



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 34 3/2010-11 MONTHLY BULLETIN SEPTEMBER 2010

**Special Havan
To bless the students
Going to University
Sunday 5th September
Starts 11 am**

**Vedic Vivah Mela (*Matrimonial Get Together*)
Saturday 9th October 2010**

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

CONTENTS

Hinduism does not permit Cast system	Mr J.G. Arora	3
संन्यास धर्म	आचार्य डॉ उमेश यादव	6
Pillars Of Arya Samaj (Swami Shraddhanand)	Sri Krishan Chopra	8
Aloe Vera	<i>Health Corner</i>	10
Matrimonial List		13
Mantra	Shri Krishan Chopra	24
<i>Secretary's Corner</i>	Mrs Minu Agarwal	26
The Golden Swan	<i>Children Corner</i>	27
Patanjali Yoga Flyer		29
Inner Sciences: Can We Prove Them?	Dr Harish Chandra	30
Vivah Mela Information		33
News(पारिवारिक समाचार)		34

For General and Matrimonial Enquiries

Please Ring

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@arya-samaj.org

Website: www.arya-samaj.org

Hinduism does not permit caste system

By J. G. Arora, Organiser Weekly

There is a misconception in some minds that Hindu scriptures sanction the caste system. But being based on Vedas, Hinduism does not permit any caste system, whatsoever.

Vedas, the proud possession of mankind, are the foundation of Hinduism. Vedas are all-embracing, and treat the entire humanity with the same respect and dignity. Vedas speak of nobility of entire humanity (krinvanto vishvam aryam), and do not sanction any caste system or birth based caste system. Mantra number 10-13-1 of Rig Veda addresses entire humanity as divine children (Shrunvantu vishve amrutsya putraha). Innumerable Mantras of Vedas emphasize one-ness, universal brotherhood, harmony, happiness, affection, unity and commonality of entire humanity. A few illustrations are given here. Vide Mantra number 5-60-5 of Rig Veda, the Divine Poet declares, "All men are brothers; no one is big, no one is small. All are equal". Mantra number 16.15 of Yajur Veda reiterates that all men are brothers; no one is superior or inferior." Mantra number 10-191-2 of Rig Veda calls upon humanity to be united and to have common speech and common minds". Mantra number 3-30-1 of Atharva Veda enjoins upon all humans to be affectionate and to love one another as the cow loves her newly born calf. Underlining unity and harmony still further, Mantra number 3-30-6 of Atharva Veda commands humankind to dine together, and be as firmly united as the spokes attached to the hub of chariot wheel.

Bhagvad Gita, the essence of Vedas and Upanishads, has many Shlokas that echo the Vedic doctrine of one-ness of humanity. In Sholka number V (29), the Lord declares that He is the friend of all creatures ('Suhridam Sarva Bhutanam') whereas Sholka number IX (29) reiterates that the Lord has the same affection for all creatures, and whosoever remembers the Lord, resides in the Lord, and the Lord resides in him. Sholka number XVIII (61) declares that God resides in every heart (Ishwar sarva bhutanam hrudyeshe Arjun tishtthi).

Guna (aptitude) and Karma (actions)

Hindu scriptures speak about 'Varna' which means to 'select' (one's profession etc.); and which is not caste; and which is not birth-based.

As per Sholka number IV (13) of Bhagvad Gita, depending upon a person's Guna (aptitude) and Karma (actions), there are four Varnas. As per this Sholka, a person's Varna is determined by his Guna and Karma, and not by his birth. Chapter XIV of Bhagvad Gita specifies three Gunas viz. Satva (purity), Rajas (passion and attachment) and Tamas (ignorance). These three Gunas are present in every human in different proportions, and determine the Varna of every person.

Accordingly, depending on one's Guna and Karma, every individual is free to select his own Varna. Consequently, if their Gunas and Karmas are different, even members of the same family will belong to different Varnas. Nevertheless, notwithstanding the differences in Guna and Karma of different individuals, Vedas treat the entire humanity with the same respect; and do not sanction any caste system or birth based caste system.

