



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

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Arya Samaj West Midlands would like to wish you a



Very Happy New Year!

We wish 2018 brings joy, peace, good health, prosperity & happiness to you & your family....

Republic Day of India Celebrations

Arya Samaj Bhavan

Sunday 28th January 2018

11am to 1.30pm

ARYA SAMAJ (Vedic Mission) WEST MIDLANDS

(Charity Registration No. 1156785)

188 INKERMAN STREET (OFF ERSKINE STREET), NECHELLS,
BIRMINGHAM, B7 4SA - Tel: 0121 359 7727

E-mail- enquiries@arya-samaj.org

Website: www.arya-samaj.org

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For General and Matrimonial Enquiries

Please Ring

Miss Raji (Rajashree) Chauhan (Office Manager)

Monday to Friday between: - 2.30pm to 6.30pm,

Wednesday: - 11.00am to 1.00pm.

Bank Holidays – Closed - Tel. 0121 359 7727

E-mail- enquiries@arya-samaj.org

10 Principles of Arya Samaj

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

Who makes the blood to run in our Arteries?

कोऽस्मिन्नापो व्यदधाद् विषूवृतः पुरुवृतः सिन्धुसृत्याय जाताः । तीव्रा अरुणा लोहिनीस्ताम्रधूमा ऊर्ध्वा अवाचीः पुरुषे तिरश्चीः ॥ अथर्ववेद १०.२.११

Ko asminnapo vyadadhad visuvrtah puruvrtah sindhusatyaya jatah I tivra aruna lohini tamra dhumra urdhva avacih puruse tirascih II

Atharva Veda 10.2.11

Meaning in Text Order

Kah = who

Asmin = this

Apah = blood flowing arteries

Vyaddhat = created

Visuvritah = present in different forms

Sindhustyaya = flowing from heart and back to heart

Jatah = born

Tivrah = moving with fast speed

Arunah = light red

Lohinih = deep red

Tamra dhumah = blue like the smoke of copper

Urdhvah = flowing upward

Avacih = flowing downwards

Tirasci = crosswise.

Meaning

Who has created the blood flowing in our arteries which in different forms and in abundance runs from the heart and back to the heart? It is fast flowing, light red, deep red, blue like the smoke of copper, running upwards, downwards and around the body.

Contemplation

Our human body is full of wonders. When we think about its mechanics, it surprises us. In the body, the function and creation of brain, eyes, ears, mouth, nose, neck, breast and stomach are amazing, Blood flows in the arteries and takes oxygen to the whole body, then comes back to the heart to purify it.

The same system which works in the outside world is the same system that works inside the body. The impure water of the ocean turns into pure steam, evaporates in the sky and falls on earth in the form of rain. That makes many rivers to flow and take the dirt with it into the ocean. On one side of the heart is pure blood. It flows from the main artery and flows in small arteries to the minutest part of the body. The impure blood moves back into heart through the arteries. This process works both day and night.

Oh! Who has created and established these arteries (rivers) of blood which exist in different forms and in abundant number? They flow from the heart, travel all around the body and return to the same ocean (heart). The blood moves quickly in veins, run in veins light red, dark red and blue like the smoke of copper, upwards, downwards. This is the glory of God; this is the art of the great architect. It is His miracle.

By Mr Krishan Chopra

प्यार करो

लिखित आचार्य डॉ. उमेश यादव

प्यार करो ऐ प्राणी, सबसे प्यार करो ।
रब बसता है सबके अन्दर, प्यार करो ॥

प्यार है जीवन, प्यार है शक्ति,
प्यार ही सुख-सागर, प्रभु-भक्ति,
नफ़रत दूर भगाकर प्राणी, प्यार करो । प्यार करो ऐ...

स्वार्थ से ऊपर उठना सीखो,
सबकी रक्षा करना सीखो,
कर परोपकार, न मार किसी को प्यार करो । प्यार करो ऐ...

हम सब पुत्र हैं एक प्रभु के,
जो है मालिक धरती-गगन के,
आचार्य उमेश मित्र मिलकर प्राणी, प्यार करो । प्यार करो ऐ...

