



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.

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Arya Samaj West Midlands'
Annual Gala Charity Dinner and Dance
Friday 21 May 2010

VENUE:-*Second City Suite*

Details page 12

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(CHARITY REGISTRATION No. 506019)
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Meaning of the Sandhya Mantras

(Gayatri and Namaskaar; What to Beg and Saying Good Bye)

Sandhya is basically the Gayatri-Japa. All the activities performed hitherto were to enable me to be face to face with the Cosmic Mother. Now that the devotee is with Her, he sings the Gayatri verse. The essence of its meaning is that: we humans have the intellect as our best possession that discriminates between the truth and falsehood, good and bad, virtuous and vicious acts, and so on that bring pleasure and pain in life. Our outer eyes are illuminated by the sun to ensure that we don't fall in pits and thus save ourselves from pain and misery. Likewise, we would like the inner eyes (that the intellect is) to be illuminated by the inner light of (Mother Savita's Bhargah) so that we do not come across pain and misery in life. We often feel pain due to the absence of light within than due to the absence of outer light. Thus, the devotee desires that his intellect follows God's illuminating light within – dhiyo yo nah pracodayat.

This verse can be viewed as an aggregate of three components that correlate with Jnana, karma and Upasana. The first part (Tat savitur-varenyam) is the knowledge component – God Savita is the most adorable. The second part (Bhargo devasya dhimahi) is the action – we must behold Her lustre. Finally, the last part (Dhiyo yo nah pracodayat) corresponds to upasana, being with Her – only She is our guide on the path to Her.

The devotee addresses Her with Her own name, that Om is. Then there are three more names invoked – Bhuh, Bhuvah and Svah. In the spirit of Sandhya, these three names again reflect

our three-fold functions, namely, Jnana, Karma and Upasana. Bhuh refers to creativity that God creates everything that exists in the universe. This should become well known to us (Jnana). Indeed, Her creativity goes to its ultimate point. Not only that She brought me into existence but also added an instinctive force within me that I love my life and I would like to live my life to its fullest length. Indeed, we try our best to elongate the life span. God is Bhuvah because He removes our miseries. All our pains are removed by God alone. This name spells out that I should work ceaselessly (Karma) to get away from all kinds of pain and misery that are primarily due to ignorance. Indeed, this characteristic is so innate within us that we get away from anything that is painful almost in a reflex- like manner. Furthermore, God is Svah because She is absolute pleasure. This signifies the fact that only by being with Her (Upasana) can I taste the tastiest sap without which the human life bears a vacuum within.

During Sandhya, the devotee should recite this verse as many times until he is fully immersed in a deep meditative mood. The voice will gradually become feeble to the point that there would be no words at all. Finally, as it happens with a child in her mother's lap, two communicate without any exchange of words. The devotee may experience anything that would be the out-of-the-world experience. His tears may begin to flow that indeed is desirable in the early stages of meditation. Tears wash away the ignorance, arrogance and other impurities of mind. One may also feel that one has lost consciousness in the body as if there is no awareness where, for example, the hands are lying. There is no need to characterize the possible experiences. One should look forward to it with great innocence that we inherited as child. As a child, we never wanted to be tutored how to approach our mother, what to speak to her, and so on. Similarly,

as the devotee progresses on this new journey, let the new found childhood overtake our ‘more intellectual and planned functions’.

Finally, the devotee wants to return to the worldly functions as a re-charged person. He thanks God in sheer abundant devotion that it is You alone who grants me all that I have and I deserve. May you grant me success in my pursuits related to Dharma (righteousness), Artha (wealth – material, intellectual and spiritual), Kama (my ability to enjoy Artha earned with Dharma – example, I must be in good health to be able to enjoy good dishes) and Moksha (liberation from the cycle of birth and death).

Then the devotee takes leave from God and bows to His glory who is an infinite reservoir of visible wealth (Sam-Bhu) and invisible wealth (Mayo-Bhu). Furthermore, He has the capacity to make His devotees likewise (Sam-Kara and Mayas-Kara). He is truly the most benevolent (Shiv) and none is even remotely close to Him that He is Shiv-Tara,too.