Veda is the foundation

Hinduism is all-embracing, and gives the same respect to all humans, and anything to the contrary in Manu Smriti or anywhere else is not sanctioned by the Vedas. Being divine revelation, Shrutis (Vedas) are the ultimate authority for Dharma, and represent its eternal principles whereas being human recapitulations, Smritis (Recollections) can play only a subordinate role. As per Shloka number (6) of chapter 2 of Manu Smriti, "Vedo akhilo dharma mulam" (Veda is the foundation of entire Dharma) whereas Shloka number 2(13) of Manu Smriti specifies that whenever Shruti (Vedas) and Smritis differ, stipulation of Vedas will prevail over Smriti stipulation. In view of this position, anything discriminatory in Manu Smriti or anywhere else is anti-Veda, and therefore, is not sanctioned by Hinduism, and has been subsequently inserted by unholy intentions, and deserves to be weeded out.

Role of media

In order to usher in a casteless and harmonious society, all-embracing

and universal message of Vedas has to be followed and spread.

Both the print and electronic media play an important role in a country's life. They should contribute their mite to unite various sections of society. But in India, most of the media are unwittingly strengthening caste and communal divisions. By publishing divisive articles and describing political leaders and electorate, achievers and sports persons, and even wrong doers and their victims as members of this caste or community, the media are strengthening divisions instead of unifying society. Media should play a positive role so that there is amity all around.

"Let your hearts be one"

Any one believing in caste system is violating Vedic command of oneness of entire humanity. Though the first known poem in the world appeared as the first Mantra of Rig Veda, and though Vedas and Upanishads contain the sublimest thoughts in the sublimest language, because of a faulty education system, most of the educated Indians are ignorant of their rich heritage contained in Vedas and Upanishads. Most of the Indians do not know Sanskrit, the language of Vedic literature. Quite a few persons do not know even the meaning of their Sanskrit names. Though learning Sanskrit is quite easy, one can also go through the translated Vedic literature in order to understand and appreciate the precious Vedic heritage.

We have to ensure that we do not lose our rich Vedic heritage. Losing our Vedic heritage would mean losing our identity. To ensure the survival of our Vedic heritage, and to bring about unity and harmony in society, it is imperative that all-embracing message of Vedas is practised and propagated. With the fond hope that every one will do the utmost in this regard, I conclude this write-up with the last Mantra of Rig Veda emphasizing the unity and harmony of entire humanity, "Samani vha aakutihi, samana hrudyani vha, samanam astu vo mano, yatha vha su saha asti." ("Let your aims be one, let your hearts be one, let your minds be one, and let your unity go from strength to strength").

संन्यास धर्म-भाग-5

--आचार्य डॉ. उमेश यादव

धर्म की बात करें तो धर्म तो सब मनुष्यमात्र का एक ही है कि सब अपने जीवन में पक्षपातरहित न्यायाचरण, सत्य का ग्रहण, असत्य का परित्याग, वेदोक्त ईश्वरीय आज्ञा का पालन, परोपकार, सत्यभाषणादि लक्षण बनाकर रखें। यही सभी आश्रमों के लोगों का समान धर्म है पर संन्यासी का फिर भी विशेष धर्म है जिनका दिग्दर्शन मनुस्मृति-अ.6/श्लो.46 व 48 के इन श्लोकों में स्पष्टरूप से किया गया है।

दृष्टिपूतं न्यसेत्पादं, वस्त्रपूतं जलं पिबेत्।

सत्यपूतां वदेद्वाचं, मनःपूतं समाचरेत्॥

क्रुध्यन्तं न प्रतिक्रुध्येदाक्रुष्टःकुशलं वदेत्।

सप्तद्वारावकीर्णा च न वाचमनृतां वदेत्॥

देखकर चलना, छानकर जल पीना, सत्य बोलना, मन से विचार कर सत्य का ग्रहण और असत्य का छोड़ना संन्यासी का आचरण है। ऐसा इसलिये कि मार्गावलोकन संन्यासी का परम धर्म है। देखकर चलना व छानकर जल पीना तो उपलक्षण है। इससे यह स्पष्ट होता है कि संन्यासी चलने-फिरने, मार्ग-परीक्षण तथा खाने-पीने में सदैव सावधान रहता है। जब स्वयं सही मार्ग का ज्ञान होगा तभी दूसरों को मार्ग दिखा पायेगा। खाना-पीना सब शुद्ध व स्वास्थ्यवर्धक हो, यह ध्यान देने योग्य बात है। कहा गया है- "आहारशुद्धौ सत्वशुद्धिः" विचारों की शुद्धता आहार अर्थात् खाने-पीने की वस्तु पर आधारित है कि आप किस प्रकार का खाना-पीना लेते हैं। इसी तरह सत्य वाणी और पवित्र मनयुक्त व्यवहार ही जीवन के उच्च आदर्शों के लिये आधारशीला है। अपने जीवन में संन्यासी इन बातों का विशेष ध्यान रखते हैं। सच्चा संन्यासी स्वभाव में नम्र और शालीन होता है फलतः क्रोधी को भी प्यार व मधुरता से उपदेश देता है। ज्ञानेन्द्रियों के सातों खुले द्वार को सदा संस्कारित रखना और इन्हें वाणी आदि व्यवहारों में संयमित रखना संन्यासी का परम धर्म है। दो आँखें, दो कानें, दो नाकें व एक