योग-विद्या-2

आचार्य डॉ. उमेश यादव

आज योग के आठ साधनों में पूर्व के दो साधनों की चर्चा करेंगे। वस्तुतः योग के आठ अंग ये आठ साधन हैं जिनके सत् प्रयोग से हम योग में सतत् आगे बढ़ सकते हैं। यम-नियम ऐसे ही दो प्राथमिक साधन हैं जो हमारे जीवन को सब ओर से शुद्ध करते हैं। योग को साधने में मूलभूत ये सब सहायक साधन हैं। इनसे शरीर, मन, इन्द्रियाँ और यहाँ तक आत्मा भी शुद्धता को प्राप्त करता है। मनुस्मृति का एक श्लोक है- अद्भिर्गात्राणि शुद्ध्यन्ति, मनः सत्येन शुद्ध्यति। विद्या तपोभ्यां भूतात्मा, बुद्धिर्ज्ञानेन शुद्ध्यति ॥ शरीर जल से, मन सत्य से, आत्मा विद्या व तप से और बुद्धि ज्ञान से शुद्ध होती है। यम-नियम में ये सारी बातें आ जाती हैं। देखें-

यम- “अहिंसासत्यास्तेयब्रह्मचर्यापरिग्रहाः यमाः” योग दर्शन २.३० साधन पाद
अहिंसा, सत्य, अस्तेय, ब्रह्मचर्य और अपरिग्रह ये पाँच यम हैं। यम अपने आप में एक अनुशासन है।

अहिंसा- वैरभाव=द्वेष को छोड़कर मनसा वाचा कर्मणा सबसे प्रेम करना और शरीर, वाणी व मन से किसी का नुकसान न करना।

सत्य- देखकर, सुनकर, पढ़कर तथा अनुमान कर जो शुद्ध विचार व ज्ञान मन में आवे उसे वैसा ही वाणी से व्यक्त करना और वैसा ही शरीर से आचरण भी करना।

अस्तेय- किसी की वस्तु उसके आदेश या ईच्छा के विना न हि लेना, न हि किसी

अन्य को लेने देना और न हि लेने की मन में ईच्छा करना ।

ब्रह्मचर्य- इसमें तीन बातें हैं-१. मन व इन्द्रियों पर संयमपूर्वक बीर्य रक्षा २.सत्य शास्त्रों को पढ़ सज्ज्ञान को बढ़ाना और ३. ईश्वर की उपासना कर आत्मशुद्धि व आनन्द को पाना ।

अपरिग्रह- व्यर्थ अनावश्यक वस्तुओं का संग्रह न करना और प्राप्त वस्तुओं को भी अनावश्यक सिद्ध होने पर झट से छोड़ देना । हानिकारक वस्तु तो कभी साथ होनी ही नहीं चाहिये । शब्द-विज्ञान देखें जरा- अपरिग्रह- ग्रह= पकड़ना, परिग्रह= परितः अर्थात् सर्वातः सारी ओर से पकड़ लेना/ जकड़ लेना और अब अपरिग्रह= अर्थात् जो सब ओर से अच्छी तरह पकड़ा हुआ है उन अनावश्यक व हानिकारक वस्तुओं को झट से छोड़ देना; यही अपरिग्रह है ।

इसी प्रकार अब नियम को भी समझें-

नियम- शौचसंतोषतपःस्वाध्यायेश्वरप्रणिधानानि नियमाः । योग दर्शन २.३२
साधन पाद

शौच-शुद्धि- १. बाह्य शुद्धि- शरीर, वस्त्र, वर्तन, खानपान और धनोपार्जन(नेक रास्ते धन कमाना=“ अग्ने नय सुपथा राये” के अनुसार= हे भगवन्-धन के लिये हमें सुपथ पर चलायें) की शुद्धि । २. आन्तरिक शुद्धि- विद्या, स्वाध्याय, सत्संग, सत्यभाषण, सत्याचरण व धर्माचरण से मन, बुद्धि आदि अन्तःकरण को शुद्ध करना ।

संतोष- यथार्थ पुरुषार्थ से जो धन, बल व आनन्द मिले उस पर संतोष करना चाहिये । कर्म व कर्मानुसार फल पर हमें पूर्ण विश्वास करना चाहिये । यह तो

ईश्वर की न्याय-व्यवस्था है। पर पुरुषार्थ में कभी कभी नहीं करनी चाहिये वल्कि संतोष भी नहीं अर्थात् पुरुषार्थ सदैव करते ही रहना चाहिये।

