



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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AGM Sunday 15th July

Incorporates

1) Election of the

Office Bearers and Members of

a) The Executive Committee

b) The Board of trustees

And

2) Open Forum

ARYA SAMAJ (Vedic Mission) WEST MIDLANDS

(Charity Registraton No. 506019)

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Body, Mind and Soul

Last month we discussed that our body must be inhabited by a non-material point-like singularity that has the inherent property of consciousness. Now a question arises: how the two connect to each other. The body is gross and huge but the soul is infinitesimally small. The body is made of matter but the soul is non-matter. The body goes through changes or manifestations but the soul remains unchanged. These two things being so diverse, they need to be connected by a connecting domain of mind that must have intermediate characteristics. It must be made of matter so that it can connect to the body and it must be made of smallest sub-atomic particles that it can connect to the soul too. [It should be noted that the brain is a part of the body and the mind is a still more subtle domain within the core of our brain that is not visible because it's made of sub-atomic particles. Suffice it to say that the mind is different from the body though it is within the body. We will discuss the structure of mind in one of the later articles.] Thus, we become a bundle of body, mind and soul where the soul is our true spirit. So we use the terms soul and spirit interchangeably. We are a composite of body, mind and soul, or so to say, body, mind and spirit. The word spirit for soul gives rise to the branch of study, called spiritual sciences. The inner sciences we intend to develop will include spiritual sciences and other issues related to the domains of body and mind too.

Thanks to the present scientific spirit, it has become very common to hear nowadays that we are a composite of body, mind and soul. The educated people are increasingly accepting that they are a composite of body, mind and soul. Many people don't accept these words at merely their face value; they even sit for meditation for several minutes a day to explore what exists within them beyond the mind. For this purpose, they attempt to gain so much control on the functions of the mind that they can subdue them for some time. When the mind is subdued from all its functions, modifications and

perturbations then one achieves the state of meditation. That is the definition of Yoga:

Yogascittavrttinirodhah

Patanjali, the author of the original treatise on Yoga, called Yoga-Sutra gives the above definition in its beginning (1.2). He says, Yoga is to bring all functions, activities, modifications, perturbations, etc. – voluntary or non-voluntary [vrtti] – of the mind domain [citta] thoroughly subdued [nirodhah]. Even if one does not have spiritual interests, in attempting to make the mind functions subdued during meditation, one gains the following advantages:

Better Concentration: Greater control over the mind functions for better concentration in the day-to-day functions.

Better Sleep: The modern times have led our mind hyperactive that even when we go to sleep, it continues to function. This gives rise to poor quality of sleep that includes dreams. A regular practice of meditation will further our mind to a more calm, composed and cool state resulting in better quality of sleep.

Mental Relaxation for Stress-free Living: Meditation gives some moments of inactivity to the mind domain, thereby, giving relaxation to the mind by dissipating its mental fatigue. If mental fatigue is not dissipated then it may give rise to a stressful mind in the long run.

For this reason, meditation based on true Yoga practices (as stated in Patanjali's Yoga-Sutra) is increasingly becoming a successful strategy to lead a stress-free life.

Let us now discuss some aspects of connectivity between the body and soul that is provided by the mind domain. It must be positioned between the body and soul, and hence, we always talk in terms of body, mind and soul – in this particular order. This order has an important consequence. The body gets its consciousness from the soul through the mind only. In other words, body and mind are connected to the soul in series. The body can function (we mean, voluntary functions – the involuntary functions take place naturally, such as, breathing, blood circulation, digestion of food, etc.) only if the mind functions, such as, when we are awake. However, it can

happen that the mind functions but the body does not, such as, when we dream.

When we talk in terms of the body, mind and soul then we declare that we are not an ordinary being. We are truly the spirit of ours – the soul. My soul is my true consciousness and that is my true identity. Being non-material, neither it takes birth and nor it will ever die. I live in the world with the body and mind as my instruments. The body and mind are my means to achieve something more in life. They are like other means I have gathered in my life, such as, a house, car, computer, etc. though the body and mind are the closest and most sophisticated ones. I do want to take their good care but do not want to limit myself to their needs and wants only. I will definitely meet their basic needs but then I want to explore greater objectives of life and utilize them to achieve them. This will give rise to an optimum mix in my life that I will care for the material things for the body, such as, food, home, etc. Beyond the body needs, I will care for the emotional, mental and intellectual needs for my mind domain. And, further beyond, I will seek to know the spiritual needs of my soul and attempt to meet them. Thus, I will lead a more balanced, complete and meaningful life.