मुख ये सात द्वार ज्ञानेन्द्रियों के हैं। ये शुद्ध और स्वस्थ हों तभी संसार में पूर्ण विजय प्राप्त करना सम्भव है। आँखों का संस्कारित व शुद्ध न होना वासनाओं को जन्म देना है। निन्दा-चुगली आदि गलत शब्दों को सुनकर बुराइयों से प्रभावित होना कानों का दोष है। नाक-छिद्रों से प्राण-शक्ति का ग्रहण तथा घ्राण-शक्ति से प्रदूषित वतावरण को जानकर उससे पृथक् हो सुगन्धित वातावरण में रहना योग्य है तथा मुख का प्रयोग सद्वाणी के व्यवहारों में लगाना है। इस प्रकार आत्मविकास और जगोपकार एक संन्यासी का मुख्य धर्म है। अत एव आगे भी कहा है--मनु.

अ.6/श्लो.49व60

अध्यात्मरतिरासीनो निरपेक्षो निरामिषः।

आत्मनैव सहायेन, सुखार्थी विचरेदिह॥

इन्द्रियाणां निरोधेन रागद्वेषक्षयेन च।

अहिंसया च भूतानां अमृत्वाय कल्पते॥

उपरोक्त श्लोकों के आधार पर संन्यासी के गुण-धर्म इस प्रकार बताये--

* " अध्यात्मशील निरपेक्ष अर्थात् अपेक्षारहित अपने-पराये के मोह से ऊपर मांस-भक्षणरहित हो आत्मा की ही सहायता से सुखार्थी होकर इस संसार में धर्मोपदेशपूर्वक विचरता रहे।"

* "इन्द्रियों को अधर्माचरण से पृथक् रख राग-द्वेष दोषों से बाहर रहकर अहिंसा अर्थात् वैररहित हो समस्त प्राणियों के साथ व्यवहार कर (अमृत्वाय) मोक्षसाधना हेतु प्रयत्न करता रहे।"

उपरोक्त समस्त आचरण एक संन्यासी मनुष्य को मानव जीवन की पूर्ण सफलता की ओर सदैव बढ़ते रहने में मदद करते हैं। धर्मोपदेश संन्यासी का निजी कर्तव्य है और मोक्ष-प्राप्ति उसका अधिकार। अतः एक सच्चा संन्यासी निश्चितरूप से निष्ठापूर्वक कर्तव्यपूर्ति के साथ मोक्ष-सुख प्राप्त कर लेता है। इसीलिये वह जीवन के अंतिम क्षण तक भी जगोपकार जैसे परम कर्तव्य को कभी नहीं भूलता वल्कि इस उद्देश्य की पूर्ति में ही अपने जीवन की इति श्री समझता है और तदनुकूल दिशा में सदैव प्रयत्नशील रहता है। हमें भी इससे प्रेरणा लेनी चाहिये।

Swami Shraddhanand

Sermon from the pulpit of Jama Masjid Dehi

In those days both Hindus and Muslim communities had faith in him and had considered him as their revered leader. On 4th April 1919, the Muslim leaders with great gratitude took him to Jama Masjid Delhi. It was Friday and he was requested to deliver sermon from the pulpit. It was a **memorable day** in the history of India when a non-Muslim, a sanyasi in saffron clothes, delivered the message of love, unity and brotherhood to mankind from the highly prestigious pulpit of Islam. Swami ji started his sermon with the mantra of Rig Veda – **tvam hi nah pita vaso** --- and finished the sermon by chanting **om shantih , shantih , shantih**.

