

March 2014

Following the Footsteps...

Prabhu Premi Sangh Newsletter



Volume 7, Issue 3

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



Inside this issue...

- Reflections from H.H. Swamiji's diary
- News in a Nutshell
- The Treasure of Spirituality
- Prabhu Premi Sangh Satsang at Jamshedpur
- Thought of the Month
- Shrimad Bhagvad Katha Conducted at Lucknow
- Mahashivratri Celebrations
- Story: A Journey to the Mountains

Dear Prabhu Premi,

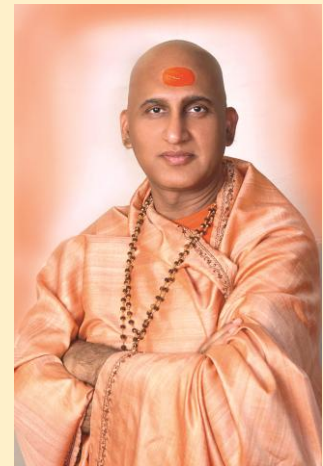
Prabhu bless you.

A festival which fosters the spirit of harmony and instills sublime feelings of mutual friendship, goodwill and unity is - Holi.

The essence of India is - festivity. On the bright and colorful festival of Holi, one witnesses the unanimous spirit of India. Just a tiny dash of color is sufficient to brighten up someone's face and bestow happiness. Almost the entire country participates in this vibrant festival.

I convey my best wishes to all on this joyous occasion.

*With best wishes,
Swami Avdheshanand Giri*



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

News in a Nutshell

Hari Om!

The bonfires that are burnt on the eve of Holi mark the end of negative tendencies such as anger, greed, and desire. The fire signifies the lighting of the inner lamp of knowledge to drive away the darkness of ignorance. This vivacious color festival is

also representative of the victory of devotion and protection of righteousness.

Little Prahlad's steadfast devotion to Lord Vishnu is indicative of the fact that no matter how powerful or great the adversary may seem, if one has full faith, and a pure heart, then God

Himself protects His devotee.

In February 2014, Shrimad Bhagvad Katha by His Holiness was organized at Lucknow, Mahashivratri celebrations were conducted at Haridwar and spiritual discourses were organized in different cities.

The Treasure of Spirituality

What is spirituality? The quintessence of spirituality is to experience that our real nature is the Self. It is to acquire the experience that we are not merely the body or the mind, but are the Eternal Self, which merely resides in this human body.

We generally consider ourselves to only be a body, which has a particular name. Similarly, we also think ourselves to be a citizen of the country that we belong to or associate ourselves with one religion or the other. But through spirituality we get to know that Element which is behind all these different external names and references, that we all are essentially the Self, and part of One Supreme Father.



Additionally, it is through spirituality, that we experience compassion, forgiveness and peace. When our outlook becomes spiritual, we do not look upon anyone with bias or discrimination. We start attempting to bring down those barriers which separate one individual from the other.

Further, we begin to experience that at the level of the Self, we are all connected with one another. When we recognize our inherent unity and this inter-relation, then we even

begin to help one another.

We desire to serve each other, and our overall outlook widens. All of us are capable of developing ourselves spiritually. Since centuries there is one solution recommended for it – spiritual practice.

By learning the method of spiritual practice and meditation, we should spend some time daily with the Lord residing within us. As we begin to experience the love and joy of God, we will automatically begin to rid ourselves of those old habits due to which we are filled with hatred and prejudice. Through the practice of meditation, ordinary individuals can successfully embark upon their spiritual journey.

By spending some time on a regular basis in meditation, we can come in contact with our Self (*Atman*). We will then find that we are something beyond this external body and mind. We will discover our spiritual identity, which is filled with love, peace and bliss. When we recognize our Self, then we will experience unity with the Lord.

Spiritual awakening is the means which can open the doors to our consciousness. We will then be able to cast away all forms of hatred and replace it with love and harmony.

(Excerpt from H.H. Swami Avdhesanand Giri Ji's 'Jeevan Darshan')

Prabhu Premi Sangh Satsang at Jamshedpur

Satsang and lecture by H.H. Swamiji was organized by Prabhu Premi Sangh at Ravindra Bhavan, Jamshedpur on February 18, 2014.

Addressing the gathering of prabhu premis, His Holiness said, that that whatever exists around us, all of it belongs to God. He said that for a happy life, we should strive to keep our external, subtle and spiritual personality healthy.

'The art or technique of living must be learnt from one's Guru. One might not find an abundance of material objects near a Realized Master, but they will be able to teach you how to live with joy.'

Pujya Swamiji advised that we should constantly engage the mind in the remembrance of God, shun criticism and try to engage ourselves in noble deeds.

Citing the significance of

spirituality, He expressed that a person who is inclined towards spirituality and practices self-discipline can become a good leader. A spiritual person understands the value of time, but one who does not know effective time management can be neither considered spiritual, nor a good leader.

His Holiness also spoke about the importance of 'self introspection', with the

help of which a seeker can recognize his faults and try to eliminate them.

