



What is Arya Samaj?

Arya Samaj founded by Maharishi Dayanand Saraswati is an institution based on the teachings of Vedas for the welfare of universe.

It propagates the universal doctrines of humanity.

It is neither a religion nor a sect.

ARYAN VOICE

YEAR 40

04/2018-19

MONTHLY

April 2018

WE HAVE MOVED TO OUR NEW HOME

321 Rookery Road, Handsworth, Birmingham, B21 9PR.

Inauguration of New Bhavan

&

Arya Samaj Foundation Day

On Sunday 29th April 2018 at 11am our new Bhavan of Arya Samaj will be inaugurated by His Excellency Mr Y. K. Sinha, High Commissioner of India, London.

Please note: CAR PARKING at Rookery School, Rookery Road, Handsworth, Birmingham, B21 9 PY for this event.

(For detailed information see page 25)

DONATIONS

Those of you who would like to donate money to "Arya Samaj (Vedic Mission) West Midlands" New building fund please do so now!!! Your help will be highly appreciated.

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**For General and Matrimonial Enquiries
Please Ring
Miss Raji (Rajashree) Chauhan (Office Manager)
Monday to Friday between: - 2.30pm to 6.30pm,
Wednesday: - 11.00am to 1.00pm.
Bank Holidays – Closed - Tel. 0121 359 7727
E-mail- enquiries@arya-samaj.org**

10 Principles of Arya Samaj

- 1. God is the primary source of all true knowledge and all that is known by its means.(At the beginning of creation, nearly 2 Billion years ago, God gave the knowledge of 4 Vedas to four learned Rishis named Agni, Vayu, Aditya and Angira. Four Vedas called Rig Ved, Yajur Ved, Sam Ved and Atharva Ved contain all true knowledge, spiritual and scientific, known to the world.)**
- 2. God is existent, intelligent and blissful. He is formless, omnipotent, just, merciful, unborn, infinite, invariable (unchangeable), having no beginning, matchless (unparalleled), the support of all, the master of all, omnipresent, omniscient, ever young (imperishable), immortal, fearless, eternal, holy and creator of universe. To him alone worship is due.**
- 3. Vedas are the scripture of all true knowledge. It is paramount duty of all Aryan to read them, teach and recite them to others.**
- 4. All human beings should always be ready to accept the truth and give up untruth.**
- 5. All our actions should be according to the principles of Dharma i.e. after differentiating right from wrong.**
- 6. The primary aim of Arya Samaj is to do good to the human beings of whole world i.e. to its physical, spiritual and social welfare.**
- 7. All human beings ought to be treated with love, justice and according to their merits as dictated by Dharma.**
- 8. We should all promote knowledge (Vidya) and dispel ignorance (Avidya).**
- 9. One should not be content with one's own welfare alone but should look for one's welfare in the welfare of all others.**
- 10. In matters which affect the well being of all people an individual should subordinate any personal rights that are in conflict with the wishes of the majority. In matters that affect him/her alone he/she is free to exercise his/her human rights.**

नारी-मर्यादा

आचार्य डॉ. उमेश यादव

दिलों में बस जाये, वो मोहब्बत हूँ,
कभी बहिन तो कभी ममता की मूरत हूँ ।
मेरे आँचल हैं से चाँद-सितारे,
माँ के कदमों में बसी, एक जन्नत हूँ ॥

हर दर्द-ओ-गम को छुपा लिया सीने में,
लब पे न आये कभी, वो हसरत हूँ ।
मेरे होने से ही है, कायनात जवान,
जिन्दगी की वेहद हसीं हकीकत हूँ ॥

हर रूप-रंग में ढल कर, संवर जाऊँ,
सब्र की मिशाल, हर रिस्ते की ताकत हूँ,
अपने हौसले से तकरीर को बदल दूँ,
सुन ले ऐ दुनियाँ, हाँ मैं औरत हूँ ॥

वाह ! वाह !! क्या ही सच कहा है कवि ने । एक नारी के समग्र जीवन का चिन्तन करें तो उसकी मर्यादा बान्धने में निश्चित ही एक किताब बन जायेगी । मैं यहाँ इस मर्यादा को समझने के लिये एक वेद मंत्र को उपस्थित करना चाहता हूँ-

ओ३म् अघोरचक्षुरपतिघ्नी स्योना शग्मा सुशेवा सुयमागृहेभ्यो वीरसूः
देवृकामा सुमनस्यमाना त्वया सह समेधिषीमहि । अथर्वेद १४.२.१७

शाब्दिक अर्थ- इसमें एक मर्यादित नारी के ९ विशेषताओं का वर्णन किया गया है । पूरे मंत्र के अर्थ को जानने से पहले इसके अन्तिम तीन पदों का अर्थ समझते हैं फिर वर्णित विशेषताओं पर विचार करते हैं- “त्वया सह समेधिषीमहि” अर्थात् त्वया=तुम्हारे , सह=साथ, सम्- अच्छी तरह, एधिषीमहि= हम सब सुख पायें । यह अर्थ अपने आप में एक नारी की अनेक सम्बन्ध रूपों का संकेत दे रहा है । एक नारी के साथ हम सब मनुष्य अलग-अलग सम्बन्धों से जुड़े हैं- कोई पति है, कोई पुत्र, कोई भाई है, कोई बहन, कोई माँ है तो कोई बेटा इत्यादि अनेक रूपों से हम सब इस संसार में एक नारी के साथ जुड़ कर अच्छी तरह अर्थात् प्रजा, धन व अन्य सब आवश्यक सुखों को प्राप्त करें । जिस नारी से ये सब सुख अपेक्षित है उसकी विशेषतायें इस प्रकार हैं-