Massacre of Jallianwala Bagh

The residents of Punjab celebrate Baisakhi as the thanks giving festival to God because their fields are full of Gold ,the grains of wheat, for which the land of five rivers is known as the bread basket of India. They celebrate this festival with great enthusiasm as many golden events of history are also attached with this festival. On the Baisakhi day, 13th April 1919, some agents of Government circulated the rumour in public that Congress has organised a meeting in Jallianwala Bagh this afternoon. This open ground is within the city surrounded on three sides with houses and a narrow passage to come and go inside. The crowd of many thousands, among them children and old gathered there around 4.00pm. The English Army Officer Gen. Dyer ordered the soldiers to shoot the crowd of peaceful and unarmed people with machine guns without any warning Many children and old people died due to stampede and the

bullet wounds. There was no arrangement to treat the wounded and no hospitalisation. According to government sources two thousands and non government sources around five thousands people died.

The next day when this news was published in the national newspapers, Swami Shraddhanand rushed to Amritsar with batch of students from gurukul to treat the wounded and to sympathise with the bereaved.

Invitation to attend the Meeting of Congress Working Committee

He was sent an invitation by Pandit Moti Lal Nehru, the then president of the Working Committee of Congress to attend the meeting at Allahabad. Actually the congress annual session was to be held at Amritsar per earlier decision but now some congress leaders were reluctant to hold the session at Amritsar because of the fear due to the massacre of Jallianwala Bagh. Swami Ji insisted to stick to the decision of holding the session at Amritsar so the people of Punjab can have relief from the atrocities of British Government and they can feel that the people of the country are with them. He was given the responsibility of the Chairmanship of the Reception Committee for the annual session of All India Congress at Amritsar. The Congress Committee also set up a committee of three people to visit Amrisar and report about the facts of Jallianwala Bagh. This Committee consisted of Pandit Moti Lal Nehru, Pandit Madan Mohan Malviya and Swami Shraddhanand. This report brought out the atrocities and the inhuman treatment of the Government towards the innocent people of Amritsar.

Krishan Chopra

Aloe Vera

Aloe Vera is a plant that looks like a cactus, but is actually a member of the lily family. It grows in Africa, Asia and the warmer parts of America and Europe. The particular kind of Aloe Vera used for natural remedies has the Latin name Aloe barbadensis and its leaves contain a gel that is rich in therapeutic properties.

Aloe Vera has been used medicinally for over 6,000 years. The ancient Egyptians used it to heal battle wounds and cure infections. The early Greeks used it for relieving blisters, burns and leg ulcers as well as healing bowel and stomach disorders. Today it is found in health products in the form of gels, juices and creams, and also as an ingredient in some cosmetic products.

How it Works

Aloe Vera contains 75 known ingredients including:

- All the vitamins (except Vitamin D).
- Enzymes that aid digestion and reduce inflammation.
- The minerals needed for the enzymes to function.
- Long-chain sugars that help to re-balance the digestive system.
- Saponins, which have an anti-microbial effect against bacteria, viruses, fungi and yeast.
- Twenty of the 22 amino acids (including seven out of the eight essential amino acids that can't be produced by the body).

It's thought that the synergistic effect of these ingredients is what gives Aloe Vera its power.

It is only recently that the scientific establishment has started to carry out proper studies of Aloe Vera but the results so far are encouraging. It appears to have anti-inflammatory, antioxidant and restorative properties. In one study it was found to have a beneficial effect in lowering the risk factors among patients with heart disease. Another study, started in 2005 at the University of Strathclyde, is investigating the effects of Aloe Vera against super-bugs such as MRSA, after finding that it has the ability to destroy bacteria such as E.coli.

The Benefits of Aloe Vera

Small-scale studies and anecdotal evidence suggests that Aloe Vera may be beneficial in the following cases:

Applied as a cream for:

- Healing small cuts, insect stings, grazes and wounds.
- Healing and repairing skin tissue after burns, including sunburn.
- Healing skin conditions such as eczema, psoriasis, acne, general itching.
- Cosmetic uses such as moisturising and improving the elasticity of the skin.

Ingested as a gel/juice for:

- Digestive conditions such as IBS, peptic ulcers, acid reflux, Chron's disease, candida etc.
- Musculo-skeletal conditions such as arthritis, rheumatism, etc.
- Immune-related conditions such as asthma, hay fever and even ME.

