

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

YEAR 35 4/2011-12

MONTHLY

OCTOBER 2011

Saturday 22nd October 2011 Vedic Vivah Mela See page 10

Diwali celebration Saturdy 29th October 2011 See page 34 VENUE :

ARYA SAMAJ (Vedic Mission) WEST MIDLANDS
(CHARITY REGISTRATION No. 506019)
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For General and Matrimonial Enquiries **Please Ring**

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Body, Mind and Soul

Last month we discussed that our body must be inhabited by a nonmaterial 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) पृथक प्रायन् प्रथमा देवहूतयोऽकृण्वतश्रवस्यानि दुष्टरा। न ये शेकुर्यज्ञियां नावमारुहमीमैंव ते न्यविशन्त केपयः।। ऋगवेद 10.44.6

prithak praayan prathmaa deva hutyo akrinvanta shravasyaani dushtraa l na ye shekuryajnayaam naavamaaruhameemaiva te nyavishanta kepayah ll

RigVeda 10.44.6

Meaning in Text Order

prithak = separate, praayan= paths, prathmah= supreme, devahutyah= devotees of God, akrinvat= obtain, shravasyaani= worthy of listening, dushtraa= unique, na= not, ye= who, shekuh= capable, yajniyaam= devotion of God, naavam= boat, aaruham= ascend, eerma iva = like debtor, te= they, nyavishanti= plunged, kepyah= wretched man.

Meaning

Those who acquire divine qualities, they are supreme. They make their separate way to the higher summits. They perform unique actions in the world. Such devotees of God ascend the boat of righteousness and possess the unique strength of performance. Those who are unable to ascend the boat of righteousness sink in desolation like a wretched man plunged in debts.

Contemplation

In general, there are two kinds of people in the world. The majority are slave of sensesonl few who are the master of senses. In other words we can sum up that majority believe in

gratification of senses. But the few people of divine thinking follow the path of austerity. The majority follow as blind is following a blind. They do not use their own discretion. The people of divine intellect always think about the final result. If they consider the result will be auspicious then they engage in that task without even thinking the difficulties. If in their judgment the result will be harmful they abandon that task however attractive it may be. The ordinary people are dragged by the temptation of glamour.

The people of divine intellect always contemplate about the final result. In their consideration, if the result is auspicious then they engage in a particular act. They do not take notice of the difficulties which they encounter on the way. They do not take up the act however attractive it may be.

The worthiness of a person is judged when he devotes his comfort to prevent the sorrows of others. Such unique acts make him to succeed to ascend the boat of righteousness. As Bhartrihari sums up that there will be no end of sense gratification. As you are indulging in them, they will drag you more and more into it. **bhogaa na bhukta vyameva bhukta,** the enjoyments do not end but our time is run out.

Krishan Chopra

SET ASIDE A FEW MINUTES FOR MEDITATION.

(Excerpt from Times of India. Aug. 22. 2011.)

It is proven that setting a few minutes aside for meditating can effectively bring about a bright and calm state of mind. The benefits of meditation don't just stop at lessening your anxiety levels, it also relieves you of stress and fills you with renewed energy. In fact, that's also the reason why many fitness experts suggest a good mix of weights, stretches and a concluding session of meditation.

It's essential to pay attention to our inner health. Every day, have a few minutes kept aside as a time for yourself. Listen to your mind and body. Over a period of a few days, you will be able to know what your body's telling you. It may sound funny to some, but try it and you shall see results." Especially for women, who are working mothers, this technique can help immensely. Set your daily goals at the beginning of your day, make meditation work for you by taking a steady approach toward achieving it."

An interesting study also revealed that regular meditation can boost brain health and will show significantly gray matter density growth in areas of the brain involved in learning and memory, empathy and compassion, sense of self and emotional regulation, when compared with a control group. People who follow meditation can typically sleep better; have less anxiety and depression, and a better general sense of well-being. Of course, the practice isn't easy because the mind is bound to wander. Allowing that chatter to quieten and becoming present in the moment, while being gentle with the thoughts that come in and out of the mind and any anxiety that's there, that can be difficult.

Effective breathing technique can do wonders to one's response to tough times. It's also a practice that you can bring into the rest of your life: when you're eating, sitting in a traffic jam, or relating to a partner or colleagues at work.

Yoga experts say that people who have just started to meditate shouldn't be discouraged by a wandering mind, for, it's totally normal. The trick lies in gently bringing the attention back to the present, just as soon as the mind starts to wander.

SAY "OM" AND STAY YOUNG.

(Excerpt from Health zone.-Toronto Star. Sept. 14th 2011.)

