

August 2010

# Following the Footsteps...

Prabhu Premi Sangh Newsletter



Volume 3, Issue 7

## Upcoming events:

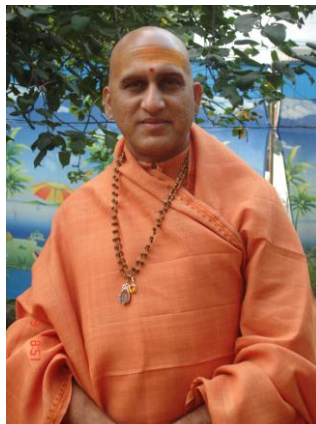


**Shrimad  
Bhagavad Katha:  
Sept 23<sup>rd</sup> to Sept  
29<sup>th</sup>, 2010**

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



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

*Dear Prabhu Premi,*

*Prabhu bless you.*

*Spiritual teaching is the natural requirement of human life. It is impossible to get rid of grief and suffering without spirituality.*

*The element which enables us to distinguish between Truth-falsehood, animate-inanimate, and Eternal-perishable, is the Guru-tattva. Knowledge of the Ultimate Reality, experience of perennial joy and the realization of our full potential can be attained only by the grace and guidance of a Realized Master.*

*With love,  
Swami Avdhesanand Giri*

## News in a Nutshell

Hari Om!

Human life is the precious gift of God. It is an opportunity to seek and experience the Highest Truth.

Holy saints and scriptures have since time immemorial reminded us about the purpose and objective of life. They even laid down the path for us to tread for the fulfillment of that purpose.

We may have heard and read about their teachings many a time, but if we haven't been able to put them into practice, or incorporate spirituality into our daily living, then we might be far from reaping the benefits of their teachings.

The everlasting grace of the Guru guides and blesses the disciple, but it is grace plus self-effort which has the power to

change destinies. For it is only through direct experience, that we will be able to unlock the divinity within us.

In the month of August, His Holiness conducted Shrimad Bhagavad Katha in Sirsa, Harayana. From August 17<sup>th</sup> to September 14<sup>th</sup>, 2010, His Holiness will be delivering spiritual discourses in different parts of Europe and USA.

## Importance of Meditation

God is the Highest Bliss, and His finest creation is – mankind. Although God is present in each and every particle in the world, he is first and foremost, seated within us. In spite of this, man remains disappointed, pessimistic, unhappy and restless. The reason of such dejection is - Lack of divine knowledge. Now the question arises, how should we get to know Him? The simple and straightforward way to meet God is meditation.

The meaning of meditation is – To see, but not from these outer eyes, instead to see from the internal eyes. The mind is made still through meditation. Like the divergent rays of the sun are brought together and focused at one point using a magnifying glass, in



the same way, when the different tendencies of the mind subside, the radiance of the inner divine powers gets manifested in different forms in the seeker.

Meditation is food for the soul. It is the path to salvation in which the secrets of the Supreme Lord get revealed. Meditation is the essence of all religions, and the path adopted by all saints and realized beings. Meditation is the means of bringing about inner transformation. It can be objective or subjective. In both these forms, meditation

is beneficial, because the basis of physical diseases lies in the illnesses of the mind. Through the practice of meditation, the pace of the breath is disciplined, due to which the restless mind, which is the cause of various disorders becomes still, and many kinds of illnesses are automatically cured.

Meditation increases the efficiency of the brain, boosts the memory, and strengthens the person's IQ in a manner that he is able to resolve his problems in an organized manner with the help of his inner powers. With the practice of meditation an inactive mind becomes dynamic, and a person's efficiency and proficiency increases manifold. Meditation is like a divine surge or cascade

of the Lord. In this process, droplets of joy pour down upon us, because during meditation, waves of ecstasy arise in the mind. These waves are the source of peace and bliss, but for this, it is essential for the mind to be calm.

The process of meditation is simple, but one should practice it regularly. Practice of meditation removes physical, psychological, and mental disorders, and grants happiness, peace, prosperity and longevity. It is essential not just for oneself, but also for establishing peace and goodwill in one's family, society and in the world.

