

February 2010

# Following the Footsteps...

Prabhu Premi Sangh Newsletter



Volume 3, Issue 2

## Upcoming events:

- Maha Kumbh :  
February 5 to  
April 20, 2010

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## Reflections from Pujya Swamiji's Diary...

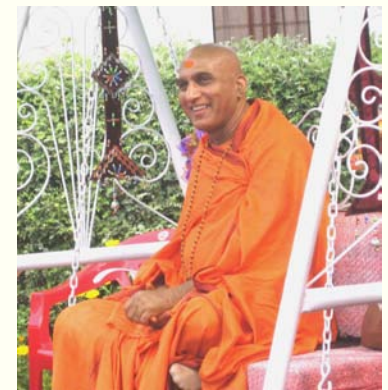


*Dear Prabhu Premi,*

*Prabhu bless you.*

*If one can attain the company of a realized Master for even a moment, then it is sufficient to cross this worldly ocean. One should spend time in the company of such holy beings who are forever established in the Truth and whose entire way of life are a manifestation of that Truth. Just being in their company, bestows the piety of all holy pilgrimages.*

*To be close to the Truth is real satsang, because Truth is God, Atman (soul), and the ideal of human existence.*



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

*With love,  
Swami Avdheshanand Giri*

## News in a Nutshell

Hari Om!

It is said in our scriptures, that there are three things which are very difficult to obtain. Firstly, it is very difficult to obtain human birth. Second, even after having attained human birth, rare are those who have a desire for liberation. But, the third and most difficult thing to obtain is the association of a liberated sage or 'Jivanmukta Mahapurush'. This issue is dedicated to

the holy tradition of saints and sages of our country who have since time immemorial selflessly devoted their whole lives for the welfare of others, working towards the service of humanity and spiritual upliftment of mankind by practicing the ideals of universal acceptance, kindness and love.

In month of February, several important events of MahaKumbh were held

under the auspices of His Holiness at Harihar Ashram, Haridwar. Prominent among these were the 'Mahamandleshwar Pattabhishek' Ceremony, First Holy Dip, Mahashivratri celebrations, Shrimad Bhagavad Katha, Workshop on Vedas and Upanishads, Workshop on Dietary Habits and Bhajan Sandhya by prominent singers such as Shri Gurdas Maan Ji and Shri Govind Bhargav Ji.

## Have Full Faith in the Guru

A true Guru never thinks only about Himself, He thinks about the entire world. However, it is possible that He may limit his sphere of activity.

Guru is the source of inspiration for His disciples. He helps those, who are in need of, and also deserve His help. He can recognize the radiance of spiritual desires in a seeker and works in an effective manner for the progress of His disciples. But not many people understand the ways of the Guru.

On the spiritual path, there are bound to be many moments of confusion and doubts. This is why it is not safe to walk this path without the divine guidance of the Guru. In order to take

remove the disciple's illusion (Maya), the Guru uses 'Maya' itself. That is why it is most important for the disciple to follow the path shown by the Guru with full faith.

The Satguru also takes a lot of trouble to help the disciple lead a divine and spiritual life. But success comes only when the disciple develops such deep love for the Guru which doesn't decrease at any time. When this happens, it can remove all the difficulties that come in the path of the disciple's devotion for the Guru.

Often times the Guru is seen joking about the disciple's behavior. But He does this only so that the disciple can remove all those obstacles

which can create serious hindrances in his spiritual path.

Sometimes He may inflate the disciple's ego, but this is done only to give full freedom to the disciple to commit mistakes, and learn from them, as this is extremely important to destroy the roots of his ego.

Guru stays away from good and bad, and does not get worried seeing the disciple incur failure. He accepts those failures with patience. He knows well enough that once the disciple begins to tread firmly towards the path of success, then failures will automatically be left behind. When the Guru is convinced that his disciple is on the right path, then he becomes fully

engaged in eliminating the weaknesses of the disciple

Finally, the disciple understands that his welfare lies hidden in all those activities which he is performing in accordance to His Guru's instruction, consultation or consent. For the disciple, the Guru becomes an embodiment of the Supreme Being and he should make a sincere attempt to realize that His Guru is present within Him in the form of that Supreme Being. The Guru helps the disciple in this task and becomes the epicenter of his varied spiritual thoughts.