It's no secret that we all are big fans of meditation some do it every day. It helps with stress, sleep, blood pressure, staying young and finding calm in the middle of chaos. But even we were surprised by this: Meditating also makes your brain bigger. Yep, if you meditate regularly, you'll actually have more grey matter and keep all those smart brain signals flashing. Just sit down and say "OM" Your brain will develop stronger Ahluwaliaconnections and show less atrophy. Translation: Meditating protects your brain from shrinking and slowing down. It also helps you feel less stress and cope better with nagging aches and pains. How does "OM"-ing do its stuff? Each deep, steady breath you take generates alpha brainwaves that let you relax and mentally move away from things that are bothering you. It decreases stress hormones and releases feel-good chemicals in your brain. That may partly explain why meditation has such positive effects on your immune system and memory. Go on, give it a try: • Find a quiet place where you won't be interrupted for 10-20 minutes and few will bother you there. • Close your eyes as it helps you stay focused. • To help clear your mind, pick a simple word "OM" really is a good one, and slowly repeat it as you breathe in and out, deeply and regularly. • When any odd thoughts or little twinges crop up, as they will, gently redirect your focus to the rhythmic pattern of your breathing.

Courtsey—Kewal Ahluwalia



When it comes to Arya Samaj West Midlands

Vedic Vivah Mela

You're essentially opening yourself up to meeting other

singles in a short period of time.

Come and find
The partner of your choice

Vedic Vivah Mela 2011

Saturday 22nd October 2011

Open to all the members of Vedic Vivah service

To attend please contact
Office Manager Mr Naginbhai Chauhan
Or Acharyaji Dr Umesh Yadav
Tel. 0121-359-7727

Vedic Vivah List

October

2011

Fable of the porcupine

It was the coldest winter ever. Many animals died because of the cold. The porcupines, realizing the situation,

decided to group together to keep warm. This way they covered and protected themselves; but the quills of each one

wounded their closest companions. After awhile, they decided to distance themselves one from the other and

they began to die, alone and frozen. So they had to make a choice: either accept the quills of their companions or

disappear from the Earth. Wisely, they decided to go back to being together. They learned to live with the little wounds caused by the close relationship with their companions in order to receive the warmth that came from the others. This way they were able to survive.

Moral of the story: The best relationship is not the one that brings together perfect people, but when each individual learns to live with the imperfections of others and can admire the other person's good qualities.

The real moral of the story.....LEARN TO LIVE WITH THE PRICKS IN YOUR LIFE.

COME! SIT & MEDITATE

This is a great opportunity to exclore the cosmic connection of energy between you and the world by looking at the holistic picture between science, nature and harmony. Patanjoi Mediation is fantastic if you are looking for stress-free living, a peaceful and relaxed mind, clear thoughts, blissful soul, and general health and wellness of the body. Get a taste of it in a 60-minute DROP IN session conducted by Harish Chandra; an eminent scholar of ancient Vedic philosophy, who also has a PhD in combustion sciences from Princeton University, USA. To know more about him, see his website www.centerforinnersciences.org.

Every Wednesday 5:30 to 6:30 pm

At Our Urban Retreat Centre, 22A Caroline Street, Off St Paul's square, Birmingham B3 1UE

******* Don't Miss It ********

£4 per session (£3 students/unwaged)

Contact:

- 1. OUR Centre, 0121 448 7952, 07400 640 664
- 2. Dr Harish Chandra, innersciences@yahoo.com, 07983 353 667

THE ADVANTAGE OF BEING VEGETARIAN (Part 2)

The health benefits of vegetarian diet choices become even more marked when we consider the additional harmful substances which are found in today's animal food products. Once again, the health benefits of vegetarian diet foods come about by the relative absence of these harmful substances.

In recent years, many health risks have emerged from the consumption of animal foods. Modern farming techniques, whereby animals are raised in overcrowded and filthy conditions, have directly caused the spread of many dangerous diseases to humans. Farm animals are fed junk food and also injected with considerable amounts of chemicals such as drugs, antibiotics, steroids and artificial growth hormones, in a bid to make them grow faster and to battle the illnesses caused by their unsanitary living conditions. Worse still, the pollution of our waters and lands has caused the accumulation of poisons and toxins, such as mercury and chemical fertilizers, in the tissue of animals.