*(Excerpt from H.H. Swami Avdheshanand Giri Ji's 'Muktipath')*

## Atma-Sadhna

Everything that exists in this vast universe also exists within the human being. Hence, all divine qualities and spiritual potential are present in a dormant form in the human body. These energies can be awakened and channeled through *Atma-sadhna* or spiritual practice.

The process of transition from the ordinary to the extraordinary can be referred as one of the elements of *Atma-sadhna*. Development of the extra-sensory perception and the divine boon of intellectual and spiritual prowess are also a part of the same process.

If the consciousness is highly developed, then the internal opulence will enable you to lead a joyous life in spite of external inadequacies and

deprivation. Efforts directed towards spiritual progress have been considered to be many times more essential than efforts for physical and worldly progress.

You can achieve notable progress in this direction only when your inner consciousness, objective and path are backed by spirituality. This is possible when human beings make the best utilization of their innate talents and tap their potential to the fullest to become extraordinary individuals.

Spiritual progress is based on two things – First, knowledge, and second, practice. The knowledge component includes cultivation of elevated thinking based on *Brahma Vidya* (Knowledge of the Self). In this, one understands the nature and

purpose of the Atman (soul) as well as one's individual duties and responsibilities. Hence, one receives divine guidance as to how to make human life meaningful.

In order to fine-tune our beliefs, desires, interests, etc, we need to develop deep faith which can be done through different spiritual methods like self-study, satsang, meditation, and contemplation.

The second component of spiritual progress is - practice. Practice is the process involving certain prescribed laws and methods, wherein the different degrees of emotions get directed towards eliminating internal depression. The aim of spiritual practice is to awaken the dormant consciousness.

Humans are endowed with sufficient inner power to fulfill the purpose of life. Just like the vast ocean, there is a treasure of infinite energies within each and everyone. This wealth, known as 'power of the Self' can bring great joy and brighten every aspect of life. It is this power which is responsible for imparting strength and vigor to the individual, making his body energetic and his mind intelligent.

It is possible to assimilate this power through spiritual practice. Spiritual practice is considered to be greatly beneficial in preventing the dissemination of one's power of determination. It helps to strength it and direct it towards a specific noble purpose.

*(Prabhu Prem Pukar, July 2010)*

## Shrimad Bhagavad Katha held in Sirsa

Shrimad Bhagavad katha was conducted by His Holiness from July 31<sup>st</sup> to August 6<sup>th</sup> at Shri Tara Baba Kutia in Sirsa, Harayana. The katha was attended by prominent dignitaries and hundreds of devotees from different parts of the country and abroad.

During the katha, H.H. Swamiji related the stories of the great and noble beings like Kapil Muni, Dhruv, Bhakt Prahlad, Lord Shri Ram and Lord Shri Krishna. Prabhu premis found themselves touched with the sanctity of the katha, irrespective whether they were listening to the katha in person or on television. From the festivities of Shri Krishna Janam Utsav and the captivating tales of *baal leela*, to the soulful *gopi-geet*, the katha touched the heart of one and all.

During the katha, His Holiness also shared divine wisdom and useful guidelines with the spiritual seekers. Explaining the importance of spirituality, H.H. said, that spirituality



helps us to discover our own Truth.

He explained, "The world is lacking, it is incomplete. The unhappiness that exists in the world cannot be removed by objects of the world. There is only thing which is complete, and that is God, the Highest Truth."

Speaking about the state of Samadhi, He said that *Samadhi* is the state when a person experiences unalloyed bliss, which never reduces under any circumstance or can never be taken away from us. Prior to attaining that state, we may experience worries, anxieties, sorrow, etc, but after having united with the Lord, we achieve complete perfection and begin to view the world with equanimity. The result is that we become easy-going, natural

and simple. Our sadhna (practice) leads us to that state of simplicity and naturalness, which is the Highest state.

H.H. also said that the cause of unhappiness lies in the attachment to worldly things. The greater our attachment to the world, the greater amount of mental unrest we experience. The greater our attachment to God, the more peaceful our lives will be. Until and unless the *jiva* (individual soul) does not recognize his identity with the Lord, he cannot experience true happiness.