१. अघोरचक्षुः- क्रूर दृष्टि न रखने वाली २. अपतिघ्नी- पति का हनन न करने वाली ३. स्योना-सुख देने वाली ४. शग्मा-कार्य-दक्षा अर्थात् कार्य में दक्ष/प्रवीण जो कर्म को निष्ठा से करके सबको सुख व शान्ति देने वाली है ५. सुशेवा- उत्तम प्रकार से सबकी सेवा करने वाली ६. सुयमा गृहेभ्यः- घर के सब व्यवहारों को सुघड़ तरीके से करते हुये सुव्यवस्था रखने वाली ७. वीरसूः-वीर संतानों (लड़का/लड़की) को जन्म देने वाली ८. देवकामा- देवों से प्यारपूर्ण व्यवहार करने वाली और ९. सुमनस्यमाना- सुन्दर/उत्तम मनवाली होकर सदा प्रसन्नचित रहने वाली और सबको प्रसन्न रखने वाली ।

उपयुक्त वर्णित विशेषतायें नारी में स्वाभाविक रूप से रहती हैं पर सांसारिक विसंगतियों वा सम्पर्कों के कारण कभी-कभी नारियाँ कई दोषों के शिकार भी हो जाती हैं । दुर्गुणों के शिकार होने पर परिवार, समाज व राष्ट्र का

नुकसान पहुँचाती है और सद्गुणों को पाकर सर्वत्र मर्यादित रह प्रतिष्ठा पाती हैं और सबके लिये सुखों का आश्रय बनती हैं । इस भाव को ऋग्वेद के एक मंत्र में उड़ेला है- "जायेदस्तं मघवन्सेदु योनिः"-ऋग्वेद ३.५३.४ अर्थात् हे ऐश्वर्यसालिन्- स्त्री ही पुरुष का घर है, सुखद आश्रय व संतानोत्पदिका है । इसी क्रम में महर्षि दयानन्द सरस्वती ने इस भाव को विस्तार करते हुये लिखा- हे स्त्रि ! जैसे पगड़ी आदि वस्त्र सुख देने वाले होते हैं, वैसे ही तू पति के लिये सुख देने वाली हो । इसी तरह सबको अपनी शालीनता से सुख देने वाली बनो । सत्यार्थप्रकाश के गृहस्थ प्रकरण में महर्षि दयानन्द ने उद्घोषित किया- एक कन्या की रक्षा से न केवल परिवार की रक्षा है अपितु समाज व राष्ट्र का सुख भी इस पर आधारित है । कन्या का विकास राष्ट्र का विकास है । क्यों नहीं, यही कन्या तो एक दिन पत्नीरूप, माँरूप, बहनरूप वा अन्य सम्बन्धों के हिसाब से अनेक रूपों को धारण करती है । परिवार में यह पत्नी रूप होकर परिवार का तीर्थ, सुखाधार, कल्याण व संसार तरने हेतु पुण्य रूप को धारण करती है । किसी ने ठीक ही लिखा है-

नारी निन्दा मत करो, नारी नर का खान ।
नारी से नर होत है, ध्रुव प्रहलाद समान ॥

हिन्दी साहित्य सम्राट जय शंकर प्रसाद की यह पंक्ति इस भाव को कितना सारगर्भित कर रही है- " नारी, तेरे हास्य में जीवन निर्झर का संगीत है-

देखें उनकी इन पंक्तियों को-

तुम अजस्र वर्षा सुहाग की, और स्नेह की मधु रजनी,
चिर अतृप्त यदि जीवन था, तो उसमें तुम संतोष बनी ।

नारी तुम केवल श्रद्धा हो, विश्वास रचत नगपगतल में,
पीयूष-श्रीत सी बहा करो, जीवन के सुन्दर समतल में ॥

शेक्सपीयर ने लिखा- सौन्दर्य से नारी सदर्प होती है, उत्तम गुणों से उसकी प्रशंसा होती है और लज्जा से वह देवी बन जाती है । कितनी सुन्दर बात है । एक संस्कृत के कवि ने नारी के भूषणों का बड़ा ही सुन्दर चित्रण किया -

लज्जा वासो भूषणं शुद्धशीलम्,
पादक्षेपो धर्ममार्गे च यस्याः ।
नित्यं पत्युः सेवनं मिष्टवाणी,
धन्या सा स्त्री पूतयति एव पृथिवीम् ॥

लज्जा वस्त्र है, शुद्ध शील आभूषण है, धर्म मार्ग पर चलना जीवन है इसी तरह पति की सेवा व मधुरवाणी सब उसके आभूषण ही हैं । जिस नारी में ये गुण हैं मानो वह पृथिवी को पवित्र करती हुयी धन्य है । वही पूज्य है; वही देवी है । तभी तो ऐसी नारियों की पूजा करने की बात मनुस्मृति में भी कही है-

यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः ।
यत्रैतास्तु न पूज्यन्ते सर्वास्तत्राफलाः क्रियाः ॥ मनु.३.५६

जहाँ नारियों की पूजा होती है अर्थात् उनका सम्मान होता है, वहीं देवता अर्थात् देवत्व दिव्य गुणों का आधार-भाव सुख, शान्ति व प्रसन्नता का वास होता है और जहाँ उनका मान नहीं होता वहाँ निसंदेह सारी क्रियायें असफल हो जाती हैं अर्थात् वह जगह दुःख व कलह वाली बन जाती है ।

चरित्रवती स्त्रियाँ पति व परिवार की मुकुट रुपा है पर शीलभ्रष्ट स्त्रियाँ सर्वत्र क्लेश रूप तुफान पैदा करने वाली हो जाती हैं । एक अंग्रेजी के विद्वान् मिस्टर जे.पी. सेन ने ठीक ही लिखा है- `` Marriage with a good woman is a harbour in the tempest of life, with a bad woman, it is the tempest in the harbour.``---- J.P. Senn

