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# Following the Footsteps...

Prabhu Premi Sangh Newsletter



Volume 7, Issue 5

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



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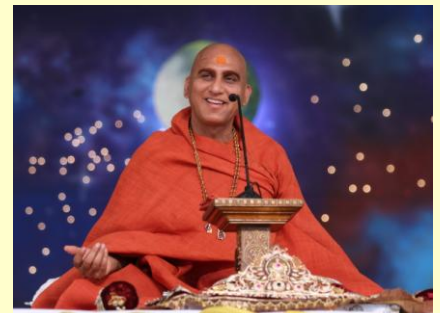
*Dear Prabhu Premi,*

*Prabhu bless you.*

*Spirituality is a fundamental requirement of mankind. It is possible to eliminate the unhappiness arising from doubts, fear, insufficiency, ignorance, etc only by developing a spiritual outlook.*

*Internal purity, love, affirmative feelings, and the desire to perform noble deeds, are awakened through spiritual power.*

*With best wishes,  
Swami Avdheshanand Giri*



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

## News in a Nutshell

Hari Om!

Human life is a rare and precious gift from God. It is believed that to be born as a human being is a blessing in itself.

It is hence essential to recognize that life is an opportunity, meant for a specific and divine

purpose.

In this journey of life, we must learn to develop positive thoughts and engage in noble work. We should try to spread happiness and good cheer around us through our thoughts, words, and actions.

In the previous month of April 2014, Shri Ram Katha was held at South Africa and spiritual discourses were conducted in various parts of the country.

In June 2014, Summer Camp will be held at Haridwar.

## Thoughts and Actions

Listening, thought and action are inter-connected with one another. A person's thoughts are formed based on what one hears, and in accordance with one's thoughts, the person acts.

An individual who lives in the company of saints will have an inclination towards God. An individual's actions are based on what one receives and imbibes from one's family, society and close relatives. Whatever one repeatedly hears, it unconsciously becomes his or her nature. Frequent talks about noble activities automatically become manifested in one's resolves. On the other hand, constantly listening to idle talk, gossip, criticism, etc hinders the progress of an individual.

Similarly, by associating

with a passionate individual who is deeply under the influence of materialism, the worldly desires of a person may increase.

In order to keep performing good deeds and engaging in constructive work, the company of holy and noble people is recommended. Those who are alert, associate with noble ones, speak sweetly, have deep faith in the Truth, and trust God, are worthy of honor, irrespective of whether or not they possess material attainments. Such a person is considered as the highest amongst all beings. When one overcomes his or her defects then it becomes possible to assimilate divine qualities. No matter how sinful a person may be, he is not devoid of strength. One only needs to direct this strength towards the



performance of good deeds. Karma means work for which one receives guidance from the modes of nature.

Any act done against nature is '*vikarma*' (sinful or undesirable act), while to refrain from engaging in the performance of actions is '*akarma*' (inaction).

A person who is able to recognize this difference, is automatically able to choose auspicious acts over inauspicious ones. *Nitya-karma* are the daily recommended activities performed in accordance with scriptures. Actions performed with a desire to

achieve a particular result are the cause of bondage, and are considered as inauspicious.

Sages and saints in their philosophical texts, for the welfare of mankind, accorded prominence to listening and action. If an ordinary individual merely listens to the wise ones, then his or her thinking will be transformed. He will be able to proceed on the path of spiritual development. It is hence essential that mankind should associate with true and noble beings, undertake competent resolves, and not allow the mind to waver. To see, hear, or think meaninglessly, is to lose discipline.

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

## Ganga Snaan on Baisakhi

The harvest festival of Baisakhi was celebrated in different parts of the country on April 13, 2014. On this day, *Ganga Snaan* i.e. taking a holy dip in the sacred River Ganges is considered to be extremely auspicious and meritorious.

Millions of devotees take a dip on Baisakhi in the Ganga River at Haridwar, Rishikesh and other places like Triveni Sangam in Allahabad.

On this auspicious day, enthusiastic devotees flocked from all over India and abroad to Haridwar to visit H.H. Swamiji and take the holy dip. His Holiness explained to them the recommended way to offer obeisance to our sacred rivers.

He stated that we offer reverence to Ganga by '*snaan*' (taking a holy dip), Yamuna with '*aachman*'

(sipping), Narmada with '*darshan*' (viewing) and Tapti by '*smaran*' (remembrance). Further, H.H. Swamiji explained that we do *Ganga snaan* at the banks of the Ganges, since it is believed that is where her feet are. It is generally recommended to take nine dips.

