



श्री विश्व सनातनधर्म मन्दिर Shree Vishwa Sanaatan-Dharma Mandir 132 WHITEHORSE ROAD CROYDON SURREY CR0 2LA (U.K.)

In Memory of Late Shree Parshotam Lal Bhagat Abbott & Late Smt Parvesh Bhagat Abbott

Issue No. 020

Monthly

Feb 2016

सानातान धर्मा मेसज

जै माता दी

What is Sanaatan Dharma?

Sanaatana Dharma is a code of ethics, a way of living through which one may achieve moksha (enlightenment, liberation).

MESSAGE FROM THE CHAIRMAN:

We thank you all on behalf of the Mandir Founders, Trustees for attending Satsang & festival regularly. We also take this opportunity to thank all the Volunteers for hosting and participating in serving Prasad to Maa Durga and all its devotees.

Any Devotees who wish to participate as YAJMAN, please contact Mandir Management as soon as possible by e-mail / phone.

In the meantime the Mandir services will continue as usual and all weekly programmes will remain unchanged. Daily Evening AARTY will be performed at normal time

Nitin Mehta MBE

Chairman

Founder:

Shree Man Mohan Abbott

Trustees:

Dr. Sh. H P Abbot
Pandit Sh. Veerendra Rishi
Pandit Sh. Dr Venkat Joshi
Pandit Cllr. Sh. Raju Pandya

Chairman:

Shree Nitin Mehta, MBE

Mandir Purohit/ Acharya Ji
Vacancy:

Newsletter Editor:

Mandir Management

Newsletter Designer

Deveshi Priya, Age 10

This month's Festival:

EKADASHI	एकादशी	04-02-2016	THURSDAY
AMAVASH	अमावस	08-02-2016	MONDAY
PANCHAK BEGINS 10.41 PM	पंचक आरंभ	08-02-2016	MONDAY
TIL CHOUTH	तील चौथ	11-02-2016	THURSDAY
VASNT PANCHAMI	वसंत पंचमी	12-02-2016	FIRDAY
SANKRANTI (PHALGUN)	संक्रांति (फाल्गुन)	13-02-2016	SATURDAY
PANCHAK END 01.42 AM	पंचक समाप्त	13-02-2016	SATURDAY
EKADASHI	एकादशी	18-02-2016	THURSDAY
PURNIMA	पूर्णिमा	22-02-2016	MONDAY

VOLUNTEERS:

We would appreciate any Volunteer service from the devotees.

Please contact Nitin Ji /
Manmohan via e-mail:

mail@vishvasanatadharam.org

Monthly Programme:

SATSANG

REGULAR MANDIR DEVOTEES HAVE BOOKED THE MANDIR FOR A MONTHLY SATSANG TO BE HELD EVERY FIRST SUNDAY OF THE MONTH FROM 3PM TO 5PM. ANY DEVOTEES WISH TO BE YAJMAN ON THE DAY, PLEASE CONTACT THE MANDIR MANAGEMENT TEAM ON 07956348676.

Weekly Programme:

1. EVERY MONDAY:(BHAGWAN SHIVJI PRAYERS / RUDR ABISHEK)

RUDR ABISHEK: As per ancient texts when Lord Vishnu was incarnated as Sri Rama, Lord established Shiva Lingam at Rameshwaram before crossing the sea. He performed Rudrabhishek to express his devotion towards Lord Shiva. This Pooja, where Lord Shiva is worshiped in His Rudra form, is hailed by all Vedic scriptures as one of the greatest Poojas to remove all evils, to attain all desires and for all round prosperity and peace. It is an abhishek /puja performed for Lord Shiva and it is very auspicious to perform. (Devotees are welcome to come and perform this ceremony during Mandir Opening Hours on Monday)

2. EVERY TUESDAY:(HANUMAN JI / BAJRANG BALI JI PRAYERS)

RECITING SUNDERKANT CHAPTER FROM RAMAYAN & THEREAFTER ENCHANTING HANUMAN CHALISA.

3.EVERY WEDNESDAY:(BHAGWAN VISHNU PRAYERS)

ENCHANTING LORD KRISHNA MANTRA AND RECITING 1008 NAMES OF LORD VISHNU, THEREAFTER BHAJAN

4. EVERY THURSDAY:(BHAGWAN VISHNU / LAXMI JI)

RECITING SRIMAD BHAGAVAD PURANA, THEREAFTER BHAJAN

5. EVERY FRIDAY:(DEDICATED TO ALL MATA JI)

KATHA AND BHAJAN IS DEDICATED TO MAHALAXSHMI MATA JI, SANTOSHI MA, ANNAPURANESHWARI AND MAA DURGA.