जिसका अर्थ है- सती साध्वी श्रेष्ठ स्त्री से विवाह जीवन के तुफान में बन्दरगाह है और खराब स्त्री से विवाह बन्दरगाह में ही तुफान है । अतः जीवन साथी भी सोच-समझकर खोजना चाहिये । सुकरात की पत्नी अच्छी नहीं थी । सदैव कलह बना कर रखती थी पर सुकरात काफी संयमित, संतुलित व शान्त थे । पत्नी की वदसलुकी सहन कर भी दुनियाँ में महान् बने । एक बार उनके पास मिलने एक मित्र आये । पूछा-भाभी जी का क्या हाल है ? मुस्कराकर बोले- बादल पहले गरजता है फिर बरसता है । इतने में उनकी पत्नी ने सुन लिया और उपर से ही गुस्से में सबके सामने एक लोटा पानी उनके सिर पर डाल दिया । सुकरात फिर हँसे और बोले- देखो मेरा कहा सार्थक हो गया । ऐसा ही एक उदाहरण अंग्रेजी लेखक मिल्टन का मिलता है । मिल्टन ने स्वयं अंधे होते हुये भी एक सुन्दर स्त्री से विवाह कर लिया । वह स्त्री जितनी खूबसूरत थी उतनी ही दुष्टा भी थी । बात-बात में अंधे पति को काँटों की तरह चुभन जैसा कष्ट देती रहती थी । एक दिन उनके मित्र ने उन्हें उदास देख पूछा कि आप इतना उदास क्यों हैं, आपकी पत्नी तो बहुत सुन्दर है, काश ! आप उसके सुन्दर रूप को निहार पाते तो अवश्य ही खुश होते, वह तो गुलाब के फूल की भाँति सुन्दरी है । मिल्टन ने कहा- हाँ, मैं उस गुलाब के सौन्दर्य को तो देख नहीं सकता परन्तु उसके काँटों का अनुभव दिन-रात किया करता हूँ ।

दुर्गुण जब स्त्री में आ जाये तो वह पति, वच्चे, घर, समाज व राष्ट्र में सर्वत्र आचरणहीनता , कलह व दुःखों का खान बन जाती हैं । मनुस्मृति ९/१३ में इनके दुर्गुण इस प्रकार बतायें हैं-

पानं दुर्जनसंसर्गः पत्या च विरहोऽटनम् ।
स्वप्नोऽन्यगेहवासश्च नारी संदूषणानि षट् ॥

शराब पीना, दुष्ट वा बुरे जनों का संसर्ग, पति से विरह/कलह, घर से बाहर घूमते रहना, स्वप्न में अन्य के बाहों में रहना, ये छः नारी के अवगुण /दोष हैं । अतः हर अच्छी नारी को इन दोषों से बचना चाहिये वरणा सभ्य समाज में इनका मान नहीं होगा । सभ्य लोगों को भी ऐसी दुष्टा, कुल्टा व आचरणभ्रष्टा नारी से दूर ही रहना चाहिये वरणा वे सभ्य व स्वस्थ समाज का निर्माण नहीं कर सकेंगे ।

कई बार दुष्ट लोग व सामाजिक अन्याय से दुःखी होकर एक स्वाभिमानी सत्य नारी धर्मयुद्ध में जुड़ जाती है, परिणामतः वह एक बहादुर न्यायप्रिय स्वाभिमानी महान् व आदर्श स्त्री बन जाती है तथा धर्म युद्ध लड़कर विजयी होती है व समाज व राष्ट्र के लिये प्रशंसनीय होती है । दुर्गा, लक्ष्मी, सीता, अनुसूया, गार्गी, सावित्री, झाँसी की रानी लक्ष्मी बाई आदि

ऐसी ही वीराँगणायें हैं । ऐसी स्त्रियाँ ही वीर, संस्कारित, होनहार व सुखदायी संतानें संसार को देती हैं । संतान का प्रथम गुरु माँ को ही सर्वत्र कहा गया । यह अपने आप में महनीय बात है । किसी ने कितना सटीक कहा-

जननी जनै तो अस जनै, कै दाता कै सूर,
नहीं तो रहिये बाँझ ही, काहे गंवावें नूर ॥

बहु आयामी गुणों की खान ऐसी नारी की तुलना ऐसे भी की गयी- “तारे आकाश की कविता है तो नारी धरा की संगीत-माधुरी” । विदुर नीति: ६.११ में तभी तो कहा गया-“

पूजनीया महाभागाः पुण्याश्च गृहदीप्तयः ।
स्त्रियः श्रियो गृहस्थोक्तास्तस्माद्रक्ष्या विशेषतः

जो स्त्रियाँ घर की श्री अर्थात् सुख व शोभा बढ़ाने वाली, पूजनीया, महान् आशय व सौभाग्य देने वाली और पुण्य कर्म करने-करवाने वाली हैं, वे सदैव विशेष प्रयास के साथ रक्षणीया हैं अतः हमें सदैव ऐसे कुलीन स्त्रियों की रक्षा व इनका विकास करना ही चाहिये । इनके और भी गुण इस प्रकार गिनाये गये हैं-

कार्येषु मंत्री करणेषु दासी, भोज्येषु माता शयनेषु रम्भा ।
धर्मऽनुकूला क्षमया धरित्री, भार्या च षाड् गुण्यवतीह दुर्लभाः ॥

