

December 2012

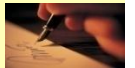
# Following the Footsteps...

Prabhu Premi Sangh Newsletter



Volume 5, Issue 6

Reflections from H.H. Swamiji's Diary...



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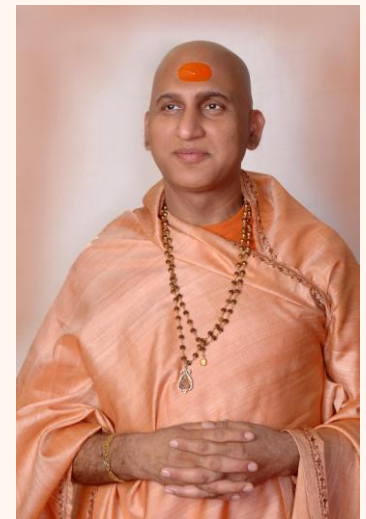
*Dear Prabhu Premi,*

*Prabhu bless you.*

*Winter is a suitable time for performing spiritual practice. The winter season is appropriate for pranayama, dharana, dhyaan, and Samadhi. During this time, it becomes easier to observe the rules of spiritual practice concerning diet and lifestyle.*

*Try to maintain regularity in Japa. Devote some time daily for the study and contemplation of the scriptures.*

*With best wishes,  
Swami Avdheshanand Giri*



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

## News in a Nutshell

Hari Om!

The Kumbh Mela, often known to be the world's largest religious festival and gathering of people, is a unique and remarkable feature of the Indian spiritual heritage. This divine event has gained immense popularity not just throughout the

country, but across the entire globe. This year, the Purna Kumbh Mela will take place after a span of 12 years at Prayag (Allahabad), which is situated at *Triveni Sangam* - the confluence of the holy Ganges, Yamuna and Saraswati River.

In the month of December

2012, spiritual discourses were conducted in different cities of India.

In addition, the 'Peshwai' procession or formal entry of the Shri Panchdasnam Juna Akhara into the Kumbh Mela 2013 premises took place on December 18, 2012 at Allahabad.

## Satsang – Companionship of the Holy

*Satsang* plays an extraordinary role in the spiritual advancement of a human being. 'Sat' means noble and 'sang' means company. Together they form the word '*Satsang*'. Company of the noble ones, proximity of righteous people has the capacity to transform an ordinary person into an extraordinary individual. In contrast to this, association with negative or evil tendencies fills the mind with negativity.

A person living in the company of those who have a vision of oneness acquires the quality of equanimity. Our religious texts reveal this truth saying,

"Dear One! To live in the company of evil ones grants evil tendencies, and to live in the company of those whose minds are tranquil and balanced bestows the quality of equanimity while the company of distinguished people

bestows great qualities."

It is through great fortune that a person acquires the company of an enlightened being. Whosoever receives such a favorable opportunity, can definitely climb the zenith of success. Then even an ordinary individual can become eligible for great honor.

Leave alone human beings, even plants and animals are seen to obtain such a great opportunity. Take the example of an ordinary conch shell which would generally be considered useless; in the *Sanatan* tradition, these remnants are considered so pure and deserving of immense respect, to the extent that without the conchshell, the prayer and worship rituals are considered incomplete. It is synonymous or analogous with the *Satyanarayan katha*. The sound of the conch shell is considered extremely divine and beneficial.

On contemplating the reason the conch shell receives great respect; one fact comes to mind – the effect of *Satsang* or holy company. Lord Vishnu has granted the conch shell such a great honor by holding it in His holy hands. This is the cause of its greatness. The glory of holy companionship is boundless, hence Gosvami Tulsidasji has said, "*Ek Ghadi, Aadhi Ghadi, Aadhi ki Puni Aadh, Tulsi Sangat SadhuKi, Hare Koti Apradh.*"

The proximity of a Realized being, even for a very short time, destroys innumerable sins. That is why it is considered to be one of the three most important attainments. Lord Adi Shankracharya in his scriptural text titled '*Vivek Chudamani*' has written:

*"Durlabham Trayamevaitat  
Devanugraha Hetukam;  
Manushyatavam  
Mumukshutavam  
Mahapurushasanshrayah"*

This means – there are three very rare things that are obtained by God's grace. The first one is to have attained this human birth; the second is to be a seeker of the Highest Truth, and thirdly, the protection or guidance of a Realized Master.

On attaining the guidance of a Realized Master, the path of spiritual progress becomes evident. One gets freedom from the heated anxieties and problems of the world when one attains the companionship of saints.

Thus, in order to gain freedom from the three kinds of suffering (material, divine and spiritual), one should come under the refuge of holy beings. Undoubtedly there is no greater means for human welfare than this.