May Sandhya benefit every individual!

ARYA SAMAJ - TESTIMONIALS AND ACHIEVEMENTS.

1. Swami Dayanand, Founder of Arya Samaj, wanted to rebuilt the entire Indian Nation & HINDU Society in a NEW Mould where every Hindu / Arya had to believe firmly that this country " BHARATVARSH" is their own land.
2. He believed & proved that in our Vedas there was NO SUCH thing as UNTOUCHABILITY , launching a Great movement against UNTOUCHABILITY which was followed up & taken up by Gandhiji & Congress.
3. In Maharishi Dayanand's days, the child marriages were a very common factor. Maharishi Dayanand & his Arya Samaj propagated against this curse from our Hindu Society.
4. Arya samaj launched yet another related curse of Hindu Society , namely, marrying more than one wife / POLYGAMY : through "Magic Lantern ", Arya Pracharaks who travelled widely deep into the villages & towns.
5. AryaSamaj successfully fought with the orthodox BrahminCommunity & established that there was No example in the Vedas to worship the idol as God is OMNIPOTENT , OMNI_PRESENT & FORMLESS, once it is omnipresent, it cannot be confined under lock & key any where and Shri Ram & Shri Krishna are our God-Like reality who had never committed any sin nor any wrong doings ,hence only, Arya Samaj regards them as Bhagwaans & Great HINDU_SEERS but NOT as AWTARS or Gods.
6. Dayanand & Arya Samaj pleaded with the Orthodox Hindu Community to return to Vedas in true sense & to follow its dictates. He organized to obtain the Original Vedas from Germany & translated them in simple Sanskrit & Hindi along with his many famous Books , like : " RIGVED BHASHYA " , "SOLAH SANSKARS" and his Greatest & Most famous Book " SATYARTH PRAKASH " which is the SUPREME book for all Arya Samajies all over the world..

7. Aryasamaj propagated that according to our Vedas all people are born equal & No one is Brahmin, Vaishya, Shatriya or Shudra by birth , but these are according to the profession one chooses and each of these sects are complimentary to each other & None is superior or inferior to the other.

8. Aryasamaj infused a thought amongst our Hindu Society that the West has NOT contributed anything towards the emancipation of our Country's welfare, rather the West owe to us for everything, every progress which they unjustifiably claim of theirs, including the invention of "ZERO".

9. Arya Samaj believed in a National Religion , based on INTENSE DEDICATED , TRUE , SELFLESS, FEARLESS NATIONALISM, a thought which it propagated amongst all the Hindus of India, preparing for Self-Rule & Freedom, based on equality ; its details are enshrined in " SATYARTH PRAKSH" by Maharishi Dayanand Saraswati. This was his life's greatest mission

10. Brought about widows re-marriages amongst the Hindus.

11. Stopped & Managed to get the BAN on the most barbaric & most orthodox "Sati- Pratha" amongst the Hindus of our country.

12. AryaSamaj hit hard on the Blind faiths of Hindu Society & awakened them of these fake/ false people who fool innocent men and women for their own benefit .

13. Shuddhi Prachaar of Arya Samaj was & still the Greatest contribution to Hindu Society , thereby bringing back our brothers & sisters whom we had lost to other religions owing to our orthodox faiths.

14. Spread of education to all irrespective of cast creed or gender.

15. In the field of Education again Arya Samaj played its greatest role in strengthening Hindu Society.

16. Arya Samaj opened its First Orphanage in Firozepore , followed by a chain of Orphanages all over the country In the same way, Arya Samaj opened Homes for the widows & Destitute womens to accommodate , train them in some useful profession & to get them married to suitable partners in course.

17. Arya Samaj succeeded in removing the Pardha System from our Hindu Society and Brought Hindu women at par with men-folk..

