



## 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 39

01/2017-18

MONTHLY

January 2017

Arya Samaj West Midlands would like to wish you a



## Very Happy New Year!

We wish 2017 brings joy, peace, good health, prosperity & happiness to you & your family....

**Republic Day of India Celebrations**  
**Sunday 29<sup>th</sup> January 2017**  
**11am to 1.30pm at Bhavan**

ARYA SAMAJ (Vedic Mission) WEST MIDLANDS  
(Charity Registration No. 1156785)

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## **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 Rigved, Yajurved, Samved 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.**

## Let us be Friend Again

अव ज्यामिव धन्वनो मन्युं तनोमि ते हृदः । यथा संमनसौ भूत्वा सखायाविव  
सचावहै ॥ अथर्ववेद ६.४२.१

Ava jyamiva dhanvano manyum tanomi te hrdah I yatha  
sanmanasou bhutva sakhayaviva sacavahai II

Atharva Veda 6.42.1

### Meaning in Text Order

Jyam = bow string

Iva = like

Dhanvanah = from the bow

Manyum = anger

Ava tanomi = take away

Te = your

Hrdah = from your mind

Yatha = as

Samansah = concordant in mind

Bhutava = becoming

Sakhayam = amicable

Iva = like

Sacavahe = may we live together.

### Meaning

As I separate the bow from the bowstring in the same way I take away the anger from your mind so that we may become of one mind and live like friends together.

## **Contemplation**

We, human beings sometimes out of ignorance, create differences amongst ourselves. We quarrel over petty matters. On some occasions we make a prestigious issue out of nothing. It is our own fault that eventually our relationships end in animosity. The notion of enmity is harmful for everyone and turns to hatred.

Let us be friends again. One day, over some small matter we have a fight. Since that time we have become enemies. Since that event you have hated me and I have hated you. Neither you nor I were able to tolerate each other.. Not could we tolerate prosperity of each other. Now I can understand that it was our foolishness. Now we are far away from each other. Now I repent those foolish matters. Now I have come to you with the offer of friendship. Let us be friends from today, not only friends but of one mind.

I recollect our great friendship before the troubles, we had two bodies but our mind was one. The remembrance of those days generates excitement in my mind. Our friendship was so robust that if I was hurt you used to feel my pain. Can't we return to those days?

Although my anger has subsided, I can vividly see that your anger has not diminished. But I am determined to make you my friend again. But I have realised that due to our conflict this has led to destruction.. Although, your anger still persists I am sure I will bring your anger to an end with my love and affection.

Let us come together with love and affection and set up the example that love always conquers hatred.

**By Mr Krishan Chopra**

## अध्यात्म के शिखर पर-६

आचार्य डॉ. उमेश यादव

ईश्वर के गुण-कर्म स्वभाव को जानना और तदनुरूप मानना ही आस्तिकता है। ईश्वर साकार नहीं, निराकार है। साकार तो कभी सर्वव्यापक नहीं हो सकता और सर्वज्ञतादि गुण भी नहीं रख सकता। पर परमेश्वर सर्वव्यापक भी है और इसी कारण सर्वज्ञ भी। सर्वशक्तिमान भी वह है। वह सर्व शक्तिमान होने से संसार की उत्पत्ति, स्थिति वा प्रलय तथा सब प्राणी जगत्को पाप-पुण्य की कर्मव्यवस्था में बाँधकर उन्हें यथावत् फल प्रदान करता है। सर्वशक्तिमान का यह अर्थ कदापि नहीं है कि ईश्वर जो चाहे; वही कर दे। ईश्वर भी वही कार्य करता है, जो उसके गुण-कर्म-स्वभाव के अनुसार है। वह दण्ड-व्यवस्था को बदल नहीं सकता। चोर को छोड़ नहीं सकता, व्यभिचार नहीं कर सकता, किसी का चुल्हा-चक्की नहीं कर सकता इत्यादि क्योंकि यह सब कार्य उसके गुण-कर्म-स्वभाव के विरुद्ध है।

अगर वह दण्ड माँफ भी नहीं कर सकता तो फिर, उसकी स्तुति आदि क्यों करें? यह एक मार्मिक प्रश्न है। स्तुति-प्रार्थना-उपासना का फल ही पृथक् है। इन्हें हम अलग-अलग जानें।

स्तुति- स्तुति से ईश्वर से प्रीति, स्व गुण-कर्म-स्वभाव में सुधार, व आत्म-विश्वास में वृद्धि होती है।

प्रार्थना- प्रार्थना से निरभिमानता (विनम्रता), उत्साह और सहाय की प्राप्ति होती है। इससे आवश्यक अभाव मिट सकेगा।