THOUGHT OF THE MONTH



Knowledge resides where truth is honored.

Shrimad Bhagvad Katha Conducted at Lucknow

Shrimad Bhagvad Katha by H.H. Swami Avdheshanand Giri Ji Maharaj was conducted at Lucknow from February 4 to February 10, 2014. This Katha was organized by the Jeev Ashray Foundation alongwith Times of India and Navbharat Times at Kanha Upvan, Nadarganj, Lucknow.

During the Katha, H.H. Swamiji explained that a person who loves animals, is dear to God. He motivated the devotees to serve animals and urged meat-eaters to give up this practice. He stated that just by coming in proximity with

a cow, or merely touching its tail, one automatically develops feelings of kindness and compassion. It is believed that a person who serves a cow, which is believed to be a manifestation of the Divine Mother will be free from suffering and sorrow.

H.H. also inspired the audience to create an awareness campaign for the protection and preservation of nature, and keep our rivers clean and pollution-free. Explaining the importance of spirituality, H.H. said that 'spirituality' is our inner food, it is the food for our soul. His Holiness

further said – 'There are two important aspects of human life – 'freedom to act', and 'independence of thought'. Only human beings are blessed with this power since birth. Even the *devtas* (gods) remain eager to get the human birth. Hence, one should always keep remembering the name of the Lord at all times.'

'When we wish to visit a particular place which is unknown to us, we can ask directions from any person and request him or her to guide us. But an ordinary person will not be able to assist us on the road that leads to God. Only a *Satguru*

(Realized Master) can show us the way to God. By following the path instructed by one's Guru, a person can realize God.'

Pujya Swamiji explained that Shrimad Bhagvad Katha awakens the divine qualities lying dormant within us and by merely hearing the Katha with devotion, one experiences the feelings of becoming liberated from fear, sorrow and suffering.

'*Shravan*' or listening to the Bhagvad Katha enables us to experience oneness and unification with the Lord, in our mind, speech and action.

MahaShivratri Celebrations



The sacred festival of Mahashivratri was celebrated at Harihar Ashram in Haridwar on February 27, 2014 under the auspices of Pujya Acharya Shri. A congregation of saints, devotees, dignitaries and prabhu premis hailing from different parts of the world, was present at this event.

Devotees visited the temple all day to make their offerings of water, milk, flowers and bilva leaves with love and devotion to Lord Mahamrityunjay. The night-long 'Char Pahar Ki Pooja' commenced at 9 pm and continued till sunrise. This included elaborate worship and *Abhishek* of the *Parad* (Mercury) Shivling in which the Shivling was given a ritual bath with milk, curd, ghee, honey and water. The Shivling was then adorned with sandalwood paste, offered garments, garlanded with a Rudraksh mala, and beautifully decked with multihued flowers and bilva leaves. *Naivedya* (food), *dhoop* (incense) and *deep* (lamp) were also offered to the Lord. This worship ceremony was conducted four times, making it a divine and peaceful experience for the devotees who kept vigil throughout the night.

Simultaneous prayer and worship was also conducted in Mahamrityunjay Temple. Vedic Chanting of mantras, kirtans and devotional songs kept the atmosphere spiritually charged and uplifted the spirits of all. Early next day, 'prasad' was distributed to all devotees by Mahamandaleshwar Swami Naisargika Giri Ji.

A Journey to the Mountains



Once upon a time a simple-minded farmer decided to undertake a journey of the mountains. It was the first time he would be travelling to the mountains and purchased the necessary items.

He bought himself an oil lamp because he wanted to travel at night, since he felt that the warm weather during the day would make him tired and weary.

Finally, at around midnight he was about to commence his journey, but suddenly felt disheartened. He thought to himself, 'All I have is a tiny lamp, which is enough to brighten only a few steps ahead of me. The distance I need to cover is ten kilometers! I will surely not be able to do this with this small lamp, with which I can hardly see beyond ten steps.'

Discouraged, he began to reconsider his idea of travelling to the mountains.

While he was immersed in his thoughts, a frail old man, walked past him with an even smaller lamp than the farmer's. Surprised, the farmer stopped him and shared his dilemma with him.

The old man smiled and said, 'Son, first at least walk ten steps. Then you will be able to see clearly your path. After that, walk another ten steps, and the light will shine further down. Little by little, you will be able to cover the whole distance.'

He further advised, 'Do not be overwhelmed by the distance of your goal, instead, just embark upon your journey with full faith, you will be guided as you go.'

The farmer nodded with gratitude, and immediately set out on his journey. Before sunrise he had reached the peak of mountain.

H.H. Swamiji's Upcoming schedule



March 11 to March 16, 2014: Different places in India

March 17, 2014: Holi Celebrations at Ambala

March 18 to March 30, 2014: Different places in North India

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
Hararyana, India.



Phone: +91-171-2699335, 2699367



Email: prabhuprem@hotmail.com OR 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.



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.

"Noble resolves should be carried out immediately."