

December 2009

Following the Footsteps...

Volume 2, Issue 12

Upcoming events:

- Shrimad Bhagavad Katha in Nagpur: January 1st to January 7th

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Prabhu Premi Sangh Newsletter



Reflections from Pujya Swamiji's Diary...



Dear Prabhu Premi,

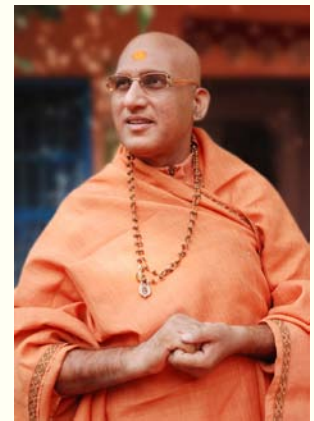
Prabhu bless you.

It is said in our scriptures that changes are constantly taking place in the creation, hence alter and adjust your personality accordingly. Be open to new ideas and welcome new thoughts.

God is forever new. By awakening new feelings, you can enter into the realm of your individual consciousness wherein lies supreme divinity and eternal joy.

My best wishes to you for the New Year.

*With blessings,
Swami Avdheshanand Giri*



Inspiring pearls of wisdom from the diary of Pujya Acharya Sri....

News in a Nutshell

Hari Om!

The New Year is the time for spiritual renewal. It is a time to reflect upon our deeds, achievements and disappointments of the past year, and make fresh attempts to move forward.

Through meditation, reflection and contemplation, let us make intelligent resolves, which when backed with spiritual efforts and firm determination can take us

closer to the ultimate human goal of Self-Realization.

During the month of December, Pujya Swamiji, along with other prominent Hindu leaders, attended the World Parliament of Religions in Melbourne, Australia. From December 15th to 21st, Shrimad Bhagavad katha was conducted in Vikaspuri, New Delhi. In addition to this, several spiritual discourses were

held in the cities of Gurgaon, New Delhi, Indore etc.

In the month of January, Pujya Swamiji will be conducting Shrimad Bhagavad Katha in Nagpur from January 1st to 7th, which will be followed by a Dharma Acharya Sabha Meet in South India.

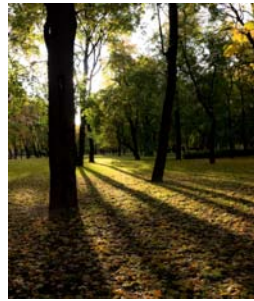
We would like to wish our newsletter readers a wonderful and prosperous 2010!

Following the Footsteps

Importance of Self- Reflection

When you observe a flowing river from a distance, it is hard to estimate how many fishes and other water creatures are swimming in the water. Neither can we guess the number of pebbles. However, when we place a net in the river, the living and non-living creatures automatically get trapped, giving us an idea of what existed in the water. Before laying the net, we had no knowledge of what resides in the water, but that does not mean that it does not exist.

Similarly, our lives also have a flow of karma and deeds. Amongst these, there are some which are inappropriate or incorrect. But due to our ignorance or ego, we tend to ignore them. Occasionally, there is a continuum of unrelated



events which we interpret to be somehow related. As a result, we miss out on the natural flow of life and carry the burden of sorrow on our backs. By continuously doing this, we bring in stress and tension in our relationships, households, and work places.

We refuse to believe that we are able to commit mistakes. Over time, our perspective has become such that there is nobody more sensible or capable

than us. When a few people of this kind of mindset come together to complete a task, you can expect that no work will get done, instead there are bound to be some discords. Such people have a tendency to display their greatness due to their ignorance, selfishness, greediness, or ego.

We can make a very significant contribution towards the development of the world by engaging in self-reflection. We should believe, as a principle, that even great men are capable of making mistakes. Before anyone else can point a finger at our flaws, we should make a conscious effort to analyze our deeds and identify our own shortcomings. If we notice a flaw, we should

definitely engage in further self-reflection.

(Excerpt from Swami Avdheshanand Ji's 'Brahma Hi Satya Hai')

THOUGHT OF THE MONTH



"As you wish, so you shall become. Your willpower polishes your destiny."

