

February 2014

Following the Footsteps...

Prabhu Premi Sangh Newsletter



Volume 7, Issue 2

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



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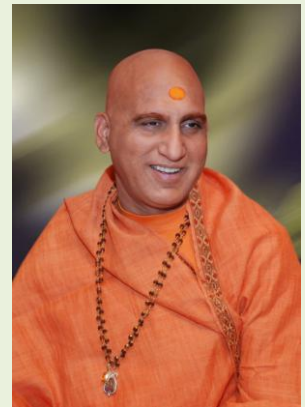
Dear Prabhu Premi,

Prabhu bless you.

Life itself is a deity - positive thinking, divine feelings and awareness about oneself, is respect for this life-god. Disappointment, laziness, and indifference towards life are similar to death.

Whatever is occurring around you, observe it like a witness. This will enable you to maintain peace and joyousness. Performance of noble deeds and activity is the first step towards making life beautiful, great and divine.

*With best wishes,
Swami Avdheshanand Giri*



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

News in a Nutshell

Hari Om!

Faith is the key that can unlock the doors to spiritual progress. Devotion towards God and remembrance of His name with faith can help one to overcome easily the difficult times of life.

Lord Shri Hanumanji

accomplished great wonders by chanting the 'Name' of His dear Lord, Bhagvan Shri Ram. There are innumerable such examples in history of devotees whose faith led them to become one with the Lord.

In the previous month of January, His Holiness

visited several cities in India and abroad. He attended the International Conference on Peace and Nonviolent Action at Jaipur and participated as a major speaker in the IMA Conclave, Indore.

In the current month, H.H. Swamiji will be travelling to different cities of India.

Necessity of Faith

In the famous ancient scripture, '*Bhakti-Rasamrta-Sindhu*', the stages of *bhakti sadhna* (devotional practice) are described as follows: The first step of devotion is – faith. In the initial stages, when we begin to attend a *satsang*, faith arises in our hearts upon hearing the praises of God and by listening to the glories of the Divine Name. Having developed such faith, the mind begins to withdraw itself from the problems of the world.

Second step of devotion is – the inclination of the mind to spend time in holy company. Having attained the company of holy saints, the seeker begins to develop an interest in the actions recommended for spiritual practice. In this way, the materialistic pleasures of the world gradually get left behind and the mind begins to seek divine joys.

Thereafter, God's praises begin to occupy a permanent place in the devotee's mind. Concurrently, the mind gets freed from anger, lust, greed, passion and becomes dedicated to the Lord. The seeker begins to get attached not to the world, but its Creator. The attachment which is the cause of bondage when it is

for the world, when one begins to direct it towards the Lord; it becomes the cause of man's salvation (*mukti*). Such a seeker experiences an outburst of love, and beholds the Lord everywhere.

If a person does *naam-japa* (chanting of the Divine Name), *satsang* and pilgrimage without any faith or belief, then it is a mere display. There will be no results obtained from it. Then it is better not to waste one's time. If at all you do something, you might as well do it with complete faith and belief. God doesn't have to come from anywhere; He is present in you and everywhere.

Whatever you tell a child, he tends to believe it. He does not argue or demand any explanation because he is innocent and soft-hearted. When Namdev was a young boy, he saw a priest performing worship and told the priest that he wanted God. To satisfy the little child, the priest gave him a *Shaligram Ji*, as a representation of the Lord. The priest further said, "Bathe Him daily, feed Him first and then you should sit down to eat." The little child kept faith in the priest's instructions, and carried out whatever he was told. It is said that the Lord ate from

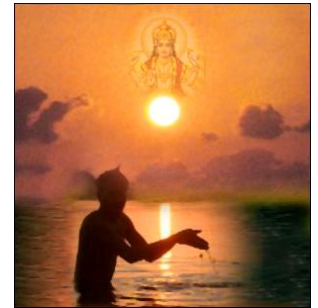
the little hands of Namdev because of the faith with which Namdev worshipped Him. In this way, his strong devotion worked wonders for him.

When someone would visit Vallabhacharya Ji, and if he was in the service of the Lord, then after responding to the queries that he was asked, he would again resume the service of God. But he would not hesitate to answer any seeker's questions, because his thoughts and mind were always with God.

The way a mother knows what the child likes and dislikes, similarly even while serving God, it is important to keep in mind what God likes and what He doesn't.

In the same way, Ratnakar had come to strongly believe that the mantra which his Guru Narad had given would prove to be beneficial for him. He had difficulty saying '*Rama-Rama*', so he began to chant '*Mara-Mara*', which when repeated continuously eventually turned out to be '*Rama-Rama*'. He did it with complete faith and a day came when he became a great sage.

