



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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GAYATRI MAHA YAJNA

Sunday 27 June 2010

- **11am First sitting**
- **1pm Poonahuti**

Followed by

- **Awards ceremony**
- **Rishi Langar (Lunch)**

ARYA SAMAJ (Vedic Mission) WEST MIDLANDS
(CHARITY REGISTRATION No. 506019)
VEDIC CULTURAL AND SPIRITUAL CENTRE
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

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Mr Nagin Bhai Chauhan

(Office Manager)

Office Hours

Monday to Friday :- 2pm to 6pm,

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Tel. 0121 359 7727

HINDUISM AND DEMOCRACY

The basic principles of democracy were embedded in Indian Civilizations and its religions long before they occurred in the West. Democracy in Europe was born in people's struggle against Church and ruthless rulers. Democracy is not limited to elections and majority rule. More importantly, democracy involves freedom of expression and liberty – along with equal opportunities and protection of all minorities. Throughout history, religions of Indian origin have imbedded these principles in their belief.....

Vedas are the root of the knowledge. Dogmatic interpretation and its forceful execution are not a part of Hinduism, as it has been with Islam and Christianity. These religions often ignore the basic teachings of their founders.

Hinduism does not seek converts though it would like people to embrace the Vedic teachings. No forceful or violent conversion, no religious wars with Christians, Jews, Jains, Sikhs, Buddhists, atheists occurred until Islam came to India. You can become a Hindu by your own free will by acceptingVedas, the ultimate authority. The mythology of Purana or the great epics Ramayana or Mahabharata were intended to explain the Vedas to common people in a simple way. Numerous sects of Hinduism co-exist peacefully under the supreme guidance from the Vedas.

Hinduism offers lots of freedom to operate. An individual decides his Guru, and follows him or her. When many devotees come together a sect is formed. Like democracy, the people select a leader. Sects come and go like political parties in a dynamic democracy. Often, those of other faiths portray Hinduism as a religion of confusion. It is like communist or a dictator might consider democracy as a confused state where the news media, congressmen, senators, the president and scholars challenges each other dramatically and sometimes unreasonably. Like American democracy, where challenging a President or burning a flag is tolerated - Hinduism tolerates challenges. Contrast to Hinduism, Christianity and Islam offer very limited freedom and tolerance for other faiths.....

Vedas means knowledge. It is not only religious rituals with chanting of hymns, but it includes philosophy, astronomy, mathematics, medicine, and

grammar. When philosophy is the origin of religion, it permits freedom of speech and thought, and acknowledges Atheism. Just like democracy, Hinduism accepts Atheists as equal citizens. About 2300 years ago India peacefully became predominantly Buddhist during the Maurya Empire. During that period, Takshila University was the center of learning Hinduism, Jainism and Buddhism and Atheism. Also, Nalanda University was formed 2000 years ago with its 10,000 students and 1500 teachers. In the 8th century Hindu Guru Shankracharya debated one to one Hindu, Jain, Buddhist and Atheist women and men gurus who upon defeat accepted his synthesis of Vedic metaphysics philosophy and India became again predominantly Hindu.

According to Hindu philosophy there is one GOD, an eternal, formless, supreme, all pervading spirit. Observed multiplicity in the Universe is just like the waves in the ocean - they come and go. Waves are nothing but sea water which is the only essence, just as the supreme spirit is the essence (the underlying reality). As a Hindu, one is free to worship a formless GOD in any form and name one wish. As you progress spiritually, you will realize the absolute invisible all pervading supreme spirit. No one is between you and GOD. Religion and the holy man just give you the direction, but they are not the end. This assures individual freedom and discourages dictatorial control with its abuses.

Ridicule of the caste system in Hinduism by others is extremely overdone. Critics must look at their own history of religious wars, bloody conversion and annihilation of natives in occupied lands. The caste system was a class system (*Varna Vyavastha*) not by birth but by profession: Labor, Merchants, Ruler (warriors) and Brahmin (teachers and preachers). The King and his ministers collectively ruled the kingdom according to very strict ethic rules given in the Vedas which protect freedom and liberty. Brahmins were mainly teachers until the later part of the Buddhist period (6 A.D.), when they started temples and idol worshipping and were mainly involved in the religious rituals. At about that time, they became Brahmins by birth in order to protect their livelihood. Movement between other classes was more or less free.

Chanakya of Takshila University, who contributed economics in the Vedas, uprooted the Greek Alexander's rule from India and established the Maurya Empire by appointing his student, who was born in the labor class, as a

king. Many of the great sages, who wrote the most important Hindu scriptures Puranas, Mahabharata and Ramayana, were born in the labor class! *Varna Vyavastha* already coexisted and there were no real conflict between the groups.