-Overall protection (as an antioxidant) against free radicals.

How to Take Aloe Vera

You can grow your own Aloe Vera plant indoors and use it as a quick remedy for minor burns and grazes. Just break off a leaf and apply the gel directly.

If you are buying an Aloe Vera product, always purchase those made from 100% pure Aloe Vera. Look out for the International Aloe Science Council Seal of Approval as a guide.

Natural fruit flavourings may be added to Aloe Vera drinks to make them more palatable, but avoid those that contain artificial flavours and colourings. Clear juices should be avoided as it means the pulp (containing much of the benefit) has been strained. Also avoid those products that use the whole plant, as the outer leaf contains a latex that has a strong laxative effect. If you experience side-effects, such as diarrhoea, you should reduce your dose and consider switching products.

The words 'gel' and 'juice' are often used interchangeably, so some drinks can be described as gels. If taking Aloe Vera internally you would normally take between 2 fl oz (60ml) and 6 fl oz (180ml) per day depending on the acuteness of your condition. If you start out on a high dose you would expect to reduce to the lower doses by about six weeks.

To experience the full benefits of an Aloe Vera product it is often recommended that it is used regularly for a minimum period of three months.

[Please note that this does not constitute medical advice. If you suffer from a medical condition you should always seek the advice of a doctor or your chosen practitioner.]

SEPTEMBER 2010 VEDIC VIVAH LIST

To see the
Latest Matrimonial list
Please go to
www.arya-samaj.org

For further details
Ring 0121 359 7727
Or E-mail
enquiries@arya-samaj.org

इच्छन्ति देवाः सुन्वन्तं न स्वप्नाय स्पृहयन्ति ।

यन्ति प्रमादमतन्द्राः॥ ऋग वेद 8.2.18

**Ichchanti devaah sunvantam na svapnaaya sprihyanti /
Yanti pramaadamatandraah // Rig veda 8.2.18**

Meaning in Text Order

Ichchhanti = favour, devaah= men of divine qualities, sunvantam= diligent, na= not,

Svapnaaya= lazy- sluggish, sprihyanti= cherish, yanti =attain, pramaadam= delight- bliss, Atandraah= studious.

Meaning

The men of divine qualities always favour those who are diligent and never desire those who are lazy and inactive. The hardworking and studious attain delight in their lives.

Contemplation

Enlighten people cherish hard working people. Diligence is life and laziness means an invitation to miseries. If we keep an eye on our time table and keenly try to spend our time in more effective, positive and constructive way beyond doubt our life will be different than what we are today. A lazy person is a burden for himself. The diligent people are always leaders of the society and these are the people who act for the welfare of the society and society sings their praises. To be ever ready to do their duty is the first priority of these people.

Laziness is our worst enemy within our self. We take many good causes in our hand through the inspiration within ourselves. Due to our laziness we abandon them in the middle

because either our resolution power is weak or we are too lazy. Enlightened (Devtaa) are those who do good to other without any desire of reward for themselves and such people don't like lazy people because it is obvious that if they can not care for themselves, how could they care for others?

Diligence is a discipline and practise of mind which needs our constant attention. These people have a special mental attitude. They have pure spirit (saatvik bhaav).

The universe as it is displayed in active form is a constant yajna in progress and diligent people are pouring in this yajna their oblations and those who are not diligent, not offering their oblations of hard work, would not receive the reward for that.

Those who have earned name and fame in the world, they were hard working people.

They burnt midnight oil to reach to their goal. Therefore the words of Upnishad remind us- **Utishthit- jaagrit-praapyavraan** nibodhyat- arise!awake! realise it here and now.

Krishan Chopra

The only way of finding the limits of the possible is by going beyond them into the impossible.

Arthur C. Clarke

Character isn't something you were born with and can't change, like your fingerprints. It's something you weren't born with and must take responsibility for forming.

Give whatever you are doing and whoever you are with the gift of your attention.

Jim Rohn

ओ३म्

I, Minu Agarwal, as the new joint secretary take the job of writing this corner. We have been striving all the time to improve Arya Samaj West Midlands in every way. The building refurbishment has been an ongoing process. The next, first and foremost, essential task is the improvement of the heating system.

