



RIGVED
YAJURVED
SAMAVED
ATHARVAVED

Swami Dayanand Saraswati

ओ३म्

Ved Sandesh July 2015 Volume 6 Issue 7

ARYA PRATINIDHI SABHA QLD INC

Krinvento Vishvam Aryam ~ Make This World Noble

Inside this issue

International Day of Yoga

Havan QVCC

Article

Yajna Dates July

Contact Us:

President: Mr Jitendra Deo J.P.(Q)

07 3263 1914

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

Editorial:

Namaste All,

June signified the international Yoga Day on the 21st of June. Yoga Day was suggested by Indian Prime minister Narendra Modi in the UN Address. 21st June was chosen as it is the longest day of the year, also known as Summer Solstice. In terms of Yoga, the Summer Solstice marks the transition into Dakshinayana. Its pleasing to note that our sabha members observed this very important day by having a Yoga session at QVCC.

Articles to:

soneeld@gmail.com

www.aryasamajqueensland.com

YOG or YOGA - Positive Wellbeing

The study of Yog and its philosophy and practice has been popular in India since very ancient times. The science of Yog was propounded by our sages thousands of years ago for the welfare of the people. The sweep and scope of Yoga is too wide to be tied down to any single definition.

Yog is a Sanskrit word, and derives from the root of Yog, meaning a union. The human Soul merges with the super Soul through Yog. Yog is also described as a system, a technique, for increasing efficiency in our action, exercise the control of the mind and for realising the truth. Yog is a systematized branch of science for the holistic development of personality. The science of Yog is as old as Vedas, wherein one comes across referring to the science of Yog. It is a dynamic branch of knowledge and called the science of spirituality.

Maharishi Patanjali in Yogsutra has described eight stages for the purification of body, mind and breath. These stages that constitute Ashtangyog are Yam, Niya, Asan, Pranayam, Prutyahar, Dharan, Dhyana and Samadhi. They are discussed briefly below:

1. Yam means self-control. It means refraining from some actions. It contains five moral principles namely- Non-violence (*Ahinsa*), Truthfulness (*Satya*), Non-stealing (*Asteya*), Celibacy (*Brahmacharya*) and Non-acquisitiveness (*Aparigraha*). Non-violence means not to hurt any creature through mind, speech or action. The person practising non-violence should follow the principles of non-violence. Truthfulness is the presentation of a phenomenon perceived with mind, vision or hearing. Non-stealing means not to desire and acquire physically, mentally or even by thought others' possessions.

Asteya is not confined to the tendency to desire wealth but it applies to possessiveness, thoughts, fame and honour. *Asteya* is important for mental purity and social welfare. Celibacy or *Brahmacharya* is to control sexual urge but also on other sense-organs. Yog and fulfilment of sense-organs are self-contradictory things. One cannot practise Yog, and at the same time fulfilling one's desires. Non-acquisitiveness means desire for hoarding worldly possessions.

2. Niyam - There are five rules of Niyam, "Saucha, Santosh, Tapa, Swadhyay, and Ishwar Pranidhan". *Saucha* (cleanliness) means internal and external purification which are considered essential in Yog. *Santosh* (contentment) the virtue of remaining cheerful in hardship. *Santosh* is the highest order of heaven, and it means utmost blissfulness. Contentment is man's greatest treasure. *Tapa* (Penance) is the method of enduring ups and downs in life. *Swadhyay* (Self-study) means exchange of thoughts in order to secure purity in thought and for obtaining knowledge. *Ishwar Pranidhan* (Surrender to God) is pure devotion to God and surrender of all actions to him. When one surrenders himself to God, he feels barren and he enjoys mental health. Mental health leads automatically to physical health. Surrendering to God enhances one's self-confidence, he feels divine bliss and realises his shortcomings. He gets freedom from arrogance and thereby is saved from the destruction resulting from arrogance. (cont in next issue-for more information you can visit www.yogguru.com.au)

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



Mr & Mrs Ajith Singh family performed the Yaj at QVCC Yajshalla on June 7. Mrs Rajesh Singh performed the Yaj. Bhajans and Parvachans formed the part of Satsangh. Yaj was held on birthday occasion their daughter. Yaj is environmentally beneficial, as it cleans the Air, and improves the air quality. This has been proven by the science. Shri Sukarm Pal Singh spoke on values of Arya Samaj. Refreshment was provided by the family.



Mr & Mrs Viresh Pradhan and family performed the Yaj at QVCC Yajshalla on June 14. The Satsangh was very well attended and Pta Ramkali Singh Arya Ratna performed the Yaj assisted by Mrs Sushilla Pathik. Bhajans and Parvachans formed the part of Satsangh. Performing Yaj is duty of every human being, and its one of five important ones as per Vedas. Refreshment was provided by the family.