*(Excerpt from H.H. Swami Avdhesanand Giri Ji's 'Purnata Ki Or')*

### Spiritual Q and A



**Question:** *How can we reduce our attraction towards the world?*

**Answer:** *A good way to reduce attraction towards worldly objects is that when you experience sense or material objects; try to do so with feelings of detachment. However, when you remember the Lord, chant His name, sing or listen to His glories, do it with immense love and attachment. Just like the color that is added to hot melting wax remains steadfast, similarly when the heart melts and when one is overcome with emotion, then the object of attraction also begins to permanently dwell within.*

## Peshwai – Official Arrival at the Purna Kumbh Mela 2013

The Peshwai procession, marking the formal entry of the Shri Panchdasnam Juna Akhara into the Kumbh Mela 2013 premises took place amid great fervor and enthusiasm on December 18, 2012 near the holy Sangam, in the city of Allahabad.

Allahabad, which will be the venue for the 2013 Kumbh Mela, is likely to witness an enormous influx of saints, pilgrims, and devotees from across the country and abroad, in the upcoming few weeks.

The Peshwai procession was led by H.H. Swami Avdheshanand Giri Ji Maharaj, the Acharya Mahamandleshwar of the Juna Akhara – the largest and most ancient order of saints in India. Thousands of saints took part in the Peshwai, which included the naga babas, who generally lead a secluded life in mountains, forests and caves, covering themselves with holy ash, and come out only during the Kumbh Mela.

One of the main highlights

of the Kumbh Mela is the ritual bathing or taking a divine dip. It is commonly believed that taking a dip in the holy waters with true feelings of devotion can sanctify an individual and make one fit for liberation, not just from the cycle of birth and death, but rather from all negativities, sorrows, anxieties, and undesirable tendencies.

This year, the three main bathing dates of the Kumbh Mela 2013 are 14 January, 10 February and 15 February, 2013.

Millions of people from around the globe are expected to participate and be witness to this divine and festive event.

### THOUGHT OF THE MONTH



*"To remove someone's doubts or fears and assist them in self-uptiftment is also a kind of charity."*

### Lecture by His Holiness at the Jagran Institute of Management

*His Holiness Swami Avdheshanand Giri Ji Maharaj was invited to be the Chief Guest at a National Conference organized by the Jagran Institute of Management on December 2<sup>nd</sup>, 2012 at Kanpur. The theme of the Conference was 'Integrating Spirituality in Transformational Leadership', and was attended by management students, professionals, academicians, business executives, and scholars from different parts of India. The venue for the Conference was the Laxmi Devi Auditorium, Kanpur.*

*During His address to the students and guests, H.H. Swamiji said that if we wish to bring positive change in the world, then we should begin with our selves. Transforming oneself is the first step towards transforming the world. We should always be ready to help others, and try to never hurt anyone.*

*Further, H.H. Swamiji also said that only a good human being can make a good leader. He outlined four important elements of successful leadership as follows: Self-management, People Management, Time Management and Resource Management. He also urged the students to create good surroundings around themselves.*

*Amongst the distinguished guests present at the Conference were Shri Y.M. Gupta – Chairman, Jagran Institute of Management & Jagran Education Foundation, Mr. Vinod Malhotra – Retired IAS, Dr JN Gupta – CEO, Jagran Education Foundation, Mr. Sandeep Gupta – Executive President of Dainik Jagran, Mr. Sunil Gupta – Director of Dainik Jagran, Mrs Ritu Gupta– Vice Chairperson of Jagran Education Foundation and CA Mr Vinod Kumar Sharma.*



**Shri Kripa**

We are pleased to inform you that on the sacred occasion of  
**PURNA KUMBH MELA 2013**

At Prayag, Allahabad,

A Kumbh Camp is being organized in the divine presence of  
**Junapeethadhishwar Acharya Mahamandaleshwar**  
**His Holiness Swami Avdhesanand Giri Ji Maharaj**

You are cordially invited to come with friends and family to participate in this mega gathering and take benefit of the various spiritual events organized during this most auspicious period of Purna Kumbh Mela, including the extremely meritorious 'snaan' (holy dip), prayer and worship ceremonies, yoga, meditation and self-evolvement workshops, and the rare opportunity to listen to spiritual discourses by venerated saints.