In AD 52, the apostle St. Thomas came to South India. His followers known as Syrian Christians were free to practice their apostolic faith. However, during the Portuguese colonial rule, the Catholic Church forcefully absorbed them. Next the British rule came and the Protestant Church ruled them. After India became independent, the followers re-established the Syrian Christian Church of India free from European control. When Jews and Zoroastrians (Parsis) came to India to escape persecution in Islamic nations, they were given shelter and were free to practice their faith. Contributions of these relatively miniscule minorities to India have been immense, and their success in every aspect of life is striking. In India non-Hindus including Christians and Muslims have occupied many top positions including president and prime minister without a single threat of violence against them from the 80% majority Hindus.

Recently, America broke the racial barrier by electing the first black president. Even though there is freedom to practice any religion in western nations, most of them have Christianity as a state religion. US constitution states only separation between state and church. In reality, USA is not a secular nation. America and the West have a long way to go to break the religious barriers in order to catch up with India. For Islamic democratic countries, even separation of state and religion is a mere dream. A real democracy requires secularism in practice and India is the only major nation who can claim this. The credit goes to Hinduism.

The author is thankful to Dr. Dilip Amin and Mr. Sam Barnabas for valuable suggestions.

Ashok M. Kuber, PhD
Lansdale, PA, USA

संन्यास धर्म (भाग 2)

आचार्य डॉ. उमेश यादव

पूर्व अंक में सामान्यतया संन्यास धर्म को परिभाषित किया गया है। अब उसे क्रमशः विस्तार से प्रकाशित किया जायेगा। संन्यास धर्म एक व्यापक क्षेत्र है। संन्यासी के स्वभाव, कार्य और उद्देश्य तीनों को हम अगर जानें तो ही हम संन्यास धर्म को स्पष्टरूप से जान पायेंगे। कठोपनिषद् का यह मंत्र द्रष्टव्य है--
नाविरतो दुश्चरितान्नाशान्तो नासमाहितः। नाशान्तमनसो वापि

प्रज्ञानेनैनाप्नुयात्॥ कठ. वल्ली-2, मंत्र-23.--जो व्यक्ति दुराचार, अशान्ति, अयोगत्व आदि दोषों से पृथक् न हो तो वह सदा अशान्तमनवाला ही रहेगा और प्रज्ञानता को पाकर भी परमात्मा को नहीं पा सकता। यह बात सत्य है। ज्ञान और कर्म दोनों से जो योग्य और श्रेष्ठ हो तथा परोपकार की ऊंची भावना जिसमें कूट-कूट कर भरी हो वही वैराग्य पाकर एक सच्चा संन्यासी बन सकता है। सदाचारी, शान्तमनवाला, योगी और त्यागी पुरुष ही संन्यास का हकदार है। सदा उच्च विचारों के साथ वही वाणी और मन को अधर्म से रोककर रखता है। फिर ज्ञान और आत्मा में वाणी और मन को लगाकर मन से चिन्तन और योगपूर्वक परमात्मा की ओर बढ़ता है तब शान्तस्वरूप मनवाला होकर स्वात्मा में स्थिरता प्राप्त करता है। यद्यपि यह योग से प्राप्त है तथापि ज्ञान और योग सिद्ध करके ही संन्यासी उसे संसारहित में लगाते हैं। संन्यासी नित्य पृथक्-पृथक् स्थानों पर जाते-आते रहते हैं तथा अपनी वाणी और व्यवहार से जन-जीवन को ज्ञान और योग के मार्ग पर चलाने का प्रयत्न करते रहते हैं। संन्यासी के लिये वैराग्य एक महत्त्वपूर्ण प्रवृत्ति है। इसी के आधार पर ही वे जन-जीवन को उपदेश करने के लिये भ्रमणमय जीवन व्यतीत करते हैं। मुण्डकोपनिषद् 1-2-12 का भाव समझें--
परीक्ष्य लोकान् कर्मचिन्तान् ब्राह्मणो निर्वेदयायान्नास्त्यकृतः कृतेन। तद्विज्ञानार्थं स गुरुमेवाभिगच्छेत् समित्पाणिः ब्रह्मनिष्ठम्॥ यहां ब्राह्मण शब्द का अर्थ संन्यास अर्थ में लिया गया। सत्यार्थप्रकाश के संन्यासधर्म में महर्षि दयानन्द सरस्वती इस ब्राह्मण शब्द का अर्थ संन्यास किया है। सब लौकिक कर्मों के अनुसार संचित भोगों को स्पष्ट देखकर संन्यासी वैराग्य को धारण कर ही परमात्मा की प्राप्ति करते हैं। परमात्मा अकृत् है जो मनुष्यों द्वारा केवल कृत् अर्थात् कर्म से नहीं उसे