18. Aryasamaj launched a movement successfully that studying of Sanskrit , Vedas & Upnishidas is NOT restricted to Brahamins by birth only alone but every caste had equal Rights to study these .

19. Arya Samaj gave Rights to wear Yagopaveet to every Hindu irrespective of one's birth.

20. In those days, any Hindu Travellers overseas, had to undergo penance & give away a lot of gifts to Orthodox Brahmins for allowing them to re-admit to Hindu Dharma, but Arya Samaj got rid of such ills from Orthodox Hindu Society.

21. Hindu Women have to pay back to Arya Samaj the Greatest , Aryasamaj had come forward to improve their Social Rights, rights to educate themselves, right to read Vedas , Upnishads, Remarriages , equal rights as per men's , abolition of Dowry system, equal opportunity to select their partners, removal of POLYGAMY etc.

22. Arya Samaj first time told the Hindu Society the difference of the meaning of good Governance & "own Independent Rule " & instigated people to demand self /own independent rule & to throw away the foreign yoke of slavery of the Britrishers.

23. AryaSamaj emphasized on Swadeshi & patronising of Swadeshi Products only amongst all the Hindu Community .

24 . If HINDI remained the main stay of our freedom struggle, it was because of Arya Samaj , even today, Arya Samaj can take this credit. Maharishi Dayanand who was a Gujrati, wrote & spoke in Hindi only. Even since our Independence, Arya Samaj had been fighting for Hindi with our Govt.

25. Arya Samaj gave to Hindu Orthodox Society , great Thinkers & Fearless National Leaders, Krantikaries, like : Lala Lajpat Rai, Lokmanya Bal Gangadhar Tilak, Bipin Chandra Pal, Shri Arvind Ghosh, Bhai Parmanand, Bhai Shyamji Krishna Verma, Bhagat Singh, Ram Prasad Bismil, Bhai Bal Mukund, Madanlal Dhingra, Madan Mohan Malviye,

Chandra Shekhar Azad, Krantiveer Bhai Mahaveer , Sufi Amba Prasad ,
Veer Savarkar, Swami Shraddhanand, Pandit Lekhram & millions like
them FEARLESS ,
SELFLESS ALWAYS READY TO MAKE THEIR SUPREME SAC
RIFICES for our country.

26. Arya Samaj always believed that begging is a worst thing , it is never
liked by any one , rather it demoralizes the beggar never- never anything is
achieved by begging or on knees bent ; hence Arya Samaj insisted the
Hindu Society as a whole to stand on its own feet , on its own good deeds
& to muster Courage , to come forward Selflessly to sacrifice one's life for
the Nation & demand with its full Physical force , RIGHT
FOR INDEPENDENCE , but first to be HEALTHY & STURDY for
which ARYA SAMAJ REVIVED our age old YOGA as enshrined in
our Vedas (Now being re- popularized by Yog -Rishi Baba Ram Dev, a
true Disciple of Maharishi Dayanand, a fact, which a few people
only know of).

* It may Not be out of place to mention that inspite of lack of means of
travels in Maharishi's days of 19th Century ,Maharishi Dayanand is the
only person in India who has travelled the MOST within India & had seen
with his own eyes the actual pathetic slavery conditions of Hindus , the
curse of the Blind faiths / Fake Miracles , various ills in our Hindu
Society & how the Moslem & Christian Faiths were taking advantage
of our orthodox beliefs

Swami Shraddhanand

Punishment to Students

Acharya Munshi Ram was very affectionate towards the students and was against any corporal punishments to students. In his opinion, the teacher should create such psychological situation that the culprit should accept his mistake and be ready to repent for it. Acharya ji warned some teachers off for the use of corporal punishment and at certain occasions, few teachers had to leave gurukul for this reason.

