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## Editorial:

Namaste All,

We are super excited with this months newsletter. We have received some very positive feedback and look forward to hearing from more. This month we, the members of the Arya Pratinidhi Sabha of Queensland, are looking forward to seeing many of members of our greater Indian community. We hope that this will be a great opportunity for all leaders of different communities to meet and grow the presence of the Indian community in Brisbane.

Details are attached to the right and we hope to see as many people as possible on the day.

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# Arya Pratinidhi Sabha Of Queensland Inc

*cordially invites you all to*

## GAYATRI MAHA YAJNA

गायत्री महा यज्ञ

*Family groups can sit around hawan kund and give ahutis. Multi hawan kunds will be set up to allow more family groups to take part at the same time. Purohits and Purohitas will be there to assist and guide family groups. Hawan ingredients for use on the day will be provided free to all*

**Date :** Sunday 28/05/2017  
**Time :** 10am - 12.30pm  
**Venue :** QVCC Yajshalla, 198 Learoyd Road, Willawong, Qld 4110



**Gayatri Maha Yajna**

**Yajna Sponsorship**  
For your Donation towards Yajna sponsorship of \$250 please kindly contact:  
Mr. Jitendra Deo - 32733029 / 0411 798 012  
Dr. Sukhvir Singh - 31941686 / 0421897157  
Mr. Mul Chand - 31333527 / 0428466698

Please pre-register your interest to participate in the Yajna so that organisers can make arrangements to adequately accommodate all.

*Refreshments and Lunch will be provided to all present*

Hawan Yajna ceremony is one of the most important rites laid down in the Vedic scriptures for householders and is part of the eternal Sanatan Vedic Dharm/culture. Yajna is the cornerstone of the Vedic way of life. The benefits of hawan/agnihotra are multi-dimensional. ALL WELCOME

Upcoming this month we are hosting the, Arya Pratinidhi Sabha of Queensland's, Gayatri Maha Yajna. We invite all readers of the newsletter to spend Sunday the 28th of May performing Yajna at QVCC Yajshalla. Our Purohits and Purohitas will happily assist and guide anyone who is new. Refreshments and lunch will also be provided to all attendees.

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



On the 2nd of April Mr and Mrs Aakash Chaudhary and Family were welcome to the Yajshalla and performed Yaj. The family provided all members with refreshments. We are excited to see many more new members join our religious community.



Mr Ajeet Singh and Mrs Sudha Deshwal performed Yaj on the 9th of April. The family provided refreshments and the program was enhanced with the addition of the insightful knowledge of Mr Sukram Pal Singh.



On the 16th of April the members of the Samaj joined together to host a Yaj within the members present. All members brought refreshments and were enlightened by the proceedings of the day.



On April the 23rd, Mr and Mrs Viresh Pradhan family performed Yaj. It was great to see such a big turnout from the community and we hope to see many of you again. The family also provided refreshments.



Mr Arunesh Prasad and family hosted the Yaj on Sunday the 30th of April. It was great see members of the Yuva Dal join together and perform Yaj, keep up the good work! Refreshments were provided from the family.



# The Meaning of "Om"



Omkar is a religious symbol of the Hindus. But it is omnipresent in almost all the major cultures of our world. Another way of saying Om is Aum. Aum is the sound of the infinite. Aum is said to be the essence of all mantras and Vedas, the highest of all mantras or divine word. By sound and form, AUM symbolizes the infinite Brahman and the entire universe.

A stands for Creation.

U stands for Preservation.

And finally M stands for Destruction or dissolution.

This represents the Trinity of God in Hindu dharma (Brahma, Vishnu and Shiva).

The three portions of AUM relate to the states of waking, dream and deep sleep and the three guans (rajas, satva, tamas).

The three letters also indicate three planes of existence, heaven, earth and the netherworld. AUM can represent all the words produced by the human vocal organ. A is produced by the throat, U & M by the lips. In the Vedas, AUM is the sound of the Sun, the sound of Light. It is the sound of assent. It has an upward movement and uplifts the soul, as the sound of the divine eagle or falcon.