Next month, we will discuss if other living beings, such as, animals, birds, reptiles, fishes, and other marine species, etc. are a composite of body, mind and soul too. If it is so then what should be our outlook towards them.

- Dr. Harish Chandra
B. Tech. (IIT Kanpur, India)
Ph. D. (Princeton, USA)

The Vedas are Divine Knowledge

तिस्रो वाच ईरयति प्र वह्निऋतस्य धीति ब्रह्मणो मनीषाम्।

गावो यन्ति गोपतिं पृच्छमानाः सोमं यन्ति मतयो वावशानाः॥

ऋग्वेद 9.97.34

**tisro vaach eeryati pra vahnir ritasya dheetim brahmano maneeshaam
I**

**gaavo yanti gopatim pricchmaanaah somam yanti matayo
vaavashaanaah II**

Rig Veda 9.97.34

Meaning in Text Order

tisrah = three, vachah = speeches, pra-eeryati = inspires, vahnih = God, ritasya = truth, dheetim = upholder, bramnah = Vedas, maneeshaam = intellect full of knowledge,

gaavah = rays, yanti = we receive, gopatim = the source of light sun, pricchmaanah = seekers of knowledge, somam = God, yanti = attain , matayah = intelligent people, vaavashaanah = desirous seekers.

Meaning

The Lord bestowed the knowledge of the Vedas to sages at the dawn of creation in their minds. These speeches of Vedas are of the three kinds. This knowledge reached to the mankind in the same form without adulteration. All the worldly objects were named on the basis of the Vedas.

Contemplation

Human beings do not have their own language at birth. Wherever they are born, they hear the sounds from the environment. These sounds make impressions on their minds and their tongue copies them and they start speaking that language. The dumb children are unable to speak because their hearing faculty does not work and without hearing they are unable to copy the sounds.

The human beings do not have natural knowledge of their own as the birds and animal have. The calf of a cow starts walking within few hours of birth where a human child can not walk without learning. Human being's children who are taken by the animals in the forest have been seen eating and walking like animals.

It proves whatever knowledge human beings have they have learnt from the environment, parents and teachers. Even boatman's son has to learn swimming The question arises who taught the first human being? According to the Vedas the first human beings were born without cohabitation (**amaithuni srishti**). God was their first teacher who gave them the knowledge of the Vedas. Rishi Patanjli writes in the Yog Darshna – **sa purveshaamapi guru kaaleanchedaat 1.26** that God is the first guru of human beings.

If by observing nature human beings have gained knowledge then people living in the African bushes should have proper knowledge. The knowledge by observing nature is not sufficient for human needs. The second point of the mantra is that the Vedas are in four volumes but they are divide into three categories that is knowledge, action and devotion. Therefore they are referred as three Vedas also.

The third point of the mantra is that the human being obtained the knowledge of the Vedas from sages through God but they did not include anything from themselves as these sages did not have the knowledge of their own.

The fourth point of the mantra is that the sages gave name to all the worldly things from the Vedas. The mantra of the Rig Veda “**imam gange yamune sarasvati**”**10.75.5** the mantra refers to the arteries in the human body. Later on these names were given to the rivers. It is thought that there is mention of History and Geography in the Vedas. There is no history in the Vedas.

