

October & November 2012

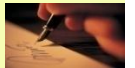
Following the Footsteps...

Prabhu Premi Sangh Newsletter



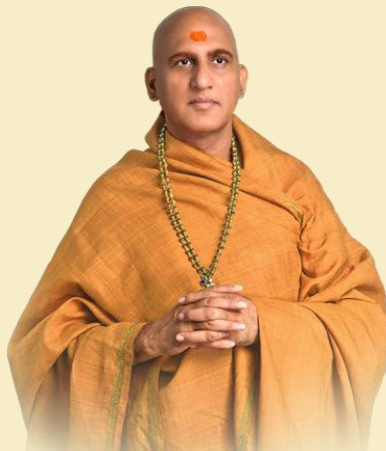
Volume 5, Issue 5

Reflections from Pujya Swamiji's Diary...



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

Dear Prabhu Premi,

Prabhu bless you.

A seeker devoted to spiritual advancement makes diligent efforts in order to recognize the greatness of human life.

The greater the consciousness and commitment of a seeker towards life, the more he is benefited. One who is engaged at all times in the performance of noble deeds becomes eligible to experience inner peace, divine joy and enlightenment.

*With best wishes,
Swami Avdheshanand Giri*

News in a Nutshell

Hari Om!

'Kartik Purnima', popularly known as 'Dev Diwali' or 'Prakash Utsav' is the divine celebration of Light. This sacred festival was celebrated on November 28, 2012 by the different branches and centers of Prabhu Premi Sangh throughout the world.

In the months of October and November 2012, Shrimad Bhagavad Katha was conducted by His Holiness at three places - Bhiwadi (October 16 to 22), Jagannath Puri Dham (October 29 to November 4) and Bhopal (November 18 to 24).

The launch of the book

'Sadhus' by Mr. Rajesh Bedi was performed on November 16, 2012 by His Holiness at New Delhi.

H.H. Swamiji also attended an Inter-Faith Dialogue which drew participation from prominent religious and spiritual leaders from different countries across the world.

The Importance of Right Diet

There is a popular adage, 'Man is what he eats'. This fact has also been emphasized in our ancient scriptures such as the Yoga Sutras of Maharishi Patanjali, Shrimad Bhagavad Gita and the Upanishads. A balanced lifestyle is the pre-requisite for a happy and healthy existence. A balanced lifestyle implies regulation in the quantity of food and sleep, regular exercise and positive thinking. In the Bhagavad Gita, Lord Shri Krishna says that for a person who lives life in a proper and disciplined and manner, the path of meditation enables him to overcome the sorrows of his life.

Modern scientists also attest

to this statement. According to them, discipline and discrimination are the rules of a wholesome diet.

Each one should carefully analyze his body structure, thought patterns, nature, constitution, and activity levels to determine the best diet for himself. In this context, Lord Krishna says, "To overeat, or not eat nothing at all, to oversleep, or be awake at all times, is harmful for one's health. Such people cannot concentrate properly, and will not be able to successfully perform *sadhna* (spiritual practice)." The type of food one intakes influences a person's personality or nature and can be classified into one of

three categories - *Sattva*, *Rajas*, and *Tamas*.

In the Bhagavad Gita, the Lord states, 'Foods classified under the *Sattva Guna*, i.e. the mode of goodness are those which promote health, happiness, longevity. Such foods are fresh, juicy or sweet foods.' They are nourishing and agreeable to the digestive system. It is recommended that a spiritual aspirant should consume such foods.

In the second category i.e. *Rajas*, are included foods which are very bitter, sour, salty, hot and pungent. Excessive consumption of such foods makes a person depressed and unhealthy.

Foods which are uncooked,

dry, foul-smelling, stale and impure are foods which fall under the *Tamas* category.

Discrimination of diet begins when one has won over taste. If a person consumes only that which pleases the tongue, without regard of its impact on his body and mind, then it is known as ignorance.

A person should eat wholesome foods which keeps the body strong and youthful. By eating moderately and eating healthy, one can prevent old age from setting in early.

(Excerpt from H.H. Swami Avdheshanand Giri Ji 's Gyaan Sutra)

Health and Wellness

Cholesterol

Cholesterol is an essential structural component of mammalian cell membranes, where it is required to establish proper membrane permeability and fluidity. Cholesterol itself isn't bad - it is just one of the many substances created and used by our bodies to keep us healthy.

High cholesterol levels however are associated with increased risk of coronary heart disease. Cholesterol comes from two sources - Diet and internal synthesis.

Diet: Many of the foods we eat on a daily basis have cholesterol in them, and our own body makes cholesterol out of the things we eat. Dietary cholesterol comes mainly from meat, poultry, fish, and dairy products. Organ meats, such as liver, are especially high in cholesterol content, while foods of plant origin contain no cholesterol. Epidemiology studies have shown that people who consume a simple plant-based diet, have lower cholesterol levels, hence, lower risks of heart attacks.