People undertake pilgrimages, and believe in the sanctity of the dust of those holy lands. That is why they are benefitted by



the pilgrimage. Hence, it is said, "If you have faith, then it is God, otherwise a mere block of stone." Idols are a representation of God. For one who doesn't have faith, what is the meaning of temple or any images and idols?

Faith grants mental strength. The twelfth chapter of the Gita is known as '*bhakti yoga*'. It begins and ends with faith. Thus, devotion requires strong faith and belief – it is these two that help to impart peace and tranquility to the mind.

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



Devotion is borne from the purest state of the heart.

– H.H. Swami Avdheshanand Giri Ji

H.H. Swamiji speaks at IMA Conclave

The International Management Conclave was organized from 17 to 18 January, 2014 at Indore by the Indore Management Association (IMA). H.H. Swamiji was a major speaker at this event.

At the IMA Conclave, H.H. Swamiji offered inspirational words of wisdom as well as practical advice to the management students.

H.H. Swamiji said that right from birth, human beings seek to attain perfection or completeness. He said "We all seek to acquire that state of joy and (inner) beauty which is never lost and cannot be destroyed by any external event or occurrence. In order to achieve this state of perfection, we require three things - *Chintan* (Thought), *Charitra* (Character), and *Aachran* (Behavior). This is known as self-management.

Before practicing external management, what is first important is self-management. Try to chalk out just nine minutes for yourself. For three minutes- resolve to think



something good, for another three minutes - resolve to speak politely and the truth, and for three minutes - try to do something good.

For these nine minutes imagine yourself to be a bundle of joy, greatness and divinity. You will experience a great energy which will enable you to march towards success."

H.H. further said that life has unlimited possibilities. "Sometimes it may seem disappointing, empty, but to end that void, and fill up the emptiness, man has been blessed with one power - and that is the power of thought.

If we look back in history even great beings experienced disappointment at some point in their lives. But if one has an optimistic outlook, good thoughts, and

self-confidence, then one is bound to achieve his or her goal. H.H. Swamiji explained, "Every individual has to determine a certain goal for his or her self in order to reach one's desired destination. For this, profound and positive thinking is essential which is not possible without self-confidence. Until a person believes in his or her own self, he cannot progress forward. A person who completes the smallest task with self-confidence is bound to be successful. Self-confidence is the key to success."

H.H. also pointed out that we are mostly engaged in either thoughts of the future, or about the past. Swamiji said that like the 'art of living', 'art of thinking' is also a continuous process of life. Thinking in the right direction bestows power and one acquires the ability of maintaining calm in every circumstance. When this is acquired, a person receives happiness in the smallest things of life and is able to live joyfully.

His Holiness attends Peace Conference in Jaipur



His Holiness attended the 8th International Conference on Peace and Nonviolent Action organized by Anuvrat Global Organization at Jaipur, Rajasthan from January 5 to January 8, 2014.

The theme of the conference was "Towards a Nonviolent Future: Seeking Realistic Models of Peaceful Co-existence and Sustainability".

Delegates and representatives from around 18 different countries including America, Japan, German, England, Sri Lanka, etc attended this conference.

THOUGHT OF THE MONTH



That which is received from being in the presence of holy Masters and Realized saints is very extraordinary. One receives the power to remain strong in adverse circumstances. One also attains the power of spiritual discipline, consciousness, accomplishment of equanimity and enlightenment.

A Noble Gesture



There was once a restaurant-owner whose business helped him earn enough to make ends meet. He had a special quality, he offered free meals to any person who was physically challenged. He continued this practice for several years, and people who visited his restaurant often blessed him and offered their good wishes.

He had another unique habit. Every morning he would offer seeds and water to birds. Flocks of birds would gather at the entrance of his hotel each day. He would continue to watch the birds until the customers started visiting the restaurant. By doing so his mind attained peace.

One day a man questioned him, "Sir, it is indeed a noble deed, but I wanted to know why you always offer free food to the disabled? Is there a particular reason? I am sure you must be incurring some loss due to this."

To this the hotel owner replied, "From the last several years, I have been watching these birds feeding on seeds every day. I have often observed that the birds will never touch the food around a disabled or sick bird; they do not attempt to grab anyone's share. When I saw this for the first time I was taken aback, and touched by the fact that these birds are so considerate towards each other. I began to think how can I also help humanity, and decided to offer free meals to those who are physically challenged. The mental satisfaction that I gain by doing this small service to society by far supersedes the slight financial loss that is incurred, if any."

Hearing this, the man was left speechless.

H.H. Swamiji's Upcoming schedule



February 17 to February 20, 2014: East India (Jharkhand)

February 21 to February 26, 2014: Different places in North India

February 27 to February 28, 2013: Mahashivratri Celebration 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 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.

"If an attempt is made to unite the world, then it can be possible through spiritualism."