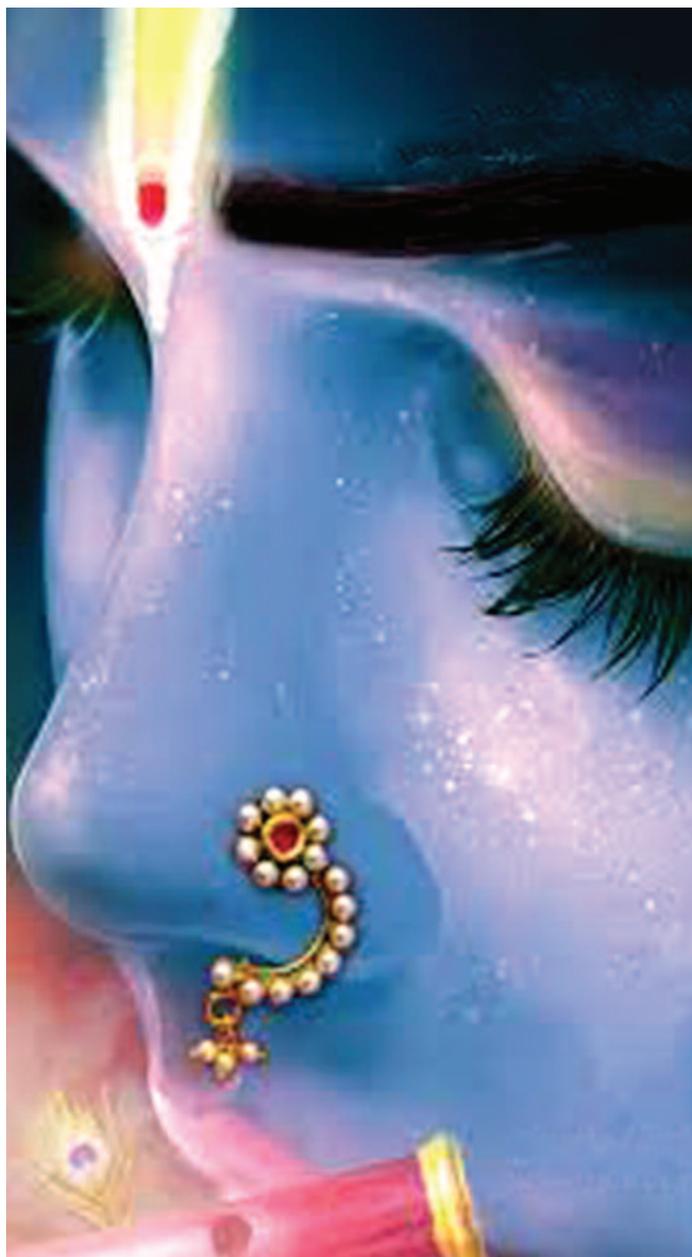
Sun is more effulgent in the month of “Magha”, that usually falls between February and March (This year, it starts from February 2 and ends on March 2). During the sale, we get a shirt for \$ 9.99, which otherwise costs \$ 49.99. So also during “Magha”, the grace of Sun God is easily available in abundance. Why? Cosmic mechanics function that way.

February 7 happens to be “Ratha Saptami”. It is said to be the Birth Day of the Sun God. They say that the chariot of Sun God turns to northern hemisphere drawn by seven horses. Rationality & logic come heavily on such descriptions of epics. Well, everything concerning to the “Sanathana Dharma” is conveyed in allegory. Seven horses stand for seven different rays of energy that heal the human body and mind in seven different ways. Horse is symbolic of strength....we call horse power! The color of Sun God is bright white but we see seven colors when it is refracted. All the seven colors are allegorically described as seven horses. Each color has a specific effect in healing.

If you want to achieve anything in life, you need health first. If at all there is anything worthwhile to ask God, it's health. That health is granted by Sun God upon tuning oneself to his energy, with devotion and

gratitude. “Arogyam Bhaskarad Itched “

Let's all chant “Aditya Hridayam” as the sun rises in the east in this month of “Magha”. Let's do Surya Namaskaras (Salutations to the Sun) and offer water



to Him with devotion and be blessed with robust health. Let's boost our immunity with solar power. May he protect us all from all variants of Viruses.

Namami Surya Narayanam!

(Author is a well-known musician, Devotional singer, writer and composer.) 