तपः-द्वन्दसहनम् तपः= अर्थात् सुख-दुःख, हानि-लाभ, मान-अपमान, धूप-छाया आदि दोहरी अवस्थाओं में संतुलित रहना पर कभी धर्माचरण को नहीं छोड़ना।

स्वाध्याय- स्व+ अध्याय= स्वस्याध्ययनमिति अर्थात् स्व का अध्ययन करना। वेदादि सत्य ग्रन्थों का स्वाध्याय पूर्वक स्वयं के वारे में सज्ज्ञान प्राप्त करना, आत्मचिन्तन करना व ओ३म् आदि ईश्वरीय नामों का जप करके उपासना करना ये सब स्वाध्याय की विधा है। इन सब प्रक्रियाओं से स्वयं के वारे में/ आत्मा के वारे में व परमात्मा के वारे में भी अधिकाधिक ज्ञान मिलता है। तदनुरूप कर्म करें तो आनन्द भी मिलेगा।

ईश्वरप्रणिधान- ईश्वर के प्रति पूर्ण समर्पित होकर संसार में कर्म व व्यवहार करना। जो कुछ भी पास है वह सब कुछ ईश्वर का है; ऐसा मानकर चलना तथा मैं जो कुछ भी कर रहा हूँ वह सब ईश्वर अपने अनन्त ज्ञान चक्षु से देख रहा है और वैसा ही वह न्याय भी करेगा; ऐसा मानकर व्यवहार करना ही ईश्वरप्रणिधान है।

प्रिय पाठक गण! जरा विचार करें। उपरोक्त यम-नियम क्या हमें पूर्ण योग की ओर ले जाने में पूर्ण सहायक नहीं है? यहाँ सब प्रकार की शुद्धियाँ व इससे पूर्ण ही आत्मिक उन्नति सम्भव है। इसके साथ ही आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान व समाधि सब जुड़े हुये हैं। अतः मूल तो यम-नियम हैं जो पहले करना आवश्यक है फिर एक-एक सीढ़ी उपर चढ़ते जायें। ध्यान रहे, ये आठों अंग एक-दूसरे से युक्त हैं। सबका महत्त्व है। कहीं पर भी कम होगा तो योग अधूरा होगा।

GAYATRI MANTRA

**OM BHURBHUVAH SVAH
TATSAVITURVARENYAM
BHARGO DEVASYA DHEEMAHI
DHIYO YO NAH PRACHODAYAAT.**

Meaning of Gayatri Mantra:-

- **(OM)** IS THE MAIN NAME OF ALMIGHTY GOD WHICH INCLUDES ALL OTHER NAMES OF GOD.
- **(BHUH)** HE IS LIFE OF LIFE.
- **(BHUVAH)** HE IS THE PROTECTOR FROM ALL THE PAINS.
- **(SWAH)** HE IS ALL BLISS AND GIVER OF ALL BLISS TO HIS DEVOTEES
- **(SAVITUH)** HE IS CREATOR OF ALL UNIVERSE, THE ILLUMINATOR OF ALL THE LUMINOUS BODIES LIKE SUN ETC. THE GIVER OF ALL WISDOM AND WEALTH
- **(DEVASYA)** WE ESTABLISH HIM IN OUR HEART AS MOST DESIRABLE AND VICTORIOUS
- **(VARENYAM)** MOST SUPERIOR TO ACCEPT AND MEDITATE.
- **(BHARGAH)** HE BURNS ALL PAINS AND IS HOLY, SACRED AND PURE BY NATURE.
- **(TAT)** TO THAT ALMIGHTY GOD
- **(DHEMAHI)** WE SHOULD ACCEPT AND HOLD.
- **(YAH)** THAT ALMIGHTY GOD
- **(NAH)** OUR
- **(DHIYAH)** MIND IN BEST ATTRIBUTES, DEED AND NATURE (HABBIT & TEMPERAMENT).
- **(PRACHODAYAT)** INSPIRE US.

