

**Contributors from
India & Abroad**

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Eternity

A Spiritually Enlightened International Magazine

www.eternitymagazine.org



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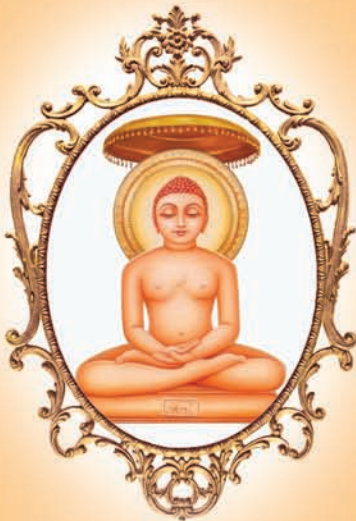
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ABOUT ETERNITY

Eternity is a spiritually enlightened literary magazine. It's a rare serious magazine. Quite rare of its kind is found elsewhere in the world. It seeks and inspires true spirituality within literature. It revives essence of our ancient saints, sages, thinkers, philosophers, poets and writers across the world. Chakravedan yoga, meditation, super consciousness ; and thoughts related to mind, body and soul are delineated here in this magazine. Ancient eternal music, movies, art, sculpture and culture etc. too are reviewed and discussed in Eternity.

Also short stories, literary criticisms, essays, book reviews ; art works on human values, spiritual essence and eternal truths of life are published. Poetry is a regular feature of this magazine. We value James A Butler who says : Poetry is the blossom and fragrance of all human knowledge, human thoughts, emotion and language.. And, we do follow Goldie Morales who says philosophy is in the end nothing but poetry ; and writing poetry is always like metaphysics...

So, we expect such essence of poetry writing for Eternity International Magazine.

Translation in English of writings based on the theme of spirituality, sublimity and human values from other Indian and foreign languages is also published in Eternity.

Eternity is a quarterly magazine in English. Every year four issues are published in the months of March, June, September and December.

TO OUR CONTRIBUTORS

In this digital age, typed thoughtful and researched articles should be sent via Email or WhatsApp. Emails are preferred for articles and poems ; WhatsApp can be used for photos. All contributions should be original. And, contributors should send their photos and detailed biography as Eternity is meant for welfare of humankind. So, we should know one another fully for further assistance and cooperation.

Contributors are requested to become Eternity's Life Time Subscribers to let the spiritual movement move ahead..

And, please spread the noble message of eternity in your nation and abroad.

More the readers, subscribers and advertisers shall make Eternity international magazine - a milestone in building human relations, universal brotherhood, peace, spirituality and tranquility.

As a policy Eternity gives preference to publish its subscribers...

REVISED SUBSCRIPTION RATES :

Subscription	in India	for Abroad
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Response: _____

A JOURNEY INTO THE INSIDE OF ONE-SELF

The new edition of Eternity is once again a trip around the world. There are authors from India, Japan, Bangladesh, Mongolia, China, Mexico, Australia, USA, UK, Greece, Italy, Russia and Austria. A trip around the world that can be accomplished in just a few hours, even with careful reading. But it is also a much wider journey, a journey into the inside of oneself, not least through poetry.

Marcus Bussey from Australia says:...

There is a place
Where sits
The Patient Soul

...

Lorena Pircher from South Tyrol expresses it differently:

...

I am touching my wrinkles inner life
when speaking to my ancestors
when listening to their whispers
in the warm purple wind

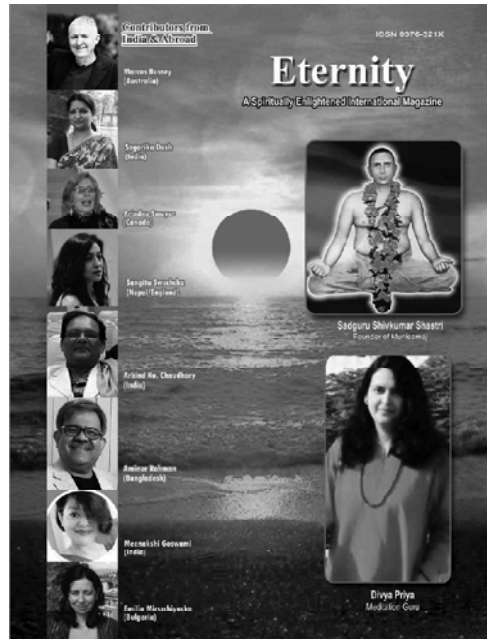
Poetry in particular can comfort our innermost being, because Harekrushna Mahanta says it very clearly in his leading article: Humans are never born for sufferings, tortures, difficulties, wants and desires as generally people in this planet think. It may be the trend in this materialistic age, but riches, reputation, fame, affluence, comforts, power and position should never be the only goal of human survival.