पाया जाता अपितु सद्ज्ञान और तदनुकूल कर्म करना भी आवश्यक है। ऐसा विज्ञान को जानने के लिये ही उपरोक्त मंत्र में कहा गया है कि शिष्य सदैव गुरु के पास श्रद्धापूर्वक समित्पाणि (अर्पण हेतु हाथ में कुछ लेके) जाये; तभी वह सब संन्देहों से निवृत्त होकर परमात्मा को पा सकेगा। ऐसा ही शिष्य श्रेष्ठ पुरुष बन वैराग्य को प्राप्त होकर संन्यासी होने का अधिकारी बन सकेगा पर जो अविद्या में रहकर स्वयं को धीर और पण्डित मानते हैं, वे सत्य से हरदम दूर रहकर अज्ञानान्धकार में ही जीवन व्यतीत करते हैं। ऐसे कभी संन्यासधर्म को सार्थक नहीं कर सकते। ऐसे व्यक्ति तो निश्चितरूप से संन्यासी बनकर भी संसार के लोगों को अज्ञानता के मार्ग पर ही चलायेंगे। स्वयं भी डूबेंगे और अन्यो को भी डूबोयेंगे। इसीलिये यहां स्पष्ट ही कहा गया--

अविद्यायामन्तरे वर्तमानाः स्वयं धीराः पण्डितम्मन्यमानाः। जंङ्घमाना परिर्यन्ति मूढा अन्धेनैव नीयमाना यथान्धाः॥(मुण्डक.1-2-8)। अतः ज्ञानमार्ग को सही समझना और उसे अपनाना दोनों महत्त्वपूर्ण बात है। इसीलिये तो संन्यासी की आवश्यकता है जो स्वयं प्रसन्नतापूर्वक वेद का ज्ञान प्राप्त करे और विना किसी लालच के जगहित में प्राप्त ज्ञान का प्रचार करे। अविद्या में रमण करने वाले हमेशा वालवुद्धि के सदृश हैं। वे केवल अहं का भाव मानकर अपना ही कृतार्थ मानते हैं। अज्ञानता में जीने वाले ऐसे लोग घमण्डी होकर स्वयं के जीवन को अंधेरे में डाल दूसरों को भी अंधेरे में रखते हैं। पर मुश्किल यह है कि ऐसे व्यक्ति स्वयं को ही उचित समझते हैं, स्वयं में वे अपने को कभी गलत नहीं समझते। वे समझते हैं कि वे ही सत्य मार्ग के राही हैं और वे संसार को सही दिशा दे रहे हैं। देखा जाए तो ऐसे लोग ही संसार में अधिक पाये जाते हैं। पर ऐसी स्थिति में हमें वेद और आर्ष ग्रन्थों को ही प्रमाण मानना चाहिए--यही महर्षि दयानन्द सरस्वती का मत है जो पूर्णतः वैज्ञानिक चिन्तन से युक्त है। अतः हमें उपनिषद्, दर्शन, व्याकरण, ब्राह्मण ग्रन्थ आदि ऋषियों के ग्रन्थों के अनुसार सद् ज्ञान और सत्कर्म से युक्त संन्यास धर्म को सही ढंग से जानना चाहिये।

Swami Shraddhanand

Galaxy of Devoted Scholars at Gurukul

The spirit of devotion and sacrifice of Mahatma ji inspired many scholars to dedicate their lives to gurukul. The story of gurukul will not be complete without mentioning their contribution and sacrifices. The Professor of Economics, Prof . Chedi Lal had degree of Economics from Oxford University and was professor at Banaras Hindu University earning rupees 800.00 a month. He left his job to work at gurukul for the nominal salary of 60.00 Rupees a month. Professor Mahesh Chandra who passed his degree in Botany from USA, worked for gurukul. I am mentioning the names of just few in this context. Prof Sewa Ram, Prof Tinam Dass, Prof Tara Chand Gajra, Vinayak Ganesh Sathe, Ghanshyam Singh Gupta, Prof Ram Dev, Prof Goverdhan and Pandit Kashi Nath and many more devoted their lives for gurukul on the minimum wages.

Text Books in Hindi Language

It was often said that the Hindi language did not have the vocabulary to teach science and other subjects in this language. The gurukul was the first institution to prepare the books in Hindi language in Economics, Physics and Chemistry which paved the way for the future of Hindi language.

