

June & July 2011

Following the Footsteps...

Prabhu Premi Sangh Newsletter



Volume 4, Issue 3

Reflections from Pujya Swamiji's Diary...



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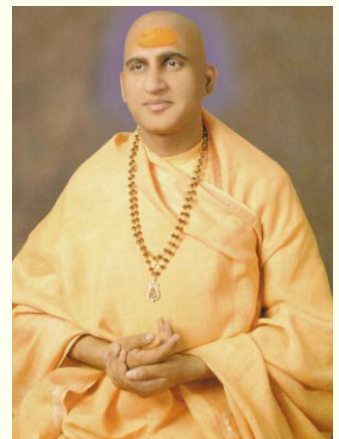
Dear Prabhu Premi,

Prabhu bless you.

Blessed is the faith which one nurtures for the holy presence of the Guru, and having achieved which, the seeker becomes contented and filled with bliss.

With this attainment, the disciple's each moment, each breath, and entire consciousness gets soaked with divine love. His whole being becomes filled with enthusiasm and gratefulness. Such a seeker, immersed in feelings of surrender and humility, experiences the Guru's grace, love and blessings all around him.

*With best wishes,
Swami Avdheshanand Giri*



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

News in a Nutshell

Hari Om!

The *Guru-shishya* tradition is one of the most beautiful and sacred endowments of our ancient Indian culture. Marked with devotion as boundless as the infinite skies, faith as deep as the unfathomable ocean, and love as impeccable as the early morning dew, it is this tradition which has kept alive the spiritual heritage

of this land. A festival dedicated to this divine tradition is the festival of Guru Purnima, which was celebrated on July 15, 2011 at different Prabhu Premi Sangh centers worldwide.

In the months of June and July, many spiritual discourses were conducted in different parts of the world. Shri Ram Katha by His Holiness was organized

by Paropkar Trust on the Norwegian Epic Cruise Line from July 3, 2011 to July 9, 2011. This katha was attended by devotees from around the globe.

Following Guru Purnima, begin the holy four months of the Hindu calendar, referred to as 'Chaturmaas'. His Holiness will in 'Chaturmaas Anushthaan' at Haridwar until September 12, 2011.

Willpower

That which lies between 'knowing' and 'doing' is willpower. Until and unless, our knowledge is transformed into action, until then, it is considered worthless and incomplete. Willpower is needed in order to render our knowledge useful and make it complete. All great accomplishments and noble deeds that have been carried out in the world have all been possible due to the presence of strong willpower.

A strong-willed person alone can administer great tasks. Such people are capable of fostering innovative creations and making new inventions. They make attempts to better their own lives as well as the lives of others by searching for a path which encompasses the welfare,

progress and upliftment of all. These people experience good health, happiness, beauty, joy and peace in life.

Success-failure, progress-regress, ascent and descent in life are all the corresponding outcomes due to the strength or weakness of willpower in an individual. When a person's willpower becomes weak, he tends to encounter disappointments.

On the other hand, people who possess strong willpower remain undisturbed under all circumstances. They remain unaffected by negative thoughts, imaginations, fearsome situations or difficult problems. They always remain steadfast in their decision. Even immense physical pain cannot deter them. Such people try to find a solution under all



circumstances and keep moving forward. They are never motivated by personal gain or losses.

In the Ramayana, there is an instance when a tiny squirrel, filled with devotion for the Lord, attempts to serve Him. While the strong animals were busy gathering big boulders and stones to build a bridge across the ocean, the small squirrel laboriously picked up tiny pebbles and tried to fill up the gaps in the bridge. If birds and squirrels can make brave attempts to dry up a vast ocean, then

man should also believe in the strength of his willpower. A person, who has resolved to bring his mind under control, will automatically experience a great surge in his willpower.

(Excerpt from H.H. Swami Avdhesanand Giriji's 'Brahma Hi Satya Hai')

THOUGHT OF THE MONTH



"Do not treat anyone in a manner that you would not like to be treated."

Health and Wellness

The fast-paced lifestyle and time crunch of our modern world often tends to leave us with little time to think about our health and wellbeing. Many illnesses that affect people today are caused due to faulty lifestyle. However, the good news is that, for the most part, the damage caused to our bodies can often be corrected by adopting a natural and healthy lifestyle.