By being a vegetarian, you can avoid the following:

Avian influenza in poultry

By being a vegetarian, you can avoid the following:
☐ Avian influenza in poultry
☐ Bacteria in fish
☐ Bacteria like Salmonella and Campylobacter in poultry
☐ BSE, commonly known as Mad Cow Disease, in beef
☐ Chemicals such as antibiotics, drugs, artificial growth hormones,
steroids, etc, which are used on commercially raised livestock, like
cows
☐ E.Coli in ground beef
☐ Heavy metal toxins, such as lead and mercury, in various animal
flesh
☐ Hepatitis virus and other bacteria and viruses in shellfish and
seafood
☐ Mercury in fish
☐ Microorganisms, i.e. bacteria, parasites and viruses, found in
various animal flesh
□ Parasites in beef and fish
□ PCBs in fish – a study by the University of Connecticut School of
Medicine showed that women who suffered from breast cancer had

of

more than twice the concentrations of PCBs in their bodies, as compared to other women. It warned against the consumption of animal food products such as dairy products, fish and animal fats.				
Many deadly diseases in humans are caused by meat, including poultry and seafood. Although fruits and vegetables, in particular when eaten raw, can also carry bacteria, animal flesh is still by far the main culprit.				
When we eat animal flesh, all the abovementioned rubbish is going into our bodies.				
Personally, I find it very scary. Is it any wonder that meat-eaters develop much more diseases – both contagious and degenerative in nature – when compared to vegetarians?				
Vegetarians suffer less from many serious and dangerous diseases				
If you are still not convinced about the health benefits of vegetarian diet choices, then see what research has shown. Numerous studies champion the health benefits of vegetarian diet choices by revealing that vegetarians have lower risk for developing the following diseases: Alzheimer's Disease Arthritis Cancer – in particular breast, colorectal, lung, ovarian and prostate cancers. Also esophageal and liver cancers.				
□ Clogged arteries □ Colon diseases				
□ Dementia□ Diabetes				
 ☐ Fibroid uterine tumors ☐ Heart diseases, including heart attacks ☐ High cholesterol 				
☐ Hypertension (high blood pressure)☐ Kidney disease				
□ Obesity□ Osteoporosis				

□ Prostate disease□ Stroke		
Meat-eating contributes greatly to healthcare costs		
till not convinced about the health benefits of vegetarian diet noices? Or William Harris, MD, director of the Kaiser Permanente regetarian Lifestyle Clinic in Hawaii, stated in an oral testimony in eb 1998 opposing a bill in Hawaii which proposed to float 10million in bonds to support the meat industry: "The cholesterol and saturated fat in meat is a major risk factor for cardiovascular isease, obesity, diabetes, and six types of cancer. Animal protein is sk factor for auto-immune disease, kidney disease, and steoporosis. By estimate in my book 'The Scientific Basis of regetarianism,' about 1/6 of the almost trillion-dollar yearly U.S. nedical bill can be traced to the consumption of animal source food. The lease mentioned that the peer-reviewed article, "The medical costs stributable to meat consumption," Prev Med 1995;24(6):646-55, laced medical costs due to meat consumption for 1992 between 28.6 and \$61.4 billion. Sure looks like eating meat comes with rather expensive		
consequences, literally.		

The Gold Giving Serpent

Here is another interesting story from the collection of Panchatantra. Once upon a time, there was a poor Brahmin named Haridatta. He used to work hard in the fields, but could not get the result out of it. One day, after the tiring working hours, he laid down in the shade of the tree, in the middle of the field. Just then, he saw a terrible snake with a big hood coming out of an anthill. The poor Brahmin thought that the serpent might be the guardian deity of the field and he had not paid homage to it for once. This could be the reason for the barrenness of the field.

Instantly, he went to bring some milk and offered the milk to the serpent in a bowl. While offering the milk with due regard, he addressed the serpent, "O, Guardian of this field! I didn't know that you reside here that's why I never offered you anything. Please forgive me". After the whole event, he went to his home. Next day, when the farmer came to plough the field, he found a gold coin in the bowl near the anthill. Now this became a regular feature of Brahmin's life. Daily he served milk to the serpent and found a gold coin.

One day Brahmin had to go to the foreign lands and due to this reason, he asked his son to take care of the serpent. The son brought the milk to the anthill and offered it, to the serpent. Next day, when he came back found a gold coin in the bowl. After taking the gold coin, he thought, "This anthill must be full of gold coins. I would kill the serpent and take them all". Brahmin's son decided the plan and next day came to the field with the milk and a stick. He offered the milk to the snake and struck its hood

with the stick. The snake escaped the blow of the stick and bit the boy to his death.

The whole village mourned over the sad death of Brahmin's son. Two days later, the Brahmin returned to his village and came to know about the death of his son. He came across the whole incident and again went to the field to serve the milk to the serpent. He praised the snake in a loud voice and kept the milk near the anthill.