९. ओ३म् त्र्यम्बकं यजामहे, सुगन्धिं पुष्टिवर्धनम् ।

ऊर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय माऽमृतात् ॥ ऋग्वेद

पर आधारित भजन

त्र्यम्बक पिता की, जानो कहानी,
सुनो-सुनो प्राणी, बड़ी है रुहाणी ।
ज्ञानचक्षु से निहारे वह सर्वलोक,
धरती अम्बर, और पूर्ण सूर्यलोक,
सर्वलोक रच-रच, रज-रज दिखानी ॥ सुनो-सुनो प्राणी ...
मानव प्रभु जी का पूजन करता,
जीवन सुगन्धि से तब ही भरता,
त्र्यम्बक शिव प्रभु पुष्टि बतानी ॥ सुनो-सुनो प्राणी.....
खर्बूजा पक-पक, जब सुगन्धि फैलाता,
जन-जन मनवा, भीतर मुस्काता,
चख-चख मिठास उसका, चाहत सब प्राणी ॥ सुनो-सुनो प्राणी.....
खर्बूजा सिखाता हमको, अमृत पाना,
जीवन कैसे जग में, सफल बनाना,
समय आ गया टहनी, छोड़ो मन मानी ॥ सुनो-सुनो प्राणी....
बन्धन टूटे जग से, पर तुझ से न टूटे,
बूँद-बूँद अमृत रस की, धार प्रभो फूटे,
जग में उमेश तो, आनी है जानी ॥ सुनो-सुनो प्राणी, बड़ी है रुहाणी ॥

Life Begins at 50/6070/80

Many people feel unhappy, health-wise and security-wise after 50/60/70/80 years of age owing to the diminishing importance given to them and their opinions. But, it need not be so, if only we understand the basic principles of life and follow them scrupulously. Here are ten mantras to age gracefully, make life after retirement pleasant, enjoy and treasure the elder years of wisdom and intelligence at its best.

1. Never say 'I am aged'. There are three ages, chronological, biological and psychological. The first is calculated based on our date of birth, the second is determined by the health conditions and the third is how old you feel you are. While we don't have control over the first, we can take care of our health with good diet, exercise and a cheerful attitude. A positive attitude and optimistic thinking can reverse the third age.
2. Health is Wealth: If you really love your kids and kin, taking care of yourself and your health should be your priority. Thus, you will not be a burden to them. Have an annual health check-up and take the prescribed medicines (if any) regularly. Take out a health care insurance cover.
3. Money is important: Money is essential for meeting the basic necessities of life, keeping good health and earning family respect and security. Don't spend beyond your means even for your children. You have lived for them throughout your life but now it is time you enjoyed a harmonious life with your spouse. If your children are grateful they should take care of you but never take it for granted.
4. Relaxation and recreation: The most relaxing and recreating forces are healthy and religious attitudes, good sleep, music and laughter. Have faith in God,

learn to sleep well, love good music and see the fun side of life

5. Time is precious: It is almost like holding a horse's reins. When they are in your hands, you can control them. Imagine that every day you are born again. Yesterday is a paid cheque. Tomorrow is a promissory note. Today is ready cash, use it profitably. Live this moment.
6. Change is the only permanent thing; we should accept change as it is inevitable. The only way to make sense out of change is to join the dance. Change has brought about many pleasant things. We should be happy that our children are blessed.
7. Enlightened selfishness: all of us are basically selfish. Whatever we do, we expect something in return. We should definitely be grateful to those who stood by us. But, our focus should be on the internal satisfaction and happiness we derive by doing good to others, without expecting anything in return.
8. Forget and forgive: Don't be bothered too much about others' mistakes. We are not spiritual enough to show our other cheek when we are slapped on one cheek. But, for the sake of our own health and happiness, let us forgive and forget them otherwise we will only be increasing our own blood pressure.
9. Everything has a reason and a purpose: Take life as it comes. Accept yourself as you are and also accept others for what they are. Everybody is unique and right in their own ways.
10. Overcome the fear of death: We all know that one day we have to leave this world. Still we are afraid of death. We think that our spouse and children will be unable to withstand our loss. But, the truth is that no one is going to die for you. They may be depressed for some time but time heals everything and they will carry on. Remember nobody lives forever!

Panchatantra Tales

The Panchatantra is a legendary collection of short stories from India. Originally composed in the 2nd Century B.C., Panchatantra is believed to be written by Vishnu Sharma along with many other scholars. The purpose behind the composition was to implant moral values and governing skills in the young sons of the king. The ancient Sanskrit text boasts of various animal stories in verse and prose. During all these centuries, many authors and publishers worked hard to make these fables accessible and readable by a layman. The grand assortment has extraordinary tales that are liked, perhaps even loved by people of every age group.

