

December 2013

# Following the Footsteps...

Prabhu Premi Sangh Newsletter



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



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

*Dear Prabhu Premi,*

*Prabhu bless you.*

*Effective time management is the first step towards leading a successful life. The combination of hard work, wisdom and skilled action, pave the way to excellence.*

*The key to mastery in life lies in one's ability to take appropriate decisions at the right time and in their implementation through the performance of action. Proper utilization of time is hence an important aspect of spiritual practice.*

*With best wishes,  
Swami Avdhesanand Giri*

## News in a Nutshell

Hari Om!

The auspicious occasion of Kartik Purnima, often known as Dev Deepavali and Tripurari Purnima is celebrated each year by Prabhu Premis as 'Prakash Utsav' or 'Patotsav' to mark the foundation and establishment of Prabhu Premi Sangh. Patotsav celebrations were held this

year on November 17, 2013 at the different centers of Prabhu Premi Sangh. On this occasion, satsang and naam-sankirtan was conducted in the elevating presence of His Holiness at Prabhu Prem Ashram, Ambala.

PrakashUtsav was also celebrated by prabhu premis at New Delhi, on

December 1, 2013 at Siri Fort Auditorium.

In the month of November, Shri Ram Katha was conducted by H.H. Swamiji at Akola, Maharashtra, from November 7 to November 13, 2013. In the upcoming month of December, discourses by H.H. Swamiji will be held in different cities of India.

## Work and Worship

When work or action is performed with truth, dedication and sincerity, then it occupies an even higher place than worship.

Considering action to be predominant in the world, Goswami Tulsidas ji has said, '*Karma Pradhan Vishva Rachi Rakha*' i.e. 'The world is governed by the law of karma and actions are the single most important thing in the world.'

In the Shrimad Bhagvad Gita, Lord Krishna has said, "You must only perform your duty, do not expect the result. Whatever work you do, keep surrendering it unto me." This implies that after carrying out any noble work; do not consider yourself to be its 'doer'. This is because whatever noble acts are performed, are actually completed with the help of divine inspiration.



Thus, all works are being performed by some Invisible Power. This Invisible Power is the Lord, who is the Manager or Driving Force of the entire universe.

When we will realize that we have come in this world which is a '*karmakshetra*' (field of activity), only to perform our duty, then we will automatically choose superior actions. Performance of noble acts is worship. Duty is worship. Actions which cause pain to others can never be worship.

Actions are being performed by individuals every moment, i.e. everyone is engaged in performing some action or the other at

all times. In this context, Lord Krishna has said in the Shrimad Bhagvad Gita, "No person can stay without doing action even for a single moment." If under the influence of laziness, we avoid physical labor, even then our mind and intellect is working.

The significance of noble acts like worship, prayer and remembrance of the Lord is that while spending time with the God, if we can achieve harmony and peace for even a few moments, then we will definitely receive His love and blessing as a result of this divine association.

For example, if our feet happen to get stuck in the muck, then no matter how much we try to get rid of, a foul smell will definitely linger for some time. Likewise, if some perfume is sprinkled on our feet, then



it will undoubtedly spread a pleasant fragrance around us. Thus, noble acts like prayer and worship always leave a mark of divinity on the devotee. In addition, a person who truly worships God will automatically avoid treading the immoral path. Such a person always keeps in mind that the omnipresent Lord is the witness of his every action.

We should request God to bless us with the capacity and power to perform noble actions. If we sincerely and persistently pray like this, God will surely answer our prayer.

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

### Spiritual Q and A



**Question:** *How can one attain peace?*

**Answer:** *Peace is attained by renouncing desire. Thoughts such as – 'Whatever I wish must take place, or things should work out always in my favor and I should get whatever I want' should be renounced in order to experience peace.*

## Patotsav Celebrations held at different places

'Patotsav', which marks the Foundation Day of Prabhu Premi Sangh (PPS), was celebrated on the sacred occasion of Kartik Purnima on 17<sup>th</sup> November 2013 by the various branches and centers of PPS throughout India and abroad. On this occasion, *satsang, bhajan-sankirtan* and a spiritual discourse was conducted in the auspicious presence of H.H. Swami Avdheshanand Giri Ji Maharaj at Prabhu Premi Ashram, Ambala Cantt. Several holy saints and hundreds of devotees were present on this occasion.

In His address to the devotees, H.H. Swamiji spoke about the necessity of living a meaningful and spiritual life. He said, "It is indeed a good thing if a person is blessed with a long life, but it is also important to reflect as to what extent one could make his or her life meaningful."