The snake came out of the anthill and replied, "Brahmin, you have come here from greed, even you have left your grief for your son who has just passed. Now onwards, the friendship between you and me is not possible. Your youthful son who lacked understanding struck me and I bit him. How can I forget that stick's blow? How can you forget the pain and grief for your son? ". After saying this, the serpent gave him a diamond and said, "Never come to me again. That is why; I am giving you a costly diamond". The serpent disappeared into the anthill. The Brahman took the diamond and returned home, cursing the lack of understanding of his son.

Moral: Excess of greed is harmful.

S E \mathbb{C} R E T A R S \mathbb{C} 0 R N E R

This corner is a place for the present Joint Secretary to communicate with all the well wishers of Arya Samaj West Midlands on behalf of the executive committee.

From time to time committee reviews its practices and continues to carry on implementing it, if deemed right; but it thought otherwise, the existing practice is revised and new options are tried.

Arya Samaj was established by Swami Dayanand Saraswti in 1875 and he fixed some guide lines for all the Arya Samaj Organisations that were established in his life time and for all the future Arya Samajs to be established later on globally. He emphasised that all the EC members (like our esteemed Sri Gopal Chandraji used to) should be well versed in performing Havans, Agnihotras and should conduct Sanskars at people's homes. Thus whatever Dakshina or donation is generated would be Arya Samaj's income but as an incentive, they would be given a percentage share of that.

With the changing times if and when an Samaj employs a

Purohit he would be provided living accommodation, paid a salary for his services in the Arya Samaj. For other Sanskars the same guide line was followed that only one donation is made in the name of Arya Samaj, it would include the Dakshina of Purohit, and would be receipted instantly for transparency and his portion of Dakshina would be paid to him by the Arya Samaj for his services. As such Yajman and any other donors do not have to pay twice, once for Purohit's Dakshina and then for Arya Samaj Sanstha. Thus while making life easy for the person making donation both the Sanstha and Purohit are benefited. This is a win, win situation for every one. Arya Samaj West Midlands started with this policy when the first Purohit arrived. But as this was not made clear to the public and due to lack of communication could not be implemented properly the other options were used on trial basis.

S E \mathbb{C} R E T A R S \mathbb{C} 0 R N E R

Now the Committee has decided to go back to Swami Dayanand's original idea i.e. from now onwards, any money paid by Yajman or by any guest or any other person for any reason (could be just for a feeling of good deed or for conducting any Sanskars, ritual or ceremony) would be paid to Arya Samaj and would be receipted instantly.

For every one's convenience a **general guide line** of the donation **which includes Purohit's Dakshina**, for different Sanskars **was drawn a while back** but was not clearly communicated so it just disappeared. Now it has been revived by the executive committee.

Below, for your information, is the table as recommended by your Arya Samaj West Midlands' Executive Committee.

your	your Arya Samaj west whichands Executive Committee.			
1	Frequent/ monthly yajna	£21		
2	Shuddhi Havan	£31+		
3	Shanti Havan	As per yajman's		
		wishes		
4	Any Other Sansakr like	£51		
	Seemantonayan, Naamkaran,			
	Annparashan etc			
5	Mundan	£51		
6	General Happiness Yajna	£51		
7	New Year Havan	£51		
8	Naamkaran	£51		
9	Grih Pravesh/New House	£101		
10	Only Saiyant/Choora ceremoney	£101		
11	Only Sehra Bandi	£101		
12	Wedding (inclusive of number 10	£251		
	and /or 11)			

May I **re-iterate that this is only a guideline**. Please feel free to discuss any issue with the president or vice president.

Om Shanti-Shanti

वैदिक राज-धर्म-भाग-7

आचार्य डॉ. उमेश यादव

दण्डो हि सुभहतेजो दुर्घरश्चाकृतात्मिभः। धर्माद्विचलितं हन्ति नृपमेव सबान्धवम्।।

सोऽसहायेन मूढेन लुब्धेनाकृत बुद्धिना। न शक्यो न्यायतो नेतुं सक्तेन विषयेषु च ।।

शुचिना सत्यसन्धेन यथाशास्त्रानुसारिणा। प्रणेतुं शक्यते दण्डः सुसहायेन धीमता।। मनु.7/28,30,31