Internal synthesis: The liver and other cells in the body make about 75 percent of blood cholesterol. If the body synthesizes too much cholesterol, we can have a problem no matter what we eat. Internal synthesis of cholesterol seems to be regulated by genetics.

For those with high cholesterol levels, it is always better to reduce cholesterol levels naturally -

by improvising on diet and exercising on a regular basis. Cholesterol drugs can be helpful but they can produce serious side effects.

Many people who suffer from high cholesterol, whether genetically determined or not, find relief and help through natural dietary changes.

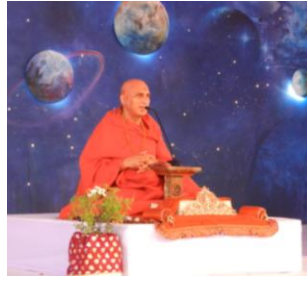
If not maintained, cholesterol can be deadly - very few people get a second chance when they ignore their high cholesterol or fail to control it.

Shrimad Bhagavad Katha at Jagannath Puri

His Holiness conducted Shrimad Bhagavad Katha in Jagannath Puri Dham, Orissa, from 29th October to 4th November 2012. This holy town is located in the coastal district of Puri, by the Bay of Bengal. Jagannath Temple is one of the four divine sites or abodes (Char Dham), which houses Lord Jagannath, His sister Subhadra and brother Balbhadr. It is associated with religious fervor, and is famous for its annual Rath Yatra, or chariot festival, in which the three main temple deities are hauled on huge and elaborately decorated temple cars.

The katha was inaugurated on the first day of Karthik Maas, which is the eighth and the most auspicious month of Hindu calendar. H.H. Swamiji explained the importance of the place and location of the event to the thousands of devotees that came to attend the katha from all over India and abroad.

During the katha, H.H. Swamiji explained the importance of freshness.



He urged that everybody engage in something new, something exciting, and should always have a big goal in mind. The goal should be more than something you can achieve so that you can work harder to achieve it. One should always involve in fresh experiences, otherwise life becomes stagnant.

Further he explained that we are the by-product of our own thought processes. Swamiji taught that we should continuously give shape to ourselves and try to entertain exceptional thoughts. God has graciously blessed human beings with two things that make us superior to other creatures and enable us to come closer to His divinity:

1) Independence of action: We are free to do whatever we want, at the time we

want, and in a manner that we like;

2) Independence of thought: We have the freedom to cultivate thoughts of our choice. We have the ability and choice to think what is appropriate. When we realize that our thoughts are incorrect or inadequate, we should work to improve the quality of our thoughts. We should engage in thoughts that are neither redundant nor burdensome.

In describing the role of machines and technology in the Kali Yuga (the age of downfall – the fourth stage of world development according to Hindu scriptures), H.H. Swamiji stated that it could be a blessing or a curse, depending on how we use it. The conveniences of technology bring infinite dissatisfaction. Too much convenience also tends to make people lazy, disturbed, careless, lax, with reduced ability to think independently. In order to maintain a stable lifestyle, we should choose to use technology of Kali Yuga

wisely and moderately.

The fourth day of Bhagavad Saptah overlapped with Kamala Jayanti. Kamala Mahavidya Jayanti is believed to be the day when Goddess Kamla – one of the 10 Mahavidyas, incarnated on earth. The form of Goddess Kamla is similar to Goddess Lakshmi. H.H. Swamiji said that on this day, we should pay respect to the sea.

On this auspicious occasion, H.H. Swamiji encouraged everyone to the visit the seashore for Lakshmi Pooja. Accordingly, the devotees gathered in large numbers during the evening hours at the beach area to perform worship by the sea. The Gods of rain joined in the celebrations, creating an evening of loud prayers and festivities.

While at Jagannath Puri, H.H. Swamiji urged the visitors to visit other temples and nearby locations of importance such as Sakshi Gopal, Bedi Hanuman, Lingaraj at Bhubaneswar, and Konark Sun Temple.

BOOK LAUNCH BY HIS HOLINESS

The book titled 'Sadhus, The Seekers of Salvation' by Mr. Rajesh Bedi was launched by His Holiness Swami Avdhesanand Giri ji Maharaj on November 16, 2012 at India International Center, Lodhi Road, New Delhi. Many distinguished guests and speakers were present at the event including Sir Mark Tully, Shri Jaswant Singh, and Yogi Adityanath M.P. The book encompasses several different aspects of the life of a sadhu, capturing many areas including their initiation rites, the different orders or sects, their methods of penance, and the Kumbh Mela.

Shrimad Bhagavad Katha held at Bhiwadi

Shrimad Bhagavad Katha Saptah was conducted by H.H. Swami Avdheshanand Giri Ji Maharaj during the holy period of Sharad Navratri from October 16 to October 22, 2012 at Kali Kholi Dham of Baba Mohan Ram Ji, Bhiwadi, Rajasthan. The katha was organized by Baba Mohan Ram Katha Seva Samiti, Bhiwadi and attended by devotees from different cities of India and abroad. This katha was also viewed on television by devotees around the globe as it was telecasted live worldwide.