मर्यादित व संस्कारित स्त्री ही पति के लिये कार्य में मंत्री, सेवा में दासी, भोजन बनाने व खिलाने में माता, शयन काल में रम्भा (प्यारी), धर्म सेवन में अनुकूल, क्षमा में धरती और कुशल भार्या (पत्नी) सिद्ध है । ये छः गुणों वाली मर्यादित स्त्री मुश्किल से ही मिलती है और जिसको मिलती है वह सौभाग्यशाली पुरुष होता है । परिवार में तभी सब ओर से खुशियाँ बनती हैं । यही तो अथर्ववेद का यह मंत्र बताना चाहता है-

ओ३म् सुमंगली प्रतरणी गृहाणा सुशेवा पत्ये श्वसुराय शंभुः । स्योना श्वश्र्वे
प्र गृहान् विशेमान् ॥ १४.२.२६

अर्थ- हे स्त्रि, तू उत्तम मंगल करने वाली, पारिवारिक जनों के लिये
प्रतरणी= दुःखों से पार करने वाली, सुशेवा पत्ये= पति की सेवा करने व
उसके सुखों को अनुभव करने वाली, श्वसुराय शंभुः= शसुर को शान्ति देने
वाली और स्योना श्वश्र्वै= शास को भी आनन्द देने वाली होकर प्र= विशेष
प्रकार से गृहान् विशेमान्= घरों में प्रवेश पा । अथर्ववेद ३.२५.४ में भी इसी
तरह एक उत्तम नारी के ये चार गुण खाश बताये गये हैं-

“ मृदुर्निमन्युः केवली प्रियवादिन्यनुव्रता”

१. मृदुः- मधुर भाषिणी २. निमन्युः- क्रोध रहित होना ३. प्रियवादिनी- प्रिय
अर्थात् कल्याणकारी वाक्य बोलने वाली और ४. अनुव्रता- पति के व्रत
अर्थात् नियम, स्वाभाव , न्याय आदि के अनुशासन में रहने वाली हो ।

मैं अपनी पंक्तियों में इस भाव को इस रूप में उढ़ेलना चाहूँगा-

मीठी वाणी, क्रोधशून्यता, प्रियवादन, अनुव्रता,
चार गुण जब नारी पावे, तब पति पावे सफलता ।
भाग्यशाली वह नर है, जिसको मिलती ऐसी नारी,
वेद विचार से आगे बढ़ना, उमेश मिली सम्पदा सृष्टि सारी ॥

CREMATION SACRAMENT **(16th SANSKAR)**

According to Maharishi Dayanand Saraswati Cremation Sacrament (Antyeshti Sanskar) is the last Sacrament and is performed for a dead human body. This Sacrament is also called as Narmedh, Purushmedh, Naryaag and Purushyaag. Cremation Sacrament is also written in Aashvalaayan Grihyasutra and Kaushil Sutra. In Yajurveda 40/15 Mantra says “Bhasmaantam Shariram”. This means that it is correct thing to burn the dead body. Following the teachings of Vedas cremating the dead human body is the correct Sacrament for it. This is a very scientific act. A dead human body is totally burnt in to ashes. This Sacrament is performed with help of wooden pieces, medicated Saamagri (a mixture made of various types of herbs, dry fruits and Ghee etc.), Ghee (Clarified butter) Sandal wood and Gugal etc. With help of these materials a dead human body gets totally burnt with minimal pollution to the environment. Burning the dead human body at a designated place or crematorium saves quantity of land used for burial of dead human body.

In Manusmriti 2/16 it is called as “Nishek (Last Rites)”. “ NISHEKAADHISHMASHAANTO MANTRAIRYASYODITO VIDHI “ Meaning that one should perform last rites of a dead human body in a cremation ground by reciting Mantras. By reciting Mantras and prayers offered to Almighty God a spiritual atmosphere is created in the cremation place. This kind of atmosphere helps the bereaved family and gives them strength to bear the loss of beloved one.

Acts NOT recommended by Vedas- According to Maharishi Dayanand Saraswati some rituals described in Purans are against the teachings of Vedas. After the performance of Cremation Sacrament the acts of Dashgaatra, Ekaadshah, Dwaadashah, Trayodashaah i.e. Dashwaan (10th Day) (Shaving the scalp hair and family feast, providing feast, Ekaadashah (11th Day) - End of

Garur Puran- preaching and Dwaadashahvaa Trayodashah (12th and 13th Day) - providing feast to the community, donation of bed, quilt and pillows, donation of wheat dough balls (Sapindi Daan) on Egaarahwa, Baarahwa, Terahawaan days after the death of a beloved one of the family, visiting the religious places like Gaya, Haridwar and performing various acts for the peace of departed soul as suggested by Pauranic Pundits and giving donations to them (Shraadh), reciting Garun Puran are due to ignorance and lack of true knowledge of teachings of Vedas.

According to the teachings of Vedas the soul of a dead human body travels to the outer space and the vacuum extending between the planets and stars and from there it comes down to earth and enters the uterus (Womb) of a female via an egg fertilised by the sperm of a male animal. In Vedic books the word Yama is not used for any particular person or place. Instead the word Yama has been used to describe season, Almighty God, Fire, Air, Electricity and Sun etc. In Sanskar Vidhi book written by Maharishi Dayanand Saraswati the word Yama has been mentioned six times in Mantras recited during Cremation Sacrament and has same meaning as written above. The Yamalok, as written in Gurudapurana etc are false. Due to the lack of teachings and knowledge of Vedas the stories told about Yama are totally false.

The subtle body of soul consisting of five elements of Vital breath:

1. Pran - Inspiration (Breathing in air rich in oxygen)
2. Apan - Expiration (Breathing out)
3. Udaan - air in the back of the throat (Glossopharyngeal area) pushing down food and drinks providing energy to body)
4. Samaan - air around umbilicus (Central Breath) sending nourishment to all parts of the body.
5. Air in whole subtle body by which soul becomes active and energises and activates whole body.