Krishan Chopra

॥वैदिक साहित्य में संगीत॥

मानव जाति के विकास के आदिकाल से ही संगीत का अस्तित्व पाया गया है। अतः संगीत का विकास मानव जाति के विकास के साथ ही हुआ है। भारत की सांस्कृतिक उपलब्धियों का सर्व प्रथम रूप वैदिक काल के वाङ्मय में पाया गया है। ऋग्वेद विश्व का प्राचीनतम ग्रन्थ है। इस में संग्रहित मन्त्र छन्दोबद्ध हैं जो गेय हैं। इन में देवताओं की स्तुतियां हैं जो गीत वाद्य और नृत्य के द्वारा प्रस्तुत की जाती थीं। यज्ञ के अंतर्गत साम-गान के गौरवपूर्ण स्थान का संकेत भी कई मन्त्रों में प्राप्त होता है। अतः स्पष्ट है कि ऋग्वेद-काल में गीत वाद्य और नृत्य (संगीत) का प्रचुर अस्तित्व था।

यजुर्वेद का संकलन कर्मकांड की सुविधा के लिये हुआ है तथापि इसमें संगीत के विभिन्न व्यवसायी वर्गों का स्पष्ट संकेत मिलता है। जिसके अन्तर्गत सूत, नर्तक, गायक, वीणावादक आदि का उल्लेख है। वाद्यों के अंतर्गत वीणा, दुदुंभी, शंख आदि का वर्णन है। इस प्रकार यजुर्वेद काल में संगीत की स्थिति पूर्ण रूप से स्पष्ट होती है।

प्राचीन संगीत की दृष्टि से सामवेद का एक विशिष्ट स्थान है। साम गान का सम्बन्ध उच्च स्वर में गाये जाने वाले प्रणव अथवा ओंकार से है। साम शब्द का अर्थ ही गेय वस्तु रहा है अर्थात् जो मन्त्र गाये जाते हैं वह साम है। साम का यौगिक अर्थ गान है। छन्दोबन्ध मन्त्रों से सम्बन्ध होने के कारण साम का अर्थ गेय-ऋचा है। साम-गायकों का कार्य ऋचाओं का शास्त्रीय परम्परानुसार गायन करना था। संगीत के सप्त स्वरों की उत्पत्ति साम-गान से ही हुई है। वस्तुतः भारतीय

संगीत की आधार-शिला सामगान है और संगीत का मूल सामवेद ही है।

अथर्व वेद में ऋक् और साम के अनेक सांगीतिक तत्वों का विवरण स्थान स्थान पर प्राप्त होता है। साम की विशेषताओं का वर्णन भी अथर्व वेद में बार-बार हुआ है। राज सभाओं में मागधों का द्वारा गाया गान और प्रातः कालीन प्रबोधन संगीत का वर्णन भी मिलता है।

गायन के अतिरिक्त वाद्य एवं नृत्य का वर्णन भी अथर्व वेद में पर्याप्त मात्रा में है। व्यवसायिक संगीत-जीवी जातियों का उल्लेख भी प्राप्त होता है। इसके अतिरिक्त लौकिक गीतों का वर्णन भी इस वेद में विस्तार-पूर्वक हुआ है, जैसे विवाह आदि अवसरों पर गाये जाने वाले गीत, यात्रा के समय अनेक प्रकार के आमोद-प्रमोद के साथ गाये जाने वाले गीत, और व्यवसाय सम्बन्धित गीत। इससे विदित होता है कि साम जैसे वैदिक संगीत के अतिरिक्त लौकिक संगीत का प्रचार भी तत्कालीन जनता में विस्तृत रूप में था। सामान्य परिवार की महिलाओं में भी संगीत का प्रचलन था। व्यवसायिक गायकों को लौकिक समारोहों पर आमन्त्रित किया जाता था। वैदिक कालीन महिलाओं में संगीत कला कौशल प्रचुर मात्रा में उपलब्ध होता है। अभिजात कुल की महिलाओं को गान तथा वाद्य की शिक्षा दी जाती थी। निम्न कुल की महिलाओं का लोक-नृत्य समारोहों में संपन्न होता था। श्रम गीतों का प्रचलन उस काल में हो चुका था। जैसे बुनाई आदि के अवसरों पर महिलाओं द्वारा गीत गाये जाने का उल्लेख मिलता है। समूह गान का विवरण भी प्राप्त होता है। सारांश यह है कि वैदिक काल में संगीत की सार्वभौमिकता का स्पष्ट संकेत है।