Setting Goals in the New Year

Amidst all the celebrations and excitement for the New Year, let us spend some time to pause to think about our goals and resolutions for the forthcoming year. We should chalk out a self-improvement plan for ourselves, that can lead us to where we wish to be. Here are some quick tips towards making and staying committed to New Year resolutions:

Follow your Heart: One of the most important things to remember while making New Year resolutions is that, rather than letting other people advise us about the goals we need to set or changes we need to bring about in ourselves, we should allow our goals to be aligned with the desires of the Inner Self. History is filled with examples of people making New Year

resolutions and then breaking them within a few weeks. One of the reasons for this is that the resolutions were made out of social pressures, rather than by following the desires of one's Self.

Set Realistic Goals: We should set realistic and achievable goals and not what are called 'dream goals'. The individual personality, temperament, lifestyle, and available resources must be kept in mind while setting goals. We should also prioritize and classify them.

Goals can be classified as long term or short term, career goals, spiritual goals, goals for the family, society, nation, environment, and individual or personal goals.

Keep a Daily Diary: Maintain a daily diary to

track your progress. You can use this to record your achievements, pitfalls or to simply express yourself.

Remember to motivate yourself by writing down words of encouragement and you can also vent out any strong emotions in this diary.

Positivity, Perseverance and Patience: An optimistic attitude, persistent efforts and patience are essential for the completion of any goal. Setbacks and failures are bound to come, but accept them as stepping stones and learning from your mistakes, surge forward with courage.

There is no easy path to success, and all great men encountered difficulties before they became great. Hence, learn to be kind and patient with yourself.

Be Cheerful: Pujya Swamiji sometimes says, "If you cannot undertake any difficult resolves, then just make one simple resolve - Resolve to smile."

In the book, 'Living with the Himalayan Masters', there is an incident when Pujya Swami Rama requested a great saint to give him a mantra. The saint said, "No matter where you live, life cheerfully. This is the mantra. Be cheerful at all times, even if you are behind bars. Anywhere you live, even if you have to go to a hellish place, create heaven there. Remember, my boy, cheerfulness is your own making. It only requires human effort. You have to create cheerfulness for yourself. Remember this mantra of mine."

Spiritual Discourse Held in Gurgaon

'AnandUtsav' (Celebration of Joy), was organized by Prabhu Premi Sangh, Gurgaon on Sunday, 27th December at Sukhrali Community Center, Gurgaon. The hall was beautifully decorated in colors of saffron and yellow. Hundreds of prabhu premis had gathered to attend the function.

The central theme of this discourse was 'Happiness lies in the mind, not in objects; and happiness can be created by cultivating good thoughts.' Explaining the cause of unhappiness, Pujya Swamiji said that ignorance and lack of discriminative knowledge gives rise to unhappiness. Due to our ignorance, we try to preserve, that which cannot be preserved and maintain that which cannot be maintained. But, we must

remember that, 'Change is the law of nature'. Even the prettiest of flowers cannot maintain their freshness and fragrance at the end of the day. Hence, we must accept that change is inevitable in this world. Pujya Swamiji also related an interesting story to further explain this point.

Self-discipline is the perfect solution to acquire success, beauty, attractiveness and happiness in life and this self-discipline comes from discriminative knowledge which can be gained through 'satsang' and scriptural study. As our discriminative knowledge increases, we find ourselves becoming happier without any worldly attainments or objects.

In context of spirituality, Pujya Swamiji said,



"Spirituality means returning to your real nature. Let us not limit our spiritual practices to any particular worship, prayer or routine. The true meaning of spirituality is to introspect, analyze and reflect. It is the process of identifying our negative qualities and then taking steps to overcome them."

Swamiji further said that the greatest enemy of a spiritual seeker is 'laziness'. He cited a great author who mentioned 24 reasons of unsuccessful people.

Of these, the very first one was - Not being able to wake up at dawn to take benefit of the early morning hours. Awakening at 'Brahmamuhurtha', which is approximately two and a half hours before sunrise and undertaking spiritual practices during this time such as japa, prayer, meditation, can enable a seeker to achieve great spiritual heights and immense divine power.