The famous books published in Hindi by gurukul:

- The History of India by Prof Ram Dev,
- Evolution by Prof. Sathe,
- Book on Economics by Prof BallKrishna
- Physics and Chemistry books by Prof Goverdhan.

Sports at Gurukul

Mahatma Ji was himself a keen sportsman in his youth. He was in Cricket team at Allahabad with Pandit Moti Lal Nehru. Wrestling was his passion. He paid full attention at gurukul for the physical development of the students. So all the games were played at

Gurukul and he himself used to supervise and infuse enthusiasm among the students for the games. The Hockey, Football and Cricket teams of gurukul used to go to compete with teams of other institutions. Games were a compulsory part of the curriculum in the gurukul.

Notice from Dacoit Sultana to Gurukul

In Bijnor district there was a great uproar of Sultana's atrocities. Their hideout was near the forest of gurukul. It was well known that people are so scared of him that as soon as they heard the news of his arrival, they would leave the villages and hide themselves in the fields of sugarcane. A letter was received in gurukul letter box. There was no postal stamp on that letter and envelop of that letter was made of newspaper. It was by Sultana. The subject matter was that he is coming to gurukul around midnight with his gang of eighty people, of whom twenty five would be on the horse back and there would be twenty five rifles as well. He is coming to take away all the luggage. Anyone trying to confront him would be shot.

The news of this letter spread like wild fire in the gurukul and reign of fear was everywhere. Mahtma ji showed his skill of leadership. He divided students in groups supplied everyone with heavy sticks and appointed each group at every corner of gurukul. They were holding torches (mashaal) in their hands. A whistle was provided to each group so that they can inform of any danger. He himself stood on the road facing towards Kangri with a heavy stick in his hand But no one dared to enter in the gurukul.

Krishan Chopra

Tulsi (Holy Basil) - Benefits and Uses

Author: **Dr John Anne**

..... Literal meaning of tulsi is incomparable so as the name suggest, it really has properties that are incomparable with any other herb. Every thing mentioned in Indian mythology has a scientific background. So as the culture of planting tulsi in center of court yard in Hindu homes. It is a strong belief that those who plant tulsi in there houses never get ill, as it is very lovable to lord Krishna and lord Krishna has blessed this herb with this property. Scientific reason of this story is that tulsi contains such a chemical composition that no mosquitoes and flies can come near the plant because of it s peculiar odor. Thereby by planting tulsi in courtyard prevents entry of these creatures in house thus rendering home safe from any diseases caused by these organisms.

Biological name of tulsi is *Ocimum sanctum* and in common English language it is called holy basil. This herb is commonly found everywhere in India. Plant height varies from 2 - 4 ft. It flowers in winter season i.e. about December to February. It contains some biological active chemical compounds like ursolic acid, luteolin and apigenin extracted from leaves. Herb has katu and tickt rasa predominance. It is ushan (hot) virya in potency. It has laghu (light) and ruksh (dry) properties. Its major act is of as krimighan (anti bacterial and anti parasitic). Plant parts used are leaves, flower, seeds and root. Tulsi is being used in variety of herbal ayurvedic formulations. Most dominantly it is used in bronchitis and asthmatic conditions. It gives great relief in cough especially one predominated by kapha. 10

Tulsi because of its great healing property has been indicated in variety of diseases. Being ushan (hot) in potency it is regarded as vata and kapha suppressant, hence all the diseases caused by vata and kapha can be treated with the help of tulsi.

As we begin with the skin problems, as mentioned earlier it acts as anti bacterial and anti parasitic, therefore is widely used in infectious diseases. It act on nervous system providing them strength, relieves stress and also helps in relieving pain, as it is vata suppressant. It work as appetizer and promotes digestion by helping in secretion of digestive enzymes. It helps in preventing flatulence and avoids constipated stool. It also keeps check on any infection that might invade our digestive system. Tulsi is also seen very useful in heart disease. It provides strength to heart and helps in proper working. It also helps to detoxify any toxin that might be circulating through our body via blood thereby have the property to purify blood.

Tulsi finds great importance in respiratory tract disease. It gives marvelous results in upper respiratory tract infection (URTI). As mentioned earlier that it acts rigorously on kapha hence it works as good expectorant relieving from wet cough. It also finds its good use in bronchitis and asthmatic conditions. It helps to fight the cause of allergy by which our respiratory tract gets inflamed and then resolves the causative agent. Good results have also been seen in anti-tubercular treatment as it works as antibiotic eliminating the bacteria. It also shows good results in chest pains. Tulsi finds great use in fever as it act as antipyretic, pain reliever, and provides strength to our body.

