

April, May and June 2012

# Following the Footsteps...

Prabhu Premi Sangh Newsletter



Volume 5, Issue 2

## Upcoming events:

Shrimad  
Bhagavad Katha,  
Sirsa: July 9 to  
July 15, 2012

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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 values enable an individual to maintain peace, calmness and tranquility even in the midst of extremely difficult and troublesome situations. Such an individual does not allow his happiness to be affected by unpleasant circumstances and remains undisturbed.*

*Through regular spiritual practice, such a seeker realizes the transient nature of the world and begins to experience his own self as Eternal, Infinite and Pure Consciousness.*

*With best wishes,  
Swami Avdheshanand Giri*

## News in a Nutshell

Hari Om!

Following the completion of Shri Ram Katha at Gwalior on April 1, 2012, spiritual discourses were conducted by H.H. Swamiji in various cities in India and abroad.

On May 12 2012, H.H. Swamiji attended the 554<sup>th</sup>

Foundation Day of Jodhpur, Rajasthan. A week-long summer camp was conducted at Harihar Ashram, Haridwar from May 29 to June 6, 2012. Following this, H.H. Swamiji participated in the 'World Hindu Summit 2012' organized at Bali, Indonesia from June 9 to 12, 2012.

On June 29, 2012 His Holiness participated in the Jagannath Rath Yatra organized by Swami Avdheshanand Welfare Association (SAWA) at Kharghar, Mumbai. On June 30, 2012 Guru Puja celebrations were held at Siri Fort Auditorium, New Delhi.

## Following the Footsteps

## Ignorance is Destroyed through Yoga

Every individual consciously or unconsciously harbors the desire for 'mukti' (liberation) and also directs his efforts towards the same. In Indian philosophy, *moksha* has been referred to as the highest form of self-effort (Param Purusharth), while *dharma*, *artha*, and *kama* are ordinary forms of self-effort. It is the ultimate accomplishment which is attained through the knowledge of 'Advaita' (non-duality).

In the scriptures, various paths have been described for the attainment of *moksha*. The universal term used for all of these methods is 'Yoga' which means 'to attach oneself to one's real nature'. Yoga is classified into different categories, but the objective of all systems of yoga is the same - to destroy one's

ignorance, and to reestablish the Self in its own nature.

The first kind of yoga is - *Karma yoga* (yoga of selfless action). Through the practice of this yoga, the mind becomes purified and peaceful. Under this practice, the fruit of actions are obtained in accordance with the good or bad deeds that are performed.

Karma yoga teaches us that all actions must be carried out by getting detached from the desire of fruit of those actions. This is very essential for those who believe in action and its consequences. Through the practice of Karma yoga, the individual becomes gradually freed of the 'feeling of doership' which in turn results in inner purification.

The second form of yoga is



- *bhakti yoga* (yoga of devotion). Prayer, devotion or love for the Divine, is the easiest, most pleasant, and natural path. The foundation of *bhakti* (devotion) is God. The foundation of love can only be one in whom we obtain a reflection of our absolute ideal. Such an ideal can be none other than God. Such divine love eradicates all fears of the devotee.

The third form of yoga is - *Raja yoga*. These are the practical tools of ancient religious texts. In this, there are eight limbs which are *Yama*, *Niyam*, *Asana*, *Pranayam*, *Dharana*, *Dhyaan* and *Samadhi*. 'Japa' i.e.

continuous repetition and chanting of a sacred Name such as 'Om' or a particular mantra, and contemplation upon its meaning is the one of the main aspects of Raja Yoga.

The fourth form of yoga is known as '*Gyaan yoga*' or the yoga of knowledge. It is divided into three parts.

The first step is '*shravan*' i.e. to listen to the Truth that the Self alone is the Reality, and everything else is illusion (*maya*). The second step is '*manan*' which means to contemplate on this Truth.

The third and final step is to attain practical experience of the Truth by eliminating all arguments which is known as '*nidhidhyasan*'.

(Excerpt from H.H. Swami Avdheshanand Giri Ji's 'Amrit Ganga')

## Spiritual Q and A



**Question:** How can a seeker increase his commitment to the spiritual goal?

**Answer:** Commitment and spiritual thirst increases by cultivating good thoughts. We should ponder as to how long we will continue to live in this transient world. We should question, "Till when will these objects and people remain with us? If our practice continues at this pace, then how much time will it take us to attain spiritual success?"

## His Holiness attends 554<sup>th</sup> Jodhpur Foundation Day

The 554<sup>th</sup> Foundation Day of the city of Jodhpur was celebrated on 12 May 2012, during which the statue of the Founder of Jodhpur, Hon'ble Maharaja Raja Rao Jodhaji was unveiled in the divine presence of H.H. Swami Avdheshanand Giriji Maharaj and other dignitaries.

On this occasion, the members of the royal family of different Indian provinces were present at the function organized for the unveiling of the statue. Close to five thousand prabhu premis from different cities had gathered to obtain *darshan* of H.H. Swamiji.

