

July 2010

Following the Footsteps...

Prabhu Premi Sangh Newsletter



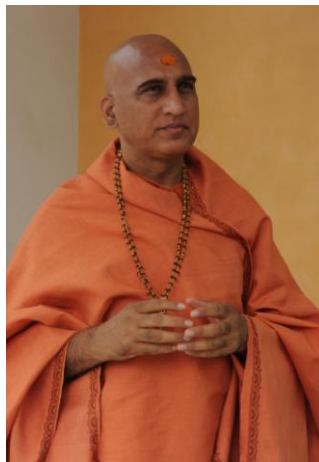
Volume 3, Issue 6

Reflections from Pujya Swamiji's Diary...



Inside this issue...

- Reflections from Pujya Swamiji's diary
- News in a Nutshell
- Helping One Another
- Guru Puja Celebrations Held in Different Cities
- Personality Development Workshop for Volunteers Conducted
- Thought of the Month
- Story : The Real King



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

Dear Prabhu Premi,

Prabhu bless you.

A devotee who has completely surrendered to the Lord and delights in the remembrance of His divine glories has three concurrent experiences – the experience of God's love, the joy of thinking about His beautiful form, and detachment from all objects other than God.

Such a person, who continually reminisces and thinks of His Lotus Feet, acquires devotion, detachment and ultimately God-realization. Himself becoming God-like, he experiences Supreme Peace.

*With love,
Swami Avdhesanand Giri*

News in a Nutshell

Hari Om!

In the holy *Shravan* month, when tiny drops of rain fall upon the parched earth, the entire nature responds with fervor and vibrancy. Multi-hued flowers bloom, crops flourish, lush green trees bask with joy and an occasional rainbow covers the blue skies, as though sending a silent message to us to awaken, rejuvenate and allow the

dryness of our hearts to get drenched with the love of the Lord.

During the month of July, His Holiness toured various cities including Mumbai, Delhi, Kolkata, etc. Guru Puja celebrations were held in different cities in both India and abroad. From July 27 to July 29, 2010 a Personality Development workshop was conducted for the volunteers of

Prabhu Premi Sangh, who had participated in service activities during the Kumbh.

From July 31 to August 6, Shrimad Bhagvad katha was conducted by His Holiness at Shri Tara Baba Kutia, in Sirsa, Harayana.

In the forthcoming month, His Holiness will be on a foreign tour and will deliver spiritual discourses in South East Asia, Europe and USA.

Helping one Another

A fish lives in water. One cannot imagine its existence without water. Similarly, a person lives in society. His entire personality revolves around its social environment. Distinctive features including his language, behavior, civilization, culture etc also get shaped by society.

Basically we have two roles - one is that of an individual and the other is of the society which we are a part of. Today more than an individual, society plays a more important role, hence the importance of social awakening. When a person thinks beyond himself, and begins working for the common good, then it can be termed as social consciousness.

The key to social consciousness is mutual co-operation and inter-personal harmony. The aim of our life is to help and support



one another. A good society is formed on the basis of mutual help and support.

There is an old story in the scriptures that the demons (*Asuras*), complained to Lord *Indra* that He had a soft corner for the 'gods' (*devas*). *Indra* refuted this statement and said, - "That is not the case."

In order to prove His impartiality, *Indra* invited the gods and demons for a grand banquet. Both sides attended this event in large numbers.

However, before they could begin to eat, *Indra* said, "There is one condition for the banquet. Two people will have to sit facing one

another. Both their hands will be tied up with thin strips of bamboo."

First, it was the turn of the demons. Everyone's hands were tied up and they were told to start eating. But the demons kept sitting and without having eaten a single morsel of food, got up and left.

Then came the turn of the gods, and even their hands were tied up. For some time, they kept sitting, undecided of what to do. But then they thought of an idea.

Their tied-up hands could not reach their own mouth, but they could reach the mouth of the person sitting opposite to them. Hence, the *devas* began to feed one another.

After having completed their meal they got up at the allotted time. Then *Indra* turned to the demons and asked, "Tell me, did I favor

them? Those who have mutual love, who know how to feed others, are praiseworthy and like gods. And those who do not have love for others and only know how to themselves eat, are like demons."

A person who not only fulfills his own needs but also attends to the needs of others, is a true human being.

The characteristics of a divine and sublime society are mutual co-operation and *ahimsa* (non-violence). A social structure whose roots are in *ahimsa* and where the people are willing to serve one another will be greatly developed, highly productive and awakened.

(Excerpt from H.H. Swami Avdheshanand Giri Ji's 'Anand Yog')

Guru Puja Celebrations Held in Different Cities

Guru Purnima celebrations were held in the divine presence of His Holiness at Ambala and Haridwar.

At Ambala Ashram, the programme began from 8 am onwards which included Mantra-Diksha, singing of holy hymns (bhajans), and divine discourse by His Holiness. Swami Naisargika Giri, Swami Nachiketa Giri, and many other saints were present on the occasion. The programme was attended by hundreds of prabhu premis from different parts of India.

At approximately 7:30 pm, His Holiness arrived at Harihar Ashram in Haridwar, the Acharya Gaddi of the Juna Akhara. Many hundreds of devotees had assembled here for darshan of Pujya Guruji.

The programme commenced with the recitation of Hanuman Chalisa and was followed by the discourse of His Holiness. During the discourse, His Holiness explained the importance of Guru Purnima, which is also known as Ashad Purnima or Vyas Purnima.

Pujya Swamiji said that the Guru is a 'Tattva' (divine subtle element) which gets awakened with the disciple's faith. If a person develops deep devotion, then the Guru's grace is automatically showered on the devotee. Following the discourse, the devotees queued up to offer their pranam to His Holiness and then proceeded for the bhandara (community meal).