संगीत के अतिरिक्त वाद्य यन्त्रों का विस्तृत विवरण भी वेदों में उपलब्ध होता है। भारतीय इतिहास के अवलोकन से ज्ञात होता है कि यहां समय समय पर युद्ध होते रहे हैं और युद्धों में संगीत वाद्यों के प्रयोग का प्राचीनतम उल्लेख वेदों में प्राप्त होता है। वाद्यों की ध्वनि सैनिकों को रण हेतु उत्साहित और कटिबद्ध करने में सक्षम थी। इस काल में दुन्दुभी तथा भेरी का प्रयोग शासकीय घोषणा, शोभा यात्रा और युद्ध की सूचना देने के लिए होता था। इसके अतिरिक्त नगाड़ा और शंख का उल्लेख भी मिलता है। निसान एक युद्धकालीन वाद्य था। बिगुल और नगारा युद्ध के प्रारम्भ और समाप्ति की सूचना के लिए प्रयुक्त होते थे। युद्ध की विजय और पराजय के लिए विभिन्न वाद्य प्रयुक्त होते थे। सैनिक शिविरों का संगीत से भिन्न होता था। इन वाद्यों के द्वारा विशेष संकेत भी दिए जाते थे। अथर्व वेद में दुन्दुभी को पूजित वाद्य के रूप में वर्णित किया गया है।

इस सम्पूर्ण विवरण से ज्ञात होता है कि वैदिक काल में संगीत और वाद्य यन्त्रों का पर्याप्त मात्रा में महत्त्व और प्रचलन था।

श्रीमती निर्मल प्रिंजा

*Vedic
Vivah
List*

*July
2012*

FROM US TO YOU

Felicitations Congratulations Felicitations

Maharishi Dayanand Saraswati gave mankind innumerable treasures through the universal teachings. Most important of them being: The *ashram vyavasthā*: The four Ashrams--conducive to preserve values and further harmony among the various generations in society. To start the all important phase of life: *Grihasth Ashram* Arya Samaj West Midlands has been providing its 'Vedic Vivah Mela-Services' to the community for the last many years. This year too this all important event was held once again on Sat 16th June 2012. A respectable number of participants attended. All the people explicitly enjoyed the mingling opportunity, presented to them. The ambience of the event was very very pleasant. Looking at the feedback forms and emails, it appears they found it very useful and enjoyable. The volunteers also got a lot of verbal feedback from them which is very positive and extremely encouraging particularly for our volunteers who had put in a great deal of their time and effort in planning the event several weeks in advance. Well deserved thanks goes to our dedicated Executive Committee member-- the Overall incharge of Vedic Vivah Mela--Mrs Minu Agarwal and her team of young co-ordinators: Poonam Bector, Sanjive Mahandru, Smriti Prinja, Raaj Shamji, Shipa Shamji and Shiekha Datta; Senior volunteers--Mrs Santosh Bahal, Mrs Chachal Jain and Sudershna Aggarwal. our Heart felt thanks to Munish Sasan for taking the overall responsibility with full sincerity not only on the day but through out the preparation, (As soon the date is fixed the momentum is set to make the occasion go smoothly) with Dr Harish Chandra for all the Computer work & paper work in the back ground. An excellent lunch spread, hot and cold, was provided to everyone there, by Mr Harish Malhotra--The woman behind

being Mrs Gagan Malhotra. Every thing vegetarian. even the dips were improvised with yogurt and soft cheese, very conscientious help by Mr Virender Bahal. Also our sincere thanks go to the office manager Mr Naginbhai Chauhan, for putting his heart in the success of this event over and above his official duties. We all are exceptionally grateful to Munish and Mamta Sasan, Poonam Bector and of course our Rana Bhai for the preparation of the hall a day before, not just getting the hall ready but also clearing it afterwards and getting it ready for Sunday Morning's congregation.

Rana ji takes care of Car security very seriously on every event. Thanks a lot Ranaji and to the superb team. Well Done!

X-X-X-X-X-X-X-X-X-X- X-X-X-X- X-X-X-X- X-X-X-X

A G M

A G M

A G M

All of you must have by now received the information about the Trustee's Election and the Agenda for the forthcoming AGM along with the Nomination forms. As per rules nobody should hold a chair for more than 4 years in a row, so many of the chair persons would be changing their caps this AGM. After the AGM will be an Open Forum for you to give your views, feedback and suggestions. Support the person you deem to be absolutely fit for the job who according to fifth principle can 'perform all acts in conformity to Dharma' ie after due consideration of right or wrong'. You the members are integral part of your Sanstha. So, we request you to please come prepared to contribute in the running of your Sanstha. May God instil in us "Om Agnaye' Naye' Supathaa Raye".