The Panchatantra is the best guide to enroot moral values in children since its each tale has a moral lesson in its end. The Panchatantra is a great book where plants and animals can speak and converse with human beings too.

The etymology of term 'Panchatantra' suggest that it is a combination of two words, 'Pancha' (five) and 'Tantra' (practice/principle). So, the five principles or practices illustrated by Panchatantr are

1. **'Mitra Bhedha' (Loss of Friends)**
2. **'Mitra Laabha' (Gaining Friends)**
3. **'Suhruddheda' (Causing discord between Friends)**
4. **'Vigraha' (Separation)**
5. **'Sandhi' (Union).**

In this month's Aryan Voice we provide two of these popular tales for you.

THE ASS HAS NO BRAINS

This an interesting story from the album of Panchatantra.

Once upon a time, there lived an old lion. The lion, the king of the forest had grown old. He became frail and due to this, he could not hunt for his food. Many a times, he didn't get even a single animal to eat. With each passing day he became more and more weak. He realized that like this he could not live for long. Somehow, he had to manage for the food, otherwise he would definitely die. He thought that how could he arrange for his food? After much of the thought process, ultimately he decided that he should have an assistant.

The lion thought that a fox would be the best person to handle this position. He summoned the fox and said, "Dear friend, I have always liked you because you are intelligent and clever. I want to appoint you as my minister and advise me on all the affairs of the forest". The old lion told the fox, that he was the king of the forest; so he should not have to hunt for his food. In respect to this, the fox's duty as minister was to bring him an animal to eat everyday.

The fox didn't trust the lion, but he could not even refuse the king. The fox said "Your Majesty, I am happy that you have chosen me to serve you. I accept your offer". The lion was pleased to hear such words. After the conversation, the fox went out to find an animal for the lion. On the way he met a fat ass. The fox went to the ass "Friend, where have you been all these days? I have been looking for you for the past many days".

The ass asked, "Why? What happened? Is everything alright? The fox replied, "I have got good news for you. You are very lucky. Our king, the lion has chosen you to be his chief minister. He asked me to meet you and inform you about his decision." Ass was scared of the lion and said, "I am afraid of the lion. He might kill me and eat me up. Why has he chosen me as his chief minister? I don't even fit enough to be a minister".

The clever fox laughed and said, “Dear, you don’t know your great qualities. You have a special charm of your own. Our king is dying to meet you. He has chosen you because you are wise, gentle and hard working. You must not lose your greatest chance in life. Now, come with me and meet our great king. He will be really happy to see you”. So the poor ass was convinced and got ready to go along with the fox.

As soon as they reached the lion’s den, the ass got scared and refused to move forward. At this, the fox said to the lion, “Your Majesty, the chief minister appears to be very shy and hesitates to come near you”. The lion himself came forward and said “I like such modesty”. He limped towards the ass. The ass got so scared that he ran to save his life. The lion became angry and shouted at the fox, “You have played a trick on me. I was so hungry that I wanted to eat him at once. Go and bring that ass back. If you don’t, I will kill you.”

The fox replied, “Your Majesty, you were in a hurry. You should have left it to me, to bring him near enough. But I will try again”. The fox went back to the ass and said, “You are a funny fellow. Why did you run away like that? The ass replied, “I was too scared. I thought that the lion was going to kill me”.

The fox said, “What a fool you are? If the king wanted to kill you, he would have done so. You could not have escaped by running away. The thing is, the king wanted to tell you a secret about the kingdom and he did not want me to hear it. Now what will he think about you? Doesn’t matter, come with me and apologize for your mistake. You don’t realize that by serving the king, you will be the second most powerful animal of our forest. Imagine, all the other animals will respect you and seek favours from you.”

In this way, the fox managed to attract the ass to go back to the lion. When the fox and the ass approached, the lion was hungrier than

ever. But this time he kept a smiling face and said “Welcome, my dear friend. It was unkind of you to have run away like that. Come near me. You are my chief minister.” As and when the ass came closer, the lion pounced on him and killed him instantly. The lion thanked the clever fox and was happy to get the food.