While medical science has made great advances in discovering cures for many diseases, nature in itself is endowed with great therapeutic properties. Following are a few simple facts and helpful hints that many of us may already be aware of, but often tend to ignore due to lack of time or other limitations. These practical pointers can be incorporated to enable us to live life in greater harmony with nature.



Sunlight: Research indicates that there is a close connection between sunlight and good health. Most physicians suggest that a moderate and healthy amount of exposure to sunlight is beneficial for most people. Sunlight acts a natural healer and tonic. It helps to keep depression away. Sunlight is also a rich source of Vitamin D, a vitamin which is essential for maintaining healthy bones.

Diet: Diet plays a very significant role in speeding up the body's healing process. A wholesome, natural diet comprising mainly of fruits, nuts and

vegetables is beneficial not just for sustaining the physical body, but also keeps the mind alert and fresh. We should increase our intake of natural foods and try to keep away from junk foods. The less amount of processed foods we intake, the healthier we ought to be. In specific cases, complete or partial fasting for short periods is recommended for the treatment or cure of certain ailments.

Yoga: Exercise in any form is helpful, but yoga is especially beneficial because it helps to create a balance between the mind, body and soul.

The health benefits of yoga are quite extensive some of which include - reduced stress, improved blood circulation, management of weight and greater flexibility. Many doctors

around the world today are suggesting regular practice of yoga to prevent several life-threatening diseases and illnesses.

Water: Simple as it may seem, water plays a very important role in cleansing the body and keeping it free of toxins. It is extremely essential to drink sufficient quantity of water to protect the body from getting dehydrated.

While there is definitely no one remedy for all physical ills, as one size doesn't fit all, by and large, the elements of nature can be quite lucrative in sustaining better physical, mental and spiritual health. However, it is essential to also use one's own discretion and analyze one's personal constitution before following any natural method as treatment.

Guru Purnima Celebrations Conducted in Different Cities

The Guru is often considered as a 'spiritual preceptor' or 'guide'. It is true that the Guru is a spiritual teacher, but the meaning of the word 'Guru' is a lot more profound.

The Guru is the basis of our existence; He is the one who takes us out of the mire of attachment and grants the joys of bliss and freedom. He is the one who gives us the discrimination that we may learn to distinguish between the Real and the Unreal.

It is He who dispels the darkness of ignorance that prevails in the remote corners of our minds, and fills it with the light of spiritual knowledge. Thus, He is known as Guru (remover of darkness).

The occasion of Guru Purnima is a day of expressing our reverence to the Guru. It is the day when we offer the deepest feelings of our heart to the holy feet of our Guru and in turn receive His divine grace and blessings.

Celebrated on the full moon

day of the Hindu month of 'Ashad', this sacred festival marks the birth anniversary of the renowned sage Ved Vyas, who compiled the Vedas, Upanishads and several important scriptures. Hence, Guru Purnima is also referred to as 'Vyas Purnima'.

This year, the festival of Guru Purnima occurred on July 15, 2011 and on this divine occasion, enthusiastic celebrations were conducted at various Prabhu Premi Sangh centers and ashrams worldwide. At Prabhu Prem Ashram, Ambala a function was organized from 9 am onwards which was attended by hundreds of devotees from different parts of the country. The devotees performed *Guru Paduka Poojan* - a ceremony where worship of the *Charan Paduka* of Pujya Swamiji is performed. On this occasion, His Holiness also gave a spiritual discourse in which He explained the meaning of the '*Guru-Tattva*'.

The programme at Ambala



was held until 2 pm. His Holiness then left for Haridwar in order to preside over the Guru Puja programme conducted at Harihar Ashram - the *Acharya Gaddi* of Shri Panchdasnam Juna Akhara.

The Guru Purnima celebrations at New Delhi were held in the presence of His Holiness on June 26, 2011 at Siri Fort Auditorium. In Mumbai, an event was organized by Prabhu Premi Sangh volunteers on July 15, 2011 at Matunga Gujarati Seva Mandal auditorium. At this function, the devotees sang devotional hymns, offered collective prayers, and performed *Guru Paduka poojan*.

The Guru Purnima function organized by Jodhpur branch was attended by more than a thousand

prabhu premis. Five appointed priests chanted holy mantras and conducted the prayer ceremony. *Bhajan -sandhya* was held in the evening from 6 pm onwards which was followed by the distribution of *Mahaprashad*.

SHRI RAM KATHA ON CRUISE



Shri Ram Katha by Swami Avdheshanand Giri ji Maharaj was organized by Paropkar Trust on the Norwegian Epic Cruise from July 3rd to July 9th, 2011.

