



## "Bhavati Bhiksham Dehi" - May you give us some bhiksha!

Yes, we are seeking your Bhiksha for a great cause. We at Anugraha Foundation request you to be part of our purpose to ensure the manifestation of "Living Values" in us, in our families, in our organisations and in our society. Let us make the planet on which we live, a better place to live, grow, prosper and enlighten.

In our ancient Vedic culture, offering Bhiksha is considered as one of the foremost duties and privileges; it is considered a societal duty to support a Bhikshu, as he is committed to the pursuit of "Living Values" for the benefit of society as a whole. When we participate in Bhiksha, we get a unique opportunity to see and experience our mind through the lenses of wisdom of the scriptures.

Serving a Bhiksha is a powerful act of earning grace. The Bhiksha is an expression of gratitude for having given you the opportunity to serve a noble cause. Anugraha Foundation is not an organisation, not is it merely a facility. It has a certain atmosphere, a unique personality that makes it a place where the vision of saints and rishis are unfolded, shared and lived - Arsha Anugraha. For many, it makes a home; people from different occupations and cultural backgrounds feel that this is their place – they belong to this purpose.

The ancient Gurukula system of education was so well organised that by the time a child completed his (her) education, he would have learned, clarified, assimilated and living values, which would enable him to become a true individual. One of the most important value, which he acquired during his stay with his guru, was a sense of humility - a trait, which was considered as the crest jewel of true learning. Bhartruhari, the famous sanskrit poet of the 7th century A.D., therefore said that a man without such an education (which combined humility) was a pashu.

The principal goal of education is to realise the truth by removing the mask layer by layer. With a view to assisting an individual to realise this, the Gurukula education laid stress on both "Knowledge" and "Values". As the Gurukula's main purpose and concern was to create an environment where knowledge and values will take place with least disturbance. On the other hand, children would go around collecting food from household both for himself as well as for the gurukula, calling out at each house Bhavati Bhiksham Dehi or May you give me some alms. This kind of life, seeking bhiksha for the purpose of "Living Values" induced a sense of humility.

Bhiksha is an offering to a bhikshu, who is committed to knowledge and seva. It is a means for self-growth, an act of worship, and an expression of accepting the grace; it is a means to purify one's mind. By purifying one's mind one can uncover the true knowledge within and understand one's life purpose.

Anugraha Foundation is a registered non-government organization – a group of people committed to the purpose of “Living Values”. We have a strong, clearly defined vision, purpose and the way to live and make it happen. We see people live in peace and harmony with the universal law that is impersonal and guides every activity - values. People experience joy, beauty, and happiness by living and growing with values. The purpose of Anugraha Foundation is to make everyone experience a life of self-growth that leads to discover self-knowledge.

We have the ambitious vision of ensuring a beautiful life of honour and dignity for all: creating a life free from disturbances, which is everyone's birth right. We feel privileged to stand with, children never get to experience the inspiring environment of a classroom; People who suffer from unhealthy or inadequate lifestyle; someone die from easily curable diseases before they discover their true potential; People who suffer from diseases for which only “Love and Care or Living Values” is the cure'; Elders who are at the tail end of their journey, searching for the life purpose...

Our research and analysis reveals that, making an individual “Learn, Clarify, Assimilate and Live Values” alone can guarantee a life of least disturbance. Re-engineering the core of the individual and bringing-in right corrections in time alone can help a person to grow. We make this opportunity available to present and future generations to come, beyond their cast, creed and colour; we shake, shape and sharpen individuals to transform families, organisations and challenging social contexts.

Your “Bhiksha” will allow us to research, design, organise, deliver and monitor “Living Values” learning resources, modules, delivery mechanisms, workbooks, workshop, coaching – mentoring - retreat resources, videos, free downloads, weekly podcasts, blogs, social media outreach, and most importantly to digitize and preserve our cultural heritage of over thousands of years in audio and visual format for future generations and channels of living values insight to share with everyone who seek to live in truth.

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We invest in activities that include, ensuring the manifestation of “Living values” initiative in individual self-growth and self - discovery; transforming family environment; renovating organisational culture; empowering social climate; education; healthcare; creating true leaders; building successful entrepreneurs; serving and supporting elders; ethical governance; conducting rural rejuvenation projects; preserving our cultural heritage for our future, designing, executing and monitoring socially sensitive projects that guide and promote true transformation and much more.

Your “Bhiksha” works as the grace to support the purpose of “Living Values”. It matters a lot to people who would like to experience the joy of living. Through your “Bhiksha”, you are participating in making many lives “Living values” and transform forever. You are not donating; you are giving “Bhiksha”: When you give, you are “Living values” of our ancient Rishis, and open the channel for self-growth. We, Anugraha Foundation, sincerely request you to be a part of this movement in any form that suits you. It is our request not a demand.



The Foundation for Living Values

## ANUGRAHA FOUNDATION

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