



# PP TIMES

AN INITIATIVE OF PAADARIVOM PADIPPARIVOM

Issue No.23 | July 22nd, 2023 | Every Saturday | Tanglish Weekly | 5 Pages

## THE HOPONOPONO PRAYER TO SLEEP LIKE BABY (PART II)

The major reason for not being able to sleep could be over thinking, un resolved emotions like anger, guilt, fear of failure etc.....Hohonopono Prayer helps to process our emotions.....

[Read More - Page 3](#)

## SWARAM FOR FILM SONGS - MALARGALEY MALARGALEY

Learn the swaram for Malargaley Malargaley song from the movie Love Birds. This mellifluous composition by Music Director AR Rahman was sung by Hariharan & KS Chithra. And beautifully penned by Vaira Muthu.

[Read More - Page 4](#)

PP HYBRID SHOW @BENGALURU

Learn to Sing

Mentees Dr Nandini R & Pradhyumna Rao

Mentors Nageswar & Sushmitha

Malargale Malargale

LIVE

On 22nd July (Sat) @ 06:00 pm (IST)

Facebook YouTube



## MUTHANMUTHALAGA PAADA VANDHEN KAADHAL DUETU..!!!

PP has always been pushing boundaries and looking at new avenues. That way, we are all set to have our 1st hybrid song from Bangalore.

What happens when we teach live?? It's a surreal experience indeed, for one gets to see the MENTORS at work and passing on feedback right at the moment.

Learners also get a great chance to pick up the finer nuances on the spot. During this month dedicated to the legendary K. S. Chitra, we are all set to learn **MALARGALEY MALARGALEY** - and **இது என்ன கனவா? - நிஜம் தான்!**

So, join us and experience the magic yourselves.

Click the ICON to watch the Teaching Show LIVE  



உங்களை ஒன்று கேட்போம்  
விடையை சொல்ல வேண்டும்!

## MUSICAL QUIZ #23

1. Vidyasagar's First movie as Music Composer?

2. Malar moodum nilai Konjam vilagaatho, Adi naal ellaam dhavam seidhen Nazhuvatho - Find the song.

3. The clouds are my blank sheets of paper to write my love letters. Bring the blueness from the sky to serve as ink, when the ink in my pen dries up - Find the tamil song

Please send in your answers to these questions to [music@learn2learn.in](mailto:music@learn2learn.in), clearly mentioning your full name, contact number and location with the Subject PP Times - Quiz #23 and ~WIN PP Merchandize

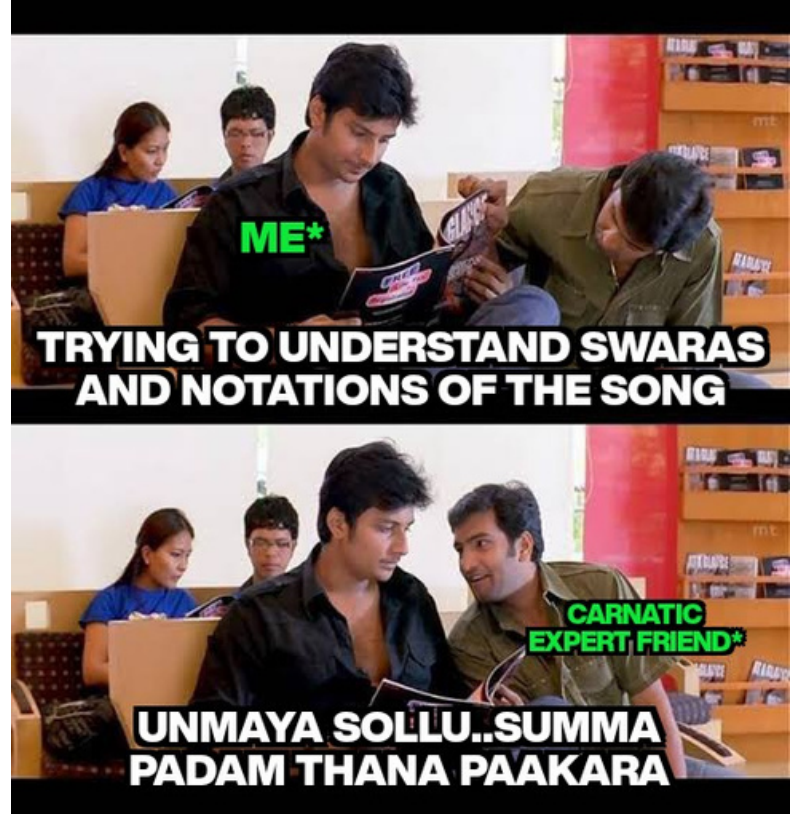
### Answers for Quiz #22

1. Which is the 500th film of Ilayaraja?? - **Anjali**

2. Kadalilae mazhaiveezhndhapiin Endha thuli mazhai thuli Kaadhaliil adhupola naan Kalandhitten kaadhali - **Anjali Anjali Pushpanjali**

3. Love doesn't look upon cleanliness, Even spit is sacred - காதல் ஒன்றும் சுத்தம் கித்தம் பார்ப்பதில்லையே எச்சில் கூட புனிதம் ஆகுமே

சீர்கமபதந்



கோத்து வீடு!! Find the tamil songs #21



Please send in your answers to these questions to [music@learn2learn.in](mailto:music@learn2learn.in), clearly mentioning your full name, contact number and location with the Subject PP Times - Connection #21 and ~WIN PP Merchandize

### Answers for Connection #20



## ASHWIN & ASSOCIATES

We provide income tax filings and allied professional support at a low cost.