Readers can now access current and previous issues of the E-newsletter under the 'News' section of the the Prabhu Premi Sangh website at:

www.prabhupremisangh.org

MAHAKUMBH 2010



It gives us immense pleasure to inform you that 'Kumbh Shivr' is being organized in the holy city of Haridwar under the auspices of His Holiness Rev. Acharya Swami Avdhesanand Giri Ji Maharaj on the sacred occasion of Maha Kumbh 2010.

You are cordially invited to attend along with your families and friends to take benefit of the various spiritual events including divine doly dip (Snaan), prayer and worship, yoga and meditation camps, discourses by several scholars & saints, yajna and various other sacred ceremonies and rituals.

Duration of Maha Kumbh Shivr : 5th February, 2010 to 28th April, 2010

For enquiry, contact : +91-8006008680

You can also email us at : prabhuprem@hotmail.com or pps.ambala@gmail.com

The Power of Strong Determination



Once there was a very intelligent student. He would always wear simple clothes and sometimes even go to school in a mere loincloth. One day his teacher said to him, "Son, you are not adequately covered for this severe cold weather. You will fall sick due to the cold. Such carelessness is not good."

The student said, "Sir, whatever little means I have, I spend it all to buy oil for my lamp which I use to study at night. If I spend this amount on buying clothes for myself, then I won't be able to study anymore. I can do without all other things, but without study, my life will become completely useless."

On hearing this, the teacher became silent. Anxious thoughts began to race through his mind and he felt very uneasy. He began to wonder - those people who have means easily available to them, have little or no interest in studies, while those who have a shortage of even basic necessities; are so eager to study. What kind of strange dilemma is this?

Years passed by and the student successfully completed his studies with an excellent performance. When he went to bid goodbye to his revered Acharya (teacher), the teacher encouraged him and said, "Dear son, I have a strong desire that a young and intelligent boy like you should be involved in the government of the country. You should fill out the application for Indian Civil Services, and occupy a suitable post."

In response, the young boy humbly said, "GuruDev. I am truly sorry, but I am unable to obey this instruction of yours. I would like to further enhance my spiritual knowledge and study the Indian scriptures in depth so that I can liberally distribute this priceless wisdom amongst the people of the entire world."

The teacher sincerely blessed him and hoped that may God fulfill his divine wish. That intelligent boy grew up to become Swami Ramtirth and acquired great name and fame.

The Vedas say, "May my mind's resolve be true and strong. Those young people, who wish to become great in life, should cultivate such strong determination."

Prabhu Premi Sangh

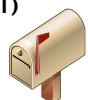
Swamiji's Upcoming schedule



- January 1st to January 7th : Shrimad Bhagwad Katha in Nagpur
- January 9th to January 11th : Acharya Sabha Meet in South India
- January 12th to January 31st : Different Places

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About the Organization...

'Prabhu Premi Sangh' is founded, directed and led by His Holiness Param Pujya Swami Avdheshanand Giriji Maharaj. Sri Swamiji is the spiritual Head of the age old JunaAkhada group of saints, the biggest of the thirteen saint akhadas in the country. Swamiji has also been nominated as the board member of World Council of Religious Leaders, a council of great religious leaders devoted to the noble purpose of promoting world peace and communal harmony.

His divine vision for the spiritual and social welfare of mankind and his devoted efforts in this direction, led to the formation of 'Prabhu Premi Sangh'. It has beautiful ashrams established in a divine, peaceful setting in the cities of Ambala and Haridwar, as well as numerous branches throughout India and abroad. Prabhu Premi Sangh is constantly engaged in various spiritual pursuits and programs with the mission to promote amongst society a spirit of selfless service, and impart spiritual knowledge via the study of scriptures, yoga camps, discourses and spiritual gatherings (satsang).



Please visit us online at: www.prabhupremisangh.org.



Feedback

Prabhu Premi Sangh's e-newsletter welcomes your suggestions, comments and queries. We invite you to share with us your viewpoints concerning spirituality, prayer and meditation. You can also send us your personal views, experiences with Swamiji which we will publish under the "Straight from the Heart" section. Please email us at prabhupremisanghnews@gmail.com.

"The aim is near, only self-confidence and firm faith is required."