



What is Arya Samaj?

Arya Samaj, founded by Maharshi Dayanand Saraswati, is an institution based on the Vedas for the welfare of universe. It propagates universal doctrines of humanity. It is neither a religion nor a sect.

ARYAN VOICE

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MONTHLY BULLETIN

MARCH 2011

Events: In Sunday Congregation March 2011

6th: Centenary celebration: Women's Day

13th: talk on Upanishads: by Nick Sutton

27th: Hindu Council Birmingham
Youth Group Seminar

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THE BENEFITS OF MEDITATION

Did you know that meditation has been proven to:

- * Improve functional capacity and quality of life of congestive heart failure patients (University of Pennsylvania).
- * Reduce fatigue and depression in patients with mild to moderate multiple sclerosis (University of Basel Hospital in Switzerland).
- * Reduce psychological distress, anxiety, depression, and blood pressure in college students

And that's just the beginning. It's also been used by millions to:

--> Help you create real happiness in your life, regardless of your past or present circumstances...

--> Improve your creativity, intelligence, and mental functioning...

--> Significantly improve your overall sense of well-being and inner peace...

--> Help you create your own success in the world, along with the personal satisfaction and sense of fulfilment that comes with being successful.

The physical, mental and emotional benefits are almost endless.

Courtesy Vic and Lisa Johnson

**WE NEED SCIENTIFIC SPIRITUALITY
OR SPIRITUAL SCIENCES (Part 2)**
(Contd. from February 2011)

<p>5. The world is dependent on it like it depends on the sun, air, water, etc. It is as basic as anything we can imagine. The day dharma vanishes from the world, the world will vanish too. Dharanat iti dharmah, i.e. dharma holds the creation, the creator being the Dharmaraja.</p>	<p>It is a fabrication of a mortal human being who is not likely to be all-knowing and as benevolent as the Cosmic Spirit is. It can certainly not be a basic thing because the humanity managed without it before it came into being.</p>
<p>6. It is so natural that a few wise people can sit together to discuss and search in their conscience what our dharma is.</p>	<p>It requires an extraneous authority for its determination.</p>
<p>7. It has universal acceptance.</p>	<p>It can never have universal acceptance.</p>
<p>8. It has nothing that contradicts the laws of nature because the dharma and the laws of nature originate from the same source, the creator.</p>	<p>It often contradicts the laws of the nature.</p>
<p>9. Its purpose is to guide the humanity towards righteousness for our overall personal and collective</p>	<p>Its purpose may be the selfish interest of an individual or a group of individuals.</p>

good.	
10. It brings universal love, brotherhood and peace among the entire humanity as parents desire in their family.	It often causes conflicts and strife leading to wars among followers of different religions.
11. It can be understood by an intelligent person through his/her intellectual faculties.	It discourages us to use our intellectual faculties. It requires blind faith in a human being.
12. It appeals to the natural human compassion and love.	It may give rise to hatred among its followers towards the followers of other religions.
13. It encourages us to know and understand the Cosmic Spirit and to be in communion with Him directly.	It gives importance to a human being, past or present and positions that man between us and the Cosmic Spirit. Thus, it creates an artificial distance between 'me and God.'
14. One is encouraged to maintain pure innocence to see and enjoy every event as a miracle, such as a bud blossoming into a flower.	It brings in false concepts of miracles and thereby snatches away our pure innocence, encouraging irrationality, blind faith, conceit and hypocrisy.
15. There is considerable individual freedom for personal growth provided it doesn't hurt others.	There is no freedom because there is fear that an individual may become equal or even superior to the person who founded that religion.

16. One can follow dharma anytime, anywhere at any age.	One must go through certain rituals to be initiated into a religion. There may not be an appropriate guideline applicable to every place and at all times.
17. If dharma sees its decline then ...	religions flourish and create havoc for the noble people.
18. Dharma is one and only one.	Religions are many.
19. Dharma gives rise to higher moral and intellectual stature.	Religions may cause decay in moral and intellectual stature.
20. Dharma is a unifying force towards a global village of the entire humanity.	Religions are divisive that the entire earth can become a battlefield.