Face to face with a Lion

By nature, Mahatma Munshi Ram was a man of fearless character. It was his standing instruction to all students that if they had any complaint, they can come to his bungalow after 9.00pm to discuss it with him. One such evening he was sitting in his bungalow around 9.00 pm reading a book . There was a sound outside as if some one is trying to lift the *chick* (a curtain made out of split bamboo sticks) of the door and trying to enter into his room but the *chick* was not moving. Mahtma ji expecting a student is said, “Please lift the *chick* and come in”. But what he saw was a lion entering into the room. With his presence of mind immediately he lifted the waste paper basket which was lying under the table full of torn waste papers and threw it at the lion. The lion got frightened and ran out of the bungalow.

As the lion was running out of the bungalow, the *chick* stuck to his head and he ran away with the *chick*. The servant (sewak) heard the disturbance and came running and asked Mahatma ji what had happened and where the *chick* had gone? Mahatma Ji replied, the lion came in; he was so frightened, that he has run off taking the *chick* with him.

The Aim of setting up Gurukul

Once some senior students of Gurukul questioned him about the usefulness of the Gurkul. Their dilemma was that there is no future

after graduation from Gurukul as the degrees are not recognized and doors for government services are closed for the Gurukul Graduates.

Mahatma recited a poem which meant when child is born, nature automatically makes arrangement for the milk.

Then Mahatma spoke in serious voice and very clearly expressed his views about the aim and as such usefulness of Gurukul education. "I did not establish gurukul to supply Deputy Commissioners or Collectors for British Government. I had devoted the best part of my life for this institution to create such youths who can sacrifice their lives to set free the motherland from the clutches of British rule. My aim is to create some graduates from this institution who are engaged to spread the gospel of the Vedas. O my sons! If even few students from this institution will fulfill my aim then I will think that my effort was fruitful otherwise I will consider that I have wasted my life."

Krishan Chopra

WORRY

Worry is destructive; it spoils happiness and clear thinking. Many of us are chronic sufferer from this disease. All of us have severe attacks of it from time to time. It is A great enemy to health and efficient living; you need to form a habit of action instead of worry. If you are very worried try doing something of which your conscience whole heartedly approves

Gian Sethi



Arya Samaj West Midlands

Charity Dinner

Another unforgettable evening

Full of Bhajans, Songs, Classical & Bollywood Dances,
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Please go to our website

www.arya-samaj.org

and / or ring office 0121 359 7727

A man was sitting by a lake. He was throwing small pebbles into it from time to time. A young boy happened to cross by. He was intrigued to see that after every few minutes or so, the man would toss a pebble into the lake.

The boy went up to the man and said, "Good pastime, this stone throwing, he?" "Hmmm," said the man. He seemed to be deep in thought and obviously did not wish to be disturbed.

Sometime later, the man said softly, "Look at the water, it is absolutely still."

The boy said, "Yeah, it is."

The man tossed a pebble into the water and continued, "Only till I toss a pebble into it now do you see the ripples?"

"Yeah," said the boy, "they spread further and further."

"And soon, the water is still again," offered the man.

The boy said, "Sure, it becomes quiet, after a while."

The man continued, "What if we want to stop the ripples? The root cause of the ripples is the stone. Lets take the stone out. Go ahead and look for it." The boy put his hand into the water and tried to take the stone out.

But he only succeeded in making more ripples. He was able to take the stone out, but the number of ripples that were made in the process were a lot more than before.

The wise man said, "It is not possible to stop the movement of the water once a pebble has been thrown into it. But if we can stop ourselves from throwing the pebble in the first place, the ripples can be avoided altogether!

So too, it is with our minds. If a thought enters into it, it creates ripples. The only way to save the mind from getting disturbed is to block and ban the entry of every superfluous thought that could be a potential cause for disturbance. If a disturbance has entered into the mind, it will take its own time to die down. Too many conflicting thoughts just cause more and more disturbances. Once the disturbance has been caused it takes time to ebb out. Even trying to forcibly remove the thought may further increase the turmoil in the mind. Time surely is a great healer, but prevention is always better than cure."

Before you allow a thought or a piece of information to enter your mind, put it through the triple filter test of authenticity, goodness and value.