**MAIN BATHING DATES OF PURNA KUMBH MELA**

Monday 14 January 2013 – Paush Shukla Tritiya (First Royal Dip)

Sunday 10 February 2013 – Magh Mauni Amavasya (Second Royal Dip)

Friday 15 February 2013 – Magh Shukla Panchami (Third Royal Dip)

**PURNA KUMBH MELA CAMP DATES**

**Kumbh Mela Camp Commences** (Inauguration Date): 10 January, 2013

**Kumbh Mela Camp Ends** (Concluding Date) : 17 February, 2013

**EVENTS TO BE ORGANIZED DURING PURNA KUMBH MELA 2013:**

- **Shrimad Bhagavad Katha (Discourse)** : February 1<sup>st</sup> to February 7<sup>th</sup> 2013, from 3:00 pm to 6:00 pm  
*Katha will be conducted by Junapeethadhishwar Acharya Mahamandaleshwar His Holiness Swami Avdhesanand Giri Ji Maharaj*
- **Yoga & Meditation Camps, Yagya, Prayer and Worship Ceremonies, and Sant-Bhandara** : Every Morning
- **Discourses by Saints and Lecture series** : Daily from 3:00 pm to 6:00 pm
- **Cultural Programmes & Events** : Daily from 7:00 pm to 10:00 pm



**SPECIAL PROGRAMMES:**

- Devotional Folk Song and Dance performances (*Ras-leela*)
- Different Lecture series
- Variety of Cultural and Traditional Dance Festivals
- Regular Discourses by holy saints
- Convention and Gathering of Saints
- Yoga and Meditation Camps
- Life Management Workshops
- Evening *Aarti*
- Mantra-*Deeksha* (Initiation of disciples)
- Other Cultural Programs

**VENUE:**

All programmes and events will be conducted at:

Prabhu Premi Sangh Kumbh Mela Camp,

Plot -9, Sector-9, Annapurna Marg

**Jhunsi (North Side)**

Allahabad (Uttar Pradesh)

**CONTACT INFORMATION**

**For all kinds of enquiry please use the following contact points:**

Enquiry and Accommodation	: +91-9670295438
Events In-Charge	: +91-9670295439
Managers	: +91-9670294718

**For additional information, you can also visit our website:**

[www.prabhupremisangh.org](http://www.prabhupremisangh.org)

**Or**

**Email us at:**

[prabhuprem@hotmail.com](mailto:prabhuprem@hotmail.com) OR [pps.ambala@gmail.com](mailto:pps.ambala@gmail.com)

## Real Happiness



Once a wealthy merchant went to meet a young sage. The merchant said to the sage, "Maharaj, I have all possible means and luxuries in my life, yet there is no happiness."

The sage asked, "What kind of happiness do you want? Are you seeking real happiness?"

"Yes Maharaj!" the merchant replied. "If someone can help me acquire such happiness, then I can even reward that person."

The sage further asked, "What reward will you give?"

The merchant said, "I have a lot of wealth. I can give a large portion of it, but I want real happiness."

The sage noticed that there was a small bag in the hands of the merchant which he kept drawing towards himself. It seemed as if there was something valuable in it.

Suddenly, the sage snatched the merchant's bag and began to run. The merchant sprinted quickly behind him, but the merchant was unsuccessful in defeating the young and strong saint.

Soon he became tired of running behind the saint and gasping for breath, he sat down near a tree. He was very upset about losing his bag. His pain was natural because there were precious jewels in the bag. Just then, all of a sudden his bag fell into his hands. When he opened it he saw that all the jewels were intact.

The sage breathed a sigh of relief and held the bag close to his chest.

Seeing this, the sage said, "Are you feeling happy now?"

The merchant said, "Yes, I am very happy."

The saint continued, "This bag of jewels was with you earlier as well, and yet you were searching for happiness. Just a few moments of separation from them made you so unhappy. This means that at present, your happiness is linked with your wealth. When it will again be separated from you, you will again become unhappy. But this happiness is artificial.

The source of real happiness always exists within you, but you are feeling separated from it due to lack of knowledge. To search for it you will have to pay its price. But the price of true happiness cannot be compensated with this wealth of yours. Rather, it is spiritual practice, love, selfless service, renunciation, and complete surrender which can help you acquire real happiness.

## H.H. Swamiji's Upcoming schedule



January 10 to February 17, 2013: Purna Kumbh Mela Camp, Allahabad.

## CONTACT INFORMATION

(1)



Harihar Ashram  
Kankhal,  
Haridwar - 249 408  
(Uttarakhand), India.



Mobile: +91-8006008682, +91-8006008683,

(2)

Prabhu Prem Ashram  
Jagadhari Road,  
Ambala Cantt -133 006  
Harayana, India.



Phone: +91-171-2699335, 2699367



Email: [prabhuprem@hotmail.com](mailto:prabhuprem@hotmail.com) OR [pps.ambala@gmail.com](mailto:pps.ambala@gmail.com)

### *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](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).

"A true seeker is one who has no complaints."