Let us now summarize the key features of inner sciences – some of which I might have mentioned in the previous articles.

1. Scope: The scope of this study and investigation will include both matter and spirit. In other words, we will discuss everything under the sky and the sky itself, and even beyond the sky whatever it is.
2. Method: The study must be rational and logical with sufficient rigor. It must be found acceptable to a reasonable open-minded person. In other words, it must utilize our entire prowess in "the head region."
3. Purpose: The study must lead to an improved quality of life at an individual's level, and collectively, it must lead to the collective good for all concerned. In other words, it must make the life an enjoyable experience, or so to say, make us feel good in "the heart region".

To indicate the above features, I have used the words "inner sciences". But these words may give an impression that the word "inner" may refer to "within us" only. Therefore, it should be clarified that the inner sciences will include "within everything". That is, we will study the outer world as well but our investigations will attempt to take us to the innermost core of the outer world. I hope that our scientific inquiry will justify the choice of the words "inner sciences".

Indeed the next article will be titled as "Inner Sciences through the Outside World" that will briefly tell us what to expect in so far as the inner sciences pertaining to the outside world is concerned. That will be the concluding article in the first series of "Introduction to the Center for Inner Sciences."

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अग्ने यं यज्ञमध्वरं विश्वतः परि भूरसि।

साइद्देवेषु गच्छति॥ ऋग्वेद 1.1.4

**agne yum yajnamdhvaram vishvatah paribhurasī I
sa id deveshu gacchati II Rig Veda 1.1.4**

Meaning in Text Order

Agne = source of knowledge, yum= which, yajnam= virtuous deeds, adhvaram= a virtuous act where there is no intention to harm others, , vishvatah= from all directions, paribhurasī= pervade, sa= that, it= only, deveshu= divine grace, gacchati= brings.

Meaning

O embodiment of light, may our life be full of noble deeds (yajnamaya), may we always consider that these virtuous deeds are performed with the grace of God. May our righteous deeds bring us humility. This concept will lead us to the path of divinity.

Contemplation

In this mantra there are two important words yajna and adhvaram. According to Shatpath Brahman **yajna means the most sublime act.** The second word aghanya, this qualifies the most sublime act. Our most sublime act is that which has no selfish motive or does not injure the sentiments of others by our speech or by action. The most important is that there should not be malice in our mind about the noble deed. It should be noble in every respect.

Beyond doubt, wealth is a vehicle of life. It brings glory and fame when it is utilized for virtuous deeds. When glory and fame is showered upon people, sometimes glory and fame bring vanity. Here the mantra describes that God protects those virtuous deeds and they

bear divine blessings where the intention is also noble. Internal malice intentions loses the blessing of Lord, in spite of noble deeds.

In fact, all virtuous deeds are performed with the will of God but due to ignorance human beings consider that these noble deeds are performed by them. It brings in them a sense of arrogance. This lowers the divinity of our noble actions.

When we perform noble deeds without any selfish motives, we become the people of divine qualities. As soon as we exhibit vanity, our deeds do not reflect our noble intentions. Many of us do noble deeds just for earning the fame and glory then these deeds lose their purpose.

On the contrary, the men of divine qualities dedicate their noble deeds to God. They think it is God, who has provided them this opportunity, therefore they are thankful to God for the noble intentions

Krishan Chopra

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Swami Daynand being the pioneer of the independence and Swadeshi movement of India, Arya Samaj West Midlands has celebrated Republic Day of India (26th January) on Sunday 30th January with great enthusiasm and pride.

Chief Guest, Sri Gururaj Rao, Counsel General of India in Birmingham emphasised the important fact that it is easy to be pessimistic and criticise the system but actually we should all be proud of what India has achieved.

The gathering of over 150 people enjoyed the cultural programme of patriotic poetry, song and dance. The morning started with Vedic Havan and concluded with Rishi Langar.

