



RIGVED
YAJURVED
SAMAVED
ATHARVAVED

Swami Dayanand Saraswati

ओ३म्

Ved Sandesh August 2015 Volume 6 Issue 8

ARYA PRATINIDHI SABHA QLD INC

Krinvento Vishvam Aryam ~ Make This World Noble

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Article

Yajna Dates August

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Editorial:

Namaste All,

July has been another busy month with lots of activities. Sabha has been in constant touch with greater communities and have organized seniors lunch during seniors week on August 16. The invitation has been sent out to seniors citizens organizations in Brisbane, and good attendance is expected. Sabha member's have volunteered to prepare lunch for all the guests. The programme will include Yaj, Bhajans and then lunch. See you all at QVCC.

Articles to:

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Yog - Positive wellbeing

3. Asan (Postures) Asan is the third constituent of Ashtangyog. It should be, thus, clear to us that Asan is neither a complete Yog, nor is it the final condition of Yog. But it is a very important constituent of complete Yog, and its practice can help the aspirant to gird himself the highest practice of Yog.

According to Maharishi Patanjali's "Yogsutra", Asan is the condition of the body when there is physical balance companied by mind's happiness. Asan's help us purify our vessels, enhance our health and lend vigour to our mind and body. In this way if one performs Asan regularly, he can prepare his body for the practice of Yog.

4. Pranayam (Breath Control) Pranayam occupies special and significant place in the hierarchy of Yogic exercises. The literal meaning of 'Pranayam' is Breath control. The aim of Pranayam is to stimulate, regulate and harmonize the vital energy in the body. Therefore Pranayam has been considered a very powerful technique in Yogic science. Just as we shower to clean and wash the body, Pranayam is required for purifying the mind.

5. Pratyahar (Discipline of the Senses) When the senses get rid of external desires and turn towards inner self, is called Pratyahar. The impulsive mind and self- endorsing senses can be completely brought under control through Pratyahar. Not only that, the aspirant, having sensed the supremacy of God, has a communion with God.

6. Dharan (Concentration) Dharan means focussing or concentration. Dharan means increasing mind's concentration and with its help, the quiet mind can be focussed successfully on anything or place.

7. Dhyan (Meditation) Dhyan is when the concentration on any object is maintained and sustained. Dhyan helps in destroying the Raja's and Tama's impurities of the mind and in developing the *Sattvika* qualities.

8. Samadhi (Self-realisation) When one focussed on the object meditated upon, one enters the state of Samadhi. The mind is completely immersed in the object that is meditated upon. Distractions created by everyday temptations reduce mind's concentration. One should endeavour to avoid distractions in order to increase mind's concentration. Samadhi is the climax of Dhyan. The first five stages of Yog are Yam, Niyam, Asan, Pranayam, Pratyahar and are called External Yog, whereas Dharan, Dhyan and Samadhi are called 'Samyam' the Internal Yoga.

If all these eight stages are followed thoughtfully in life, one can develop the qualities such as morality, sound conduct and sound character. At the same time, there is all-round progress in man, mentally, physically and spiritually, and he attains sound physical and health. (for more information you can visit www.yogguru.com.au)



Mr & Mrs Dhurup Deo family performed the Yaj at QVCC Yajshalla on July 5. Pt Devendra Pathik ji performed the Yaj. Bhajans and Parvachaans formed the part of Satsangh. Yaj was held on birthday occasion of Alvin Deo. Shri Sukarm Pal Singh spoke on values of Arya Samaj and principle of Arya Samaj. The Satsangh was very well attended. Refreshment was provided by the family.

PICTURE BELOW

Mr & Mrs Jitendra Deo family performed the Yaj at QVCC Yajshalla on July 12. Pta Ramkali Singh ji performed the Yaj. Bhajans and Parvachaans formed the part of Satsangh. Yaj was held on birthday occasion of Soneel Deo. Soneel spoke on Vedas and it was interesting to note that younger generations are keeping the pace. Shri Sukarm Pal Singh spoke on values of Arya Samaj. The Satsangh was very well attended. Refreshment was provided by the family.





Mr & Mrs Jitendra Deo family celebrated birthday occasion of Soneel Deo. Very well decorated and tasty vegetarian cake was also cut and all the members joined in the celebrations. Soneel also sang very popular song by Kishore Kumar for his parents and it was enjoyed by all.



Mr & Mrs Vijendra Ray family performed the Yaj at QVCC Yajshalla on July 19. Pta Usha Rai ji performed the Yaj. Bhajans and Parvachans formed the part of Satsangh. Shri Sukarm Pal Singh spoke on values of Arya Samaj and principle of Arya Samaj. The Satsangh was very well attended. Refreshment was provided by the family.

Havan Yaj at Queensland Vedic Cultural Centre– 198 Learoyd Rd, Willawong, Qld



Mr & Mrs Sunil Datt family performed the Yaj at QVCC Yajshala on July 26. Pta Usha Rai ji performed the Yaj. Bhajans and Parvachans formed the part of Satsangh. Members from Gold Coast also joined in Yaj. Shri Sunil ji spoke on principles of religion and it was very informative speech. Such input from members helps us to see things in different perspective. Mrs Shanjeshni Deo also read a book on family values and welfare. This programme is done in every Satsangh so more knowledge is shared amongst members. The response from audience on this is very heartening. Shri Sukarm Pal Singh spoke on values of Arya Samaj and principle of Arya Samaj. The Satsangh was very well attended. Refreshment was provided by the family.