Pujya Swamiji also emphasized the importance of fixing and following a proper routine in our daily

lives. It is necessary to carry out our everyday activities such as awakening, self-purification (cleansing), eating, drinking, sleeping, etc in an appropriate and timely manner.

We are encouraged to be mindful of what to do, when to do, and how much to do. If we can devote our daily routines to God, then that itself is *Sadhana*.

**Life is an Opportunity – Seize It!**

In our day to day life, success and achievement are quite important to us, for it often determines how happy we are in our lives. For a student, success may imply an exam passed with flying colors, for a businessman it could be the signing of an important deal, for an employee it might mean a bonus or promotion, for a sports person it could be the winning of a medal, while for a parent it could mean witnessing the success of his or her children.

Whatever be one's background or profession, the one thing we all try to aim for is – success.

A successful person is often proud of his or her accomplishments, which keeps the spirits high. On the other hand, a series of disappointments can keep one deprived of the joyous

moments of life. With time and experience, we may learn to take failures not too seriously, and yet success remains important for most of us. This is how we go through most of our lives, and then settle down in old age, proud to look back at what we have accomplished through our hard work.

But what if we were told, that when our lives on this earth come to an end – we will once again be at the crossroads between success and failing. Are we ready to face the results or the see our scorecard for the test that we unconsciously took from the time we were born till the time we die?

Try to reflect and imagine what you think will be in store for you then – will it be celebrations and fireworks for having lived a God-centered, righteous life or will the results be rather



unpleasant for living a life minus prayer and virtue?

Will you find your heart swelling with pride for sticking to your faith and beliefs and never giving up on God, inspite of the fact that you didn't have it all or the circumstances weren't always in your favor, or would you feel remorseful for not having lived in divine remembrance of the Lord, inspite of being blessed with great health, comfort and more than sufficient resources needed to take you through life?

The only problem is, by then it would be too late to go back and change things. We may or may not be in

control of our destiny then. It is only as long as we are here that we can pray, meditate, serve, and spread happiness. Performing one's own prescribed duty with selflessness and enthusiasm by offering one's work to the Lord is also a form of worship.

Our scriptures talk about the law of karma, good actions reap good results, and vice-versa. This world is often called a *karma-bhoomi*, the place where we have been given the freedom and choice to think and act in a manner that we like. It is then entirely upto us, if we want to try to spend every breath in doing something positive and worthwhile or we want to blow away this precious and prized opportunity called human life. The choice is ours

*(Editorial Team)*

**Spiritual Q and A**

**What is the difference between pride and self-respect?**



Self-respect is *satvik* i.e. a pure tendency while pride is *tamasic*, a demonic tendency.

To reflect – *'I am a spiritual seeker, then how can I do something immoral or commit a sin?'* This is self respect. But to consider oneself as superior or special as compared to

others, and think, *'I am a seeker, while the other person is not'* is 'pride' or 'vanity'.

An egoistic person acts in a manner contradictory to the spiritual path, but one who has self-respect; will be unwilling to do something which is contradictory to spirituality.

**THOUGHT OF THE MONTH**



**We have attained this human birth to understand our true identity.**

## The Age to Learn



In a particular village, once an educational officer arrived to inspect the local school. While on his rounds, the officer noticed that the teachers of that school were imparting education in both English and the local language. He politely said to one of the teachers, 'It is wonderful that you teach English and the local language of this state, however I see that you do not teach Hindi to the students. Hindi is our national language and is spoken throughout the country. If you will not teach it to the children, then these children will lag behind as compared to their peers. Hence, I suggest that you must teach them Hindi along with the other languages.'

The teacher said, "Sir, we ourselves do not know Hindi, then how can we teach it?"

The officer replied, 'It is very easy to learn Hindi. You should try to learn it.'

But the teacher was not willing to learn a new language. The elderly teacher said, 'You may be right, but at this age, it is not possible for us to learn a new language. Please make use of our existing knowledge and resources. We can work extra hours if you like, but do not ask us to take up studies at this stage.'

Hearing this, the education officer explained to him, "Whether a person is 20 or 80 years old, if his desire and eagerness to learn something new has died, then he is not only aged, rather I consider such a person to be lifeless. Lack of enthusiasm to acquire new skills makes a person obsolete. This sort of thinking is regressive and impedes progress."

This statement by the officer influenced the teacher deeply, and within a couple of weeks he mastered the Hindi language and began teaching it to the students.

## H.H. Swamiji's Upcoming schedule



June 1 to June 10, 2014: Summer Camp, Haridwar

## 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).*

**"When one meets a True Master (Guru), one is not far from experiencing God."**