*(Excerpt from H.H. Swami Avdheshanand Ji's 'Atmagyaan Ki Raah')*

## Understanding the Nature of Worry

To worry is a natural activity of the mind. It is appropriate to be worried about fulfilling our prescribed duties. For example, worrying about leading a good life, your child's education, or young daughter's marriage, can be justified. In such cases, peace of mind can be attained only after successfully dealing with these issues.

The irony is that in today's world, the pursuit for endless attainments has caught everyone, from small children to the elderly, in an unnecessary worry trap. Children are worried about getting 100% scores, teens about being successful in their talents, and adults about earning status or wealth.

The most unfortunate thing about worry is that it depletes our valuable energy. For the most part,

worry is related to unfortunate events that have not yet occurred; like failing a test, making a loss in business, or losing a job. Ninety percent of these things don't happen. But in the process of worrying about them, your energy starts decreasing. And even if one of these do occur, we spend our remaining energy thinking about how we will survive in the future.

This means that one worry creates another. There is no such misfortune or loss that a human being cannot withstand. Whether he accepts it happily or with tears, the occurred event cannot change. What is there to worry then? What one can do is take appropriate steps to care for himself and rise up again.

Now the question arises - what is worry? Our sages have analyzed it very elaborately. According to



them, human consciousness has four faculties - mind, intellect, ego, and the subconscious mind. The subconscious mind which is known as 'Chitta' continuously speculates about different issues and incidents of the past, present and future. The mind offers various options and alternatives. The intellect makes a decision, and the ego executes it.

Even though all four of these are natural phenomenon, and human beings are separate from the cycle, due to the presence of ego, the individual associates himself with it, and considers himself to be happy, unhappy, capable or

incompetent.

When the consciousness is filled with attachment, hatred, or ignorance, it is not able to take any decision and continues to worry. The diagnosis for this is to make repeated attempts to withdraw the consciousness from the pattern of pessimistic thinking and direct it towards positive and divine thinking. After continuous practice, you will achieve success.

Every problem has a solution. With the riddance of worry, one will achieve inner harmony and well-being. Thus in order to protect us from the dreadful disease of worrying, we must always cultivate positive thoughts.

*(Prabhu Prem Pukar, Jan 2010)*

## First Holy Dip Takes Place on Mahashivratri

Mahashivratri marks the day when Lord Shiva married Goddess Parvati and is celebrated during the Phalgun month each year. This year, Shivratri celebrations held immense significance for prabhu premis because of its occurrence during the auspicious Maha Kumbh. This was also the day that the 'Pratham Shahi Snaan' or First Holy Dip of MahaKumbh 2010 took place.

The first Akhara to take a dip on MahaShivratri was the Juna Akhara, the largest and oldest order of renunciates. The grand procession comprising lakhs of sages and saints assembled near MayaDevi temple, close to the Juna Akhara camp area, and then



left for 'Har Ki Pauri'. Amongst the saints, were a large number of ash smeared Naga babas, who danced enthusiastically to the loud band music and displayed a variety of skills. There was an air of excitement and festivity all around.

Pujya Swamiji, the Acharya (spiritual head) of the Juna Akhara, took the holy dip around 11 am. After all the seven Akaharas of saints finished their dip, the

common public, and devotees came in huge numbers to do 'Ganga Snaan'.

At Harihar Ashram, devotees poured in all day to offer fruits, milk, bael leaves and their prayers to Lord Shiv. One could also witness a large number of bhakts doing 'Pradakshina' or circumambulation of the holy Rudraksh Tree.

A unique part of Shivratri celebrations is the traditional 'Char Pahar Ki Pooja' (worship in four parts) which involves the worship of the Shivling at four different intervals and it lasts throughout the night. The first 'pahar ki pooja' (First worship ceremony) began at approximately 9 pm.



During these ceremonies, Rudrabhishek of the holy Mercury Shivling was conducted. Such 'Abhishek' of Parad Shivling is conducted only once a year, and that is during Shivratri.

The chanting of the sacred mantras, traditional rituals, soulful bhajans and meditative atmosphere, in the divine presence of Pujya Swamiji, made it a blissful and extremely memorable experience for all prabhu premis.