Some beneficial results were also seen in diabetes and micturation related problems. It also acts as an antidote for many poisons. Tulsi is known to possess anti-cancerous properties.

Some home remedies for tulsi.

- Power of seed of tulsi when taken with water gives great results in menstrual disorder
- Root of tulsi is powdered and kept overnight in water, if taken daily early morning proves to be very beneficial in diabetes.
- Tulsi juice drops are very effective in earache.
- Tulsi juice when mixed with ginger juice is very effective in abdominal disorder in children.
- Powder of tulsi leaves added with saunth (dried ginger) and sugar when taken with hot water is a famous remedy for fever.
- A Tulsi seed processed in castor oil is very effective remedy for hair lice problem.
- It is said that if one tulsi leaf is swallowed daily, that person never suffers from cancer.

Know more about [Tulsi- Basil, Holy Basil \(Tulsi\) Benefits, Research, Uses, Supplements](http://www.morphemeremedies.com) and [Brahmi, Bacopa Monnieri, Brahmi Benefits, Improves Memory, Mental Alertness, Stress, Brain Tonic](http://www.morphemeremedies.com) by visiting <http://www.morphemeremedies.com>

JUNE 2010 VEDIC VIVAH LIST

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Mr Nagin Bhai Chauhan

(Office Manager)

Office Hours

Monday to Friday :- 2pm to 6pm,

Except

Wednesday :- 9.30am to 1.30pm

Tel. 0121 359 7727

E-mail enquiries@aryasamaj.org

The Girl I Used to Be - Author Unknown

She came tonight as I sat alone,
the girl I used to be,
And she gazed at me with her earnest eyes,
and questioned reproachfully,
Have you forgotten the many plans,
and hopes I had for you?
The great career,
the splendid fame,
all the wonderful things to do
Where is the mansion of stately height,
with all of its gardens rare?
The silken robes that I dreamed for you,
and the shining jewels in your hair?
And as she spoke,
I was very sad,
for I wanted her pleased with me,
This slender girl from the shadowy past,
the girl I used to be.

So gently rising,
I took her hand and guided her up the stairs,
Where peacefully sleeping,
my babies lay, innocent, sweet and fair,
And I told her that these are my only gems,
and precious they are to me,
That silken robe is my motherhood,
of costly simplicity,
And my mansion of stately height is love,
and the only career I know,
Is serving each day in these sheltered walls,
for the dear ones who come and go,
And as I spoke to my shadowy guest,
she smiled through her tears at me
And I saw the woman that I am now,
pleased the girl that I used to be!

यस्मान् न ऋते विजयन्ते जनासो यं युध्यमाना।

यो विश्वस्य प्रतिमानम् बभूव यो अच्युतच्युत् स जनास इन्द्रः॥

ऋग वेद 2.12.9

**Yasmaanna rite vijayante janaaso yum yudhyemaanaa avase
havante/**

**Yo vishvasya pratimaanam babhuva yo achyutachyut sa janaasa
indrah//**

Rig Veda 2.12.9

Meaning in Text Order

yasmaat= whom., na= not, rite= without, vijayante= attain victory, janaasah= people, yum=whom, yudhyemanah=while fighting, avase= for their protection, havante= invoke, yah=who, vishvasya=all, pratimaanam= measurement or creator, bhava= is, yah=who, achyutachyut=who becomes the cause of the downfall of the mightiest, sah=he, janaasah= O men! Indrah= master of supreme pleasures.

Meaning

O men! God is the master of supreme pleasures, without whose blessings no one can attain victory, whom the fighters invoke for protection in the battle field, who is the controller of the mightiest. He is source of bliss to all.

Contemplation

It is not possible to be victorious in any field without the grace of God. Hard work has its own place in our life and it is utmost important part of life. In the Vedas, at various places God instructs the mankind to be diligent. Sometimes, after all the hard work, we are unable to attain success. The reason behind our failure is that the grace of God is not with us and without His grace the success is not possible.

In pursuit of every struggle in our life God alone is our protector. In the battlefield when the cannons are throwing cannon balls, when bullets from the automatic weapons are being showered, fighter bombers are throwing bombs from the sky. Even there God saves the soldiers sometimes without a scratch.

In the dire circumstances due to our meritorious actions God saves us in the in most difficult circumstances that is why people remember God at the time of severe calamities.

One point is worth remembering when there is not the will of God in our favour and we have not performed meritorious actions then we cannot have the protection of God. Only the worthy gets this blessing of protection.