!Om Shanti Shanti Shanti Om!

Bypassing the bypass

Dr Syed Zair Hussain Rizvi

EVERY SEED OF POMEGRANATE WHICH GOES IN YOUR STOMACH IS A SEED OF LIFE FOR YOUR HEART

Two things are full of benefits for the human being, lukewarm water and pomegranate. Pomegranate is a seasonal fruit in **Pakistan** so I tried an experiment with dried pomegranate seeds(DRY ANARDANA), prepared a decoction boiling the fistful of dried seeds in **half** litre of water for 10 minutes, squeezed the seeds, strained the decoction and advised those patients suffering from painful angina to use a glass of lukewarm decoction on an empty stomach in the morning, amazing **result** was observed, the decoction of dried pomegranate seeds worked like a magic, the feelings of tightness and heaviness of chest and the pain had gone,

It encouraged me to try more experiments on all types of cardiac patients so I tried other experiments on patients who were suffering from painful angina, coronary arterial blockage, cardiac ischemia (insufficient **blood** flow to the heart muscle) etc, waiting for a bypass surgery, the same lukewarm decoction was used empty stomach in the morning, the patients experienced quick relief in all symptoms including painful condition

In another case of coronary arterial blockage the patient started using half glass of fresh pomegranate juice everyday for one year, although all symptoms were completely relieved within a week but he continued taking it for a whole year, it completely reversed the plaque build-up and unblocked his arteries to normal, the angiography report confirmed the evidence, thus decoction of dried pomegranate seeds, fresh pomegranate juice or eating a whole pomegranate on empty stomach in the morning proved to be a miracle cure for cardiac patients,

But the lukewarm dried seeds decoction proved to be more effective compared to eating a whole pomegranate or fresh pomegranate juice, ~~use of pomegranate in any way has demonstrated even more dramatic~~

effects as blood thinner, pain killing properties for cardiac patients, lowers LDL (low-density lipoprotein or bad cholesterol) and raises the HDL (high-density lipoprotein or good cholesterol) , there are more than 50 different types of heart diseases the most common being coronary artery disease (CAD), which is the number one killer of both **women** and men in some countries, and there has been no medicinal cure for this disease, many cardiac patients have reversed their heart diseases on my advice using one glass of lukewarm decoction of pomegranate dried seeds, half glass of fresh pomegranate juice or eating a whole pomegranate on empty stomach in the morning, it was the very first real breakthrough in the history of cardiology to successfully treat the cardiac diseases by a fruit, The more super foods to obtain the even faster **results** for cardiac patients which are most promising curative and protective agents like fresh raisins, quince, guava, prunes (dried plums), natural vinegar, mixture of grape fruit juice and honey in the morning (empty stomach), basil leaves, chicory leaves, powder of oregano leaves and rock salt in equal quantity (in case the patient is not hypertensive) and sesame oil as cooking oil for cardiac patients.

It is regretted to say that treating the heart patients and bypass surgery has become far more profitable business around the world which has failed to help avert life threatening heart attacks and life time cardiac complications **resulting** in almost paralyzed life. A regular use of pomegranate in any way ensures a healthy cardiac life, thinning your blood, dissolving the blood clots and obstruction inside the coronary arteries, maintains an optimal blood flow, supports a healthy blood pressure, prevents and reverses atherosclerosis. (Thickening of the **internal** lining of the blood vessels) from whatever I experienced and observed in last several years, I can say:

“A pomegranate a day keeps the cardiologist away” you can try and see the wonder.

The Talkative Tortoise

This is one more interesting story from Panchatantra. Once upon a time, there was a tortoise by the name of Kambugriva and two geese by the name of Sankata and Vikata. The tortoise lived in a pond and he made friends with two geese who used to come and visit him at the pond. All of them were happy for the past many years.

Once they faced a drought that lasted for several months. Due to this, all the rivers, lakes and ponds went dry. There was not a drop of water to drink for the birds and the animals. They began to die of thirst and scorching heat. Many of them decided to migrate to some fertile lands.

