



RIGVED
YAJURVED
SAMAVED
ATHARAVED

Swami Dayanand Saraswati



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ARYA PRATINIDHI SABHA QLD INC

Krinvanto Vishvam Aryam ~ Make This World Noble

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Editorial:

Satsangh's were held during this month, and no major events happened. The Satsangh's were well attended. I would urge more youths to attend the functions so we can present more programs during Satsangh to cater for their interest. The time we spent talking about interesting things in Vedas will help us in our future development.

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The Revelation

Even today we do not learn anything without receiving instructions from our parents or teachers. The children of the greatest scholar, philosopher or scientist have to go to the school. The proposition of the evolutionary theory is that humans have, from the day of his origin, been progressing in the discovery and application of the laws of science. If a child is brought up in the company of beasts or ignorant people, he would remain as ignorant as they. Experiments have been made by keeping new-born human children in isolated place, taking care, of course, to provide them with food, drink etc., but never communicating with them by means of speech. Even after 10-15 years, such children were as innocent as ever. Some 60 years ago, a boy and a girl (later named Ramu and Kamla) who had been carried away by a wolf in their infancy, were rescued from the jungle and put in the Gandhi hospital in Lucknow. Having been brought up by the wolves, they would walk cat and drink like animals and nothing beyond. If there were no teachers, all human population would have continued to behave like beasts from the beginning of creation to the present day. People living in remote areas behaved like beasts until they received instruction from others. The savages have not become sages (learned person) by observing nature. Nature is open to all alike. If that could help, no nation or country would have been found in a sickly or barbarous state. Nature, being non-conscious itself, can never be the once source of knowledge be it physical and ethical or spiritual. The savages became sage only when they receive instruction from the same quarter. The Bheels of India, and similar other tribes in remote areas in other parts of the world became civilised only when they came into contact with civilisation.

Nations of their barbarity misnamed primitive, are declared by archaeologists on the irrefutable evidence of geological findings to have had a glorious past. It was no way inferior in the lustre of its development to the present day scientific glamour of any up-to-date civilised country of the world. These geological discoveries testify not only the fact that humans existed tens of millions of years ago, but also that their primitive life was to a very high degree cultured and refined, so much so that he was proficient in some of the most modern civilised arts.

If god had not instructed the savages in the beginning of creation and similarly the sages had not simultaneously transmitted knowledge to other all the people would have remained absolutely ignorant. Human beings were endowed with knowledge by the Supreme Being in the beginning of the creation through the Rishis who transmitted it to their future generations. It is said that god has endowed us with a conscience to discriminate between right and wrong, good and bad and virtue and vice. In that case every man will decide things as dictated by his own conscience, influenced by surroundings. The verdict will vary from man to man. Without a universal code of conduct issued by one central unerring authority, no society can function smoothly. Granting, but not admitting, that some people were able to rely on their conscience and inspiration for discriminating between rights and wrong, it is difficult to acquire knowledge of the ultimate human end, the true nature of god, of even Prakriti, the nature of freedom or liberation. Such things cannot be held by human intellect. Hence the necessity of relaxation in the beginning of creation.



Mr & Mrs Dhurup Deo and Alvin during Havan Yaj.

Mr & Mrs Dhurup Deo and family performed Havan Yaj at Finnish Hall . The happy occasion was to bless Alvin on his birthday. Havan Yaj was conducted by Pandita Ramkali Singh and Pandita Usha Rai . Bhajans were sang by Soneel and Ravneel Deo. The Satsangh was well attended and refreshment was served by the family.

Sen family performing Yaj during regular Satsangh at Finnish Hall.



Mr & Mrs Dick Sen, Mr & Mrs Droan Sen and family performed Yaj at Finnish Hall.



People present at Satsangh at Finnish Hall

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 **Yogisutra** has described eight stages for the purification of body, mind and breath. These stages that constitute Ashtangyog are Yam, Niyam, Asan, Pranayam, Pratyahar, Dharan, Dhyan 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 (*Aparigrah*). 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 ones 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. (Continued in next issue)

Yoga-positive wellbeing

Sabha is offering free Yoga classes to greater Brisbane community at Finnish Hall 62 Newnham Rd, Mt Gravatt East. Just bring your Yoga Mat, towel, Cushion, and water bottle. You can also visit www.yogguru.com.au for further information about your conditions, and how Yoga can help, contact Jitendra Deo 3263 1914.

Havan Yajna Dates and Venue.

Finnish Hall 62 Newnham Rd, Mt Gravatt East.

3 August Satsangh 2-4pm. Yajman Mr & Mrs Sukhvir Singh

24 August Satsangh 2-4pm Shri Krishn Janam Diwas.

17 Somerset Dr Carseldine

10 August 2014 10-11.30am Satsangh