During the katha, H.H. Swamiji articulated the different narratives encapsulated in Shrimad Bhagavad with great eloquence which had the bhakts totally absorbed. Through the medium of the katha, H.H. Swamiji conveyed innumerable meaningful messages as well as practical pointers.

H.H. Swamiji said that the first day is meant for creating a foundation for the main katha. Just like a farmer first prepares the soil before planting the seeds, and a potter moulds his clay before transforming it into different structures or utensils, similarly, the preliminary groundwork is first prepared in the hearts of the devotees, before sowing the seeds of the Bhagavad katha.

During the katha, H.H. Swamiji said, 'Blessed indeed are those who have won over the wavering tendencies of the mind. He explained that those who have conquered their senses are able to experience a unique kind of happiness, while those who are engaged in gaining happiness only through the mind, intellect and body, have never been able to experience everlasting joy. He further said that the



act of progressing in life, making it meaningful and divine, and taking it to the highest level is *sadhna*. Such an opportunity for evolvement or self-upliftment is available to humans only, while animals, birds and plants are deprived of this. Thus the meaning of being human is to possess infinite possibilities for evolvement.

The goal of this human birth is the attainment of joy. Man has attained one important qualification since birth – and that is the ability to realize the Truth. He can become Infinite, can win over nature, attain divinity, and experience Brahma. By experiencing the Lord, he can become One with the

Lord. H.H. Swamiji also explained the essence of the first and the last verse of Bhagavad *Mahatmyam* and said that God is Truth, Consciousness and Bliss. He is the Nurturer of this Creation, and all kinds of problems and troubles, both material and spiritual are destroyed by God alone. We should prostrate before such a Lord, worship Him and constantly remember Him. We should also preserve the creation of the Lord and experience His presence everywhere. To worship Him, means to respect His entire creation.

THOUGHT OF THE MONTH



"Great potential energy lies embedded in the act of penance."

PATOTSAV CELEBRATIONS

'Prakashutsav' – the Festival of Light, which coincides with the Foundation Day of Prabhu Premi Sangh, was celebrated on the divine occasion of Kartik Purnima on November 28, 2012 at the various ashrams and centers of Prabhu Premi Sangh worldwide.

At Prabhu Prem Ashram, Ambala, the celebration was marked by *Naam-Sankirtan* (singing of devotional songs) and spiritual discourses by holy saints. The programme commenced at around 9 am and lasted till 12 pm, which was then followed by a *Bhandara*, i.e. community luncheon. This event was organized under the divine guidance of Mahamandaleshwar Swami Naisargika Giri Ji and was attended by hundreds of devotees from different parts of the country.

'Patotsav' Celebrations at New Delhi will be conducted on December 4, 2012 at Siri Fort Auditorium in the divine presence of H.H. Swami Avdheshanand Giri Ji Maharaj.

Why Grieve?



There was once a very kind gentleman who lived in a particular city. He had a special quality – whenever someone was distressed or unhappy, he was able to comfort them very well and soothe their pain. Disappointed people received hope and encouragement from his company.

However, one day his little son died suddenly due to an illness. He was his only child. While many were saddened to hear the news, some people began to wonder how he would react. Yet others thought worriedly, “Who would the console the one who always comforted others?” But when they visited the gentleman’s house, they were astonished at his behavior.

They observed that not only was the man extremely calm and peaceful but he was also offering gratitude to the Lord. Seeing him so contented and unruffled, some people asked, “Aren’t you pained by the death of your son? Why are you behaving like this?”

The gentleman replied, “When flowers bloom in a garden and the gardener gathers them to hand them over to his master or offer them to the feet of the Lord, he is extremely pleased and does not experience any sign of unhappiness. He does not for a moment think that those flowers belong to him.

Similarly, nothing belongs to me; everything I possess belongs to the Lord. Whatever I have is given to me only to take care of for some duration of time. It was my duty to take care of what He had given me to the best of my ability. However, at one point, I fell short of performing this duty properly, and began to consider His belongings as my very own. Today God has taken back what rightfully belonged to Him. He has forgiven me for my mistake. Hence, I am feeling contented today.”

Hearing this, the people began to respect Him even more than before. Their entire perspective towards the incident changed within a jiffy.

It is indeed natural to feel upset during difficult circumstances, but if one truly understands the significance of sorrow and joy in one’s life, then one can always maintain strength and composure in the midst of every challenging situation of life.

H.H. Swamiji's Upcoming schedule



- December 1 to December 3 : U.P.
- December 4 : Patotsav Celebration at New Delhi
- December 6 to 10 : Different Places in South India

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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 Dharma, which has millions of saints. 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. Please email us at prabhupremisanghnews@gmail.com.

"Devotion is born from the purest state of the heart."