उपासना- उपासना से परब्रह्म से मेल और उसका साक्षात्कार होकर आनन्द की प्राप्ति होती है।

इस कारण हमें निष्ठापूर्वक ईश्वर की स्तुति-प्रार्थना और उपासना करनी योग्य है । ईश्वर-प्रेमी , सच्चा उपासक व सच्चा प्रार्थी कभी जीवन के गलत मार्ग पर नहीं जा सकता । गलत मार्ग पर कदम रखते ही परमेश्वर की ओर से लज्जा, शंका तथा भय पहले ही मन में आ जाता है । ऐसे ही अच्छे कार्य को करते हुये प्रसन्नता, उत्साह और निडरता जैसे भाव भी परमेश्वर की ओर से ही आते हैं । ऐसा होने पर उपासक अच्छे मार्ग पर चलने से कभी पीछे नहीं हटता । बस यही जानना ही ईश्वर के करीब रहने के लिये पर्याप्त है ।

अब हम यह भी जान लें कि स्तुति-प्रार्थना और उपासना में क्या अन्तर है ?

स्तुति-ईश्वर के गुण-कर्म-स्वभावों को गाना स्तुति है ।

प्रार्थना- आवश्यकतापूर्ति हेतु ईश्वर से माँगना ही प्रार्थना है । ध्यान रहे कि वास्तव में आवश्यकता हो; अभाव हो और साथ ही अनुकूल दिशा में पुरुषार्थ भी हो । जिस वस्तु की जरूरत है; उसकी प्राप्ति हेतु अनुकूल दिशा में पुरुषार्थ भी करते रहना और उसमें सफलतार्थ प्रभु से विश्वास और प्रेमपूर्वक प्रार्थना करते रहना ही सच्ची व पूर्ण प्रार्थना है ।

उपासना-स्थान व काल का भेद तो है ही नहीं ईश्वर और जीवात्मा में-ऐसा यथावत् जानकर, पर ज्ञान का भेद अवश्य है; ऐसा जानें तथा सर्वज्ञ ईश्वर को जानने के लिये सत्य ज्ञान का अनुशीलन करें ।

प्रभु के साथ यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान और समाधि ऋषि पतञ्जलि-कृत अष्टांग-योग की सार्थकता में सम्बन्ध बनावें, तभी सच्ची उपासना सिद्ध होकर परमानन्द से मेल और उसका साक्षात्कार हो सकेगा । यह सब पुरुषार्थ से सम्भव है; अतः पुरुषार्थ से हम कभी जी न चुरायें ।

## SACRAMENT (SANSKAR 5)

### SIMANTONNAYAN SACRAMENT

Simantonnayana Sacrament is the third Sacrament.

This sacrament is performed during the 4th, 6th or 8th month of pregnancy.

The literal meaning of “Simant” is the line in the middle of the scalp hair. Probably this is why in this Sacrament the husband has to lift the scalp hair of his wife in order to comb it and make a bun shaped hair do (Juda). To lift the hair up is called as “Unnayana”. The other meaning of Simant is Skull/head.

According to Sushrut skull/head is divided in to five parts. The joint in between the bones of the skull is known as Simant (sutures).

**This Sacrament is performed for the full development of the foetal Brain.**

The Brain of the foetus (child), developing in the womb of the mother, starts developing in the fourth month of the pregnancy. In the fifth month the Mind, in the sixth month the intelligence and in the seventh month different parts of the foetus (child) starts developing. In the eight month the vigour or virility of the child develops but it is unstable. If a child is born in eighth month of the pregnancy then this child is born without virility and most of these children usually die. This is why it is very important for the husband and wife to be extra careful in between 4th and 8th month of the pregnancy. This Sacrament is especially done for the full and proper development of skull, Brain and related Mind, Intelligence and body parts of the child in the womb of his/her mother.



In the eighth month of the pregnancy the mother develops two hearts, one heart for her child and second heart for her own body. Thus an expecting mother is called a lady with two hearts. These two hearts are well connected with each other with help of blood vessels. This is why the wish of the mother also becomes the wish of the child. This is how the Mind, the thinking, the Sacraments and culture, the eating and way of life of the mother affects the Mind, Intelligence, Sacraments, Heart and physical development of the body of the child. This is why it is important to do this Sacrament in the fourth, sixth or eighth month of the pregnancy in the days when the Moon is bright.

To understand the scientific reason for this we have to know the rituals of this Sacrament one by one.