The three friends also decided to leave the pond and to go to some distant lake, full of water, to settle down there for ever. But it was quite difficult to shift at a distant place. Although, was quite easy for the geese as they could fly but the problem was for tortoise. The poor tortoise could not fly and to cover that distance on foot was really difficult.

All of them had a conversation, as to what could be a possible solution for this problem. The geese suggested a plan, according to which, tortoise would have to hold a piece of stick by his mouth and which would be carried slowly while holding its two ends by them. The only condition was that the tortoise should not speak; otherwise he would fall and die spontaneously. The geese were worried because they knew that tortoise was very talkative and it was difficult for him to keep his mouth shut. The tortoise got the logic and promised not to open his mouth during the entire journey.

Before starting their journey, the geese again cautioned their friend not to open his mouth in any case. With this instruction, the geese held the stick ends in their beaks and the tortoise held the stick in the middle with his teeth. Thus, they started their journey. They flew higher and higher, over hills, valleys, fields and plains. Ultimately, they flew over a town.

The people of the town were surprised to see such a strange scene. They started laughing and clapping, to see the geese carrying tortoise like that. The people's shouting and laughing annoyed the tortoise. He thought why these people were making such a noise. Unable to control his anxiety, he opened his mouth to speak. But as soon as he opened his mouth, he lost his grip on the stick and fell to his death. So, the poor tortoise got killed because of his stupidity and impatience.

Moral: Always listen to friendly advices.

I am always alone
Alone in light
Alone in darkness
None loves
Or cares
I've learnt
For I am alone
I want sitting next
To a tree
Waiting for a miracle to appear
But why should I wait
For I am alone

Muskaan Mahandru
3.6.12

वैदिक राज-धर्म-भाग-16

आचार्य डॉ. उमेश यादव

सांवत्सरिकमासैश्च राष्ट्रादाहारयेद् बलिम्। स्याच्चाम्नाय परोलोके वर्तेत
पितृवन्नृषु॥

अध्यक्षान्विविधान् कुर्यात् तत्र तत्र विपश्चितः। तेऽस्य सर्वाण्यवेक्षेरन् नृणां
कार्याणि कुर्वताम्॥

आवृत्तानां गुरुकुलाद् विप्राणां पूजको भवेत्। नृपाणाक्षयो ह्येष निधिर्ब्राह्मो
विधीयते॥मनु7.80-82

प्रजा से कर लेना, उनका सदप्रयोग होना, राजा पर विद्वान् आचार्यों की चारित्रिक अनुशासन की दिशा में निगरानी, राष्ट्र के अक्षय कोश का वेदादि सद्विद्याओं के प्रचार-प्रसार में सदप्रयोग, गुरुकुलीय वैदिक विद्वान् आचार्यों का सम्मान आदि से राष्ट्र में सर्वत्र आदर्शात्मक विकास होता है। इस दिशा में मनुस्मृति के प्रणेता आचार्य मनु जी महाराज ने जो उपर्युक्त श्लोकों में विचार दिया, उन्हें आर्यसमाज के संस्थापक वेदोद्धारक महर्षि दयानन्द सरस्वती ने अपने अमर ग्रंथ सत्यार्थप्रकाश में उद्धृत करके पूर्णतया पुष्ट कर दिया है। यहाँ हम इन्हें क्रमशः समझ सकते हैं।

प्रथम श्लोक में यह बताया गया कि सांवत्सरिकं बलिम् अर्थात् वार्षिक कर (Annual Tax) राष्ट्रद् प्रजा से आसैः = आस विद्वान् पुरुषों द्वारा आहारयेद् = प्राप्त करना चाहिये। इस कर के सद प्रयोग हेतु विद्वान् आदि सत्पुरुष सदा सजग रहें और परोलोके नृषु= सांसारिक लोगों के प्रति आमनाय= वेदानुकूल व्यवहार हेतु तत्पर हों तथा सभी आसपुरुष राजा के साथ मिलकर पितृवच्च पितृवत् व्यवहार करें। यह सदैव ध्यान रखना होगा कि लिये हुये कर का सत्प्रयोग हो, राष्ट्र में उसका सदुपयोग वैदिक शिक्षा व संस्कारों को अधिकाधिक बढ़ाने में हो अर्थात् उस कर राशि से ज्यादा से ज्यादा वेद-प्रचार हो। इससे प्रजागण वैदिक शुद्ध ज्ञान, शिक्षा व संस्कारों से संस्कारित