### OUR AREAS OF WORK

- Income Tax, Updated Returns for FY 2021-22 and FY 2020-21, Assessments and allied work
- GST, TDS, EPF, ESI and ALLIED Works
- Internal audit
- Net worth Certificates
- Stock verification
- MSME Registrations
- Accounting and Book-keeping
- And all related works

LAST DATE

31st JULY, 2023

### Reasons to file returns early

- Early returns, early refunds
- More time to rectify errors if any



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## THE HOPONOPONO PRAYER TO SLEEP LIKE BABY (PART II)

### To practice ho'oponono :

Take a few deep breaths with your eyes closed.

Then, slowly repeat these phrases to yourself about 7 or 8 times. ("I'm sorry, Please forgive me, Thank you, I love you... I'm sorry, Please forgive me, Thank you, I love you" – and so on.)

End with a few moments of silence to let the message resonate. Open your eyes. .. Once you feel you are done..



**Yaminnii Sanjeev**  
(Founder of Padmayam / PP Member)

### MEANING OF EACH PHRASE

#### Step 1: Repentance – JUST SAY: I'M SORRY

The first step is to realize that you are responsible for everything in your mind, even if it seems to be "outside" of you. Once you accept that, it's very natural to feel sorry. When I read about all the heartache and destruction in the world and take responsible for becoming aware of that reality in my consciousness, I am very sorry. This realization can be difficult to accept, and our ego will definitely resist this level of responsibility, but once you start to practice this method and see results it is nothing short of miraculous. A great exercise is to choose something that you already know you've caused for yourself? Over-weight? Addicted to nicotine, alcohol or some other substance? Do you have anger or self esteem issues? Health problems? Start there and say you're sorry. Just say I'M SORRY. That's it! It is even more powerful to say it more clearly: "I realize that I am responsible for this (issue) in my life and I feel remorse that my consciousness has allowed this."

#### STEP 2: ASK FORGIVENESS – SAY: PLEASE FORGIVE ME

Don't worry about who you're asking. Just ask! PLEASE FORGIVE ME. Say it over and over. Mean it. Remember your remorse from step 1 as you ask to be forgiven.

#### Step 3: Gratitude – SAY: THANK YOU

Say "THANK YOU" – again it doesn't really matter who or what you're thanking. Thank your body for all it does for you. Thank yourself for being the best you can be. Thank God. Thank the Universe. Thank whatever it was that just forgave you. Just keep saying THANK YOU.


#### Step 4: Love – SAY: I LOVE YOU

This can also be step 1. Say I LOVE YOU. Say it to your body, say it to God, say it to the universe. Say I LOVE YOU to the air you breathe, to the house that shelters you. Say I LOVE YOU to your challenges. Say it over and over. Just say I LOVE YOU and mean it. There is nothing as powerful as Love.

That's it. The whole practice in a nutshell. Simple and amazingly effective.

Looking for answers to important questions in your life?

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## SWARAM FOR FILM SONG - MALARGALEY MALARGALEY

Singers : Hariharan and KS Chithra|| Music by : AR Rahman || Movie : Love Birds || Lyrics : Vaira Muthu

### PALLAVI:

**Female:** Ma lar ga lae ma lar ga lae idhu enna kanavaa  
**S S M M R R P P SS MM RRP,,,**  
 Ma lai ga lae ma lai ga lae idhu enna ninaivaa aa...  
**S S M M R R P P SS MM RRP,,DPM**  
 U ru gi ya dhae... e na dhul lam Pe ru gi ya dhae... vi zhi vel lam  
**M P D N D,S,,,, N RS N,, DPM M P D N D,S,,,, N RS N,, DPM**  
 Vinnodum nee than mannodum nee than  
**GRGR,R,S R,R N.DP GRGR,R,S R,GR N.DP**  
 Kannodum nee than vaaa aaaa aaaa.....  
**GRGR,R,S R,R N.DP MPDSN DPMGR**

### CHARANAM:

**Female:** Megam thirandhu kondu mannil irangi vandhu  
**P,SD,S, M,P,P,P P,P, MPPSD,S, M,P,P, P,P,**  
 Maarbil olindhu kolla vaa vaa ...aaaa  
**P,S, SS,SN DPP, SN,R....**

**Male:** Maarbil olindhu kondaal maaran ambu varum  
**P,PSD,S, M,P,P,P P,P, P,SD,S, M,P,P P,P,**  
 Koondhalil olindhu kolla varavavaa...  
**P, SS, S,SND DPP, SN,R....**