Rgds

Thadhagadhan

Osteoporosis awareness

Building strong bones, especially before the age of 30, can be the best defense against developing osteoporosis, and a healthy lifestyle can be critically important for keeping bones strong.

There are several steps you can take to prevent osteoporosis.

Osteoporosis is largely preventable for most people. Prevention of this disease is very important because, while there are treatments for osteoporosis, there is currently no cure. There are five steps to prevent osteoporosis. No one step alone is enough to prevent osteoporosis but all five may.

NOF's Five Steps to Bone Health and Osteoporosis Prevention:

1. Get your daily recommended amounts of calcium and vitamin D
2. Engage in regular weight-bearing exercise
3. Avoid smoking and excessive alcohol
4. Talk to your healthcare provider about bone health
5. When appropriate, have a bone density test and take medication

NOF created a Bone Tool Kit as part of its 2007 osteoporosis awareness and prevention campaign, "Osteoporosis. It's Beatable. It's Treatable." The Bone Tool Kit is a great resource for basic, easy-to-read information on bone health and osteoporosis. Each fact sheet or section is a reproducible, stand alone piece with essential information for osteoporosis. To download the Bone Tool Kit for free in English or Spanish go to the [Osteoporosis Awareness and Prevention Campaign section of the NOF Web site](#).

Calcium

Calcium is needed for the heart, muscles and nerves to function properly and for blood to clot. Inadequate calcium is thought to contribute to the development of osteoporosis.

National nutrition surveys have shown that many women and young girls consume less than half the amount of calcium recommended to grow and maintain healthy bones.

According to NOF recommendations, adults under age 50 need 1,000 mg of calcium daily, and adults age 50 and over need 1,200 mg of calcium daily. If you have difficulty getting enough calcium from the foods you eat, you may take a [calcium supplement](#) to make up the difference.

[Vitamin D](#)

Vitamin D is needed for the body to absorb calcium. Without enough vitamin D, you will be unable to absorb calcium from the foods you eat, and your body will have to take calcium from your bones.

Vitamin D comes from two sources: through the skin following direct exposure to sunlight and from the diet. According to NOF recommendations, adults under age 50 need 400-800 IU of vitamin D daily, and adults age 50 and over need 800-1,000 IU of vitamin D daily. There are two types of vitamin D supplements. They are vitamin D3 and vitamin D2. Previous research suggested that vitamin D3 was a better choice than vitamin D2. However, more recent studies show that vitamin D3 and vitamin D2 are equally good for bone health. Vitamin D3 is also called cholecalciferol. Vitamin D2 is also called ergocalciferol. Vitamin D can also be obtained from fortified milk, egg yolks, saltwater fish, liver and supplements.

[Exercise](#)

Exercise is also important to good bone health. If you exercise regularly in childhood and adolescence, you are more likely to reach your peak bone density than those who are inactive. The best exercise for your bones is weight-bearing exercise such as walking, dancing, jogging, stair-climbing, racquet sports and hiking. If you have been sedentary most of your adult life, be sure to check with your healthcare provider before beginning any exercise program.

Medications for Prevention and Treatment

Although there is no cure for osteoporosis, currently bisphosphonates (alendronate, ibandronate and risedronate), calcitonin, estrogens, parathyroid hormone and raloxifene are approved by the US Food and Drug Administration (FDA) for the prevention and/or treatment of osteoporosis.

Bone Mineral Density Test (BMD Test)

A Bone Mineral Density test (BMD) is the only way to diagnose osteoporosis and determine your risk for future fracture. Since osteoporosis can develop undetected for decades until a fracture occurs, early diagnosis is important.

A BMD measures the density of your bones (bone mass) and is necessary to determine whether you need medication to help maintain your bone mass, prevent further bone loss and reduce fracture risk. A bone mineral density (BMD) test is a special type of test that is accurate, painless and noninvasive.