The pronunciation of the word "OM" is supposed to symbolize the totality of all sounds as it includes all other sounds that humans can utter. This idea of totality also exists in the English word "Omnipresent" that includes OM as its prefix. We also have words like Omnipotent and Omniscient, all of which have the concept of totality in their meanings.

The ancient Greek alphabet had Omega as its last letter. Omega written in the lower case of the Greek alphabet, if turned to its side, looks quite similar to the Sanskrit way of writing Om. It is from the Greek alphabet "Omega" that we have the English phrase "the alpha and Omega", which means, "to include everything". It is said that the word Om has been used to make other words. The Christian term "Amen" is said to have some link with "Om" as also the Islamic term "Amin". Both of these terms are similar to Om

Of all the *mantras*, the most powerful and the significant one is the single-syllabled incantation called the *Pranava*. This is the *OM*. The available literature upon the significances of the Vedic *mantra* is almost voluminous. Nowhere in the world can we meet with a more sacred symbol that has got such a vast amount of significance.

From Vedic times until the present day the word 'OM' has been taken as a symbol and as an aid to meditation by spiritual aspirants. It is accepted both as one with 'Brahman' and as the medium, the Logos, connecting man and God. The entire history of the syllable is in the revelations of the Vedas and in the declarations of the Upanishads.

The very central theme of the *Mandukya Upanishad* is the syllable *OM* through which the mystery of Brahman is gathered to a point. The text of this Upanishad first treats *OM* in terms of the Upanishadic doctrine of the three states of waking, dream, and deep sleep, but then passes on to the 'fourth' (*turiya*), thus transporting us beyond the typical Upanishadic sphere into that of the later 'classic Advaita Vedanta'. Speaking of *OM*, the *Taittiriya Upanishad* says: "Thou art the sheath of Brahman." That is, *OM* is the container for the Supreme and, therefore, invoking *OM* is invoking the Supreme.

## Quotes

*Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.*

~ Swami Vivekananda

*The whole secret of existence is to have no fear. Never fear what will become of you, depend on no one. Only the moment you reject all help are you freed.*

~Swami Vivekananda

## Donations

Sabha Bhavan Donations	Sponsoring	Amount
Mr Mul Chand & Mrs S Chand Family	Plumbing	\$15000.00
Pt Devendra Pathik & Mrs Sushila Pathik	Gate and Fence	\$15000.00
Mr Jitendra & Mrs S Deo Family	Electrical	\$15000.00
Mr Sukram Singh & Mrs K Singh	Yajshalla	\$15000.00
Mr Sunil Dutt	Donation	\$8000.00
Anonymous Donor	Windows and Doors (Part)	\$5000.00
Mr Vijendra Rai & Mrs Nirmala Rai	Donation	\$2000.00
Joyti Women's Club	Donation	\$2000.00
Mr Rajesh Chand Family	Donation	\$2000.00
Mr & Mrs Pranesh Pal	Donation	\$1200.00
Mr & Mrs Ajit Singh	Donation	\$1100.00
Mr Lalta Prasad & Mrs Kala Prasad	Donation	\$1000.00
Mr & Mrs Viresh Pradhan	Donation	\$1000.00
Mr & Mrs Arunesh Prasad	Donation	\$1000.00
Mrs Kaushayla Kumari	Donation	\$1000.00
Mr & Mrs Murari Lal	Donation	\$1000.00
Mr & Mrs Sat Singh	Donation	\$1000.00
Mr & Mrs Hari Chand	Donation	\$1000.00
Mr Yogesh & Mrs P Pathak	Donation	\$1000.00
Mr Vijay & Pta Ramkali Singh	Donation	\$1000.00
Anonymous Donor	Donation	\$1000.00
Dr Daya Nanda Sidhi	Donation	\$800.00

*Thank You for all Donations*

## Congratulations

A very big and heartiest congrats to all our members who cooperate and help us through different ways. Special thanks to all their hard work to organise everything for the "Maha-yaj". A very special thanks to all our female members who are cooperating with us and showing the greatest commitment to all Sabha events.