We should not forget that on the stage of world whichever way we act, it remains the will of God. The creation we witness in this world, He is the architect and source of victory and protection. Even the mightiest in the world are controlled by Him. Those who are not defeated in this world, they are defeated by Him.

O men! He is Almighty among the mightiest. He is the worthiest, recognise Him, come to His shelter, He will look after your welfare. The qualities of truth, justice, compassion and knowledge in God are at its perfection. It is up to a person in what quantity, he or she adhere these qualities within self on that basis that person reaches to the closeness of God and in that proportion his or her calamities will diminish. The desirous of comfort should always keep this measurement in his or her mind.

Krishan Chopra

The Sage's Daughter

It is another interesting story / tale from the Hitopadesha album. Once upon a time, there lived a Sage on the banks of a river. The sage and his wife didn't bear any children. They were unhappy about this fact of their life. One day, when the sage was engaged in penance, a kite dropped a she-mouse and it happened to fall in the lap of the Sage. The Sage thought that the God might have sent this mouse to him. He thought that if he would take the mouse to his home, people would laugh at him. So he decided to change the mouse into a girl.

The Sage brought the girl to his home. On seeing the Girl, the Sage's wife asked, "Who is she? From where did you bring this girl?" The Sage narrated to her the whole story and said, "I would bring her back to her original form". The Sage's wife stopped him instantly and said, "I beg of you. Please don't change her into a mouse. You have given her life so you have become her father. Since you are her father, I am her mother. God must have sent her to us because we don't bear any children".

The Sage accepted the request of his wife. They started bringing up the Girl child as their own daughter. Soon the Girl grew into a beautiful maiden. By the age of sixteen, the Sage's wife decided to get her daughter married. She asked her husband to find a suitable match for their daughter. The Sage liked the idea and suggested that the Sun God would make the best match for their daughter. The wife agreed upon this and the Sage prayed to the Sun God to appear. When the Sun God appeared, the Sage asked him to marry his daughter.

But the Girl refused the idea and said, "Sorry! I can't marry the Sun God as he is burning hot. I will be reduced to ashes in his warmth and light". The Sage got disappointed to hear this from the Girl. He asked the Sun God if he could suggest a groom for his daughter. The Sun God said, "The Lord of Clouds could make a good match for her,

as he is the only one, who can easily stop the rays of the Sun”.

The Sage then prayed to the Lord of Clouds to appear and asked him to marry his daughter. But the Girl once again rejected the proposal and said, “I don’t want to marry a dark person like him. Besides this, I am terrified of the thunder he generates”. The Sage was disheartened once again and asked the Lord of Clouds if he could suggest a possible groom. The Lord of Clouds said, “Wind God can make a possible match for her as he can easily blow me away”.

The Sage then prayed to the Wind God to appear and asked him to marry his daughter. The Daughter declined the idea and said, “I can’t marry a frail person like the Wind God who is always stirring”. Once again the sage got sad and asked the Wind God to give some suggestion. The Wind God replied, “Lord of Mountain is solid and can stop the hard blows of wind easily. He can make a suitable match for your daughter”.

As per the kind suggestion made by the Wind God, the Sage went to the Lord of Mountain and asked him to marry his daughter. But the Girl once again declined the proposal and said, “I can’t marry the Lord of Mountain because he is too cold-hearted”. She asked the Sage to find a softer groom for her. The Sage sought Mountain Lord’s suggestion for the same. The Mountain Lord replied, “A mouse will make a perfect match for her as he is soft and can easily make holes in the mountain”.

The daughter approved the idea of marrying a he-mouse. Moreover, she was pleased at this proposal. The Sage said, “This is destiny. You came as a mouse and you were fated to marry a mouse”. Saying this, the Sage converted the Girl back to a female mouse. The female mouse got married to a male mouse and lived happily thereafter.

Moral: Destiny cannot be changed.

THE INNER SCIENCES

By

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

Email: vedicinst@yahoo.com

The term 'science' means a logical inquiry about the events seen in the world. It is based on rational thinking and, therefore, it is acceptable to any reasonable human being. This has led to a number of scientific subjects that have near-universal acceptability.

When I decided to float the body in the name of "Center for Inner Sciences" (CIS in short) last year, I had certain issues in mind and had an urge to share some ideas with a number of people. My experience of delivering lectures and talks, conducting intensive workshops worldwide, and writing books and articles in the last ten years had led me to conclude that the intellectual cross-section of the human society everywhere is interested in knowing the inner sciences. I had noticed how people got excited when they saw that the issues hitherto in the domain of religions could be discussed scientifically. The people could see the benefits of a scientific understanding of the issues.