It is never too early or too late to start your prevention program. To receive the latest scientific information on osteoporosis, please consider joining the NOF Family as a member. New members of the National Osteoporosis Foundation (\$30) receive our quarterly patient newsletter, Osteoporosis Report, and a copy of our 74-page comprehensive patient handbook, *Boning Up on Osteoporosis*. Several levels of health professional memberships are available. [Join the NOF Family on-line](#) today.

अग्निं वो वृधन्तमध्वराणां पुरुतमम्। अच्छा नप्त्रे सहस्वते॥ सामवेद

21

Agnim vo vridhantamadhvaraanaam purutamam/ achha napve sahasvate // Sam Veda 21

Meaning in Text Order:

Agnim= Lord, who is embodiment of light, vah= yours, vridhantam= who extends our development, adhvaranaam= our noble deeds which are devoid of violence, purutamam= who nurtures our accomplishments, achha= invoke, naptre= does not allow our descending, sahasvate= ever growing spiritually strong.

Meaning

O soul! Meditate upon the Lord who is source of light, extends all our spiritual accomplishments, looks after our noble deeds which are free from violence. Invoke Him to enlighten who will never let you descend and make you spiritually strong.

Contemplation

The soul by its own nature has limited knowledge. It is not omniscience. It lacks bliss. Therefore it wanders from place to place in search of bliss. It has two options either to move towards God or nature. It knows very well that there is no bliss ultimately enjoying the nature but it attracts towards nature because nature is very glittering and its temptation is very compelling. Therefore this mantra warns the soul that you have chosen the wrong course of action. The real path of the soul is towards God which is source of light. That is why in the Vedas God is called Agni , God is the only source which will take the soul towards the path of spiritual advancement and nature will imprison you in its clutches and take you down hill.

The nature will place you on the path of trouble and destruction. It is beyond doubt that we cannot isolate ourselves from nature. The problem takes place when we completely plunge ourselves with nature. We are controlled by greed, desires, attachments and vanity and we are carried away by them. Gradually, the nature glues us with itself so intensely and we worship nature day and night to gratify our urges and our all efforts are exerted towards that.

This mantra instructs us to be careful in this world. O soul, your real interest is in the realisation of God. You have wandered through many births enjoying the taste of nature but you have not reached to your goal. Every time when you come in this world in human form that is the only opportunity you get to obtain the bliss. God is the only source of light, move towards Him. You will have the opportunity to obtain bliss. God will inspire you to do the noble deeds and will extend the path towards salvation. The association of Lord make you spiritually strong and would not allow you to descend to the ignoble path.

The person who becomes spiritually strong, no one can defeat him. To become spiritually strong should be your ultimate aim. Invoke the Lord for inner light. This mantra guides us to our real and ultimate path. When we will put our all energies towards God then nature will follow us automatically.