The katha was attended by close to 650 devotees from different cities. The cruise trip involved a tour of several beautiful cities including Barcelona, Florence, Pisa, Rome, Naples, Palma etc.

Launch of Coffee Table Book

On the divine occasion of Ganga Dusshera, the Coffee Table Book, "Glimpses of Mahakumbh 2010" was launched by His Holiness Junapeethadhishwar Acharya Mahamandleshwar Swami Avdheshanand Giriji Maharaj at Harihar Ashram, Kankhal in Haridwar.

The book release was done by the holy hands of His Holiness and many revered saints and honorable guests were present for this event including Hon'ble Shri Madan Kaushik, Cabinet Minister, Uttarakhand; Hon'ble Mahabal Mishra ji, Member of Parliament from

West Delhi; Mahamandleshwar Swami Naisargika Giri; Shri Madan Mohan Gupta, Dainik Jagran, Madhya Pradesh; Qazi Nizamuddin, MLA Uttarakhand, Shri Mahant Hari Giri ji Maharaj, General Secretary of Akhara Parishad, Mr. Chandrashekhar Upadhyay, OSD to the Chief Minister, Uttarakhand; Mr Chandrashekhar Bhatt, Vice Chairman, Haridwar Development Authority, Mr Kamalkant Budhkar, Senior Journalist, Haridwar; and Mr Sanjay Puri, Ex-Councillor, Janakpuri.

Conveying His blessings and best wishes for the book, His Holiness said that whenever we feel surrounded by fear, confusion and ignorance, the best remedy for all these ills is - knowledge. He said that the light of knowledge dispels the darkness of ignorance just like the rays of the morning sun destroy the darkness of the night.

He further said that knowledge which manifests in the form of positive thinking, can be attained by reading good books, which

are indeed the true friends of man. Such books can guide us and show us the correct path.

The event was compered by senior journalist Mr. Kamalkant Budhkar. All invitees were felicitated and honored with flowers, holy Ganga jal, Rudraksh mala and a shawl, by Mr Om Prakash Gaur, Swami Nachiketa Giri, Swami Somdev Giri, Mr Sanwarmal Tulsian, Mr Durgadutt Kandpal. Following the event, *Mahaprashad* was served to all.

Real Awakening



There was once a rich merchant who resided in a particular city. Although he had immense material wealth as well as a loving and beautiful family, the merchant always remained dissatisfied.

Seeing his pitiable condition, one day his friend suggested him to visit a great sage who was visiting their city. He told him that this sage had many '*siddhis*' and with his grace, he could achieve anything he wanted.

Hearing this, the merchant immediately decided to visit the sage. The next morning he went to the hut where the sage was residing, and related to him the whole story. He thought that the sage would provide him some remedy to wipe away his unhappiness, but the sage, upon hearing the merchant's misery, asked him to come back early the next day.

With great hope and expectation, the rich man returned early next day. The sage asked him to sit outside in the sun for the entire day. The sage himself went into his hut. The merchant was surprised, but did as he was told, because he really wanted mental peace. The next day, the sage asked the merchant to remain hungry the whole day but he himself ate his meals.

Now the merchant became restless and troubled with hunger, he began to doubt the sage. He thought to himself, "If I keep following his instructions I will fall sick. I may even die." The next day he packed his bags and began to leave. The sage asked, "Where are you going?" Disappointedly the man replied, "It doesn't look like you have the solution that I was searching for. Thus I am going home."

The sage smiled and said, "Son, I gave you everything, but you did not grasp it. I am not responsible." The merchant was surprised.

The sage continued, "The first day I asked you to sit in the sun, while I sat in the shade; the second day, I kept you hungry but I ate. This leads to the conclusion that by me eating my food, I cannot satisfy your hunger. Similarly, my sadhna (spiritual practice) also cannot give you peace. Just like you have earned your wealth through your own efforts, in the same way it is your own solutions that will give you peace. The entrepreneur experienced true awakening on hearing this. He went back home and began to make sincere spiritual efforts for mental peace.

Prabhu Premi Sangh

H.H. Swamiji's Upcoming schedule

- July 16 to September 12, 2011: Chaturmaas Anushthan in Haridwar

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About the Organization...

'Prabhu Premi Sangh' is founded, directed and led by His Holiness Param Puja 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.

"Look for the virtues in others and not their weaknesses."