



MIHIRA

THE NEW ERA MONTHLY



NAMASKARAMS MASTER MRL AND MADAM MV



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MIHIRA PUBLICATIONS

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Master MRL



Master MRL



Madam Vanaja

Mihira E - Magazine

"Dedicated to the lotus feet of Masters"

Founder & Editor : MRL Rao

Editor in Chief : J. Srinivas

Co. Editor : Dr. DVR Murthy
(Phd. Journalism)

Associate Editor : M. Pradyumna
K. Aditya Vardhan



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Editorial

The Mihira community worldwide celebrated the 75th birth anniversary of Master M.R.L Rao on 22nd January along with the birth anniversary of Madam Vanaja on 19th January this year. This issue of Mihira commemorates their life and work and remembers their constant endeavor to bring to light the wisdom of the Yoga of Master C.V.V and the teachings of Master EK.

We begin this New Year with prayers for the healing and well-being of a world currently in the midst of the COVID-10 pandemic. May Master C.V.V bless the world with physical and spiritual health in the New Year.

We have now already entered the month of Aquarius which is an auspicious month for reconnecting with the Divine and aligning ourselves to the vision and mission of the great Masters of Wisdom. Let us join our hands and pray for guidance for the healing of the world and bow down our heads in love and gratitude at the lotus feet of the Master.

May the Master Bless and guide all of us in everything we do.

Editor

Master M.R.L - Divinity in Action

M. Pradyumna Rao



Master Mallampalli Raja Lakshmana Rao (my father was fondly called “Mastergaru” by his students) was born in the town of Bobbili on 22nd January, 1946 as the fifth child of Dr. M. Pratapa Rao and M. Aadi Lakshmi.

He was born into a South Indian Shaivite Brahmin family who belonged to the Lingadhara sect. My grandfather Dr. Pratapa Rao was a highly respected Doctor of Medicine (M.B.B.S) who provided free treatment to the poor and needy. His doors

were always open to serve others. Although he came from a family of Shaivas, he was a devotee of Lord Rama and had composed several poems on the Lord. He was also very good at playing the Veena and often played classical music especially songs dedicated to his favorite deity, Sri Rama.

My great-grandfather was also proficient in Homoeopathy and healed people using Homoeopathic remedies once in a while. My grandmother too had learnt Ayurveda from her father and together my

grandparents served villagers who were in need of medicine and healthcare.

In the Indian culture, especially in South Indian families, a cradle ceremony is performed wherein the new born is placed in a cradle for the first time.

When Mastergaru was placed in a cradle, a tiny white snake crawled down the roof, into the cradle and slept near Mastergaru. All the villagers who came to visit the child were awed by this sight. My grandmother was not afraid of the snake and had asked the villagers not to harm the snake as she considered it to be a symbol of Lord Subramanya.

My grandfather considered the white snake to be an incarnation of Sesa Naga or Lord Adishesha (Serpent King on whom Lord Vishnu resides). Mythologically, Lord Rama's brother, Lakshmana, is considered to be his incarnation. Therefore, my grandfather named Mastergaru

as Lakshamana Rao.

Education

Mastergaru was a very bright student and he completed his primary education from Bobbili High School by the age of thirteen. Later, he moved to Ranchi where he did Bsc. and then pursued a degree in Engineering (E.C.E - Electronics & Communications) branch of Engineering. He also pursued other subjects of interest, including the study of Astronomy and Aeronautics in his spare time.

Mastergaru earned a black belt in Karate during his childhood. He was an excellent Cricket player and was selected for the state team. He also later learned Judo & Taichi and was a good swimmer. He also liked enacting theatrical plays and writing poems. He learnt all the slokas of the Bhagavad-Gita by his 5th year from my grandmother. My grandmother also taught him the basics of Astrology at a very young age.

At the feet of the MASTER



**Jagadguru
MASTER E.K**

Spiritual Quest

Mastergaru lost his father at the age of 17. This loss created a huge vacuum and he was left with many perplexing questions. In his quest to find answers to these, he read the Vedas, Upanishads, many tantric and occult books and mantras and also became more spiritually inclined. While this was happening, his family shifted from Bobbili to Visakhapatnam. There he made many friends. Dr. Parini Ramanarasimham was one of

them. Dr. Ramanarasimham was a follower of Master E.K.