Krishan Chopra

संन्यास-धर्म

आचार्य डॉ. उमेश यादव

जैसा कि हम जानते हैं कि जीवन को वैदिक दृष्टिकोण से चार भागों में विभक्त किया गया है। ब्रह्मचर्य , गृहस्थ, वानप्रस्थ और संन्यास। सामान्यतया प्रत्येक का 25 वर्ष निर्धारित है तथापि संन्यास के लिये यह छूट है कि जीवन के जिस भाग में भी वैराग्य हो जाए, चाहे ब्रह्मचारी से सीधा संन्यास लेने की ईच्छा बन जाए तब भी संयमी और जितेन्द्रिय होकर विना गृहस्थ-वानप्रस्थ बने ही सीधा संन्यास ग्रहण कर सकते हैं। वानप्रस्थ और संन्यास में थोड़ा अन्तर है। यद्यपि उद्देश्य लगभग समान है, अध्यात्म का विकास, ज्ञान-यज्ञ, परोपकार, सेवा , एवं त्याग आदि गुण-धर्मों के साथ सार्थक जीवन विताना दोनों ही आश्रमों का उद्देश्य है तथापि वानप्रस्थ और संन्यास के रहन-सहन में थोड़ी भिन्नता है। जहां वानप्रस्थ पीत वा काषाय वस्त्र धारण करता है वहां संन्यासी गेउरिया या केसरिया रंग के वस्त्र धारण करता है। वानप्रस्थ अपनी धर्म-पत्नी के साथ रह सकता है पर संयम व त्यागपूर्वक, वहीं संन्यास में पति और पत्नी पूर्णतया पृथक् होकर एक-दूसरे को मातृ ,भ्रातृ ,भगिनी वा पुत्री की तरह संसार में सबको देखें। संन्यासी सबको समानरूप से सामान्यतया पुत्रवत् वा शिष्यवत् ही देखकर ज्ञान-यज्ञ सम्पन्न करता है। यह तो संन्यासी का स्वाभाविक हक है। जगदुपकार की भावना कर्तव्य बनकर उसके अन्दर स्वभाव से ही प्रवेश कर जाता है क्योंकि संन्यासी स्वयं के लिए न जी कर संसार के लिए ही जीता है। ज्ञान का उपदेश कर जन-समूह को दुःखों से बचाता है; श्रेष्ठ आचरण का मार्ग दिखाता है तथा सबको सदैव अपने उपदेशों में जीवन के अध्यात्म एवं सत्य कर्तव्यों के मार्गों पर ही चलने की प्रेरणा देता रहता है।

यद्यपि वानप्रस्थ का भी लगभग यही कार्य है पर वानप्रस्थी एक स्थान पर रह सकता है।

विधिवत् अग्निहोत्र करता रहता है, शिखा-सूत्र (चोटी-जनेऊ) को साथ रखता है पर संन्यास में यह सब छूट जाता है। अग्निहोत्र, जनेऊ, शिखा आदि यह सब संन्यास के लिए छूट है अर्थात् इन सब बाह्य चिन्हों से ऊपर उठकर स्वयं के लिए इनकी आवश्यकता न समझता हुआ ज्ञान-यज्ञ में ही संन्यासी अपना जीवन पूर्ण करता है। संन्यासी तथा वानप्रस्थी दोनों के लिए योग-साधना समानरूप से आवश्यक है। ब्रह्म-प्राप्ति दोनों का समान उद्देश्य है। जितेन्द्रियता दोनों का समान धर्म है।

अत एव यह अत्यावश्यक है कि वानप्रस्थ वा संन्यास वही ग्रहण करे जो ज्ञान-विज्ञान से सम्पन्न हो, तर्क-बुद्धि और प्रमाणों के साथ आम जनता, श्रोता, भक्त आदि जिज्ञासुओं के प्रश्नों का समुचित उत्तर देकर उनकी ज्ञान-पीपासा को शांत कर सके। विशेषकर संन्यास के लिए तो उपर्युक्त सारी योग्यतायें अनिवार्यरूप से आवश्यक हैं। अनपढ़, निर्बुद्धि, व्यभिचारी आदि नाकारात्मक चरित्र वाले संन्यास कभी न लें। ऐसे लोग तो वैसे ही पृथिवी के भार हैं। संन्यास वेष में तो और ही पृथिवी पर कलंक बन जायेंगे। एक संन्यासी तो आम जनता का आदर्श व प्रमाण है; विश्वास व श्रद्धा है। अतः सत्य, धर्म, उज्ज्वल चरित्र, ज्ञान-विज्ञान व विश्वास के मार्ग पर चलकर संसार का भला करना ही संन्यास का आदर्श है। ऐसा करने पर ही वह ईश्वरोपासना व उसकी कृपा से अपना जीवन सफल कर आनन्द और मोक्ष को प्राप्त कर सकता है।

The Jackal and the Arrow

This is another nice story/ tale from the collection of Hitopadesha Tales. Once upon a time, there lived a hunter in a village. He was living there happily with his family. One fine morning, he set out from his home with the intention of hunting a deer in the nearby forest. It was a fortunate day as he saw a deer and killed him instantly. He hung the carcass of the deer over his shoulder and happily started for his home.