As the lion sat down to take his meal, the fox said, “Your Majesty, I know you are very hungry and it is time for your dinner, but the king must take a bath before his meal”. The lion thought it was a good idea and said, “You are right. I should go and bathe first. You keep a watch on the carcass of the ass”.

The fox silently sat down to keep a watch on the ass. He was very hungry and thought to himself, “I took all the trouble of getting the ass here. It is I who deserve the best portion of the meal”. Thus, the fox cut open the head of the ass and ate up the whole brain. When the lion returned and looked at the ass, he felt that something was missing. He found that the head of the ass had been cut open. He inquired from the fox, “Who came here? What happened to the head of the ass?”

The fox pretended to be innocent and reminded the lion, “Your majesty, you have given a powerful blow on the head of the ass when you killed him”. The lion was satisfied with the answer and sat down to take his meal. Suddenly, he shouted “What happened to the ass’ brain? I wanted to eat the brain first”. The fox smilingly replied “Your Majesty, Asses have no brains. If he had any, he would not have come here a second time”.

Moral of the Story: Do not be easily convinced.

The Sparrow and the Elephant

Once upon a time, there lived a sparrow with her husband on a banyan tree. They built a nest and the sparrow laid her eggs in the nest.

One afternoon, a wild elephant came under the tree, unable to bear the heat of the sun, suddenly in a fit of rage the elephant broke a branch of the tree on which the nest was built. Unfortunately, all the eggs of the sparrow got crushed though the parents were saved. The she-sparrow was full of grief and began weeping for her eggs.

A woodpecker, a close friend of the sparrow, heard her crying and moved by her grief asked her, “why are you crying, my friend?” The she-sparrow said, “The wicked elephant has destroyed my offspring. If you are a true friend of mine suggest a way to kill him”. The woodpecker consoled her and told her that he knew a fly and she would definitely help them to kill the elephant.

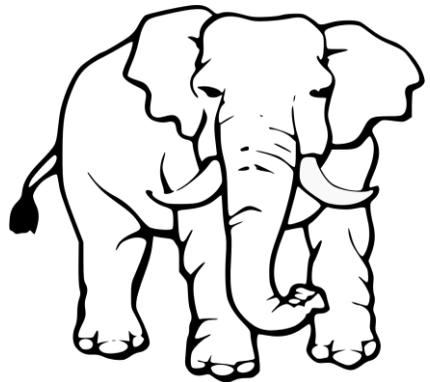
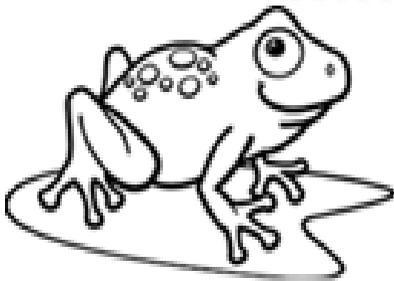
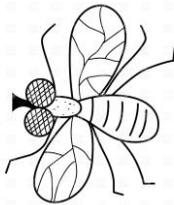
Both of them together went to seek the help of the fly. On meeting the fly, the woodpecker said, “This is my dearest friend. A wild elephant has crushed her eggs. You have to find a way to kill that elephant. We need your help.” The fly replied, “One of my friends is a frog. Let us go to him and take his help too”. The she-sparrow, the woodpecker and the fly went to the frog and narrated the whole incident.

The frog said, “What can an elephant do before a united crowd like us? Do what I tell you. Dear Fly, you go to the elephant when the sun is high in the sky and hum a sweet tune to his ears. When he closed his eyes in delight, the woodpecker will scoop his eyes out. Like this, he will become blind. When he will get thirsty, he will look for water. I will go to a marshy land and begin croaking there.

Thinking that there is water, the elephant will come there. He will sink into the marshy area and die.”

The next day in the noon, all three played out the plan and the elephant was killed. He drowned into a marshy area after being blinded by the woodpecker when he closed his eyes in response to the music. Thus, with the smartness of all three animals, the sparrow took her revenge on the elephant.

Moral of the Story: Wit is superior to brutal force.