Five components of sense organs: 1. Eyes. 2. Tongue. 3. Ears. 4. Skin & 5. Nose

Five Tanmaatras - Smallest particles of 1. Fire. 2. Water. 3. Void (Ether). 4. Air and 5. Earth known as: 1. Sight. 2. Taste. 3. Hearing/words. 4. Touch. 5. Smell and 1. Mind and 2. Intellect, thus altogether these are 17 in numbers, enters the outer space and gains energy by coming in contact with Air, Fire, Water, Sky, Vegetation, Electricity, Sun and Moon.

Thus this energised subtle soul enters the womb of a living animal and gains a living body structure. What kind of living body this energised soul enters depends on the deeds of its previous life and as decided correctly by Almighty God. Please refer to 39th Chapter of Yajur Veda translated by Maharishi Dayanand Saraswati. If a soul does not take birth again then it has achieved salvation. Thus there is only two options for a soul when it comes out of a dead human body. A soul either comes back to earth to be reborn or it achieves Salvation.

As written above there is no need for relatives of a dead human being to go to Gaya, Haridwar or any other so called religious places in India to perform Shraadh as advised by selfish Pauranic Pandits and waste their hard earned money just to satisfy the physical needs of Pauranic Pundits. These useless acts as advised by selfish Pauranic Pundits do not help the soul of a dead human being in any way. Maharishi Dayanand Saraswati has written very clearly that it is better for a living human being or after his/her death that rich relatives of dead human being should donate as much money as they can for education, for propagation of true knowledge of Vedas, for Orphanage and institutions actively involved in spreading the true knowledge of Vedas like Arya Samaj. Please refer to Sanskar Vidhi "Cremation Sacrament (Antyeshthi Sanskaar).

How to perform Cremation Sacrament (Procedure)

1. To wash the dead body- Men should wash the body of a dead man and women should wash the body of a dead woman. First massage the dead body with Yoghurt (Dahi) and then wash it with pure and clean water. Dry the body with a dry towel and then dress the body with new clothes. It is correct to apply sandal cream on the body. These procedures should be done at home or any where the dead body is kept. The body should be carried to the cremation ground on a funeral pyre made of wood/iron which four people can easily carry on their shoulders. This can also be done by use of a motorised vehicle. These things depend on the place and country where a person has died. In European countries a dead body is kept in a wooden coffin and is taken to a crematorium in a suitable vehicle for last rites.
2. The Materials required - The relatives or people responsible to perform this Sacrament of a dead person should buy equal amount of Ghee (clarified butter) or more for well to do family and half of the body weight of dead person for poor families.

In addition the following items should be purchased:

- a) Sandal wood - In quantity equal to the weight of the dead body or 38 Kilogramme for well to do families.
- b) Kasturi (Musk) - 0.121 grammes per Kilogramme of Ghee.
- c) Kesar (Saffron) - 0.97 gramme per kilogramme of Ghee.
- d) Agar (Acquilaria Malaccensis) - 1 Kilo for each 38 Kilo of Ghee.
- e) Tagar (Veleriana Walichli) - 1 Kilo for each 38 Kilo of Ghee
- f) Sandal wood Powder -1 Kilo for each 38 Kilo of Ghee.
- g) Camphor - As the circumstances permit.
- h) Wooden pieces of Palaash Tree (Butea Fondosa) & Pipal Tree- About 12 Maund (About 450 kilo).
- i) Saamagri- Twice the body weight of dead body

It is all right to use the above amounts of materials where a dead body is to be cremated in an open space. But in countries where a dead body is to be cremated in an Electric Crematorium only 2 to 4 Kilogramme of Saamagri can be used. In these crematorium a qualified priest has to perform complete Cremation Sacrament with only limited amount of Saamagri and other scented items. In modern crematorium the dead body is burnt to ashes only in few minutes. This way there is minimal pollution to the local environment. There is no need for large amounts of Ghee and Saamagri in modern crematorium.

The procedure of cremation of a dead human body in foreign countries is somewhat different to India. After washing and cleaning the dead body members of Funeral services dress the body with new clothes and then bring the body in a coffin to the home of the dead person. At home a qualified priest recites the relevant Mantras and pours the offerings over the dead body without igniting fire. Usually the date and timing of cremation Sacrament depends on other factors like death certificate of the deceased person, the availability in local crematorium and of family members. These things can take a few days. So it is advisable and practical to hire the services of a Funeral Director who can take care of the dead body and keep it safe in suitable temperature to avoid petrification of the dead body. After the recitation of Mantras by the priest and ritual procedures done by family members the coffin is taken to the crematorium in a special car or a horse carriage.

In crematorium a qualified Minister of Religion recites Mantras and prays for the peace of the departed soul. In some crematorium the assembled people sing and chant religious and spiritual songs. Members of the family and friends speak about the nature, deeds, quality and attributes of the dead person. At the end the dead body is propelled into the electric chamber to be burnt completely and turn into ashes. At the same day or following day the family members and friends do Havan followed by eating ordinary food. After this no other ceremony is performed for the dead person. After

few days the family members collect the ashes of the dead body and throw it away in a river/canal or sprinkle in a garden as desired by the dead person.

Recitation Of Mantras while performing cremation Sacrament -

The cremation ground should be smeared with cow dung. Then arrange the selected wood pieces in such order so that body can be rested on these wooden pieces and fully covered with wood.

A lamp of Ghee should be lighted. A person should enkindle a piece of camphor from the lamp and should light the pyre. In lighting the pyre one should first begin from the head/mouth and finish towards the feet. This person should be a family member or a close pupil of the dead teacher.