Our president Mrs Vibha Cale told of the role Arya Samaj has always played to fore-warn the Shashak and the Shashit, Raja & Praja (Govt & the people). In that light we should not get lulled by India's Growth and forget the dangers lurking around. We must and would keep on crossing hurdles to achieve the goal of making India 'Sone Ki Chiriya' and 'Jagat Guru' once more. Mrs Cale also made an appeal for funds to upgrade the Central Heating for the building and I am pleased to say that congregation responded very generously towards that. I hope that there are more and more donations so that the heating is improved to make the entire building more comfortable and welcoming for the visitors.

When the status of women-kind was degraded due to the decadent social conditions, it was Arya Samaj movement that brought to the fore front the idea of 'यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः'. Centenary of Women's Day (8th March) would be celebrated at Arya Samaj in Sunday congregation of 6th March 2011. We at Arya Samaj West Midlands promote Vedic teachings through the sermons of our resident priest in our weekly Satsang and at monthly broadcast at Radio XL, and have visiting Vedic scholars from time to time. Over and above that; various speakers are invited to express their points of view. The details of such activities in the month of March are on the page 32 of this bulletin

Om Shanti-Shanti-Shanti

*Vedic
Vivah
List
March
2011*

*For full list please see
Website member's Area*

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The Penny Wise Monkey

Here is another nice tale/ story from the Jataka collection. Once upon a time, there lived the King of a big and affluent country. The King was quite fond of travelling. Usually, he didn't like to visit his own country; instead he went to other countries. One day, he assembled his army to move out for a holiday to some distant country. The King and his soldiers walked for the whole morning in the forest. After this, they went into the camp to take some rest.

The horses were also tired, so they were fed with peas. One of the Monkeys, who lived in the forest, was keeping a track of the things done by the king's men from a distance. When he saw peas offered to the horses, he jumped down from the tree at once to get some of them. He quickly gobbled some peas, also filled his mouth and hands with them. Then, he went up the tree and sat down to eat the peas.

As and when, he sat there to eat peas; one pea fell from his hand to the ground. The greedy monkey dropped all the peas he had in his hands and ran down to look for the lost pea at once. Unluckily, he could not find that one pea. He climbed up the tree again and sat at rest. He was looking very sad. He said to himself, "To get one pea, I threw away what I had".

The King was watching the monkey from the camp and said to himself, "I would not be like this stupid monkey, who lost much to gain a little. I will go back to my own country and enjoy what I have". Thus, the King and his army marched back to their own country.

Moral: Value the things you have.

वैदिक राजधर्म

आचार्य डॉ. उमेश यादव

गृहस्थ, वानप्रस्थ, संन्यास आदि की तरह राजधर्म भी मानव समाज का एक महत्वपूर्ण विषय है जिस पर विचार करना हर नागरिक का कर्तव्य है। यह विषय राष्ट्रीय चेतना के लिए बहुत ही उत्तम है। इससे जहाँ राजा, प्रजा, मंत्री आदि के कर्तव्यों का उल्लेख निहित है वहाँ राष्ट्र के अलग-अलग पहलुओं पर भी विचार किया जाना अपेक्षित है। राज व्यवस्था, उनके संचालक, उनके कानून, उनकी सीमायें इत्यादि सब कुछ वैदिक शास्त्रों के अनुरूप बताया जाना उपयुक्त है। वैदिक राजधर्म अपने आप में एक वैदिक संविधान है। नैतिकताप्रधान राजधर्म ही वेदों में वर्णित है जिसकी स्पष्ट व्याख्या मनुस्मृति, उपनिषद् आदि धर्मग्रन्थों में मिलती है। उसे ही महर्षि दयानन्द सरस्वती ने अपने अमर ग्रंथ सत्यार्थप्रकाश के छठे समुल्लास में वैदिक आधार पर विस्तृत वर्णन प्रस्तुत किया है। यहाँ भी उसी के आधार पर सरल भाषा में इस विषय को प्रस्तुत करने का प्रयास है। पाठक गण इसे छोटे-छोटे टुकड़ों में पढ़ सकेंगे।