इन श्लोकों के माध्यम से यह कहने का प्रयास किया गया है कि महातेजयुक्त दण्ड को चलाने के लिये राजा को भी महा तेजस्वी होना चाहिये। जो अविद्वान् और अधर्मात्मा तेजोहीन राजा हो, तो उसके द्वारा तेजयुक्त दण्ड नहीं चलाया जा सकता क्योंकि वह राजा स्वयं कमजोर होने से धर्म से डिग जाता है और धर्म से विचलित राजा को परिवार सहित वही दण्ड मार देता है जो स्वयं उसके ही द्वारा प्रजाओं के लिये बनाया गया था। दूसरे श्लोक में कहा गया कि आप्त पुरूषों का सानिध्य सदा ही उत्तमता प्रदान करता है। जो राजा आस पुरूषों की बातें नहीं मानता या विद्वान् धर्मात्मा की अवहेलना करता है तो निश्चित ही वह उनके सहाय, मार्गदर्शन और आशीर्वाद से वंचित रहता है फलतः वह मूढ विषयों में फँस कर या अपने प्रिय जनों से मोहग्रसित होकर न्यायपूर्वक तेजयुक्त दण्ड को नहीं चला सकता वल्कि स्वयं अधर्म का मार्ग पकडकर अपना और अपने सगे मित्र-बन्धुओं का भी सर्वनाश कर बैठता है। दुर्योधन मूर्ख, घमण्डी और अधर्माचरण में लीन था, इस कारण वह धर्मनिष्ट वेद-विद्वान्, योगी और तेज-पुञ्ज कृष्ण जी का सहयोग और आशीर्वाद प्राप्त नहीं कर सका। पर वहीं अर्जुन बुद्धिमान्, श्रद्धाल् और धर्मात्मा होने से ही

धर्मात्मा व वीर कृष्ण जी महाराज का सहाय व प्यार पा सकने में समर्थ हुआ तथा वीरता और नीति के स्वामी महाराज कृष्ण के आशीर्वाद और सहाय से धर्म युद्ध में भी सफल रहा। अंतिम श्लोक के माध्यम से बहुत ही श्रेष्ठ बात कही गयी है। कहा कि पवित्र राजा ही सदा प्रतापी होता है। इस श्लोक के माध्यम से हम समझ सकते हैं कि जो राजा पवित्र, सत्यमार्गी, शास्त्रानुसार चलने वाला, वृद्धिमान् और धर्मात्मा होकर सदा आप्त धर्मात्मा श्रेष्ठ प्रूषों का संग करे वही राजा न्यायमार्ग पर दण्ड को स्थापित कर उसे सफलतापूर्वक चला सकने में समर्थ हो सकेगा। यही सत्योपदेश है जो नितान्त व्यवहार में लाने योग्य है। सत्य सदा सत्य ही होता है। उसे झूठ कभी मार नहीं सकता। कभी-कभी सत्यमार्गी को झूठे वातावरण में चलने में परेशानियों का सामना करना पड़ता है पर अंततः सुखद सफलता प्राप्त होती है। उपनिषद् का वचन प्रमाण है--"सत्यमेव जयते नानृतम्" सत्य की विजय होती है, झूठ की नहीं। हमें इन आर्ष वेद-सिद्धान्तों का सदा मान करना होगा तभी हम वैदिक राजधर्म की इन उपयोगी व अकाट्य नीतियों का जीवन में स्थान दे सकेंगे और सर्वत्र वैदिक मार्ग को प्रशस्त कर सुख, न्याय तथा शान्ति का विकास कर सकने में सफल हो पायेंगे।

अमा - पूर्णिमा

एक पाख ही तो बीता शरदचंद्र की अभिनीता विधु-अंक शायिनी मधुमिता आँचल में भर शुभ्र ज्योत्सना सुधा-कलश ले गर्वित-मना कवि-कविता की सृजन-कल्पना इतराई थी शरद-पूर्णिमा !

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कमल

उठा अवनिका अंधियारे की नई किरण ले ले अँगड़ाई नवल आस को लिये भोर नव नये राग पर गाती आये नया दीप है नई ज्योत्सना और नया विश्वास हृदय में यह दीवाली नव संकल्पों से कर्मठता और बढ़ाये

आशंका, संत्रास भ्रमित पल परिचय के धागों से टूटें थकन, निराशा औ' असमंजस सब ही पथ में पीछे छूटें आंजुरि का जल अभिमंत्रित हो पल पल नूतन आस उगाये और आस्था हर इक सपना दिन दिन शिल्पित करती जाये

जीवन की पुस्तक का यह जो एक पृष्ठ है समय पलटता उसका नव संदेश प्राण में अनुष्ठान हो नूतन भरता प्रगति पंथ की मंज़िल आकर भितिचित्र बन सके द्वार पर इस दीवाली की संध्या में यही कामना हूँ मैं करता.

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