Therefore, in this first article of SpiritMag, I thought of writing about what, in my opinion, comprises of the inner sciences. The human curiosity instinctively wants to approach the invisible within the visible things. We want to approach the unknown from the known truths. We desire to enter into the microscopic inner domains of anything that is gross and macroscopic. This inward journey must be based on a logical scientific basis. This is what we will call "the inner sciences."

Modern sciences have significantly contributed to our understanding of the matter in its all realm. Now we know the atomic structure comprising of the minutest sub-atomic particles. We also make sensible and plausible conjectures about what may be happening in the distant heavenly bodies. However, the predominant thinking among scientists and people by and large is that science pertains to the matter alone.

This is where CIS wants to make a distinct point. In addition to the matter, there does exist something non-material that is inherently conscious. We will call such an entity as spirit. It may be a tiny infinitesimal spirit within us giving rise to our consciousness. Also, there may be an infinitely large cosmic spirit responsible for the infinite creation that is visible to us.

CIS will contribute to a better scientific understanding about both the spirits. The spirit is the innermost truth within us and in the world around us that gives rise to the infinite variety in the manifest world.

Every month I will write a short article. Nine articles in the first series of "An Introduction to the Inner Sciences" would bear the following tentative titles.

1. **The Inner Sciences:** the present article.
2. **Bottom Line of the Life Experiences** - Our discussion should not lose sight of the simple and plain fact that we want to enjoy the life in the present and future.
3. **Inner Sciences: Can We Prove Them? – Part I,** and
4. **Inner Sciences: Can We Prove Them? – Part II** - It is generally felt that the scientific study pertaining to the matter can be proved in a laboratory. Does it apply to the scientific study of the spirit as well?
5. **Inner Sciences: Why and What to Expect?** - Why should we indulge in studying the inner sciences? Will it lead us to a happier life? Can such a study improve the quality of our life? Can it make the world more beautiful and peaceful? Can it give rise to the universal love, brotherhood and peace? We will see that the inner sciences can help us obtain affirmative answers to these questions.
6. **Science and Religion** - Didn't religions come into being to reveal the true inner sciences. But now we find that Science and Religion are two poles apart. We will see that there is much less in common between them and there is much more to make them divergent.

7. **Why Did the Religions Fail** - These days the humanity is passing through a critical time. The religions are opposed by intellectuals worldwide. They have caused wars, strife and turmoil. And, probably, they are a principal cause of terrorism as well. Why did the religions fail?
8. **We Need Scientific Religion or Spiritual Sciences** - We need the correct fusion of science and spirituality, call it scientific spirituality, or spiritual sciences, or scientific religion, or inner sciences. We will point out some salient features of such a process of fusion that is based on the need to Rationalize Religion and Spiritualize Science.
9. **Inner Sciences through the Outer World** - Inner Sciences don't confine to an inward journey within us alone. Besides that it includes an inquiry of the inner sciences pertaining to the infinitely big outer world that we live in. That sector of inner sciences may reveal the existence of the cosmic spirit – the creator of the creation.

Next month I will write on "The Bottom Line of the Life Experiences." Apart from being logical and scientific, we must be watchful that our discussion is pragmatic. It must lead to an improvement in the quality of life – the life that is an aggregate of the life experiences we go through every moment. There is no point in developing a great heady philosophy that doesn't make us feel better in the heart as well. Our approach should appeal to both, the head and the heart.

- Dr. Harish Chandra
B. Tech. (IIT Kanpur, India)
Ph. D. (Princeton, USA)
Email: vedicinst@yahoo.co

Secretary's Corner

Charity Dinner at Second City Suite

'The primary object of Arya Samaj is to do well to the whole world, i.e. to promote physical, spiritual and social progress of ALL human beings'. In line with this principle, Arya Samaj West Midlands has many projects to help people suffering from disasters caused by Man or Nature. We all know that money makes the mare go. Hence to raise funds for the worthy causes, the Annual Charity Dinner was organised in Second City Suite on 21st May 2010. Approximately 500 people attended and thoroughly enjoyed the top class performances by very talented Drupti Vaja & Voice of Udit Narayan by Hitesh with soul searching bhajan and later on with new & 'oldie- goldies' in their melodious voices; where as the young 'Divya Arya Children's Group' won everyone's heart with their dance 'Invocation to God'. Nikita and Hanna gave a different twist to the cultural programme with their unique performance. And then Prama Yadav and her group of amateur but unbelievably professional young dancers brought the Finale to soaring heights. Arya Mahila Group enchanted the audience with their 'Dandia'. All these performers have been trained in the Arya Samaj West Midlands with the support from Arts Commission. The solo dance by their teacher Jesica Sinniah left everyone awestruck with the nimble movements of her choreography. Last but one item was the Raffle Draw. The coveted Raffle prizes included – 'All Inclusive Weekend Coach Trip to Paris for Two' courtesy Travel Link Tours & Travels, Two Aerolite Trolley Sets by USB International, and various Electrical Items & Ladies/Gents Wrist watches by Britannic Warehouse, A Ladies Cardigan & Salwar Suit by Mrs Nirmal Prinja.