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Havan Yaj at Queensland Vedic Cultural Centre– 198 Learoyd Rd, Willawong, Qld

Queensland Vedic Cultural Centre, is getting used more frequently now, and Dr Sukhvir Singh and Avnish have started teaching Yoga Classes at the centre every Saturday from 7am to 8.30am. If you want to attend or want more information please contact Dr Sukhvir Singh on 3194 1686 or 0421 897 157. The classes are free of charge, and it's a community service provided by the Sabha.

The Sabha is grateful to the following donors. The donations keep the centre operating as there are costs involved in maintaining the property as well other fees and charges which are charged by councils and government. The Sabha has start Development Approval process for the property. Sabha needs the support of members and general public to complete this proposed project. Our hearty thanks to all members and well wishers for continuous support.

	JUNE 2015		
07/06/2015	0622	Mr & Mrs Ajith Singh (Yaj)	\$122.00
14/06/2015	0624	Mrs Savita Maharaj (Sydney)	\$1000.00
14/06/2015	0626	Mrs Reena Ashok	\$55.00
14/06/2015	0628	Mr & Mrs Viresh Pradhan (Yaj)	\$165.00
21/06/2015	0631	Mr & Mrs Anil Karan (Yaj)	\$130.00
21/06/2015	0632	Mr Harshana & Mrs Jyoti Sharma	\$150.00
21/06/2015	0633	Mrs Vinny Karan in memory of Pandit Hardayal Sharma)	\$1000.00
28/06/2015	0635	Mr & Mrs Hari Chand (Yaj)	\$189.00
28/06/2015	0636	Mr & Mrs Narendra Nand	\$100.00
		<u>TOTAL</u>	<u>\$2911.00</u>
	JULY 2015		
05/07/2015	0637	Mrs Kaushikya Kumar	\$50.00
05/07/2015	0638	Mr & Mrs Dhrup Deo	\$70.00
12/07/2015	0646	Mr Rohit Kumar	\$60.00
12/07/2015	0647	Mr & Mrs Jitendra Deo	\$133.00
19/07/2015	0652	Mr & Mrs Vijendra Ray	\$164.00
26/07/2015	0656	Mrs Urmila Arya	\$25.00
26/07/2015	0657	Mr & Mrs Sunil Dutt	\$100.00
		<u>TOTAL</u>	<u>\$602.00</u>

Prayer

Worship of God based on the Vedic scriptures is called *Ishwar- Prarthana* and *Upasana*. The worship of God or prayer to God is not a routine performance of rituals or recitation of mantras or hymns from the Vedas or other Vedic scriptures but implies incorporating components of the prayer in the fabric of one's life. Worship is divided into three interconnected components: *Stuti*, *Prarthana* and *Upasana*.

The word Ishwar means Supreme Master of all of the spiritual and physical wealth of the universe; Stuti implies appreciating and understanding the attributes of God; Prarthana is prayer to God to be our guide and adopting virtuous practices in life; and Upasana literally means getting close to God through the practice of spiritual yoga (i.e. meditation).

STUTI

Stuti is usually translated in English as praise or glorification of God or singing about God's glory. Stuti is sincere and implies knowing and appreciating God's various attributes, a thoughtful reflection upon them, understanding their significance and finally based on the correct understanding of the attribute, doing appropriate virtuous deeds in daily life. For example one can recite over and over 'God! You are Omnipresent' but derive no benefit from it. Stuti on the other hand would mean recognizing in life that God is everywhere in the universe from the closest to the farthest including inside our soul and watches all our karmas i.e. actions at all three levels: thought, word and action. God even knows what goes inside our mind, nothing is hidden from Him.

Moreover, God as Karmphaldata judges us based upon our actions and we will not escape His judgment as well as the good or bad reward of our actions. Most humans are far more afraid of being caught committing a sin than actually performing the sin. When people do something wrong purposely, they usually want to ensure that there is no witness to their bad deed, which may result in them being caught. But the person doing true Stuti of God, realizes that even if one could hide from other persons or electronic monitors, he/she cannot hide from God, therefore, the only reasonable course is not to carry out any bad deed and remembering God's omnipresence one must do virtuous deeds all the time.

Stuti at a deeper level also implies intense love of God for his benevolence towards us as well as full faith in His judgment. God has no deficiencies and He does not need anything from human beings. We as human beings, however, are imperfect and need God's grace as well as our personal effort to improve in our lives. God alone is Almighty and the Master of the universe, none else and only by knowing God and recognizing His shelter we can become fearless in life to pursue truth. As we progress in Stuti we will recognize that while one can hurt or kill our physical body but no one can hurt our soul and the closer we are to God less and less will be our fears including the fear of death.

The Veda mantra below states the following about Stuti: Ya eka it tamu shtuhi krashtinām visharshanih.Patirjajnay vrashkratu. (Rig Veda 6 : 45 : 16)

Stuti implies that while praising God and reciting God's various names and/or attributes we should reflect upon and understand the meaning of the God's name or attribute recited, and then progressively incorporate a component of it (where ever possible or applicable) in our own personal lives e.g. Stuti reminds us that God is kind, just and loving, qualities that we need to acquire if we are to come close to God.

Sabha has organised Yaj and lunch for all senior citizens on Sunday August 16 from 10.30am to 1pm. You all are invited to this programme. The Senior citizens week will be celebrated from August 15 to August 23. The theme for this year is -Make a connection: share your story.** Please contact Secretary: Mr Hari Chand on 3345 4716 for further information.**

Havan Yaj dates at Queensland Vedic Cultural Centre 198 Learoyd Road Willawong 4110.

August Dates:

August 16– Celebration of Senior Citizens week, Yaj and lunch starting 10.30 and finishing 1pm.

August 2; August 9, ; August 23, August 30 **Time:** starting at 2 pm and finishing at 4pm