Sadguru Shiv Kumar Shastri put it this way: You yourself are God. The Almighty God is not outside. He is within you.

In the Najwa Brax Column on spirituality we find the wonderful picture: Shoreless is the sea of life and endless is the road of death.

I think poetry can represent a special form of spirituality, because it does not come from outside, but from within, you have to go inside first. And there can be found the real riches of the world, apart from professional position, income and honours.

Zhang Zhi from China also thinks that our wishes and ideas do not grow into the sky.



Natural beauties can also help and inspire. Valentina Meloni from Italy also describes it so beautifully.

It is particularly recommended to think about the articles and book reviews of Divya Priya Meditation Guru, Maheswar Nayak, Nandini Sahu's Sita, Sadguru Shiv Kumar Shastri, Sri Ram Chandra Dash and the poems of SushriSangita Mishra, Panagiota Zaloni, Nina Goncharova, Pamela Constantine, Jayanta Mohapatra and all others.

That's a brief review of the previous edition. Enjoy the new magazine now and let the articles, reflections and last but not least the poetry guide you to yourself. Naturally, as Harekrushna Mahanta says with positive thinking.

At some point the world will be all right again. It is and has never been completely OK. We know that, but there is still a lot we can do. Each of us, a little bit. What is a saying? When everyone sweeps in front of his door, the street is clean. But of course you can also sweep your own apartment or your own house. The broom for this can also be poetry.

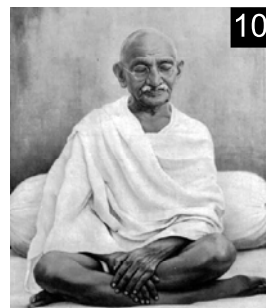
Kurt F. Svatek (Austria)



: CONTENTS :

Editorial :

Kindness Matters	Harekrushna Mahanta	5
Renunciation of Lust	Sadguru Shiv Kumar Shastri	7
The Waves of Aquarius	Pamela Constantine	9
Self Realization :		
The Religion of Gandhiji	Dr. Jaylaxmi Jadeja	10
Tolerance is a Positive Force	Dr. Stephen Gill	14
Entering a New Path	Nina Goncharova	21
Poetry, Philosophy & Spirituality	Harekrushna Mahanta	26



POETRY FROM INDIA & ABROAD :

Nina Goncharova, Russia	28	E. Khan, Balipatna	37
Arundhathi Subramaniam	28	Dr. Bhagabata Lenka	37
Rod Farmer, USA	29	Md. Khade Alam	38
Chitra Lele, England	29	Ruth Wildes Schuler, USA	38
Alicia Minjarez , Mexico	30	Dr. Neelam Kumar Sharma	39
Dr. Katta Rajamouly	30	Birbhadra Karkhidoli	39
Marcus Bussey, Australia	31	Mamang Dai	40
Sagarika Dash (Lina)	31	Pranati Barik	40
Er. Nilesh Singh	32	Priyanka Sharma	41
Harekrushna Mahanta	32	Ms. Gargi Saha	41
Umesh Chandra Nayak	33	Kristina Helene Bray	42
Prof. Jayashree Singh	34	Bighneswar Mohanta	42
Suparna Ghosh	34	Dr. Sangita Swechcha, England	43
Sushri Sangita Mishra	35	Gopal Chandra Sao	44
Bina Choudhary	36	Gary L. Edwards, U.S.A	44



Spiritual Sensation of Emerson	Arbind Kumar Choudhary	45
A Short History of Austrian Literature	Kurt F. Svatek	49
Ghosts, Gods And Goddesses	Sadguru Shivkumar Shastri	57
Major and Minor Poetry	Goldie Morales	59
Odisha During Gupta Age	Ram Chandra Dash	61
Positive Thinking	Harekrushna Mahanta	65
Unleash Your Power Within	Chitra Lele	67
Glorious Past of Mayurbhanj	Mohit Kumar Sarangi	69
Showcasing Odisha Through Heritage Walks	Bibhuti Barik	72