**Female:** En koondhal dhevan thoongum palli araiyaa araiyaa  
**S, P,P P,P, P,P, P,P RGPMR SNS**  
 Malar soodum vayadhil ennai marandhu povadhu than muraiyaa  
**SS P,P P,P, P,PD MP,D NSRNS M,D, PMDP,**

**Male:** Ninai kaadha neram illai kaadhal radhi yae radhiyae  
**SS P,P MPMP MPMP P,PR, RG PMMR SNS**  
 Un perai chonaal podhum nindru vazhi vidum kaadhal nadhiyae  
**S, P,M, D,SDDP P,P MPDN SR NS NDNDN PMP**

**Female:** En swaasam un moolchil un vaarthai en pechil  
**GP S,S, SN RR,SN PN R,R, RS GG,RS**

**Male:** Ain dharu nootrandu vaazhvom en vaazh vae vaa  
**MD G,R S, N,,DP P,PSN, M, PDM MPR SN**

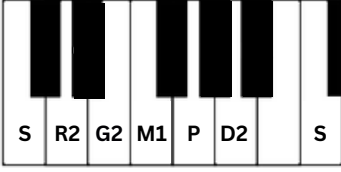
**Male:** Ma lar ga lae ma lar ga lae idhu enna kanavaa  
**S S M M R R P P SS MM RRP,,,**  
 Ma lai ga lae ma lai ga lae idhu enna ninaivaa aa...  
**S S M M R R P P SS MM RRP,,DPM**  
 U ru gi ya dhae... e na dhu Ullam Pe ru gi ya dhae... vi zhi vel lam  
**M P D N D,S,,,, N RS N,, DPM M P D N D,S,,,, N RS N,, DPM**  
 Vinnodum nee than mannodum nee than  
**GRGR,R,S R,R N.DP GRGR,R,S R,GR N.DP**  
 Kannodum nee than vaaa aaaa aaaa.....  
**GRGR,R,S R,R N.DP MPDSN DPMGR**

Swaram for Second charanam are as same as first charanam

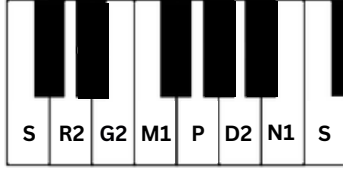


## வாரம் ஒரு ராகம் - 20

### ஆரோகணம்



### அவரோகணம்



**ராகத்தின்பெயர்** : துவிஜாவந்தி

**மேளகர்த்தா எண்** : 28வது மேளமாகிய

ஹரிகாம்போஜியின் ஜன்னியம்

**ராகத்தின் சுவை** : பக்திச்சுவை

**ஆரோகணம்** : ஸ ரி2 ம1 க2 ம1 ப த2 ஸ

**அவரோகணம்** : ஸ நி1 த2 ப ம1 க2 ரி2 க2 ஸ

**பாடுவதற்கு சிறந்த நேரம்** : எப்பொழுதும் பாடலாம்

**ஹிந்துஸ்தானி இசையில் பெயர்** : ஜய ஜய வந்தி

**கர்நாடக இசையில் பாடல்கள் சில** :

1. கிருதி - அகிலாண்டேஸ்வரி
2. கிருதி - ஓடி நான் உனை
3. கிருதி - அம்பிகா உன் பாதமே

**திரை இசையில் பாடல்கள் சில** :

1. மௌனமே பார்வையால்
2. அழகே சுகமா
3. பொய் சொல்ல கூடாது

**Padmayam's July'23**

**Element Zodiacs Tarot Guidance**

**THE FIRE ZODIACS**     ARIES / LEO/SAGITARIUS  
*The Passionate/Bold/creative/Daring*

The decisions to be made by considering the advice of experts , do not rush into closures !  
**Affirmation for the Month**  
I am Grounded and Balanced ! Its safe to Receive Help from others !



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**THE EARTH ZODIACS**     TAURUS /VIRGO/CAPRICORN  
*The Ambitious /Responsible/Planners /Grounded*

This Month looks good for Romance and Harmony !  
The Business Partnerships also Looks Good !  
**Affirmation for the Month**  
I am OPEN to LOVE That i deserve and I am ready to express myself !



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**THE AIR ZODIACS**     GEMINI/LIBRA/AQUARIUS  
*The Intelligent/Analytical/Free Spirited*

This month is Challenging as you are required to come out of your comfort zone for your highest Good !  
**Affirmation for the Month**  
I am Open for huge Changes and possibilities for my Highest good !



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**THE WATER ZODIACS**     CANCER/SCORPIO/PISCES  
*The Emotional/Flexible/Sensitive/Intuitive*

This Month has new beginnings that would be an opportunities for Growth of Prosperity and abundance !  
**Affirmation for the Month**  
I am in Gratitude to the universe for New Possibilities of receiving Prosperity !



**For Your Personal Consultations reach us**

**9176983026 @PADMAYAM**



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*Our coaching is always best in*

**CREATING KNOWLEDGE**

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