राजधर्म प्रमुखतया राजा का कर्तव्य है पर राजधर्म को पूरा करने में राष्ट्र की प्रजा ब्रह्म-शक्ति अर्थात् विद्वान् आचार्य, क्षत्र-शक्ति अर्थात् वीर शिक्षित व संस्कारित क्षत्रिय एवं वैश्य-शक्ति अर्थात् शिक्षित व संस्कारित वैश्य व्यापारी सभी महत्वपूर्ण भूमिका निभाते हैं। इसीलिये मनुस्मृति में मनु महाराज वेदोक्त राजधर्म को बढ़ाने के ख्याल से यह घोषणा करते हैं—

राजधर्मान् प्रवक्ष्यामि यथावृत्तोभवेन्नृपः। संम्भवश्च यथातस्य सिद्धिश्च परमा यथा॥ " मनु.7-1

इस प्रस्तावना से स्पष्ट होता है कि एक श्रेष्ठ राजा की स्थापना करना यहाँ मनु महाराज का उद्देश्य है। राजा का नैतिक विकास, चिन्तन, शिक्षा, संस्कार, कार्य, शौर्य, शैली इत्यादि हर पहलू पर विचार किया जाना लक्षित है। यह निश्चय है कि राजा के विचार एवं कार्य को नैतिक व सफल बनाने हेतु

उन्हें उत्तम प्रकार की शिक्षाओं एवं संस्कारों की आवश्यकता है और इसके लिये उत्तम ही ब्रह्म-शक्ति अर्थात् विद्वान् गुरु आचार्य चाहिये जो राजा को भी निर्भीक शिक्षा व संस्कार देकर उसका चारित्रिक विकास कर सके ताकि राजा प्रजा को उचित न्याय व व्यवस्था प्रदान कर सके। जब कभी राजा अपने कर्तव्य में भटकने लगे तभी राष्ट्र के ब्राह्मण अर्थात् विद्वान् आचार्य उसे निश्चिंत मार्गदर्शन कर सकें। गुरु वशिष्ठ, विश्वामित्र, बाल्मीकि, याज्ञवल्क्य, महर्षि दयानन्द आदि इसके साक्षात् प्रमाण हैं। मनुस्मृति का यह श्लोक इसका प्रमाण है कि क्षत्रिय को ज्ञानवान और संस्कारित होना चाहिये।

"ब्राह्मं प्राप्तेन संस्कारं क्षत्रियेण यथाविधि।

सर्वस्यास्य यथान्यायं कर्तव्यं परिरक्षणम् ॥

"मनु.7-2

राज व्यवस्था का सब कार्य यथाविधि अर्थात् न्यायपूर्वक हो, इसके लिये राजा को उत्तम ब्राह्म शिक्षा एवं संस्कार मिले। उत्तमरीति से शिक्षित व संस्कारित क्षत्रिय ही न्याय तथा उदारतापूर्ण व्यवहार कर सकेगा। शक्तिशाली राजा अपने सैन्य बल के प्रयोग कर शत्रुओं से राष्ट्र की रक्षा कर सकता है पर ज्ञानशील व संस्कारित राजा उदारता, दया, प्यार व पर पीड़ा की अनुभूति जैसे मानवीय गुणों के आधार पर मानवतापूर्ण न्याय कर पाता है और राजा के ऐसे ही न्याय व व्यवहार राष्ट्र में सुख-शान्ति व ऐश्वर्य बढ़ाने में उपयोगी हैं। हमें इसका सदा ख्याल रखना चाहिये।

Making Sense of Calcium

Calcium is the most abundant mineral found in your body. Approximately 99 percent of the calcium in your body is found in your bones and teeth while the remaining 1 percent is found in your blood and remaining tissues.

What Does Calcium Do in Your Body?

