The story of markandeya maharshi, the child born with Alpaayu but made a chiranjeeva by the grace of Lord Shiva, is well known. His father was Mrukanda maharshi. He also had alpaayu. So after his upanayanam his father told him to bow to all elders and get their blessings. He followed his father’s words. He used to bow to every one whether a pandit or a lay man. Once saptarshis came to Mrukanda’s father. Mrukanda in his usual habit, bowed to them and got the blessings of the great saptarishis. The blessing was “dhirga ayushman bhava”. After knowing the truth that is life was short they went to Lord Bramha to solve this puzzle. Mrukanda bowed to Brahma too. And he also gave him the same boon, “dhirga ayushman bhava”.

**Morals in the story:**

1. Respecting elders and parents is one of the foremost principles of Indian culture. Even Lord Krishna used to prostrate before his elders, however bad they may be…
2. Since the saptarishis always speak the truth, whatever they spoke became true. With the power of truth, even the unavoidable death can be stopped!