Contact with Master E.K

Dr. Parini Ramanarasimham was very close to Mastergaru and his family. Mastergaru met Master Ekkirala Krishnamacharya (Master E.K) in March 1971, through him. Master E.K often visited my father's house. The whole family followed Homoeopathic remedies prescribed by Master E.K. Later on Master E.K invited my father for the May

call day on the 29th of May, 1971 and he was initiated into the prayer of Master C.V.V. That day during the prayer, Mastergaru saw some symbols and images. After the prayer, Master E.K called Mastergaru and showed him the same symbols and asked him to delve deeper into the study of Astrology.

In 1972, Master E.K appointed him as the Editor to the monthly magazine "Navaani". After this, he became a close disciple of Master E.K. Master E.K taught him the Sayana system of Astrology, the science of rituals, astral travel, spiritual literature, mantas and their significance, tantric literature, Vedic science and the works of Madame Blavatsky.

Mastergaru specialized in Spiritual Astrology, the works of Madame Blavatsky - especially the Secret Doctrine, works of theosophical society members, Homeopathy, Occult sciences

and various rituals for the healing and well-being of the world. He took various special courses on different themes and orders under Master E.K, until he gradually became a seer and visionary by his own right. Mastergaru used to organize Guru Poojas and conduct upanayanams under Master EK's tutelage.

Mastergaru used to work at Vani Printers and published articles on various topics by Master E.K through this press.

In 1972, his previous births were revealed to him and with Master E.K's guidance he was able to continue on his spiritual path during this life.

Master E.K visited many foreign countries and used to guide Mastergaru through the medium of postal letters during his travels. Mastergaru was also given the responsibility of conducting classes on spiritual sciences for aspirants during Master E.Ks' absence from Vishakhapatnam. During the



next few years, Mastergaru was sent to Madras where he was asked to setup his own business. Master E.K used to visit Mastergaru in Madras and took him to places mentioned by Madame Blavatsky in her book and also places associated with Sage Agastya.

Master E.K initiated Mastergaru under a Banyan tree in Chennai and told him that he should get married. Mastergaru responded by saying that there was no yoga for marriage according to his horoscope. Master E.K then said that he would change the course of Mastergaru's life which his astrological chart

represented and that he should marry, to which Mastergaru agreed. My mother Vanaja was chosen as Mastergaru's bride by Master E.K, who also performed the marriage ceremony with the consent of my mother's family on 13 January 1978 during the Guru Pooja celebrations that year.

Spiritual Union of Mastergaru and Madamgaru

During the marriage ceremony which offset the spiritual union of Master MRL Rao garu and my mother Madam Vanaja (fondly referred to by their disciples as Madame Garu),

Master EK elucidated the significance of their marriage as a spiritual union of two souls performed during an auspicious alignment of planets for serving humanity and changed Mastergaru's spiritual gothra. (Only highly evolved souls can do that). Master E.K is further said to have revealed to his other students that he would bear the responsibility for guiding seven generations of Mastergaru's family.

From then, the couple dedicated themselves to the work of Master E.K. Master E.K gave further initiations to the couple and entrusted Master garu with the responsibility of the Yoga school and of conducting special sessions on Astrology, Vaastu and spiritual discourses on various topics to aspirants. A new international brotherhood was formed under the tutelage of Master E.K and Mastergaru played a pivotal role in this.

In 1981, Mastergaru started his



own printing press called "Sarvani Printers" and also the Yoga and Astrological school independently with the blessings of Master E.K.

Master MRL garu and Madam garu requested Master E.K to teach the Yoga Sutras of Patanjali. Master E.K smiled at this request and conducted classes on the topic everyday for about three months from November to March 1983. Following these series of lectures, Master E.K also taught the Narada Bhakti sutras. Master E.K declared March 31st as the birthday of Patanjali Maharshi.

When Madame Garu became pregnant, Master E.K blessed the couple and blessed them

with special spiritual training for the wellbeing and spiritual orientation of the baby to be born.

Master E.K left his body on 17th March 1984 and Mastergaru was given the opportunity to serve him until his last days.

Mastergaru was blessed with twins. His second child died three days after birth but the male child survived due to the blessings of Master EK to continue the lineage.

Mastergaru's works on Master EK and the birth of Mihira:

After Master EK's death, his disciples including Mastergaru continued to assemble in Master EK's house Vrindavan and talk about Master EK's works. Mastergaru along with Master EK's eldest son Master Ananthakrishnagaru then started the world tours to perpetuate Master EK's work. They along with other disciples started yoga and astrological schools and

homeopathic centres in many parts of the world. Along with his mission of spreading Master E.K's teachings, he also enjoyed and propagated cultural activities like classical music. He installed idols in temples and conducted many poojas, rituals and yagnas every year and trained many people in these activities. In 1997, Madame Garu and Master Garu became the spiritual mediums of Master C.V.V and they continued to initiate many disciples to the yoga of Master C.V.V.