हो शुद्ध धन कमायेंगे और प्राप्त धन का सदुपयोग भी कर सकेंगे। दूसरे श्लोक में यह समझाया जा रहा है कि राष्ट्र की प्रजा कभी अनैतिक मार्ग पर न बड़े, इसके लिये एक धर्मार्य सभा होनी चाहिये। महर्षि दयानन्द की यह एक मजबूत नीति है कि धर्मार्य सभा के सभापति भी धर्माचार्य विद्वान् पुरुष ही हो। विपश्चित हो=विपश्चित का अर्थ विद्वान्, आस, धर्माचार्य, आचार्य आदि का पर्याय ही है। इसीलिये कहा- विविधान् अध्यक्षान्= विभिन्न सभाओं के अलग-अलग विद्वान्, जिम्मेवार व प्रजाहितकारी सभापति चुने जायें जो इस राष्ट्र के नृणां सर्वाणि कार्याणि कुर्वताम्=सब मनुष्यों के कार्यों को भलीभाँति करते हुये उनकी निगरानी भी रखें ताकि राज्य में आम मनुष्यों के सुख का काम होता रहे--धर्मार्य सभा का यही मुख्य कार्य है। इसीलिये महर्षि दयानन्द ने तीन मुख्य सभाओं का उल्लेख किया—राजार्य सभा, विद्यार्य सभा तथा धर्मार्य सभा। तीनों अपनी-अपनी दिशा में अच्छा कार्य करें। धर्म-प्रचार धर्मार्य सभा के अधीन हो। बाकी सहयोग दें। तीसरे श्लोक में यह निर्देश दिया गया कि गुरुकुलीय विद्वानों की समाज में पूजा अर्थात् उनका आदर-सम्मान होना चाहिये। उन वैदिक विद्वानों को ही धर्माचार्य का स्थान देकर परिवार, समाज व राष्ट्र के चारित्रिक, वैज्ञानिक व आध्यात्मिक उत्थान हेतु उनसे सर्वत्र नृपाणाम् अक्षयो निधि:= राजाओं के अक्षय निधि का प्रयोग कर ब्राह्मो विधीयते=उपदेश करना-करवाना चाहिये। यह विचार हमें आर्यसमाज में भी करना चाहिये। धर्म-प्रचार हेतु धर्मार्य सभा का गठन एवं इसके लिये एक अच्छी अक्षय निधि (FDR) की स्थापना करनी चाहिये जिसके व्याज से वेद-प्रचार (धर्म-प्रचार) लगातार होता रहे।

DIVINE 'Aum' & The Meaning of 'Aum' **Om ki mehima. Times of India-May 25th 2012.**

Before the beginning, the Brahman (absolute reality) was one and non-dual. It thought, "I am only one -- may I become many." This caused a vibration which eventually became sound, and this sound was Om. Creation itself was set in motion by the vibration of Om. The closest approach to Brahman is that first sound, Om. Thus, this sacred symbol has become emblematic of Brahman just as images are emblematic of material objects.

The vibration produced by chanting Om in the physical universe corresponds to the original vibration that first arose at the time of creation. The sound of Om is also called Pranava, meaning that it sustains life and runs through Prana or breath. Om also represents the four states of the Supreme Being. The three sounds in Om (AUM) represent the waking, dream and deep sleep states and the silence which surrounds Om represents the "Turiya" state.

Because the first of the three states of consciousness is the waking state, it is represented by the sound "A" pronounced like "A" in accounting. Because the dream state of consciousness lies between the waking and the deep sleep states, it is represented by the letter "U" which lies between the "A" and "M". This "U" is pronounced like the "U" in would. The last state of consciousness is the deep sleep state and is represented by "M" pronounced as in "sum." This closes the pronunciation of Om just as deep sleep is the final stage of the mind at rest. Whenever Om is recited in succession there is an inevitable period of silence between two successive Oms. This silence represents the "fourth state" known as "Turiya" which is the state of perfect bliss when the individual self recognizes his identity with the supreme.