## Workshops Held on 'Vedas' and 'Dietary Habits'

The first workshop of MahaKumbh Shivir entitled 'Workshop on Vedas and Upanishads' was held at Harihar Ashram on February 27<sup>th</sup>, 2010 from 3 pm to 6pm.

Vedas are our ancient scriptures, the knowledge of which is customarily passed on from one generation of learned scholars (Brahmins) to another. They are divided into four groups, namely Rig Ved, Atharva Ved, Yajur Ved, and Sama Ved. This workshop involved four groups of scholars who recited the mantras from each Veda.

The chanting of the holy mantras in a traditional manner created a very divine and spiritually uplifting atmosphere having a purifying effect on the minds of all prabhu premis.

Many prominent scholars



were present at this function including Prof Ramesh Chaturvedi, Acharya Ramanuj Upadhyay, Acharya Vaikunth Nath Shastri, Acharya Dr Kirtikant Sharma.

The lighting of the traditional lamp was done by Shri S.C. Jain, President, Roorkee College of Engineering, Haridwar. This was followed by a short talk by Prof. Yugal Kishore Mishra, Vice Chancellor, Shri Ramanandacharya Sanskrit Vishwavidyalaya. His Holiness Swamiji spoke a few words at the conclusion of this divine gathering. News

coverage of this programme was telecast on national television.

Following the workshop on Vedas and Upanishads was a workshop on 'Dietary Habits' which was held on February 28<sup>th</sup>, 2010. This was conducted by Dr. Mahesh Vyas Ji.

During this workshop, many important rules of Ayurveda concerning diet and lifestyle were explained to the participants. For instance, Dr Vyas explained that the two most important factors we need to keep in mind in respect to our diet are 'quantity' and 'timeliness'. The right quantity of food taken at the appropriate time can become medicine for the body. He also enlisted some 'incompatible foods' which should avoid being consumed together. A questionnaire was

handed out to the participants to decide the 'Prakriti' or the constitutional nature that one belongs to for which he defined three categories as 'Vatta', 'Kapha' and 'Pitta'.

### THOUGHT OF THE MONTH



*"Gracious glance of the Guru is the only shelter of the devotee."*

## Inspiration from Saints



There was once a saint who used to be immersed at all times in thoughts of the Lord. Whosoever would come in contact with him, that person would eventually give up all his negative tendencies and begin to lead a simple life. The saint used to follow what he preached. In his village, there was a young boy named Mohammad Juber, who due to the influence of bad company had become a sinner. He enjoyed gambling, drinking, and creating trouble. One day, on account of having drunk a lot, he lay on the roadside. At that very moment, the saint was passing by. He picked him up and washed his mouth.

Seeing this, many people gathered there. The saint said, "Young boy, the mouth should be used for repeating the divine name of the Lord. Instead, you are using it to drink and hurl abuses - this is a grave sin. Having said this, he walked away.

When Juber came to his senses, people told him, that the saint had picked him up from the roadside and washed his mouth. Juber was surprised. Someone said, "The saint was also saying that the mouth from which one should take the divine name of the Lord, one should not misuse it. This is a crime. "Hearing this, Juber began to think. Finally he said, "My mouth which has been washed by the holy hands of a saint will never use abusive language again." After this, Juber began to lead a simple life.

The gist is that whenever we want, the direction of life can be changed. The divine guidance of saints makes it easy for us to change. A saint can show us the path, but to walk on it, depends on our own actions. A person should remain so alert that if someone is becoming his guide and showing him the path, he should understand that his welfare lies in following that path. Whether one follows the path or not, makes no difference to the guide.

## Prabhu Premi Sangh

### Swamiji's Upcoming schedule

- February 1<sup>st</sup> to April 20<sup>th</sup> : Maha Kumbh 2010

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### About the Organization...

'Prabhu Premi Sangh' is founded, directed and led by His Holiness Param Pujya Acharya Swami Avdhesanand Giri Maharaj. H.H. Swamiji is the spiritual head of the JunaAkhada, the biggest and the oldest order of the Sanatan Vedic Hindu Dharma, which has millions of saints. Revered Swamiji is the Trustee of Hindu Dharma Acharya Sabha, the apex body of the Hindu dharma. H.H. Acharya Sri is playing a vital role as a board member of the '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](http://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](mailto:prabhupremisanghnews@gmail.com).

"The glimpse of a saint can abolish all sorrows."