1. This Sacrament should be performed on the day of moonlight when Moon is connected with the stars which have masculine names for example Punarvasu, Pushya, Anurvdhas, Mula, Shravana, Ashvini and Mrigshiras. The state of Mind is connected with Moon. Like Moon the mind should be cool, bright and stable. The Mind is directly connected to the intelligence and heart. In order to increase and maintain our determination/resolve, the Mind, Intelligence and Heart play a vital role. This is why this Sacrament should be performed on the day of moonlight when the moon is connected with the stars which have masculine names.

It should be noted that except Jatkarm (Ceremony of newly born child) and Anteysthi (Cremation) Sanskars all other Sacraments should be performed in the moonlight period of the month. The main reason for this is that for the development of intelligence and knowledge, physical growth and all round development of the foetus it is definitely better to do these Sacraments in the moonlight period of the month. Parents would like their children to properly grow and be intelligent.

When the Moon is connected with stars with masculine names, as written above, the procedure of Simantonnayan should be performed. The date and the time of performing this Sacrament, as described above, can be easily found by consulting a Hindu calender or a local priest.

In this particular day the climate (environment) is usually well balanced. This means that future child will maintain a balanced approach in period of of equity and inequity (9 good and bad times) and he/she will face every situation in life successfully.

2. The husband combs the hair of his wife and makes a bun shaped hair do. For this a wife should have enough and long scalp hair. A lady with thick and long hair is supposed to be beautiful.

It is written in Vedas.

**तमुग्रवः केशिनीः सं हि रेभिरे”-ऋग्वेद-१.१४०.१८, केश ढँहिणीः ....  
केशवर्धनीम्” -ऋग्वेद-६.२१.३**

It means that women should have long scalp hair in order to look beautiful. The wives comb and and make a bun like hair do not just to look beautiful but also to control their mind and senses. The wife vows to surrender herself to her beloved husband by controlling her mind and senses and keeping herself beautiful. She understands the happiness and desire of her husband and gives him all her love. This is why in this Sacrament the husband is instructed to do the hair do of his wife and to serve his wife whenever he is required to do so. For a pregnant woman to get all the help, protection and support during her pregnancy period there is no one more suitable than her own husband. During this period it is only her husband who can provide respect, service, help, love and take responsibility for his wife and the future

would be child. There is no one else in the household or outside who can provide this kind of love, affection, protection and responsibility other than the husband of the pregnant woman. When the husband applies an aromatic hair oil to his wife's hair and lifts up her hair in the air, this stimulates her hair roots of the scalp and gives her immense pleasure and happiness which affects the child in her womb. The nice smell of the hair oil makes his wife happy. By carrying out this act the husband takes the responsibility of welfare of his wife and the father takes the full responsibility of providing protection and doing service to his future child. By combing the hair of his wife the husband makes her and her child feel secure.

In the ancient times the thorns of Gular tree or Arjun tree were used as a comb. But in present day it is quite alright to use a modern comb or a hair brush for this purpose.

3. While making a bun like hair do the husband should recite the name of a river which is nearby.

**“सोम एव नो राजेमा मानुषीः प्रजा :.....असौ”**

The purpose behind this is that a child's mind should be calm like a moon and should flow like a river. There are ups and down in human life. Like a full moon is bright is bright in Purnima and dark (Amawasya) in other fortnight of a month, a river is full of water in rainy season and dry in summer months but still moon and river maintain their balance through out a year. Similarly the parents of the expecting child pray to God for their child to stay in balance in his/her life.

4. Look at her face in Ghee- The vaporised Ghee (clarified butter) offered to the fire in Havan reaches the child (foetus) through nostrils, lungs and blood circulation of the mother. This is a nourishment to the child. A wife is known as a symbol of beauty

in the society. She looks her face in the Ghee and desires her child to be more beautiful than her. When her husband asks her What do you see? She replies that that she is looking at her beautiful child, cows and other animals, good fortune and long life for her husband. An expecting mother is also a house wife and wants her house to be filled with milk, Ghee, money and objects of comforts. She is the pride of the house and wife of her husband and she wants a long life for her husband. A wife in a house is also the mother of her child and is always worshiped. This is why in a Vedic family a wife is also known as a devoted faithful wife (Dharam Patni). She is always a person who is well respected and worshipped in the house.

5. To offer ablation of Khichari- Here the offering of Khichari to fire is like a medicine. Khichari is cooked Moong dal and rice. This Khichari is mixed with a melted Ghee and then offered to the fire in Havan. Moong Dal is easily digested by a pregnant woman and is very nutritious to her. This also helps in providing nourishment to the foetus.
6. Blessings- The learned priest and all present guests bless the expecting mother to give birth to a brave child and continue to give more births in future.