Prior to the function, H.H. Swamiji participated in the royal procession which comprised of camels, horses, musical bands,

Rajasthani folk artistes and devotees.



Conveying His best wishes at the ceremonial event, His Holiness said, "This is an immensely motivating, joyous and historic occasion, which celebrates the 60<sup>th</sup> *Rajtilak* (anointment ceremony) of Maharaja Shri Gajsingh. It is indeed an extraordinary and divine occasion marking the completion of the 60<sup>th</sup> year.

The city of Jodhpur is unique as it has always maintained a positive and optimistic pattern of thinking.

The people of this land are hardworking individuals from different spheres such as art, architecture, mining and other creative works. They possess immense courage and have profound respect for culture. The uniformity that exists in the food, festivals language and traditions, cannot be witnessed elsewhere. I have seen this feature only in the city of Jodhpur."

H.H. Swamiji further said, "The current age is one of materialism but when somebody tells me that there is a sharp decline in moral values and culture, I do not get disappointed. We should keep in mind that the autumn season is followed by spring, and we, the people of India know how to create spring-like



festivity.

I thank Maharaja Gajsingh ji that he has invited honorable leaders from all different religions. To offer respect in this manner is the hallmark of great rulers. This is also the true essence of dharma.

Dharma is that which bestows joy, merriment, sweetness, and gives rise to spontaneity, equality, discipline, and optimism. Our culture states that our existence is meant to serve all. According to the Indian perspective, 'The whole world is one family.'

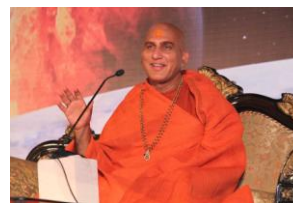
## Summer Camp Conducted at Haridwar

A week-long summer camp was organized at Harihar Ashram, Haridwar from May 30 to June 5, 2012. This camp was attended by a great number of devotees from different parts of the country and abroad.

During this camp, various spiritual programmes and workshops were organized. Yoga and meditation session was organized in the early morning hours for the camp participants. In addition to this, Bhagavad

Gita classes were conducted daily which involved chanting, reflection and contemplation upon various verses of the Bhagavad Gita. In addition, *mauna* (silence) and *japa* (chanting) sessions were also held followed by daily *pravachan* or spiritual discourse by H.H. Swamiji.

On May 31, 2012, Ganga Dusshera was celebrated at Harihar Ashram, during which devotional songs were sung by eminent singers and devotees. This



year's camp also marked the launch of the book '*Jeevan Prabandhan*' by the holy hands of H.H. Swamiji.

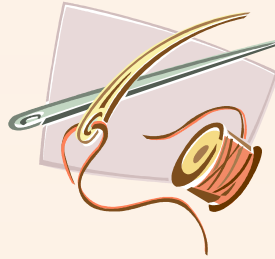
This book is a compilation of the lecture series on 'Life Management' by H.H. Swamiji during Mahakumbh 2010, and is authored by Ms. Dipti Bharadwaj.

### THOUGHT OF THE MONTH



"God selects those for divine work who do not think ill of others even in their dreams."

## The Search for Happiness



There is an interesting story about the great Sufi saint Rabia. One evening, she began to search for something outside her doorstep. Seeing this, some people from the neighboring homes gathered around her and asked, "Rabia, tell us, what is that you are searching?"

Rabia said, "I have dropped my sewing needle somewhere. I am looking for it."

Hearing this, the neighbors also began to engage in the search for the needle.

After a few minutes, someone questioned, "Rabia, could you tell us accurately where you dropped the needle? Then we will search in that area only."

In response to this, Rabia said, "I dropped the needle inside my house".

Hearing this, a man exclaimed, "Well, if you have dropped it inside the house, then why are you looking for it outside!"

Rabia said, "The needle has fallen inside, but since I am poor, I do not have a lamp and it is quite dark in my house. Hence I am searching where there is light."

To this, a neighbor said, "It is true that it is dark where it has fallen, but you can only find something where you have dropped it, not elsewhere."

Rabia said, "Then what should I do? Please advise."

The same neighbor replied, "Let us borrow a lamp from the neighborhood. We will get it inside, and help you find the needle."

Rabia then smiled and said, "I have not dropped any needle. I just wanted to illustrate this example in order to explain something to you. I want to remind you that you are seeking happiness outside, but it is not outside; it is within you. Wherever there is darkness, light the lamp of knowledge. If there is no light (of knowledge) within you, then even by borrowing it from others you cannot remove the darkness within. You will have to generate it yourself. Only then will you experience the true joy of peace and contentment which lies hidden within you."

## Prabhu Premi Sangh

## H.H. Swamiji's Upcoming schedule

- July 9 to July 15 : Shrimad Bhagavad Katha, Sirsa, Harayana
- July 16 to July 31 : Different places

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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. Please email us at [prabhupremisanghnews@gmail.com](mailto:prabhupremisanghnews@gmail.com).

**"Spiritual knowledge is true wealth and can be obtained only by Divine grace."**