The Hunter had barely walked a distance, when he saw a wild Boar. He quickly dropped the deer on the ground and shot the boar with an arrow. The arrow pricked the Boar's neck projecting through his back. Before collapsing, the Boar gave a fearful groan and killed the Hunter with his pointed tusks. In no time, the Hunter and the Boar, both were lying dead at the same spot.

After some time, a Jackal happened to pass through that place. He saw a man and a boar, both lying dead at the same spot. At a distance, he also found a dead deer. The hungry Jackal got crazy to find so much to eat at the same time and that too without any effort. He was overjoyed at the sight of mouth relishing flesh and said, "Ah! What a luck I have! It looks as if I am going to have a feast, but I'll eat only a little at a time so it will last longer".

He began to think that with whose flesh to start his feast, the man or the animal. He decided to lick the blood first and taste a little flesh stuck around the arrow. But, as soon as, he put the pointed arrow in his mouth, it pricked his jaws and went through his head. The Jackal died a greedy death on the spot.

Moral: Greed never pays.

CONGRATULATIONS TO

- Scott Bacon and Ashu (daughter of Mr Harish and Mrs Gagan Malhotra) for their wedding.
- Aryan on his birthday. He is the son of Mr Gian and Mrs Reena Ram, grandson of Mrs Kisso Kaur and Mr Satpal and Mrs Pramada Vohra .
- Mr Anand Kumar and Mrs Suhasini Rajbhampu for the Namkaran of their daughter Tanwi.
- Anubhav and Vikram for their birthday and to the parents Dr Ajay and Mrs Shashi Tripathi.
- Dr Vivek Wadhwa (son of Dr Upendra Nath Wadhwa) and Jassi (daughter of Mr Manmohan Soni) for their wedding.

CONDOLENCE TO

- Mrs Prem Mangal for the sad loss of her brother Vijay Thapar of Bloxwich.

YAJMANS IN SUNDAY CONGREGATION

21.03.10 Mr Gian, Mrs Reena Ram and family.
28.03.10 Miss Muskan and Mr Sanjiv Mahandru
04.04.10 Dr Krishan, Mrs Krishna Soni and family
11.04.10 Mr Ram, Kiran Panwar and family

RISHI LANGAR DONATIONS

Dr Krishan Soni £140 Mr Satpal Vohra £220
Miss Muskan Mahandru £60
Rishi Langar on 11th April was provided by Mr Ram Panwar of
A One Event Catering

DONATIONS TO ARYA SAMAJ WEST MIDLANDS

Mrs Reena Ram £31 Dr Krishan Soni £51
Mrs Nirmal Prinja £11 Mr Ram Panwar £30

DONATIONS FOR PRIEST SERVICE

| | | | |
|--------------------------|-----|------------------------|------|
| Anand Kumar Rajbhampu | £31 | Dr Upendra Nath Wadhwa | £100 |
| Dr Ajay Tripathi | £11 | Mr Prithvi Chopra | £21 |

DATES FOR YOUR DIARY

- **Seminars by Youth Wing Hindu Council Birmingham-- Last Sunday of every month 12 noon, next 30th May**
- **Ved Pracahr on Radio XL [7am-8am] First Sunday of every month, 7 am to 8 am Next Sunday 2nd May.**
- **Charity Dinner** **Friday 21st May**
- **Gayatri Mahayajna** **Sunday 27th June**
- **AGM** **Sunday 8th August**

The dance classes are a great success.

- ❖ We have a highly qualified teacher, trained in India, giving lessons in Indian classical and group dance every Sunday from 11am to 1pm in Arya Samaj premises.
- ❖ Open to all age group and both boys and girls.

Arya Friends Group

We have our regular Wednesday meeting starting with Yoga and Pranayam followed by the mutual discussions interaction, Lunch and games. This week Mrs Nirmal Prinja read her beautiful poetry that she composed on her visit to the island of Gojo in Malta.

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