During this procedure one should lay down the body on the pyre with feet facing towards south and head towards north direction. Now while reciting Ved Mantras give oblations of Ghee and Saamagri. One should observe the fire till the whole body has burnt. Any left over Ghee and Saamagri should be used by reciting the same Mantras again.

By selecting five Mantras from First Aashvalaayan Grihyasutra, seventeen Mantras from Rig Veda, sixty three Mantras from Yajur Veda, ten Mantras from Atharva Veda and twenty six Mantras from Taittiriya Aaranyaka Maharishi Dayanand Saraswati has described to offer oblations of Ghee and Saamagri by reciting one hundred and twenty one Mantras.

According to Pauranic teachings one should put Tulsi petal, five precious stones and Ganges river water in the mouth of a dead person. Vedic teachings do not support such act. It is alright to apply Ghee over the scalp hair and mouth because it helps in burning of the dead body.

What to do after completion of Cremation Sacrament

1. Washing of clothes and taking shower/bath- After completion of

Cremation Sacrament every one who attended this Sacrament should take shower/bath and clean/wash the clothes worn at the ceremony. The house of the dead person should be cleaned properly by washing, smearing, painting and hoovering etc. All members of the family and friends should sit down and perform Havan by reciting Ved Mantras which describe the attributes of Almighty God (Stuti), Prayers (Prarthana) and Upaasana. Havan purifies the air inside the house. Performing Havan and reciting Mantras and singing religious Bhajans (songs) collectively helps the bereaved family members and friends. This kind of atmosphere gives courage and strength to family members to bear the loss of loved one.

The present Minister of religion, priest or a learned person should give sermons about Soul and God, the value of a human life and what happens to the Soul of a dead human being so that the family members and friends of the family can adjust to normal state of mind and can lead their normal life as before.

2. Collection of remnant bones of the dead body - There is a provision of collection of remaining bones of the dead person three days after the cremation ceremony. Family members/friends should collect the remain ashes and bones of dead body from the site of cremation ground in a bag or a container. Then they should clean the place so that other people can use it again. Then they should either bury the remaining bones in a ground and throw the ashes in a field or a garden as desired by the dead person or simply throw the remnant bones and ashes in a running water canal or a river according to the wishes of the dead individual.
3. Fear of Ghost (Bhut) or Evil Spirit (Pretaatmaa) – In Pauranic culture people are told about fear of Ghost and evil spirits by a Pauranic priest. This is supported by Garuda Puraan. According to the teachings of Vedas these things are false and with out any meaning. The word Bhut means the past. Pret means dead

body. The Soul has already left the human body (death) and reborn or achieved Salvation according to the deeds of that particular human being. According to the teachings of Vedas this Soul has either entered a body with in twelve seconds or achieved Salvation. Bhut is the time which has already passed, Pret that is dead body has been burnt to ashes and Soul has either taken rebirth in a body or achieved Salvation So where is the reason for a human being to be afraid of? Please accept this truth. A Soul of a dead human being never wanders around. Please get rid of this concept that some times the Soul of a dead person does rest in peace and roams around on earth.

4. Shaanti/ Tribute and Homage/ Prayers, Pagari Custom - According to the customs of a society and convenience of the family concerned a meeting is called for relatives and friends of dead person, after the disposal of remnant bones and ashes, to do Havan and pay their tributes to the dead person. Friends pay their condolences to the members of the immediate family and pray for the eternal peace of the dead person's Soul. In this kind of gathering in some places of India like Punjab, Hariyana, Himachal, Delhi etc a Pagari is given to a living member of the family to make him/her responsible for the responsibility of the remaining members of that family. Towards the end of the ceremony people eat a ordinary food and disperse. This has become a social custom otherwise Maharishi Dayanand Saraswati has not recommended for any ceremony for the dead person after disposal of his/her remaining bones and ashes.

Cremation is compulsory for every one – It is a custom in some places in India to bury the dead body of a very young child in a Cemetery or a Cremation ground. But there is no written evidence for this act in any Aarsh Grantha (Book). Maharishi Dayanand Saraswati has written very clearly that Cremation is the best way to dispose of a dead human body whether the person was a Bachelor (Brahmachari), House Holder (Grihastha), Vaanprasthi, Sanyaasi,

man or a woman, child or adult or old age. Cremation Sacrament is environment friendly and helps in preservation of land for other purposes. In some places people bury the dead body of a Sanyaasi. This is totally against the teachings of Vedas. This misunderstanding has been created by wrong interpretation of a Shlok from Manusmriti 6/23. In this one word “Anagni” has been written for Sanyaasi. The correct meaning of Anagni is that a Sanyaasi is not bound to do Havan etc because a Sanyaasi is himself/herself Agni (Knowledge). “Agni” denotes the duty and actions of a Bachelor (Brahmachari) , House holder and Vaanprasthi to perform Havan and other duties required of them. A Sanyaasi is responsible for Gyan- Ygya (Knowledge) only. The life of a true Sanyaasi is Agni (knowledge). This is why a Sanyaasi is called “Anagni”. So it is correct to cremate the body of a Sanyassi.

Cremation Sacrament is recommended by the teachings of Vedas and is a scientific act.

Cremation of a dead human body is the best - There are four ways to dispose of a dead human body. These are to burn, to bury or to throw in water or forest. Out of these cremation is the best way as it is well supported by Vedas and Science. For further study and detailed information please refer to “Samskar Vidhi” and “Satyarth Prakash” books written by Maharishi Dayanand Saraswati. Please remember that by cremating (Burning) the body with help of medicated Saamagri and pure Ghee all the five elements of a human body “Panch Tatwa” Air, Water, Earth, Ether (Space) and Fire go back to the surrounding atmosphere and with help of medicated Saamagri and Sandalwood etc there will be no foul smell in the local air.