Then comes the dream of the last executive to have a separate sanctified space for Havan, a Yajna Shala; a permanent space specially designated for the yajna . We would like to fulfil that dream with the support of our members and well wishers.

That is matter for the future however close. I would better come back to present.

I am tempted to relate all the activities that are going on in ASWM, but would only speak about the main event that happened in the month of August, the celebration of the Independence Day of India. Perhaps you are all aware that Arya Samaj movement was the greatest contributor to, the Satyagrah and the revolutionary fighters like Shaheed Bhagat Singh.

As per our tradition celebration started with Havan. After the flag hoisting and National Anthem our learned Acharyaji had his sermon on the words Swaraj and Swatantra. Arya Samaj is proud to say that Maharshi Dayanand was the pioneer to introduce the words Swaraj and Swadeshi to the consciousness of the people of India.

The sermon was followed by the cultural programme. It started with the performance by Our Divya Children Dance group on Gayatri invocation and ended with their dance titled Vande Mataram . In between there was The folk dance of our Arya Mahila group, modern dance by a young lad, empowering song by the Bhajan Mandali and recitations by our local poets.

It might sound like blowing my own trumpet but still no harm in saying that it was well organised and all the items were very much appreciated. .

In spite of it being a very busy weekend I am pleased to say that the attendance was over 120.

I on behalf of our executive committee would look forward to your support in all the future activities of Arya Samaj West Midlands

Om Shanti-Shanti-Shanti.

THE GOLDEN SWAN

This is another nice story from the album of Jataka Kathaye (Tales).

Once upon a time, there was a swan / goose that had striking golden feathers. This swan lived in a pond. There was a house near this pond, where a poor woman lived with her two daughters. The people were really poor and were leading a tough life. The swan found that the poor mother was passing a hard time with her daughters.

The swan thought, “If I give them one after another my golden feathers, the mother can sell them. She and her daughters can live in comfort with the money raised from it”. After thinking this, the swan flew away to the poor woman’s house. On seeing the swan inside the house, the woman said,” Why have you come here? We have nothing to offer you”.

The Swan replied, “I have not come to take anything, but I have something to give you. I know your condition. I will give my golden feathers one by one and you can sell them. With the money raised through it, you people can easily live in comfort”. After saying this, the swan shed one of her feathers and then flew away. This became a regular feature and from time to time, the swan came back and every time left another feather.

Like this, the mother and her daughters were happily

leading their life by selling the feathers of the golden swan. Each golden feather got them enough money to keep them in comfort. But the mother became greedy to get all the feathers as soon as possible. One day, she said to her daughters, “Now, we will not trust this swan, possibly she may fly away and never come back. If this would happen, we will be poor again. We will take all of her feathers, when she will come the next time”.

The innocent daughters replied, “Mother, this will hurt the swan. We will not cause any pain to her”. But the mother was determined to catch hold the swan the very next time she comes. Next time, when the swan came, the mother caught her and pulled out all of her feathers. Now, the golden feathers of the swan changed into some strange feathers. The mother was shocked to see such feathers.

The Golden Swan said, “Poor Mother, I wanted to help you, but you wanted to kill me instead. As per my wish, I used to give you the golden feather. Now, I think there is no need to help you. Now, my feathers are nothing more than chicken feathers for you. I am going from this place and will never come back”. The mother felt sorry and apologized for the mistake committed by her. The Golden Swan said, “Never be greedy” and flew away.

Moral: Excess greed brings nothing.

Science of Yoga: Patanjali Meditation
from Wednesday Oct 6, 2010

Weekly classes (ten sessions) on "Science of Yoga: Patanjali Meditation":

**Arya Samaj West Midlands, 188 Inkerman Street, Nechells,
Birmingham B7 4SA**

Every Wednesday, 6:30 to 8:00pm from Oct 6, 2010

It's a great opportunity to obtain the wonderful benefits of meditation from a well-designed course, crafted and delivered by Dr Harish Chandra for:

Stress-free living
Health and wellness of the body
Peaceful and relaxed mind
Blissful soul

Don't Miss It

The Instructor: The course is provided by **Dr Harish Chandra, PhD** - an eminent scholar of ancient Vedic philosophy, who also holds a PhD in Combustion Sciences from Princeton University, USA.