- Helps to form strong teeth and bones
- Allows muscle tissue to grow and contract properly during physical activities
- Helps regulate blood pH, which is essential to your body's ability to properly transport oxygen and carbon dioxide
- Allows for proper blood coagulation
- Allows for proper functioning of your heart and nerves

Due to its importance to a number of critical metabolic activities, the amount of calcium that is available to your blood and tissues must be carefully regulated at all times.

Your bones and teeth serve as reservoirs of calcium that your blood taps into for its ongoing need for calcium. Ultimately, the amount of calcium that your blood saps from your bones and teeth is determined by the amount of calcium that your blood receives from your diet.

Clearly, the health of your bones is closely linked to how many calcium-rich foods you eat and how well you digest and assimilate them.

Here are some healthy, whole food sources of calcium:

Whole Food Sources	Serving	Calcium (mg)
Sardines	3 ounces	372
Chinese cabbage, cooked	1/2 cup	239
Spinach, cooked	1/2 cup	230
Rhubarb, cooked	1/2 cup	174
<u>Wild salmon, canned with bones</u>	3 ounces	167
Kale, cooked	1 cup	122
White beans, cooked	1/2 cup	113
Bok choy, cooked	1/2 cup	79
Broccoli, cooked	1 cup	70
Pinto beans, cooked	1/2 cup	45
Red beans, cooked	1/2 cup	41

Three additional healthy food sources of calcium are:

- Broths made with organic bones
- Organic, unpasteurized [dairy](#) from properly raised goats, cows, or sheep
- [Super green food products](#) that contain a variety of organic green vegetables

Eating plenty of healthy, calcium-rich foods does not guarantee that you will have healthy bones and teeth.

Please be aware of the following factors that can influence your calcium and overall health status:

1. Your body needs an adequate amount of [vitamin D](#) to properly absorb calcium through your intestinal wall. Vitamin D deficiency is one of the most common nutritional deficiencies in the western world today.
2. Taking iron and zinc supplements can inhibit calcium absorption.
3. If you eat lots of whole grains without soaking, fermenting, or sprouting them, the phytic acid found in the bran of whole grains can bind onto calcium and prevent its absorption into your blood stream. Soaking whole grains overnight before preparing them to eat can neutralize phytic acid and prevent problems with calcium absorption.
4. Stress is capable of leeching calcium out of your bones.
5. Eating too many acid-forming foods like flesh meats, dairy products, flour products, salt, sugar, and caffeine can pull calcium out of your bones.

Because of the many variables that can affect how well you absorb calcium into your blood and maintain the strength of your bones and teeth, it is practically impossible to provide an accurate recommended daily allowance of dietary calcium for different age groups. There are, however, a few concrete steps that you can take to promote healthy calcium and bone status:

1. Strive to eat some of the calcium-rich foods listed above on a regular basis. Don't forget to apply principles of [how to eat](#) for optimal digestion and assimilation of nutrients.
2. Do some weight-bearing exercise every day. I don't know of a single better weight-bearing exercise than walking outdoors.

3. Ensure that you have a healthy amount of vitamin D in your system by getting some exposure to sunlight and eating [foods rich in vitamin D](#) on a regular basis.
4. Choose to eat iron-rich and zinc-rich foods before resorting to synthetic supplement forms of iron and zinc.
5. Soak whole grains overnight before preparing them to eat.
6. Find ways to effectively manage emotional stressors in your life. Be on the lookout for a new article on this topic that I will post in the near future.
7. Don't use large amounts of flesh meats, flour products, salt, and caffeine. Sugar is best avoided completely.

These are the guidelines that I personally follow to build and maintain healthy bones and teeth and ensure healthy calcium status in my body.

Courtesy: <http://drbenkim.com/nutrient-calcium.html>

दयानन्द स्तुति

जय दयानन्द जय दयानन्द जयति वेदोद्धारकम् ।
ब्रह्मचारी , धर्मरक्षक , आर्य जाति सुधारकम् ॥
परम-पावन-पुण्य-सलिला वेदज्ञान प्रवाहकम् ।
देश-हितकारी , दयामय , पतित-शुद्धिकारकम् ॥
जय दयानन्द जय.....