Written by
Acharya ji Dr Umesh Yadav in Hindi
And
Translated by
Dr Narendra Kumar in English

Republic Day of India Celebrations on 28th January 2018

We celebrated the 69th Republic Day of India at our Arya Samaj Bhavan in Nechells, Birmingham on the Sunday following 26th January 2018. As usual, the morning's programme started with the performance of Sandhya Havan by Acharya Umesh Yadav Ji for the members of Arya Samaj. This event was attended by approximately 100 people.

The hoisting of the National Flag ceremony was led by our chief guest of honour Mr. Manohar Lal from Consulate General of India office in Birmingham and he was accompanied by all members of the Board of Trustees/ASWM. The hoisting of the flag was followed by everyone singing the national anthem of India.

Brij Duggal welcomed all and made an introductory speech on the importance of our Republic Day and why this date is of great historical significance. This year's celebrations at Raj Path, New Delhi included attendance by 10 leaders of the Association of South Asian Nations as 'Guests of Honour'. The ceremonial parades were presided over by our 14th President of India Shri Ram Kovind Ji.

On this day we remember all those great men and women who contributed with life and soul to our country's fight for freedom. By celebrating this day we also acknowledge all those who, with integrity, continue to devote themselves to governing, protecting and promoting our country.

The constitution for Indian Government was written by Dr. Bhim Rao Ambedkar and his contribution in Indian democracy cannot be forgotten. One of his famous quotes is remembered here: "Political Democracy is not enough; the base of it must be social democracy

which means a way of life that recognises Liberty, Equality and Fraternity”

Dr. Narendra Kumar (President ASWM) welcomed all and updated them about current situation with regard to our re-location. Members were requested to help and support with raising funds that are needed for furnishings, lighting and other things that are not being provided by HS2.

Mr. Lal gave a brief speech in recognition of the good work Arya Samaj is doing here in UK and praised members for following their culture and traditions whilst living abroad. He shed some light on progress being made by India and the respect India is gaining all over the world.

Acharya Yadav Ji gave an interesting speech on the Vedic view of Republic Day of India. His passionate speech acknowledged the contributions made by Arya Samaj towards India’s independence.

The entertainment for the morning’s programme included patriotic songs by Mrs. Renu Aggarwal and a Bollywood dance by her two daughters. We value the creative talent amongst our members and appreciate their contributions to our events.

The programme ended with Aarti and Shanti Path.

Rishi Langar for today’s event was provided by Arya Samaj.

Written by

**Brij Bala Duggal
General Secretary
Board of Trustees
Arya Samaj (Vedic Mission) West Midlands**

Matrimonial Service

Arya Samaj (Vedic Mission) West Midlands is dedicated to its matrimonial members to provide a service that will help members find a partner for marriage within our community. We feel it is time to make a few changes to help with this process and move forward with the times.

Changes we have made in 2018:

Website:-

- A new data base on the website that will give members an option to add a **photo** if they wish and a space for members to write a **bio** about themselves and what they are looking for in a partner.
- Existing members would have received a letter with information about what we need from you to update your profile. Once you have received this letter please fill it out and send back to us soon as possible, so we can update our **NEW** data base and you can start using the new system.

Matrimonial Service:-

- Members will now be given the **option** to directly contact each other or have the **option** for parents to contact each other.
- All **new** members will be contacted by the office staff for phone conversation during the application process.
- We are also looking in to ways of making our Matrimonial events more successful.
- **Now on facebook -**
<https://www.facebook.com/aryasamajwestmidlands/>

News

Get Well Soon:

- This is to inform our members and readers that our Patron Shri Gopal Chandra MBE is recovering in Ryland View Nursing Home, Arnhem Way, Tipton, DY4 7HR and telephone number 0121 520 1577. We all wish him a speedy recovery.
- This is to inform our members and readers that Mr Vishwa Nath Bhandari, ex-Vice President of Arya Samaj West Midlands year 2001-2003 is recovering in Gracewell of Edgbaston Care Home, Speedwell Road, Edgbaston, Birmingham, B5 7PR and telephone number 0121 796 0796. We all wish him a speedy recovery.
- Mrs Deepika Datta is on waiting list for a kidney transplant. We wish her to get better soon.

Congratulations:

- Dr. Sunil and Mrs. Neeru Poshakwale for celebration Havan at there home on Sunday 18th March 2018 for their son Suyash 16th birthday. Wishing Suyash good health and happiness.

Many congratulations to all the mentioned families who have had auspicious havan at their residences on different occasions or Sunday Vedic Satsangs in Arya Samaj Bhavan.

Donations to Arya Samaj West Midland through the Priest-Services:

- Dr. Sunil Poshakwale £51

Thank you for all your Donations!

ARYA SAMAJ (VEDIC MISSION) WEST MIDLANDS

321 Rookery Road, Handsworth
Birmingham B21 9PR
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enquiries@arya-samaj.org
www.arya-samaj.org
Charity Registration Number : 1156785



The Chairman & Members of The Board Of Trustees

Cordially invite

MEMBERS & FRIENDS

**ON SUNDAY, 29TH APRIL 2018, 11AM
FOR
INAUGURATION OF NEW BHAVAN
OF
ARYA SAMAJ (VEDIC MISSION) WEST MIDLANDS
321, Rookery Road, Handsworth
Birmingham, B21 9PR**

BY

**HIS EXCELLENCY MR. Y. K. SINHA
High Commissioner of India, London
&**

**Celebration of Foundation Day of Arya Samaj Movement
followed by**

Rishi Langar at 1.30 pm

RSVP

**Email: - enquiries@arya-samaj.org or Tel: 0121 359 7727
(for Catering Arrangement)**

**CAR PARKING at Rookery School, Rookery Road, Handsworth,
Birmingham, B21 9 PY.**

Letter of Appeal for Donations to Arya Samaj (Vedic Mission) West Midlands

Sadar Namaste

I hope you are keeping well and in good spirits.