Guru puja was also celebrated by devotees at the various Prabhu Premi Sangh centers throughout India and abroad.

Personality Development Workshop for Volunteers Conducted

A three-day personality development workshop was held for the *karya-kartas* (volunteers) who had extended their *seva* (service) during the Kumbh Mela Shivir.

The workshop was conducted from July 27 to July 29 2010 at Harihar Ashram in the divine presence of His Holiness and attended by approximately one hundred and sixty Prabhu Premi Sangh volunteers from various parts of the country.

On the first day, the *karya kartas* introduced themselves, mentioning the city they hailed from and the nature of their duty during the Kumbh. It was an interesting and interactive session, where different people from different backgrounds talked about their experiences of Kumbh.

On Day 2, His Holiness spoke to the volunteers about the importance of self-discipline, scriptural study, health, exercise, meditation and balanced diet in the life of a *karya-karta*. He stressed that *karya-kartas* and prabhu premis, should first endeavor to be sincere *sadhaks* (seekers) i.e. the flame of *sadhana* must always remain burning in their hearts.

In the second session, His Holiness spoke about the *karya-karta's* desired qualities, nature, determination, execution of duties and leadership potential.

Following are a few of the important points that were outlined by Pujya Sri during the workshop:

1. The first step of *sadhana*



is - Discipline. The basis of beauty, health and happiness lies in self-discipline and optimistic thinking. It is important for a *sadhak* to regulate his senses and exercise moderation in activities like eating, drinking, sleeping, etc."

2. Daily exercise plays a crucial role in the seeker's lifestyle which is of three kinds: physical, mental and intellectual exercise. Hence, the seeker must make the effort to keep himself both physically and mentally fit in order to lead a balanced life.

3. It is important to retain purity in three things for maintaining good health:

- a) *Aahar* (Food)
- b) *Vihaar* (Environment)
- c) *Nihaar* (Sights)

4. Mere execution of one's daily duties including worship, prayer and chanting cannot be termed *sadhna*.

5. The underlying principle of *Sadhna* is that the *sadhak* (seeker) should believe in the omnipresence of the Lord. He should feel and experience His presence everywhere at all times. When He constantly remembers that 'Someone is watching over me', he is bound to act righteously.

6. Self-discipline also includes discipline in speech and listening. We must monitor how much and what we speak and listen. We

should try to speak only as much as required, avoiding gossip and only speak the truth. Our speech should be pleasing and devoid of harsh words.

7. Two important guidelines for achieving success in *sadhana* are that it should be carried out a) Regularly i.e. without interruption b) For a significantly long period of time.

8. We should learn to accept everything in life as the '*Prashad*' or blessing of God. This attitude will bring cheerfulness in the life of the seeker and help him to be disciplined.

9. A true seeker is one whose life is bound by certain rules. A seeker should take up some '*Niyam*' or certain rule and follow it sincerely as this practice is helpful in developing inner strength. For instance we can take up the resolve to do Japa (with mala) for a specific period of time each day and continue to do this every day without fail.

10. We must include *Swadhyay* or scriptural study in our daily routine. We can select up one holy book and study it throughout the year. For instance, say this entire year we can devote to the daily study of Bhagvad Gita, Ramayana in the next year, Shrimad Bhagvad in the following year and so on.

11. One cannot emphasize enough the significance of waking up at *Brahma-muhurtha*. From a scriptural perspective, the underlying cause of an individual incurring failure in his life is

due to his inability to wake up before sunrise.

12. *Sadhna* makes an individual more efficient and productive. It endows him with divine energies enabling him to be more creative, compassionate and well-natured. Such people, who have disciplined their minds, are selfless and engaged in noble work, will automatically be assets to society and to the world at large.

In the concluding session held on July 29, His Holiness laid out some goals and objectives for the various branches of Prabhu Premi Sangh.

He stressed that in the upcoming year, the focus of the *seva* activities is three-fold - *Anna* (Distribution of Food), *Aushadhi* (Healthcare), and *Akshar* (Education). Referring to this as the Triple A (AAA) objective, His Holiness thus inspired prabhu premis to work towards the outlined social causes.

THOUGHT OF THE MONTH



"Tastelessness, control over anger, non-criticism, non-animosity and forgiveness are five great forms of penance."

The Real King



Once a king was walking in a forest when he almost bumped into an old man. Since it was nighttime, and the path was rugged, neither of them could clearly see the other person. When he came face to face with the old man, the king angrily asked, "Who is it?"

The old man softly replied - "A king."

Hearing this, the king was stunned. He thought, "I am the only king in this region, then who is this new king?"

He turned around to ask the old man - "King? Of which province? Who do you your rule over?"

The old man said - "Myself."

The king was taken aback. At first he thought that a person who rules only over himself, how can he be a king?

But slowly he realized the depth and meaning of the old man's words. A person who rules himself, who has truly known himself; there can be no king greater than him. That person alone is the happiest who has full reign over his mind.

He who has discovered all his happiness in the Lord, who has immersed himself in remembrance of the Divine, whose desires have been completely wiped out, and cravings been gently erased with God's love, he alone is the happiest person. Such a person has understood the ephemeral nature of the world, and realized that when everyone has to go, then why be attached to the objects, people and wealth of the world?

He alone is the real king.

Placing his crown at the feet of the old man, the king bowed down in reverence.

Prabhu Premi Sangh

H.H. Swamiji's Upcoming schedule

- August 10th to September 15th : South East Asia, Europe and USA

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About the Organization...

'Prabhu Premi Sangh' is founded, directed and led by His Holiness Param Pujya Acharya Swami Avdheshanand Giriji 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.



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.

"You are creating your future in the present."