



RIGVED
YAJURVED
SAMAVED
ATHARVAVED

Swami Dayanand Saraswati

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Ved Sandesh October 2015 Volume 6 Issue 10

ARYA PRATINIDHI SABHA QLD INC

Krinvanto Vishvam Aryam ~ Make This World Noble

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Yaj Dates October

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Editorial:

Namaste All,

Its my pleasure to circulate another exciting newsletter. September has been busy month as well. We had hosted Seniors lunch, and it was great experience. Meeting the seniors and serving them was a great experience. This opportunity does not come by all times, and I believe all the Samaj members had a similar feeling. October is here now, and Ved Prachaar and Diwali Celebration will be the highlight. The members are also busy preparing land and planting vegetable so looking forward for fresh veggies.

Articles to:

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APSQ- Annual General Meeting 2015.

Arya Pratinidhi Sabha of Queensland had its Annual General Meeting at Queensland Vedic Cultural Centre on Sunday 13 September.

The Cultural Centre project was discussed in detail, and members had deliberations on the project. The Sabha has worked with various organisation this year, and it was discussed that organisation like ours should get together and work towards achieving their desired outcomes. It can only be possible if there is support from all other organisations. The President thanked all the organisations for their continued support and donations which is greatly helping the Cultural Centre project.

Thorough report was presented by the President Shri Jitendra Deo, and it was noted that generous support of our Indian community in particular has been enormous, and it's encouraging. It will propel our Sabha in achieving the project very soon.

Shri Jitendra Deo thanked all the members for their support for last 5 years in his capacity as the President of Sabha.

The following members were elected in the executive committee for 2015 -2016.

Patron: Pt Justice Devendra Pathik 'Arya Ratna', President: Mr Jitendra Deo J.P. (Qual), Vice President: Mr Sukarm Pal Singh, Vice President: Mrs Sushila Pathik 'Arya Ratna', Vice President: Mr Danny Singh, Secretary: Mr Hari Chand, Assistant Secretary: Mr Rajesh Chand J.P.(Qual), Treasurer: Mr Mul Chand, PRO: Dr Sukhvir Singh, Committee members: Mr Dick Sen, Mr Lalta Prasad, Mrs Latchmi Singh, Mrs Nirmala Ray, Mr Dinesh Kumar, Mr Vijendra Ray, Mrs Kanya Pradhan. Auditor: Mr Jitendra Kumar.

Purohits: Pta Usha Rai J.P.(Qual) Arya Ratna.

Mrs Ramkali Singh J.P.(Qual) Arya Ratna.

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



Pt Devendra & Mrs Sushila Pathik family performed the Yaj at QVCC on September 3. Pta Ramkali Singh "Arya Ratna" conducted the Yaj. Bhajans and Parvachans formed the part of Satsangh. Pt Devendra Pathik spoke on "Sankalp" or determination. He used the example for our project as the determination of the members and they have worked so hard for it. Today we are sitting here at the property which we can call ours. The topic was great and its great to see that determination can lead to very good outcome. The couple celebrated their wedding anniversary, and Yaj was performed for this occasion. Shri Sukarm Pal Singh spoke on values of Arya Samaj and principle of Arya Samaj. The refreshments were provided by the family.



The Sabha members performed the Yaj at QVCC on September 13. Mrs Sushila Pathik ji conducted the Yaj. The AGM was held after the Yaj. Refreshments were also provided by the members.



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



Mr & Mrs Dick Sen, Mr & Mrs Droan Sen and Mrs Roshini Dayal and family performed the Yaj at QVCC on September 20. Pta Usha Rai "Arya Ratna" conducted the Yaj. Bhajans and Parvachaans formed the part of Satsangh. well attended. The refreshments were provided by the family.



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



Mr & Mrs Sandeep Tomar family performed the Yaj at QVCC on September 27. Shri Sukarm Singh ji conducted the Yaj. Dr Sukhviri Singh spoke on behalf of the family. He also read a very heart touching story of a father. Mrs Shanjeshni Deo read out from the book about duties of husband and it was very interesting. Then Shri Sukarm Singh ji continued with the Arya Samaj's principles. Family celebrated their daughter's birthday and cake cutting formed the part of celebration. Refreshment was provided by family.



Hindustani Language School, Culture & Welfare Inc.

(Established 1992)

Hindi is our mother tongue. It is the duty of all parents to maintain our Language,
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Calamvale Community College, 11 Hamish St, Calamvale

Boondall State School, Roscommon Rd, Boondall

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

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. Our hearty thanks to all members and well wishers for continuous support.

Thanks to Mr & Mrs Sukarm Pal Singh for donating lawnmower and trimmer. The equipment will be kept at the centre and members can use them while cleaning up and doing lawns.