भूत-प्रेत-पिशाच-जड़-पूजादि खण्डन तत्परम् ।
पाखण्ड , मिथ्याचार , दूषण , दास्य नाशक भास्करम्॥
बाल-वृद्ध-विवाह-भेदक , छुआछूत निवारकम्।
धूर्त , पाखण्डी , प्रवंचक , दुष्ट हृदय विदारकम्॥
जय दयानन्द जय.....

व्याकरण , निरुक्तादि , शिक्षा , कल्प , ज्योतिष पण्डितम्।
सत्यवादी , ब्रह्मवर्चस् , आर्ष महिमा मंडितम्॥
परमयोगी , दलितत्राता , क्षमाशील महाशयम्।
शास्त्रार्थ-समर-महारथी , ज्ञानी परम् षड्दर्शनम्॥
जय दयानन्द जय.....

ईशपूजा , नारिशिक्षा , देवयज्ञ विधायकम् ।
संस्कार-विधि , सत्यार्थ-आभा , भाष्य-भूमिका कारकम् ॥
इति वदति चिन्ता मणि दयानन्द जाति गौरव पोशकम् ।
भक्तिभाव से नमन कर आर्य समाज प्रवर्तकम्॥
जय दयानन्द जय.

ऋषिदेव आर्य
मैसूर

CONGRATULATIONS AND BEST WISHES FOR THEIR BIRTHDAYS

To:-

Ria, daughter of Hiten and Shweta Pokar for her first birthday.

Mr Yashpal and Mrs Asha Handa

Muskan, daughter of Sanjiv Mahandru.

YAJMANS IN SUNDAY CONGREGATION

13.02.2011 Hiten and Shweta Pokar

20.02. 2011 Mr Sanjiv Mahandru

RISHI LANGAR DONATION

Mr Kuldip Mehra £50

DONATIONS TO ARYA SAMAJ WEST MIDLANDS

Mrs Satya Passi £21 Mr Vikas Bali £21

Mr Jaswant Kalia £21 Mr K.B.L. Joshi £21

Mr Rajiv Datta £11

DONATIONS FOR CENTRAL HEATING

Mrs Rekha Gupta £50 Mr Sukhdev Oberoi £101

Mr S.K. Bhakoo £15 Mrs Krishna Gupta £50

Dr Paul Niischal £50 Dr Krishan Soni £165

Kaushal family £11 Mrs Asha Verma £10

Mr Krishan Laloria £40 Mrs Madhu Sharma £10

Mrs surinder Kaur £10 Mrs Shashi Bala Gupta £5

Mrs Rama Joshi £10 Dr A. Rai £51

Dr G. Kanuga £20 Mrs surinder Aggarwal £15

Mrs K. Ganguly £10 Mrs Kanta Soni £100

Mr V.N. Bhandari £101 Anonymous £11

Mr Rajiv Aggarwal £51

A Direct Debit leaflet was enclosed with January's month's Aryan Voice. Please support your Arya Samaj by filling this form for a regular donation.

SPECIAL EVENTS IN THE
SUNDAY CONGREGATION (SATSANG)

- 6th March Women's Day (8th March)
- 13th March Talk On Upanishads,
(Oxford Centre Of Hindu Studies)
- 27th March Seminar Hindu Council Youth Wing
Topic is :- Dharma or Adharma—
Understanding the MahaBharat

Ved Pracahr on Radio XL [7am-8am] First Sunday of every month=, 6th Mar, 3rd April, 1st May

Seminars by Youth Wing Hindu Council Birmingham, next 27th March

*Every effort has been taken that information given is correct and complete. But if any mistake is spotted please inform the office,
Tel. No. 0121 359 7727.*

Or

E-mail- enquiries@arya-samaj.org,
Our Website: www.arya-samaj.org