Course Fees: £20 (£10 for students/unemployed) for 10 sessions

Contact: Mrs Vibha Cale, 07877 302 761, vibhacale@yahoo.co.uk

(Tear Here)

Registration Form

Name: _____

Address: _____

Email: _____ Tel: _____

Mob: _____

- I will pay cash
- I enclose a cheque (payable to **Arya Samaj West Midlands**)

I wish to attend the course **Science of Yoga: Patanjali Meditation**

Signature: _____

29

Date: _____

Inner Sciences: Can We Prove Them? – Part I

The term "inner sciences" pertains to a scientific inquiry when we traverse inward of a subject of interest. If our inquiry pertains to the human beings then we are interested in the innermost core of a human being where resides a tiny infinitesimal soul – the individual spirit. Thus, a scientific inquiry towards the study of our spirit would be the first arm of the inner sciences. In addition to this, the second arm of the inner sciences would relate to a scientific inquiry pertaining to the cosmic spirit that permeates through the infinitely large universe. In other words, our definition of inner sciences includes both the spirits – the tiny individual spirit and the infinite cosmic spirit. Both the spirits possess consciousness as their inherent and intrinsic property. While the first spirit is infinitesimally small – a singularity in our body structure, the cosmic spirit is an infinitely large entity.

When we discuss spirituality (study of both the spirits – the tiny one and the infinite one) then the very first question arises: can we discuss and examine spirituality in a well-accepted scientific manner. It is generally assumed that spirituality is a matter of faith and personal belief. This is where the Center for Inner Sciences (CIS) makes a firm point that nobody should accept anything without ascertaining its truthfulness based on a rigorous scientific inquiry. This being the case, we must state at the outset that the so-called inner sciences must be provable. If it cannot be proven then we shouldn't accept it.

An ancient sage Kapila discusses the pleasure and pain in his classical treatise Samkhya-Darsana. This is our basic instinct that we get away from what causes pain and then we tend to get towards what is pleasant. Indeed, come to think of it, the ability to feel the pleasure and pain is the proof of our consciousness. However, the discussion here is not whether we are a conscious being or we are void of consciousness. Everybody knows that we are a conscious being – we differ on the seat of consciousness. Is it an attribute of our body or that of the mind. Else, could it be that an entity such as a soul must be thought of that is the ultimate seat of our consciousness.

Let us come back to Kapila. He raises a question: what gives us pain and what gives us pleasure. The question sounds simple enough that even a child can list ten things that give her pain and another ten things that give pleasure. But a deeper thought will indicate that it is not easy for all the human beings to concur on a universal source of pain and another universal source of pleasure.

Yes, it is not easy to find the universal source of pain or pleasure that every human being has come across in his/her life. Let us first look at a more positive side, namely, the source of pleasure. A cup of coffee may give pleasure to many people. But there are many people who may not derive pleasure from it, or have no idea of its taste, and therefore, they may not say that it gives pleasure to them. Similarly, one may say that it pains when his/her finger comes in contact with a fire. But there are many who may

not have experienced such a thing, especially those who are small infants and children.

Then Kapila continues further to state his observation that "hunger" is the commonest pain that everyone has suffered. Even an infant child of the richest person, a few moments after birth, has cried out of hunger. Thus, hunger is the universal source of pain every human being has had first hand experience about. Kapila, furthermore, says that the universal source of pleasure, which everybody has experienced in his/her life is deep sleep or sound sleep – what he calls *susupti*. Try to recall the last time you had deep sleep void of any dream and you were not awakened by an alarm or any other event in the external world. In other words, you emerged out of the deep sleep in a natural manner. Try to recall the very next moment after you emerged from the deep sleep – you definitely felt that "I had a nice sleep" or that "I enjoyed the sleep."

Next month we will see how Kapila goes on to make the most powerful statement from such a trivial event of the life, namely the sleep. How he proves the existence of our spirit and that of the cosmic spirit from the observation that "the sound sleep is the only experience every human being has gone through and whenever one goes through that he/she finds it to be a pleasant experience."