Mastergaru and Madamgaru started the Mihira Magazine in 1997 and gradually it was published under a trust and society. Currently, Mastergarus' disciples continue to spread the light of Master CVV's yoga, Master EK' teachings and Mastergaru's works and other spiritual topics thereby contributing to the Master's plan and vision.

Madam Vanaja From Mother to being on the path of the World Mother

M. Pradyumna Rao



Having been blessed to be born to a mother venerated by many in the world, I would like to share a few experiences of living with this embodiment of Divinity on the occasion of her birth anniversary which was on 19th January this year.

My mother Madam Vanaja (fondly referred to by her disciples as Madamgaru) was born as the eight child of a South Indian Kannada Brahmin Family which had migrated to Vizianagaram. She was born as

the daughter of Katti Lakshmi Bhai and Sri. Durga Prasad Rao, a Retired Judge and spent her early years in Vizianagaram.

As she was last child of the family, she spent the years before her marriage to my father in Vishakhapatnam to where the family moved after the marriage of her eldest sister. My Mother's eldest brother –in- law Sri K.V Ramana had a Doctorate in Economics and worked as Vice Chancellor of Andhra University where

Master E.K also used to work as a Lecturer in Telugu Department. Both of them became good friends and this led to my mother's entire family becoming followers of Master E.K. All of the family were invited to the annual Guru Pooja Celebrations by Master E.K and they used to attend these.

It was during these days that Master E.K advised the family that they should marry my mother Vanaja off to his student Raja Lakshmana Rao. The family including my mother agreed to the match and accepted the Master's decision and guidance on this subject.

Since my grandmother used to take medicines from Master E.K, and my father was his disciple, my father's family too concurred with Master EK's decision to get my parents married. My parents had not even met each other until a few minutes before the actual ceremony but they went ahead with Master EK's decision to get them married. Their wedding took place on 13th January 1978 during the Guru Pooja Ceremony and Master

E.K blessed them stating that he will take spiritual responsibility for them and their progeny. After their marriage, my parents continued to serve Master EK and took up responsibilities assigned to them by him.

Later Master E.K started his own school Bala Bhanu Vidhyalayam and my mother started working there as a teacher. My father had been working as Editor and Publisher of Navaani Magazine started by Master EK from 1972 onwards. He was also responsible for publishing many books dictated by Master E.K. Both my parents were given special training by Master E.K in Astrology, Homeopathy, occult sciences, rituals, Vedic sciences, healing and the training of children. At the behest of Master E.K, my father started the Sarvani Printing press on his own. Both my parents were given certain responsibilities during the Guru Poojas.

Master E.K asked them to start a new school of Astrology and Meditation and trained them to in accordance with his plan.

Master E.K blessed the couple that they should have progeny and he also gave Madam Vanaja lessons to be passed on her children before I was born.

When I reached school going age, I was also admitted to Bala Bhanu Vidyalayam School started by Master EK where my parents worked. To the young child that was me, it was a memorable experience to be a taught in a school where my mother was a well- respected teacher and where we were taught the teachings of Master EK's teachings in addition to regular lessons. The Sarvani Printers office was also a place where Mastergaru dispensed Homeopathic medicines to those who approached him. Master E.K's disciples used to come and discuss various spiritual topics.

My mother wholeheartedly supported all these activities and served all the people who visited Mastergaru with a smile. She under the guidance of Master EK became proficient in Astrology, Homeopathy, Vedic rituals and occult sciences and In course of time, she became as much a pillar for EK's mission

as Mastergaru was and used to guide many disciples.

Madamgaru also used to provide moral and spiritual support and guidance to many families around us and was indeed deemed as a spiritual nucleus by many of them. She also travelled abroad along with Mastergaru to impart Master E.K's vision to the people of other nations. She along with Mastergaru was initiated into the yoga of Master C.V.V by Master E.K. Despite her various spiritual responsibilities, she never neglected her duties to her family or friends. To many, she thus became the epitome of World Mother who exuded benevolence and love. She also received the blessings of the venerable saint Brahmarishi Barfani Dadaji who visited our house in the year 2000.