Just as the sound of Om represents the four states of Brahman, the symbol Om written in Sanskrit also represents everything. The material world of the waking state is symbolized by the large lower curve. The deep sleep state is represented by the upper left curve.

The dream state, lying between the waking state below and the deep sleep state above, emanates from the confluence of the two. The point and semicircle are separate from the rest and rule the whole. The point represents the turiya state of absolute consciousness. The open semicircle is symbolic of the infinite and the fact that the meaning of the point cannot be grasped if one limits oneself to finite thinking.

The chanting of OM drives away all worldly thoughts and removes distraction and infuses new vigour in the body.

When you feel depressed, chant Om fifty times and you will be filled with new vigor and strength. The chanting of Om is a powerful tonic. When you chant Om, you feel you are the pure, all pervading light and consciousness.

Those who chant Om will have a powerful, sweet voice. Whenever you take a stroll, you can chant Om. You can also sing Om in a beautiful way. The rhythmic pronunciation of Om makes the mind serene and pointed, and infuses the spiritual qualifications which ensure self-realization.

Those who do meditation of Om daily will get tremendous power. They will have luster in their eyes and faces.

It is believed that "OM" is the mother of all languages. Repetition of "OM" enables us to maintain mental and emotional calmness, overcome obstacles and enable understanding.

Forwarded by Kewal Ahluwalia.

CONGRATULATIONS TO

- Drs Shraddha and Vivek Gulati on their wedding. Also to the parents Mrs Shama , Dr Narendra Kumar and Drs Padmini , Ramesh Gulati.
- Drs Ambika and Rajiv Agarwal. And to the parents Mrs Swarn ,Mr Krishan Talwar and Mrs Shakun , Dr Sitaram Agarwal

DATES FOR YOUR DIARY

AGM + Open Forum for Public Suggestions	Sunday 15 th July 2012
Independence Day Of India	Sunday 19 August 2012
Special Havan to bless the students especially for those going to University.	Sunday 2 September 2012

DONATIONS TO ARYA SAMAJ WEST MIDLANDS

D Thompson	£15	Mr Manu Vyas	£11
Mrs Asha Verma	£12	Mr G. Chandra	£21
Ms Amar Sharma	£21	Mrs Nirmal Prinja	£21

DONATIONS TO ASWM through PRIEST SERVICE

Mrs Swarn and Mr Krishan Talwar	£250	Mrs Shama and Dr Narendra Kumar	£251
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DONATIONS through Seminars of Vedic Missionary

Birmingham	£159.50	Liverpool	£90
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To be able to understand the meaning of Mantras while chanting them makes sitting in Havan a pleasant experience for all old and young. Mr Krishan Chopra's book explaining the Mantra of the Daily Havan 'Prayers Of Yajna' in English. is available at Arya Samaj West Midlands.

Money raised by 'Prayers Of Yajna' £20

YAJMANS IN SUNDAY CONGREGATION

17 June 2012 Mrs Nirmal Prinja

RISHI LANGAR DONATION

Mrs Asha Verma £10 Mrs Nirmal Prinja £110

Weekly activities at Arya Samaj West Midlands

Monday :7 to 8 pm Yogaasan

Wednesday: 11am to 3 pm: Arya Friends Group.
Yogaasan, Hot Dinner and relaxation.

Saturday :2.30 pm to 3.30 pm

Seminar :Road to Peace and Happiness.

Sundays:

- Regular Congregation. 11am start with Havan
1pm Rishi Langar (Vegetarian Lunch)
- Dance classes for all age group from 11am by qualified teacher

Ved Prachar on Radio XL [7am-8am] First Sunday of every month by our learned speakers. 1st July, 5th August.

Detailed information of all these events would be published in Aryan Voice nearer the time. Or contact *office*

Tel. No. 0121 359 7727.

E-mail- enquiries@arya-samaj.org,

Website: www.arya-samaj.org.

Every effort has been taken that information given is correct and complete. But if any mistake is spotted please inform the office.