It gives me great pleasure to inform you that on 23rd August 2017 our Arya Samaj Society purchased Trinity Methodist Church, 321 Rookery Road, Handsworth, Birmingham, B21 9PR. This building is a replacement for 188, Inkerman Street building due to compulsory purchase order from Department for Transport for building High Speed Railways 2.

The Department for Transport (DFT) has paid us money to buy this church and are paying most of the money needed for refurbishment of this building like new gas central heating system, electric wiring, two bed room flat inside the building for resident priest, some kitchen work and flooring etc.

We still need more money for the work to be done **BUT NOT** financed by DFT for example:

- Interior painting and decorations of halls and rooms
- Sound systems for the main hall and middle hall
- Light fittings and LED bulbs for the whole building
- New carpets and furniture for the priest flat
- Some kitchen equipment, Refrigerator and freezers
- New tables and chairs for halls, library and offices
- Computers, Book shelves for library and offices, filing cabinets.
- Printing of a new Gayatri Mantra Calendar with new address of Arya Samaj

- Publication of English translations of Vedic Sanskar Vidhi (Vedic Sacraments Manual) and new Vedic Sandhya and Havan books for Sunday congregations

We need about **£100,000** fund to do all above necessary works.

We will honour those people who donate £1000 and above by putting their names on one of the walls of our building.

Donations can be made:

- **By cheque - Payable to 'Arya Samaj West Midlands' and sent back to us at 188 Inkerman Street, Nechells, Birmingham, B7 4SA**
- **Bank Transfer – The Co-operative Bank
Name of account – Arya Samaj
(Vedic Mission) West Midlands
Account number – 65839135
Sort Code – 08.92.99.**
- **Those of you who would like to pay in instalments please set up a standing order by requesting a form from our office.**

The money donated by you will help our present and future generations.

So please donate generously. No matter how small every donation will be appreciated.

Kind regards.

Yours sincerely

Dr. Narendra Kumar, Chairman

New Building Refurbishment Fund

Following people so far have donated to the Arya Samaj West Midlands New Building Refurbishment Fund at 321 Rookery Road, Handsworth, Birmingham, B21 9PR:

<u>NAME</u>	<u>DOANTION</u>
NEW DONATIONS:-	
Mrs Shama Kumar & Dr Narendra Kumar	£2500.00
Mr Sumedh Jaiswal	£2000.00
Mr Harish Malhotra & Mrs Gayatri Malhotra	£1100.00
Mr Monish Malhotra, Mrs Claire Malhotra & Mirica	£1100.00
Mr Varinder Bahal & Mrs Santosh Bahal	£1001.00
Mrs Nirmal Prinja & Ms Smriti Prinija	£1000.00
Mrs Kanti Bajaj & Mr Rahul Bajaj	£1000.00
Mr Singh & Mrs Kaur	£500.00
KTC	£201.00
Mrs Rama Joshi	£121.00
Mr Govind Bhatti	£25.00
Mr Krishan Chopra & Dr Raksha Chopra	£5000.00
Dr Purushotam Das Gupta & Mrs Rekha Gupta	£2100.00

Dr Umesh Kathuria & Mrs Subash Kathuria	£2001.00
Mr Ravinder Renukunta	£2000.00
Mr Joginder Pal Sethi	£1100.00
Mr Balwant Kohli	£1100.00
Sangam Association UK	£1010.15
Mrs Sudarshan Arora	£1001.00
Mrs S Bhandari	£1000.00
Mr Paul Laroiya	£1000.00
Mr Raghubir Berry	£1000.00
Dr Amit Rastogi & Mrs Anita Rastogi	£1000.00
Dr Rajiv Agrawal	£1000.00
Mrs Brij Bala Duggal Mr Anil Kapur & Dr Ajit Kapur	£1000.00
Dr U L Udeshi	£1000.00
Mr Satya Prakash Gupta	£501.00
Dr Bhaskar Sharma	£501.00
Mr Ram Sarup Kohli	£500.00
Mr Krishan Kumar Sethi	£500.00
Mr Rajesh Salota	£500.00
Dr Harinder Mohan Verma & Mrs M Verma	£300.00
Mr N.K. Agrawal	£250.00
Mr Swaraj Kumar & Mrs Vijay Luxmi	£201.00

Mr Dharm Pall Sharma	£101.00
Mr Ashok Panday	£101.00
Anonymous	£101.00
Mr Ved Parkash Rawal	£100.00
Dr Satyavrat Sharma	£100.00
Mrs Janki Mehta	£100.00
Mrs K Spolia	£51.00
Mrs Santosh Banga	£51.00
Mr G.C. Sethi	£51.00
Mr Raj Joye	£51.00
Mrs R.K. Bassi	£50.00
Mrs Vibha Cale	£50.00
Mr Ram Dev Arora	£21.00
Mrs Sunita Rana	£21.00
Mr Baldev Lal Sharma	£21.00
Anonymous	£20.00
Mr Inderjit Marwah	£10.00

TOTAL SO FAR :

£37113.15

Thank you!

Haven't Donated Yet ????

Please try and make your donation in April 2018, as we need the money for work to be carried out on the new building soon as possible, but all donation after April will still be appreciated!

Now on facebook -

<https://www.facebook.com/aryasamajwestmidlands/>