POETRY FROM INDIA & ABROAD

Pamela Constantine, England	75	Pf. Kurt F. Svatek, Austria	85
Danae G. Papastratou, Greece	75	Niranjan Nayak	85
Peter G. Poul, England	76	Dr. Sunanda Mishra Panda, Canada	86
Meenakshi Goswami	77	Rima Singh	86
Prof. Nandini Sahu	78	Manjushree Mohanta	87
Dr. Panagiota Zaloni, Greece	80	Lorena Pircher, Austria	87
Kallol Choudhury	80	Minati Lata Pradhan	88
Ashis Das	81	Lipsa Lopamudra Giri	88
Joanne Olivieri, USA	81	Namita Nayak	89
Sushanta Bhattacharjee	82	Pf. Ananta Giri	89
Dimitris P. Kraniotis, Greece	82	Betti Fitchl, Germany	90
Santosh Kumar Pokharel, Nepal	83	Yudhisthir Mohanta	90
Rina Kansbanik	83	Exaucias Tobe, Congo (Africa)	91
Hadaa Sendoo, Mongolia	84	Dr. Teresinka Pereira, USA	92
Dr. Bidhan Datta	84	Naivedya B. Jena	92

Divya Priya Meditation Guru Column	
Meditation for Mankind	93

BOOK REVIEW

Katta Rajamouly's Cherished Cherries (A Collection of Nine Anthologies) by D.C. Chambial	94
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Editorial:



Kindness Matters....

Lord Buddha says : ‘ Life is full of sorrows. The reason is the illusion and bondage to which humans are attached as a universal phenomenon.’ There are wants, poverty and inconveniences. But people never cease to exist. Birth, rebirth, death and life continue without stop. In this materialistic world, no one ever questions this. Life goes on. But our ancient saints and sages advised us to practise virtues in life. Life must be worth living with sublimity, spirituality, generosity, sincerity, kindness and a sense of sacrifices... It’s because selfishness, rudeness, violence, vengeance, anger, pride and prejudice - like substances make a human living burdensome & full of sufferings. We have come to this planet to make friends, not enemies. Divine virtues are like : friendship, love, fellow - feelings and kindness towards all whether birds, beasts, animals and plants. Humans must try to practise them all. When in 2005 Eternity magazine came into existence, many poets from abroad like : Ruth Wildes Schuler, California (USA), Najwa Salam Brax, New York (USA) and Dr Stephen Gill (Canada) inspired me and eulogized the mission and noble goals of Eternity. Joane Olivierie of California (USA) made a website for Eternity. Dr Marina Zografou (Greece) helped eternity movement to reach across the world. Dr Danae Papastratou, Editor of Perigramma, Athens (Greece) and



Dr Panagiota Zaloni, Editor of KELAINO, Athens (Greece) spread the essence of eternity movement all over the world. Chr. Varverri Varra, President of International Society of Greek Writers and Arts, Athens (Greece) has feliciatated me twice making the message of Eternity universal. Also, Dr Mahasweta Chaturvedi, Editor of Mandakini, Bareilly (Uttar Pradesh) bestowed on me the prestigious Mandakini Literary Award. Dr Bidhan Datta, Editor of Heaven and Secretary of Michael Madhusudan Academy, Kolkata went ahead in offering me the certificate of merit as a Life Time Achievement Samman for literature, peace and social services. These are not mine, but recognitions delivered to Eternity International Magazine; and to the essence of eternity movement. Philanthropists like : Umesh Ch. Nayak, President of Maa Kichakeswari Sahitya Samaj and Sagarika Dash (Bhubaneswar) have helped Eternity International Magazine immensely without which this magazine couldn't have marched ahead. From my own experiences I have known many publications and organisations stop functioning after some years. Many also lament being unsuccessful. But no one tries to know and realise the real reason therein. If the goal is for welfare of humanity blended with sublimity, kindness, love and eternal essence ; it shall never become a failure. Spiritual awakeners with essence of eternal truth like : Socrates, Jesus, Lord Buddha, Prophet Mahammad, Swami Vivekananda,

Sri Aurobindo, Sadguru Shivkumar Shastri, Swami Vivekananda, Swami Dayananda Saraswati, Saint Kabir, Leo Tolstoy and Emerson have passed away; but their messages still remain in this world in various forms respected by humans across the world. This time Nina Goncharova, prominent spiritual seekers and activists from Russia has been published on the cover page of Eternity as a token of appreciation, respect and humble recognition for her service to humankind. Many new thinkers, writers and poets have joined us in the meantime. Dr Sushri Sangita Mishra, Chennai has helped creating the new website of Eternity that is spreading eternity movement world wide. It is : www.eternitymagazine.org. In this context, I remember here what Queen Gandhari of the Mahabharata said while blessing her son Yuvraj Duryodhana..” Akshaya rahu punya jagate, dharma ra heu jaya.’(Let the justice win. Let the dharma and truth remain intact.) Whether we believe or not, if someone is kind, sincere, righteous and helpful to others ; his noble endeavours and initiatives never become unsuccessful. God Himself stands behind him to give a helping hand through someone. So it’s universally true that kindness matters.. At last, I want to quote here a line from Reegveda :’ Let noble thoughts come to us from every side.’