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



Mr & Mrs Viresh
Pradhan performing
Yaj.



Mr & Mrs Anil Karan
family performed the
Yaj at QVCC Yaj-
shalla on June 21.
Pta Ramkali Singh ji
performed the Yaj.
Bhajans and Par-
vachaans formed the
part of Satsangh. .
Shri Sukarm Pal
Singh spoke on val-
ues of Arya Samaj
and principle of Arya
Samaj. Refreshment
was provided by the
family.



Mr & Mrs Anil Karan
family performing Yaj.

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



Mr & Mrs Hari Chand family performed the Yaj at QVCC Yajshalla on June 28. Pta Ramkali Singh ji performed the Yaj. Bhajans and Parvachans formed the part of Satsangh. Yaj was held on birthday occasion of family members. 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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For further details, contact:

Sarat Maharaj (President) 0407 111 709 or 3263 2093

E-mail: regmaharaj@gmail.com

Mul Chand (Vice President) 0428 466 698

E-mail: chandmul@yahoo.com.au

Jay Haripersad (Secretary) 0400 014 865

Email: jayandra.haripersad@se1.bp.com

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.

	MAY 2015		
03/05/2015	0611	Mr & Mrs Lalita Prasad (Yaj)	\$64.00
03/05/2015	0612	Mr Satish Aggarwal	\$20.00
08/05/2015	0613	Sabha (Yaj Donation)	\$85.00
17/05/2015	0614	Mr & Mrs Aditya Family	\$1000.00
17/05/2015	0615	Mr & Mrs Atish & Krishna Kumar	\$500.00
17/05/2015	0616	Mr & Mrs Arunesh Prasad	\$30.00
17/05/2015	0617	Mrs Latchmi Singh (Yaj)	\$252.00
17/05/2015	0618	Vegetable sale	\$16.05
24/05/2015	0619	Mrs Rati Pal Singh	\$500.00
24/05/2015	0620	Pandit Sanat & Mrs Sanat Pandey	\$50.00
31/05/2015	0621	Mr & Mrs Krishan Chand (Yaj)	\$185.60
		<u>TOTAL</u>	<u>\$2702.65</u>
	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>

BRAHMANAS ARE NOT VEDAS

As time passed, people neglected the study of the Vedas and began to study the Brahmanas and the Upanishads and held that the later contained the essence of the Vedas. A time came when the Vedas were practically forgotten and their place as the final authority was taken by the Brahmanas and the Upanishads, so much so that when an appeal had to be made for authority for any belief or practice, quotations from the Brahmanas and the Upanishads were cited.

But the distinction between the Vedas and the other two remained, because:

1. Nobody ever claimed the authorship of the Veda for himself. The Vedas, were and are still held to be Apaurusheya, i.e., not man-made.
2. The language of the Vedas is the divinely revealed Vedic language, and not the classical Sanskrit like that of the Brahmanas and the Upanishads.
3. The Vedas were revealed in the beginning of the creation. Even those, who do not believe in revelation, do admit that the Vedas are the oldest books in the library of mankind and even those who hold the Brahmanas to be the Vedas, admit that the Brahmanas are of a later date than the Samhitas. They also admit that while the Vedas were divinely revealed, the Brahmanas were composed by human beings, i.e., by spiritually advanced men, known as Rishies or Munies.

As a matter of fact, the Brahmanas are the glosses on the Vedas and are the products of human intellect, and not the works of God. The Brahmanas contain narratives of the event of human history while the Vedas, being the revelation in the beginning of the creation arc free from historical or geographical references and proper names.

The Brahmanas are commentaries on the Vedas. They quote Mantras from the Vedas and then comment on them and give their expositions. And commentaries cannot be held to be parts of the texts they explain, nor can they enjoy the same status as the texts they comment on.

VEDIC LORES

Rig Ved

I glorify god, who is self-effulgent, the high priest of cosmic activities, the one who works through eternal laws, who invokes my soul and harnesses material energy in the form of fire, electricity etc., who is the well-wisher of all, who imparts wisdom to all great deeds in a spirit of sacrifice, who grants happiness in all seasons, who is giver of beautiful pleasures and bestower of splendid wealth, material as well as spiritual.

Rig. 1.90.8

May our lands be green with crops, vegetables medicinal herbs and trees; be sweet and happiness giving. May the sun and our inner vital air be producers of blissful strength? May our cows, senses, rays of the sun and land be laden with honey showering bliss?

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

Time: starting at 2 pm and finishing at 4pm.

July Dates:

July 5; July 12, July 19; July 26