	AUGUST 2015	TOTAL	\$4752.00
02/08/2015		Mr & Mrs Vijrendra Singh	\$2500.00
02/08/2015	For 10 Chairs	Mr & Mrs Anil Karan	\$80.00
02/08/2015	For 10 chairs	Pt Devendra & Mrs Sushila Pathik	\$80.00
2/08/2015	For table	Mrs Latchmi Singh	\$40.00
2/08/2015	For tables	Mr Rajesh Chand family	\$78.00
2/08/2015	Yaj donation	Mr & Mrs Pathak & Family	\$295.00
9/08/2015		Ms Premela Pathik	\$100.00
9/08/2015	Yaj donation	Mr Praveen & Mrs Kamini Kumar	\$127.00
16/08/2015		Gupt Dhaan	\$100.00
16/08/2015		Pt Devendra & Mrs Sushila Pathik	\$151.00
16/08/2015		Mrs Mohan	\$20.00
16/08/2015		Mrs Hari Prasad	\$20.00
16/08/2015		Mr & Mrs Sumer	\$100.00
16/08/2015		Mr & Mrs Amar Lala	\$110.00
16/08/2015	Yaj donation	Seniors Week Celebration	\$270.00
16/08/2015		Gupt Dhaan	\$501.00
23/08/15	Yaj donation	Sabha members	\$50.00
30/08/15	Yaj donation	Mr & Mrs Danny Singh	\$130.00
	September 2015	Total	\$3303.00
06/09/15	Yaj donation	Pt Devendra & Mrs Sushila Pathik	\$134.00
20/09/15	Yaj donation	Mr & Mrs Dick Sen	\$493.00
20/09/15		Mrs Kiran & Mr Prakash Nand	\$500.00
27/09/15		Mrs Sunita Singh (for lawnmower)	\$1000.00
27/09/15		Mr & Mrs Ameet Jai Raj	\$100.00
27/09/15	Yaj donation	Mr & Mrs Sandeep Tomar	\$76.00
27/19/15		Dr Vishal & Mrs Sarika Chand	\$1000.00

Prayer

Upasana

Upasana implies meditation and through the practice of spiritual yoga, gradual realization of God i.e. 'attainment of the Supreme Being'. The word Upasana literally means getting close to God, and Asana mean sit down, exist. How does one get close to an entity such as God, who as stated in Stuti, exists everywhere in the universe including all around us as well as inside our soul and is already the closest entity.

Why the need of Upasana

Vedic scriptures consider three types of separation between two entities. The first is that of physical distance: one person is in the United States and the other in India, however, this separation does not apply to the soul and God. The next separation relates to time: Maharishi Dayanand Saraswati lived 150 years ago we are alive in 2010, however, this separation also does not apply to the soul and God. The third separation is that of awareness and the separation of the soul and God is that of awareness on the part of the soul. It is only during deep meditation when all of the mind's external activities are suspended, and the mind is fully focused inwards, the soul consciously perceives and joins God and this is true Upasana or yoga.

The phrase the soul joining God or 'attaining the Supreme Being' as stated above means that superconscious state of Samadhi is the final stage of Upasana or spiritual yoga where the mind is completely tranquil and the individual soul is one to One with God the Supreme Soul and enjoys infinite bliss, deep enlightenment and God's benevolence. The soul is consciously aware of God who is *Anandswaroop* (Supreme Bliss), and *Jnanswaroop* or *Prakashswaroop* (True Knowledge).

Upasana also implies intense love and awareness of the attributes of God as well as progressive incorporation of them in one's own life. For example Upasana requires that just as God is kind and loving, we are both making an effort to acquire kindness and love in our life as well as have progressively actually acquired kindness and love respectively. Our life actually reflects true kindness and love for other beings.

The best method to practice Upasana is to follow Maharshi Patanjali's *Yog Darshanam* (yoga aphorisms) which has organized the practice of yoga in a systematic manner and is also called *Ashtanga* Yog (the eight-step), Raj Yoga, and Dhyana Yoga (the yoga of meditation or concentration).

When Upasana/yoga is regularly practiced with sincerity, one gradually acquires concentration in meditation. While progress may be initially slow, success is certain in the long term. Perfection occurs gradually as dhyana in yoga-meditation practices become so intense that a person totally surrenders to God and devotes his or her life to seeking God and helping others and not doing any deeds for personal gratification. The following Veda mantra is an example of Upasana:

Yunjatay manah ut yunjatay dhiyo viprä viprasya brahato vipashyachitah,

Vi hoträ dadhaya vayunavid eka it mahi devasya savituh parishtutih.

(Rig Veda 5: 81: 1)

The message of this mantra is for all human beings desirous of attaining God and bliss. Who am I? Am I my soul, my mind, or my intellect? According to Vedic scriptures, I am my imperishable soul that interacts with the environment through the mind via sense and action organs guided by the intellect. The mind and intellect, however, through the practice of yoga can also be directed inwards towards the soul and God. *(cont. in next issue)*

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

October Dates: Ved Prachar by Acharya Ashish on 23, 24, 25 at QVCC.

October 4; October 11; October 18 ; October 25

Time: starting at 2 pm and finishing at 4pm