Matrimonial Service

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

Changes we have made in April 2017:

Website:-

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

Matrimonial Service:-

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

News

Get Well Soon:

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

Condolence:

- Acharya Dr. Umesh Yadav & family for loss of his mother in law Mrs. Devmati Devi (93) Daudnagar, Bihar (India). May God grant the departed soul eternal peace and give strength to the family members to bear their loss.
- Mrs. Satish Sood (Nottingham) & family for loss of her beloved husband Mr. Satinder Sood. May God grant the departed soul eternal peace and give strength to the family members to bear their loss.
- Mr Sudarshan Kumar Bhakoo & family for loss of his beloved son Mr Satein Kapoor (54). May God grant the departed soul eternal peace and give strength to the family members to bear their loss.

Congratulations:

- Mr. Harish and Mrs. Gagan Malhotra for been blessed with a granddaughter. Congratulations to proud parents Claire & Monish Malhotra.
- Mr. Prem Kharbanda & family for celebration 25th wedding anniversary of his son Ajay & daughter in law Aditi Kharbanda.

Sponsors:

- On Sunday 3rd of December 2017, the following people became Yajman and with their patents had Havan & blessings at Arya Samaj Bhavan.
 - Mr. Alok & Dr. Megha Yadav
 - Mrs. Prama & Mr. Sumit Sharma
 - Mr. Harry & Mrs. Riddham Sharma

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

Donations to Arya Samaj West Midlands:

- Mr. Alok & Dr. Megha Yadav with Rishi-Langar £151
- Mr Monish & Mrs Claire Malhotra. £101

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

- Mrs. Satish Sood c/o Hindu Temple Nottingham £100
- Mrs. Madhuri Devi Jobanputra - Havan at home £51
- Mr. Ajay Kharbanda £50

Donation Boxes 2017:

- Mrs R Gupta £41.26
- Anonymous £25.47
- Anonymous £16.80
- Mrs S Grover £14.54
- Anonymous £14.14
- Mr J Sethi £13.07
- Mr R Gauhar £13.05
- Mr H Malhotra £12.19
- Dr A Kohli £7.88
- Dr V Dodra £8.25
- Mrs U Jain £5.97
- Mrs A Verma £4.55
- Mr A Bakshi £4.36
- Anonymous £4.03

All donations help! Please send in your boxes....

**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. 7th January 2018 & 4th February 2018.**

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

Website: www.arya-samaj.org

Ordinary Membership
Of Arya Samaj (Vedic Mission) West Midlands

Dear Arya Samaj Members,

From January 2018 and onwards ORDINARY members of Arya Samaj West Midlands will have to pay £20 per annum to remain on the list of current members.

Please note any amount of donation to Arya Samaj West Midlands will not count towards payment of membership fee.

Aryan Voice

Those of you who are on our email database will receive your copy of monthly bulletin "Aryan Voice" on your emails from September 2017 and onwards and NOT by post unless you request our office for a hard copy.

Of course our members who do not use internet or email services and matrimonial members will keep receiving hard copy of Aryan Voice by post as it is at present time.

We must live within our means.

I am sure you will fully support our efforts regarding this matter.

Kind regards.

Yours sincerely
Dr. Narendra Kumar
Chairman
The Board of Trustees

Arya Samaj (Vedic Mission) West Midlands
NEW HOME

Dear Members and Friends

Refurbishment work has started at our new headquarter 321, Rookery Road, Handsworth, Birmingham, B21 9PR. The work will take a few months and should be completed by 31st March 2018.

The new building is in middle of our own community area and is located on main bus route with bus stop just opposite to our building.

We are aiming to move to our new Arya Samaj Bhavan in early 2018. Until then we continue with our Sunday congregation, Day Centre and other activities at 188, Inkerman Street, Nechells, Birmingham, B7 4SA

We are planning to run quite a few exciting projects in our new headquarter for example:

- **Mothers and Toddlers group**
- **Various arts related activities like classical Indian Dances, speech and drama and music.**
- **Up to date Library facilities**
- **Day Centre activities**
- **Spiritual talks by learned dignitaries**

The above projects are in addition to our every Sunday congregation.

To run these various facilities we need a good number of volunteers.

For those of you with urge of giving Nishkam Seva to Arya Samaj and our community this is your golden opportunity.

Please do not hesitate and come forward.

Your services will be highly appreciated irrespective of amount of time dedicated by you to your Arya Samaj.

Please get in touch with us either through email at enquiries@arya-samaj.org Or Telephone us on 0121 359 7727.