Madamgaru also travelled to Singapore, and many parts of the world and assisted my father Master M.R.L Rao garu in all his works. She served everyone selflessly and tirelessly. She also taught me how to serve Mastergaru and guided me on the path of

Master EK. She exemplified in her life qualities of love, care, empathy, forgiveness, understanding, sharing and sacrifice and was deemed by many as a reflection of the World Mother.

She provided guidance to many pregnant women on spiritual parenting and in providing a spiritual mooring to the offspring even while in the womb.

Anyone who shared their problems with her obtained a solution and a dose of tranquility. Even after Madamgaru left her body in June 2001 while returning from a trip abroad, her presence and teachings continued to guide many in their lives.

Many of her disciples still connect with her to receive guidance. As her son, I was able to witness how she changed from being just my mother to everyone's spiritual Mother gently guiding them with her selfless love, and providing service with a smile on her face.

I humbly bow my head at the feet of such a venerable soul

and pray that she continues to guide me in whatever I do.

Essays on the Lalitha Sahasranama

Chanting the names of the Goddess: the way to attain Salvation

Jayanthi K.P



Moksha” is a concept very dear to the Hindu and Jain ways of belief. Moksha means salvation or release from the cycle of birth and death.

It is derived from two Sanskrit words “Moha” (desire) and “Ksheya” (elimination or removal). Elimination of desire

is a precondition to liberate ourselves from the karmic bonds and ultimately, the cycle of birth and death, in this world. Chanting Lalitha Sahasranama helps us achieve this. In the Lalitha Sahasranama, the Goddess is evoked as:

*"Klimkari Kevala Guhya
Kaivalyapadadayini"*

*"Tripura Trijagatvandyā
Trimurthistridashesvari"*

The first epithet "Klimkari" is very significant. "Klim" is a bija (root) mantra of the Goddess. It refers to the softer, gentler aspects of the Goddess. It is the bija mantra of Kali as the one who bestows moksha or salvation.

"Klim" is also the mantra of Krishna. Goddess as Klimkari can also refer to Yogamaya whose birth preceded that of Krishna. (In fact, Goddess Yogamaya who was born as the seventh child of Devaki announced the birth of Krishna to his uncle Kamsa in Bhagavatham; she caused the incarnation of Lord Vishnu as Lord Krishna).

Goddess as "Klimkari" symbolizes love and devotion. As "Kevala", She is absolute or supreme, complete and pure. The word "Kevala" in Pranayama, also refers to a technique of pure suspension of breath. "Guhya" means secretive and in-depth: this is an attribute of the Goddess as well as the Shakta path.

"Kaivalyapada dayini" denotes the ability of the Goddess to provide moksha or liberation (kaivalya) or stature in life (pada). (The term "Dayini" in Sanskrit means the giver or the one who bestows spiritual and material blessings).

The Goddess is "Tripura", the one who preceded the Trimurthis- Brahma, Vishnu and Shiva. The appellation also refers to her role in creation, sustenance and destruction – the three states all beings go through. The name is symbolic of the yoni which is triangular in shape and also her yantra which is a triangle.

Tripura was the city of three metals - gold, silver and iron built by Maya the architect for the Asuras, which was destroyed later by Lord Shiva as Tripuranthanka and Tripura Sundari is his consort.

Another interpretation could be that Goddess as Tripura controls the three stages of time – past, present and the future, and the three gunas - sattva, rajas and tamas. She is also worshipped by all beings in the three worlds – heaven, earth and pathala

(netherworld), hence the term "Trijagat Vandya".

Goddess is "Trimurthi" who has combined the energies of Brahma, Vishnu and Shiva. As "Tridasheswari", she is goddess of all thirty gods. Another interpretation pertinent here would be that the Goddess is envisaged as a woman in the third stage of growth or evolution – namely 'youvana' (youth) which comes after balya (childhood) and Kaumara (adolescence).

Goddess Tripura Sundari envisaged as a beautiful woman in the throes of her youth is also the highest aspect of Shakthi worshipped in Sri Vidya.

The above lines indicate the attributes or patterns of worship of the Goddess and her bija mantra and yantra. For the devotee to meditate on, the form of Lalitha as Tripura Sundari is also evoked here.

The sound, the stillness, and the form, are given for the benefit of the devotee to meditate on. In the act of chanting, all these get amalgamated and through continues practice, the Devotee is able to focus on the Goddess and be free of desire:

this, in turn, will lead to Kayvalya (Moksha or salvation).

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