- Dr. Harish Chandra

B. Tech. (IIT Kanpur, India)

Ph. D. (Princeton, USA)

Email: vedicinst@yahoo.com



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 2010

Saturday 9th October 2010

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

CONGRATULATIONS

ON THEIR WEDDING

- Naveenta and Devesh. Naveenta is the daughter of Mrs Shama and Dr Narendra Kumar Arya
Devesh is the son of Mrs Asha and Dr Avinash Kumar Sainik
- Kathryn and Rajesh, Son of Mr Ramesh and Mrs Suresh Sethi
- Seema and Anoop of Turna and Drubhra family.
- Rup Sagar and Natasha, daughter of Mr Anand and Mrs Mala Bhoojiawan and the cousin of Dr Dev Kumar Bhujjiawan (Roshan)

 Hema and Kavita, son of Mrs and Mr Kamal Khosla on their engagement

- ❖ Mr Krishan and Mrs Surat Nischal for his 70th birthday.
- ❖ Dada-Dadi Mr Pawan and Mrs Neerja Bansal, Mum and Dad Avanish and Ruchi Bansal on the naming ceremony of baby daughter Tanushree.
- ❖ Hiten and Shweta Pokar for the Annaprashan Sanskar for the daughter Ria.
- ❖ Mathew and Dipti for the naming ceremony of the son Jay. (Grandson to Mr and Mrs Krishan Khurana.)
- ❖ Mr Vikram and Mrs Suneeta Rawat for their new home.

Our best wishes to Mrs Vimla Devi Makol for speedy recovery and good health

CONDOLENCE TO

- Mrs Indu Chopra, Vikram, Simon and Seema for the sudden loss of Sri Prithvi Raj Chopra
- Mrs. Vijay Agarwal for the loss of her husband Sri Satya Prakash Agarwal (68) Father of Mr. Rajiv and Sumesh and Brother of Mr. Vinod Agarwal

Blessing To

- ✓ Mr Ram Murti for new herbal shop
- ✓ Mr Ajaya Bhatia for his business venture.

YAJMANS IN SUNDAY CONGREGATION

25.07.2010 Mrs Sudershan Aggarwal & family

01.08.2010 Mrs Vibha Cale

08.08.2010 Mr V.P. Rawal

DONATIONS TO ARYA SAMAJ WEST MIDLANDS

Mrs Sudershan Aggarwal	£51	Mrs Usha Singh	£20
Mrs Sarita Saigal	£15	Mrs Vibha Cale	£51
Mrs Kamlesh Turna	£21	Mr Vinod Gulati	£20
Mrs Kanti Bajaj	for Gayatri Mahayajna		£101

RISHI LANGAR DONATIONS

Mrs Sudershan Aggarwal	£260	Mrs Vibha Cale	£100
Mr V.P. Rawal	£125		

DONATIONS FOR PRIEST SERVICE

Mr Ramesh Sethi	£100	Mr Krishan Nischal	£21
Mr Ram Murti	£11	Mr Ajaya Bhatia	£21
Mr Pawan Bansal	£10	Mr Kamal Khosla	£51
Dr Narendra Kumar	£100	Mrs Manju Makol	£10
Mr Hiten Pokar	£11	Mrs Vijay Agarwal	£31
Mr Krishan Khurana	£20	Mr Vikram Rawat	£21
Mr Dev K. Bhujawan	£101		

- To arrange a qualified priest for Weddings and other Sanskars contact office on 0121 359 7727.

- Or you can be a Yajman in our Sunday Havan , celebrate an occasion or revive a memory.
- Or hire our hall for Meetings and /or functions at a very reasonable charges.

We have our regular **Wednesday meeting of Arya Friends' group** starting with Yoga and Pranayam followed by the mutual discussions interaction, Hot Lunch and games. The tenth anniversary celebration on Sunday the 3rd October.

The dance classes – A great success.

New term starts in July. **All ages welcome.** Children, Mums and even grandmothers. For details ring 0121 359 7727.

Join in our **free Pranayam and Yoga** classes every **Tuesday 7pm.**

Vedic Vivah Service is very efficient and best value service of its kind. To register you can download the form from our website or ring the office on 0121 359 7727.

DATES FOR YOUR DIARY

- Special Havan to bless the students going to University
 - **Sunday 5th September**
- Seminars by Youth Wing Hindu Council Birmingham-- Last Sunday of every month 12 noon, next
 - **Sunday 26th September.**
- Ved Pracahr on Radio XL First Sunday of every month, 7 am to 8 am, next
 - **Sunday 5th September**
- **Vedic Vivah Mela** (Matrimonial Get together)
 - **Saturday 9th October**

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.