This is how this Sacrament is performed. For this parents should try to contact a learned priest who is aware with the proper procedures for this Sacrament.

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

# **VEDIC VIVAH (MATRIMONIAL) SERVICE**

The vedic vivah (matrimonial) service has been running for over 30 years at Arya Samaj (West Midland) with professional members from all over the UK.

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Except Wednesday: - 10.30am to 1.00pm  
Bank Holidays – Closed



## **Swami Shraddhanand**

In India many illustrious men took birth and left a permanent mark in its history. Among those great men one was Swami Shrddhanand. His life is a remarkable lesson for us even today and is a light house to show us path in darkness provided we keep the doors of our mind open and allow that light to enter in our mind.

There is a big problem in our Hindu society that we turn all the great qualities, teachings, thoughts into an idol and start worshipping that idol but we do not penetrate on his teachings, thoughts and actions. In the light of their actions we do not search our path in the present and keep on wandering in darkness.

Many gigantic problems which we are facing today, Swami ji searched the answer of those problems with his visionary thinking. Unfortunately, the Hindu Society and its great leaders had ignored his path and has adopted the path which is leading them to the darkness.

Swami ji was wise, courageous, fearless, resolute, diligent, embodiment of sacrifice and a prudent personality. He never hesitated to take in his hand the enormous problem. Whatever obstruction came in the path, he never left the problem unfinished.

This is the reason that the solutions of many problems were found in his life history.

Swami ji when joined Arya Samaj, he infused energetic strength into it. When no one could agree for women education then he started Kanya Maha Vidyalaya, Jalandhar which is a leading institution today. He also established other institutions like world famous Gurukul Kangri University, Hardwar, Gurukul Indraprastha and Gurukul kurukshetra.

Baba Saheb Ambedkar wrote – He is the only leader who is working from the depth of his heart for destitute and untouchables. Students from all casts were treated equally in Gurukulas. Now a days due to lack of farsightedness of our political leaders these communities are divided for the sake of reservation and these people are active in dividing Hindus in small factions.

Swami ji participated in Guru Ka Bagh Morcha to help the right cause of Sikhs and was imprisoned for six months in jail. His all children were married out of caste. His relatives said that the time has not come for that. His reply was “Time never comes, that has to be brought”.

He was a great freedom fighter. He gave all necessary help to Gandhiji in the Non Co-operation movement against British Imperialism. He was actively involved in Shuddhi movement to bring back those Hindus who were converted into Islam at the time of Moughal Empire. This conversion back to Hinduism was not acceptable to Muslims. Consequently, a plan was hatched to eliminate him by fanatic Muslims and he was shot dead on 23<sup>rd</sup> December 1923.

**By Mr Krishan Chopra**

## News

### Congratulations:

- Mr. Ravinder and Mrs. Shree Latha Renukunta for their son Sandeep's birthday. They were Yajman in the congregation on Sunday 11<sup>th</sup> December 2016, held in Arya Samaj. We Prayed to God for prosperity, good health and Happiness in thier family.

### Sponsors:

- Mr. Amit and Mrs. Manorama Jobanputra for being Yajman on Sunday 4th December 2016 in Arya Samaj. In sweet memory of their Late father Mr. Satya Vrat Jobanputra on his 1st death anniversary.

### Thank you:

- Mr. Joginder Pal Sethi and Mrs Santosh Sethi who provided refreshment (Samosa, Spring roll and tea) on the Sunday; 11th December 2016.

**Many congratulations to all above 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 Midlands

- Mr. Amit Jobanputra with Rishi-Langar £350
- Mr. K. K. Sethi £21
- Mr. Ravinder Renukunta £21

**Thank you for all your Donations!**



**Please contact Acharya Dr Umeh Yadav on  
0121 359 7727  
for more information on**

- **Member or non member wishing to be a Yajman in the Sunday congregation to celebrate an occasion or to remember a departed dear one.**
- **Have Havan, sankars, naming, munden, weddings and Ved Path etc performed at home.**
- **Our premises are licensed for the civil marriage ceremony.**
- **Please join in the Social group at Arya Samaj West Midlands every Wednesday from 11am. Emphasis is on keeping healthy and fit with yoga and Pranayam. Hot vegetarian Lunch is provided at 1pm.**
- **Ved Prachar by our learned Priest Dr Umesh Yadav on Radio XL 7 to 8 am, first Sunday of the month. Next 1st January 2017 & 5th February 2017.**

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

*0121 359 7727*

**E-mail- [enquiries@arya-samaj.org](mailto:enquiries@arya-samaj.org)  
Website: [www.arya-samaj.org](http://www.arya-samaj.org)**