Reegveda, 1 - 89 - ii



RENUNCIATION OF LUST

Sadguru Shivkumar Shastri

The person who is not detached from laziness can never remain aloof from lustful thoughts. How can a person win over lust who has not won laziness in life? How can a man practice yoga who does not practice learning? How can someone hunt a lion who is afraid of a jackal? It is necessary to possess gallantry, agility, wisdom, consciousness and thoughtfulness to win over lust and the same too is necessary to detect a lion. It's because to hunt a lion bravery, quickness and awareness are needed.

On the other hand, it may be a bit easier to hunt a lion. It can be hunted with some tricks and efforts. But to win over lust, it is very very difficult. This is well known and savoured by a lonely person. He is not a warrior who hunts the lion. But the real hero is he who has won over lust and lustful thoughts. And, he by winning lust gets his real-self embracing peace & bliss.

Practise yoga and its exercises daily with utmost sincerity and interest. Do your day-to-day-duty with hard labour with happiness and sincerity. If you practise this your fickle mind will become tired. No more will the mind run towards lustful thought. When the body remains without any activity, it affects the mind. And the idle mind is drawn towards worldly pleasures. This laziness and inactivity become the killer of peace. It gives birth to



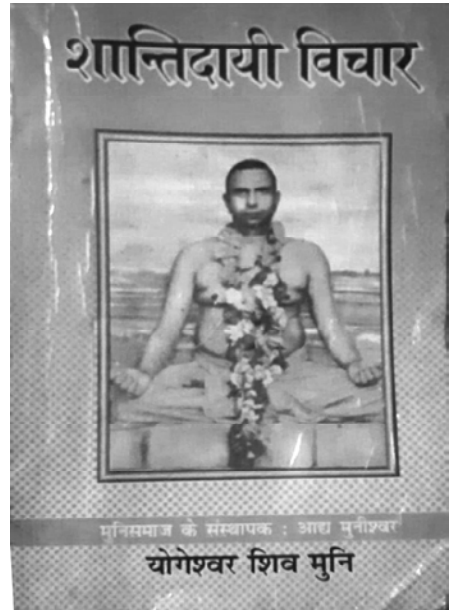
different diseases. Students during vacations, lawyers during big holidays of court, pension-holder soldiers and flow-less rivers are often found diseased and decayed. The main door of death is laziness and inactiveness. Indeed, death also is frightened to go near people who are standing and working. Death generally visits the people who are lying on beds. Everyone tries to frighten the lazy people and attack on such people who are lazy and inactive. The persons who becomes lazy are sure to become weak. They also are sure to be addicted to lustful thoughts. Everybody should try to get rid of this through sincere efforts. This of course is the biggest human pursuit for true heroes and scholars. Great scientists, discoverers and heroes on the battle found in history were never addicted to lust



and sex. They were not lazy, but enthusiastic heroes. Of course, the real comfort comes from work and activities.

Just having more and more knowledge on necessary substances, no one can become noble, dignified and revered person. He is really a revered person who practises what he preaches. It is of no value just in preparing essays and write ups on asceticism, contentment, yoga and vedanta philosophy. But there lies great value in behaving and practising the same in day today life. Some people have addiction for reading books. They always remain busy on browsing good and quality books. They give comments on the writing style, language, beauty and other information therein. They remain absorbed with books like insects. But they gain actually nothing out of such activities.

The book readers know the themes and subject matters. They can teach others on the themes. They can write very good articles. They can give discourses on that. But they themselves cannot be liberated through this. Their hearts cannot be blessed with real peace and bliss. So it is important to devote more time on activities, on practises and on conquering bad habits. This is the true path for self-liberation. Save your precious time from being addicted to drugs like: liquor, tobacco, hookah and betel etc. Don't waste time in needless conversation with friends, reading of newspapers, novels and stories etc. Rather, you should utilize your time and attention in the practice of yoga, self-contemplation and self-realization. The



lessons you have studied and analyzed so far should be practised by you in your behaviour and life style. While continuously pondering and reflecting on such thoughts and philosophy, you also must try to quit bad habits one after another. Mind and body may move against the philosophy and advice of spiritual sciences. But through constant efforts and strong will power, you are sure to resist that negative trend. And one day you surely will become successful in your mission towards spiritual essence of life. This indeed is real truth and philosophy. But it needs great patience and human pursuit. Still then for a true practitioner of yoga and meditation, this movement generally becomes simple and smooth.

(Translated from Adi Muniswar Yogeswar Shivkumar Shastri's trendsetter book : Shanti Dayee Bichar)