*“Chiri Chonch Bhar Le Gayee Nadee na ghatiyo Neer;
Daan Diye Dhan Na Ghate Keh Gaye Bhakat Kabir”*

To carry on the service of Arya Samaj to the community & to dissipate the miseries of less fortunate people, president Mr Sharma in his message made an appeal to the good souls to donate generously and better still to become life members by paying regular donations by direct debit for life. Many raised their hands to do so. We look forward to their completed direct debit Forms & heartily appreciate their kind gesture.

The details of the evening from the entry point to the tables with the programme for the evening were much appreciated. All round it was an excellent get-together enjoyed by all. Our heartiest thanks to everyone who worked hard with their heart & soul in making the event such a success and more so to the audience who made it successful with their donations & participation. Look forward to see you all in all the future events organised by your Arya Samaj.

Om Shanti

Open Day for Dance Taster Session

To encourage adults to ‘have fun & develop Curves’ to ‘lose weight and Gain a skill’ with our dance sessions, We invite one and all to the Open Day for Dance taster on 20th June at 2 pm. Please do make a point to attend & build up your stamina and channel your energy in a positive and calming manner.

For further information about Dance classes

Please call Mr Chauhan or Dr Yadav at 0121 359 7727

OR Mrs Vibha Cale at 01922 410108.

CONGRATULATIONS TO

- Mr Amrit and Mrs Alka Mangal for the Mundan Sanskar of their daughter Ria. Also to grand mother Mrs Prem Mangal.
- Drs Gautam and Madhurima Rajkhowa for their new home.
- Mr Karan and Mrs Shweta Kapoor for the Namkaran Sanskar of their son Krish.
- To Tanisha daughter of Mr Sudhir and Parul Arora and grand daughter of Mr Ram and Asha Arora on her birthday.
- Seema and Anoop on their engagement. Seema is the daughter of Mrs Kamlesh and late Iqbal Singh Turna and Anoop is the son of Mr Jaspal Singh and Mrs Vijay Lakhmi Drubhra.

CONDOLENCE TO

Mrs Vibha Cale and Mr Sukhdev Oberai for the passing away of their brother Mr Ravi Dev Oberai. Also our deep heart felt sympathy to his wife Usha and children Namrata, Deepika and Rohit.

YAJMANS IN SUNDAY CONGREGATION

25.04.2010 Mrs Nirmal Prinja

02.05.2010 Mr Sudhir , Mrs Parul Arora and family

16.05.2010 Mrs Vibha Cale

DONATIONS TO ARYA SAMAJ WEST MIDLANDS

Mrs N. Prinja	£11	Mr R.S. Kohli	£10
Mr Dhandha	£11	Mr Sudhir Arora	£51
Mrs Kamlesh Turna	£21?	Mrs Indra G. Johar	£25
Mrs M. Sharma	£11	Mrs Vibha Cale	£25
Mr V.KAnand	£20		

RISHI LANGAR DONATIONS

Sanjiv Mahandru	£10	Mr Ved Prakash	£20
Mrs N. Prinja	£88	Mr Sudhir Arora	£175
Mr V.N.and Mrs Sudesh Bhandari	£135	Mrs Vibha Cale	£75

DONATIONS FOR PRIEST SERVICE

Mr Anil Mangal	£31	Dr Gautam Rajkhowa	£51
Mr Karan Kapoor	£11	Mr Atul Sisodia	£11

DATES FOR YOUR DIARY

- Ved Praca hr on Radio XL [7am-8am] First Sunday of every month, 7 am to 8 am, next 6th June
- Gayatri Mahayajna Sunday 27th June
- AGM Sunday 8th August.

Free Yoga and Pranayam – Every Tuesday 7 pm

Arya Friends Group – Wednesday 11am to 3pm

We have our regular Wednesday meeting starting with Yoga and Pranayam followed by the mutual discussions interaction, Hot Lunch and games. Young and old, men and women all welcome.

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