"Often times you may not have some extraordinary material achievement to exhibit or display, but you have some attainment which gives you inner satisfaction, thereby bestowing a sense of pride and self-respect.

Respect arising from external sources is short-lived, but respect that arises from within is long-lasting. Thus, whatever you have in life must provide you utmost satisfaction and

contentment – it should be beneficial not just to you alone, but others as well."

Our scriptures first speak about 'dharma', second 'artha', then 'kama' and finally 'moksha'. But, what is Dharma? H.H. Swamiji explained that 'dharma' means to live in your own nature – i.e. to be natural. The true nature of an object is its dharma. Our nature, our dharma, should not be separated from us.

One may ask – How should one live? In relation to this, Pujya Swamiji said – "One should follow the path of great saints. One should tread the path instructed by one's Guru, and live in accordance with the scriptures."

He explained, "The main advantage that a spiritual person experiences, is that he feels no deficiency or shortage of anything. He is always contented. A spiritual person is non-violent, and does not criticize other scriptures or spiritual paths.

Today one is affected by different kinds of insecurities. This body which we are carrying everywhere is temporary. Spiritual life is that which takes away all our fears – both known and unknown. A spiritual person has strength to overcome fear. We are habituated to favorability; we are not ready for any kind of adversities. We should try to

create a condition or mental state such that we experience the least amount of sorrow. Just like light envelops darkness, in the same way the Guru's grace removes all sorrow and disappointment."

"This is an age of disappointment and disappointment leads to inaction due to which a person finds it difficult to do something creative. He loses the power of independent thinking. In general, a person tends to accept whatever he hears from the people around. One must learn to think with a new approach, and bring in innovative ideas. Inaction leads to laziness, you will not even realize when you will be distanced from your own true nature, and as a result will see only other people's faults."

Pujya Swamiji advised, "Developing faith is the key to becoming spiritual. But faith towards whom? First of all, one should create faith towards his or her own self, Learn to believe in your own self."

"Is it possible that we can live just one day in an ideal manner? Then extend this to a week, then one month and then a whole year. Time is also a kind of wealth. A spiritual person recognizes the value of every moment. Devoid of sorrow, pain, attachment, and aversion,

such a person is ever enthusiastic and dynamic. A person who is not actively engaged in action in the present, and leaves everything to the future cannot be considered spiritual."

H.H. Swamiji further said that 'Thought' is the medicine for the different mental and emotional troubles that are pervading the world. He inspired the devotees for self study and self development, saying – 'Keep the company of good books. Write something daily. Pen down good thoughts. Develop the art of speaking, art of listening, art of writing, art of seeing.' Every year H.H. Swamiji offers a *Mahavaakya* to prabhu premis which is adopted and followed throughout the year. The thought of this year is as follows: '*Discipline is the means to discovering the beauty of life. Hence, remain vigilant towards self-discipline.*' This includes discipline in speech, sight, hearing, food, sleep, etc.

### THOUGHT OF THE MONTH



*"Mere removal of sorrow is not the goal of life. Attainment of bliss is the goal of life."*

## Respect for All



One day a saint was just about to sit down to have his afternoon meal, when he heard a voice, 'Son, can you spare some food for me? I am very hungry. May God bless you.'

Hearing this, the saint ran outside and saw a frail, old beggar. The saint invited him inside his cottage, seated him on his seat and offered his own food to him. Some of his disciples did not approve of this.

As soon as the beggar left, one of the disciples asked, 'Gurudev, that food was meant for you. Why did you give it all to him?' Another one said, 'It is all right if you gave him your food, but why did you have to make him sit on your holy seat?'

The saint smilingly replied, 'Children, hunger is hunger, it doesn't matter whether it is the hunger of a beggar or a king. The hunger of birds and animals is just as bothersome as that of human beings. That person had not eaten since several days; I only offered him one meal. He must have experienced so much satisfaction and contentment, which I never would have felt by eating this food, because he was way more hungry than me.'

'As far as holy and unholy is considered, that person is the most holy in the world who hates none. Plus, food is ever pure; hence it must be taken in a clean and pure place, such that both the mind and body remain healthy. For me, each and every person is one and the same; I perceive all beings to be an embodiment of God.'

Hearing this, the disciples realized their mistake and asked for forgiveness.

### H.H. Swamiji's Upcoming schedule



December 2 to December 12, 2013: Different places in North India

December 13 to December 17, 2013: Different places in South & West India

December 18 to December 31, 2013: Different places in North 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](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).*

**"Blessed is the one who has turned to spirituality by becoming a seeker of Truth."**