



- COMPILED BY VARADAN RAMANUJA DASA

1. What is the meaning, in brief, of the word, *Na:ra:yana*?
2. Which chapters of the *Bhagavad Gi:tha* describe the meaning of *Na:ra:yana*?
3. What are the 5 different abodes of the Lord?
4. How many *Vyu:ha* forms are there? What are they?
5. What is the role of the *Va:sude:va Vyu:ha* form of the Lord?
6. What is the role of the *Samkarshana Vyu:ha* form of the Lord?
7. What is the role of the *Pradyumna* form of the Lord?
8. What is the role of *Aniruddha* form of the Lord?
9. How do *Samkarshana*, *Aniruddha* and *Pradyumna* function during dissolution, creation and being of the universe?
10. What are the key qualities of *Sankarshana*?

(Answers in page 29)

DO YOU KNOW ?

This is our body in which we live ! Right ? ! We should keep it healthy to do or enjoy anything in this world. Can we take chances with it until someone discovers that what we are eating, with most liking, is sometimes, wrong food? Does the food we take meet with the standards prescribed by our Sasthras? Why should it meet those standards? Because it is your body, your life and your health. Isn't it? If you want them to be good, follow ! otherwise it is left to you....! Sasthra, which knows everything about our body, our nature, our psychology, and our welfare, cautions us to be aware, if we are really serious about our good health. Accept it and use it for your good!

Our Sasthra says, one who takes Saththvik food in right time regularly, keeps body healthy and immune even to chronic diseases. It keeps the person active and also drastically improves memory retention and recalling capacity. If at all... any diseases come due to external influences and/or forces, simple natural medicines will be able to do wonders in curing them ! Other foods with Rajasik and Thamasik qualities give us every suffering physically and emotionally. Also, either the Body reacts aggressively or remains ineffective to the medicines.

Think well before you take any thing into your body. When something goes in, it does something ! So, give Saththvik food, which also helps to elevate inner energies and also spiritual energies which alone will make us happy and joyful ever ! Food taken with Divine thought will give good strength to the body and also to the mind ! So offer it to God and take it as His Prasadam !