## Sudoku Challenge Two

			6	5			1	7
4	1				8	3	9	6
7						5		2
1				3	9	2		8
8		6	7	4				5
3		1						9
6	5	4	9				2	3
9	7			2	4			

Answer:

9	7	8	3	2	4	6	5	1
6	5	4	9	1	7	8	2	3
3	2	1	8	6	5	7	4	9
8	9	6	7	4	2	1	3	5
5	3	2	1	8	6	9	7	4
1	4	7	5	3	9	2	6	8
7	6	3	4	9	1	5	8	2
4	1	5	2	7	8	3	9	6
2	8	9	6	5	3	4	1	7

## Recipe—Paneer Jalfrezi

A Chinese Indian mixture of masala to produce a delicious stir-fry like dish. Yum!

Ingredients ( Serves Three)

About 1 cup paneer cut in long strips about 1/4"  
 About 1 cup capsicum cut in long strips about 1/4" – capsicum  
 About 1 cup carrots cut in long strips  
 About 1 cup green beans cut into about 1" pieces  
 1 tomato medium size cut into bite size pieces  
 3 tablespoons Oil

1 teaspoon cumin seeds  
 1 tablespoon ginger thinly sliced  
 1 tablespoon green chili chopped  
 1/4 teaspoon turmeric  
 About 3/4 teaspoon salt  
 1/4 teaspoon garam masala

- Heat the oil in frying pan over medium high heat. Oil should be moderately hot, add cumin seeds, add carrots, beans and salt. Stir-fry three to four minutes.
- Add capsicum, ginger, green chili, turmeric, and red chili powder, stir fry for two to three minutes. Add paneer and tomatoes stir gently cook until all the vegetables are tender.
- Add garam masala and cilantro stir gently everything is mixed well. Vegetables should be crisp, do not overcook.

## 10 PRINCIPLES OF ARYA SAMAJ



1. God is the efficient cause of all true knowledge and all that is known through knowledge.
2. God is existent, intelligent and blissful. He is formless, omniscient, just, merciful, unborn, endless, unchangeable, beginning-less, unequalled, the support of all, the master of all, omnipresent, immanent, un-aging, immortal, fearless, eternal and holy, and the maker of all. He alone is worthy of being worshiped.
3. The Vedas are the scriptures of all true knowledge. It is the paramount duty of all Aryas to read them, teach them, recite them and to hear them being read.
4. One should always be ready to accept truth and to renounce untruth.
5. All acts should be performed in accordance with Dharma that is, after deliberating what is right and wrong.
6. The prime object of the Arya Samaj is to do good to the world, that is, to promote physical, spiritual and social good of everyone.
7. Our conduct towards all should be guided by love, righteousness and justice.
8. We should dispel Avidya (ignorance) and promote Vidya (knowledge).
9. No one should be content with promoting his/her good only; on the contrary, one should look for his/her good in promoting the good of all.
10. One should regard oneself under restriction to follow the rules of society calculated to promote the well being of all, while in following the rules of individual welfare all should be free.

### Correspondence

We are currently fundraising to initiate the construction of the project. We hope to begin construction shortly. You can assist in terms of fundraising by attending the Mahayaj held on May 28th. Further details on the front page of the newsletter.

### Havan Schedule

**May Dates:** 7 May Satsangh at 2pm-4pm; 14 May Satsangh at 2pm-4pm;  
21 May Satsangh at 2pm-4pm; 28 May Satsangh at 2pm-4pm;  
at Queensland Vedic Cultural Centre (QVCC) 198 Learoyd Rd, Willawong, Brisbane

### Contact Us:

**President:** Mr Jitendra Deo J.P.(Q) 07 3273 3029

**Secretary:** Mr Hari Chand 07 3345 4716

**Treasurer:** Mr Mul Chand 07 3133 3527

**Purohita:**

Pta Mrs Usha Rai J.P.(Qual) 07 3390 6590

Pta Mrs Ramkali Singh J.P.(Qual) 07 3351 8756