A devotee should have full faith in the words of the Guru and believe them to be beneficial for him. The Guru's blessings are available to all, but one has to be worthy to receive His grace.

His grace is automatically showered upon the one who is deserving and capable, and as the devotee's faith increases, the Guru-Tattva is automatically awakened in the individual.

Having attained this human birth we have acquired two things: Freedom to act, and Freedom to think. Hence, we should think positive, and also act in a noble manner.

H.H. further said that in each 'Yug' (age), there is one method which is considered as favorable for the realization of God. In Kalug (Iron Age), the method that is prescribed is '*Naam*'. For it is sometimes said, that greater than the glory of God, is the glory of His name. H.H. Swamiji hence stressed upon the importance of doing Japa with full feeling and concentration. It is only with the help of the power of the mantra that one can win over the senses.

He said that one should be innocent and well-natured like a child. A newborn baby is so pure, free of negativity, malice and manipulation. The power to regain our innate naturalness and simplicity comes from *mantra-japa*.

## Health and Wellness

### **Water Consumption:**

Water makes up for 50 - 70% of our body's weight. Our blood, muscles, brain, and bone are primarily comprised of water and all vital functions of our body depends on water, for example, flushing toxins, carrying and distributing nutrients, and moisturizing ear, nose, and throat tissues.

According to the Food and Nutrition Board of the Institute of Medicine, the vast majority of healthy people adequately meet their daily hydration needs

by letting thirst be their guide. However, there is a debate that if you wait to drink water when you're thirsty, it is too late.

The idea is that the dry mouth thirst signal is the last outward sign of extreme dehydration, as seen that in the production of saliva to chew and swallow food even when the rest of the body is dehydrated.

This indicates that the body needs water long before thirst is felt. The question then was what the optimum intake of fluid is in a day to



keep our body hydrated and functioning well. There are varying responses to that.

Someone would say just enough to replace the lost of fluid, another would give an estimate of "6-8 glasses", yet others suggest that it depends on your body weight. Other recommendations urge you to tailor the requirement taking other factors into

consideration such as exercise, environment, illness or specific health conditions. Total water intake actually includes drinking water, water in beverages, and water that is part of food.

### THOUGHT OF THE MONTH

*"Give yourself the joy of giving without measuring what others give to you."*

## Accept Your Mistake



Once upon a time there was a sculptor. He taught his son sculpting as well. They both would take their respective sculptures to the nearby market to sell. The father's sculptures would sell for 200 rupees and the son's would sell for 50 Rupees. After returning from the market, the father would spend time teaching his son the intricacies of sculpting, asking him to pay attention to his mistakes, and ensuring that he improved upon his work the next day. The son was a fast learner. He would listen to every suggestion of his father carefully, follow it, and consequently improve his work.

This practice continued for several years. After some time, the sculptures made by the son also began to sell for two hundred rupees each. But the father would still continue to come home and advise the son, and even the son did not hesitate to listen to and act upon his father's suggestions. As more time passed, the son's sculptures began to sell for five hundred rupees but the father continued to give his suggestions. One day, the son became angry at the father's suggestion. He said, "All you know is how to point out my mistakes. I think that my skill is better than yours. My sculptures sell for five hundred rupees and yours for only two hundred."

The father did not seem offended by the son's remark. Rather he patiently said to him, "Son, when I was your age, this is exactly what I used to think. My sculptures would sell at a higher price than my father's and in spite of that he would continue to advise me. But one day, like you, I said such things to him. And believe it or not, ever since, the price of my sculptures never went beyond two hundred rupees. I would not like you to make the same mistake that I did. I don't want that the price of your sculptures remain stagnant at five hundred rupees. Rather I want that your sculptures become extremely valuable, and you can enter into the realm of highly talented artists."

If someone helps us to see our weaknesses, then we should learn to accept them with honesty, and make an effort to eliminate them. That will not only help us to correct our mistakes but will also greatly improve the quality of our work.

## Prabhu Premi Sangh

## H.H. Swamiji's Upcoming schedule

- September 23<sup>rd</sup> to September 29<sup>th</sup> : Shrimad Bhagavad Katha ( Nathdwara )

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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](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).

"I and mine, you and yours, are an illusion. This is 'Maya'."