6. EVERY SATURDAY: (DEDICATED TO SHREE HANUMAN JI FOR BHAGWAN SHANI DEV JI)

ENCHANTING HANUMAN CHALISA (108 TIMES)

7. EVERY SUNDAY: (BOOKINGS AVAILABLE FOR PRIVATE PRAYERS / FUNCTIONS)

TO BE ADVISED ON A WEEKLY BASIS

ANY DEVOTEES WISH TO BOOK THE MANDIR FOR ANY OF THE ABOVE DAYS FOR THE ABOVE PRIVATE POOJA CEREMONY, PLEASE CONTACT MANDIR MANAGEMENT BY E-MAIL.



Whatever time we have, it should be put to use in the best of best work.



We have limited TIME !

Just as a mechanical watch, ticks till the spring is wound. And when unwound, the watch stops. Similarly, our internal clock in the form of life-breaths is ticking away. The moment the life breaths are over, one has to die.

For General and Newsletter Enquiries:

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E-mail Enquires:

mail@vishwasanatandharammandir.org

mail@vishwasanatandharammandir.org

Website:

www.vishwasanatandharammandir.org

Mandir Opening Times:

9.00am To 1.00 pm

5.00pm To 7.30.pm

Mandir Closing Times:

1.00pm To 5:00 pm

7:30pm To 9.00 am

|| Shri Hari ||



Simply by looking at the meter,
and the number of units of
electricity consumed, the
amount you owe is determined.
In the same way, we all have a
meter within us.

www.swamiramsukhdasji.net

Prison - A School

(A discourse given in the Nagpur Prison)

You are not even required to speak a lot. Your officers, have to command, therefore they are required to speak; but you are not required to speak much of anything. Therefore you can do Naam Japa in an exceptional manner. Every few minutes, call out 'O' Lord! Let me never forget you; O' Lord! May I develop Love for your Lotus Feet!' – in this manner, continue to pray to the Lord, and do '*Naam Japa*'.

Be a well-wisher of all, from the heart. Do not wish bad of anyone. Do not even wish ill of even the one who had filed a lawsuit against you, and got you imprisoned; because he has done so, to cleanse you off your sins. If you are purified, then you will not need to take birth time and again, nor will you need to go to prison. Staying in a mother's womb is a very heavy duty prison. A 'jiva' encounters a lot of difficult over there, he suffers a lot; but time and again he has to go back there, due to sins. Therefore, if the '*kaaran*' (instrument of action) is destroyed, then the '*kaarya*' (action) will be wiped out on its own – 'मूलाभावे कुतः शाखा ।' When the root itself is cut off, then how will the branches come? Therefore, one should never engage in sins, injustice, bad conduct, etc. neither should one steal, rob, or harm anyone. He who causes pain to others with mind, body, and speech, will have to suffer - this is the truth.

As is the seed, so is the tree, and with that tree, so will come the same seed. In the same way, he who causes pain to others, he will have to suffer. By causing pain to others whether one gets pleasures, by snatching away someone's wealth, by beating others whether one becomes rich at present, whether one becomes pleased right now, but in the end, one will have to suffer, you cannot escape it. There is a lot of justice in the Lord's kingdom, there is fairness. Here, by lying, cheating too, a man can escape punishment, but in God's kingdom, you cannot be saved. there you will not be able to get false witnesses, and you will not get defense lawyers either. There you will have to bear punishment according to the sins that are committed.

All of you, pay some attention. Just as a fan runs, a light bulb lights up, a speaker amplifies the sound - all this is taking place due to electricity. When the representative of the electric company comes to your house, he does not ask you how much electricity you all have used up, how did you do so, when did you do so? The meter is installed, and simply by looking at the meter, he determines your bill and invoices you for the number of units of electricity consumed. That is the amount you owe him. In the same way, we all have a meter within us.

This meter is placed from the neck to the head. As we see, hear, taste, touch, smell, it is all recorded in the meter. When a thought arises in the mind to harm someone, then that too is recorded in the meter. Those who are watchmen in the prison, have a device around their neck. Anytime they fall asleep, it gets recorded in the device, and accordingly appropriate arrangements will be made for punishment and reward. They will not ask that how much and what was done? There is no need to ask these things at all. They themselves can see everything that was recorded. Here in order to get someone to tell the truth, they have to be first made unconscious, and in that unconscious state, they reveal the truth from the impressions that are left on their mind. But, there is this wonderful device within, in which there is no need to talk ! The inner feelings and sentiments can be known on their own; and accordingly the favourable and unfavourable situations come in one's life.

The favourable situations are not as beneficial as the unfavourable situations. Enjoyment of pleasures appears good, but the result is not so good. Pleasures enjoyed, exhaust your virtues bank, and one's habit are ruined, whereby, the desire to enjoy pleasures once again arises. The desire to enjoy pleasures, is the root of sins. Arjun asked, Maharaj, this man does not wish to commit sins, then too, who is it that forcefully makes him commit sins ? (Gita 3/36) . God said, the cause of sins is desire for pleasure and hoarding. The more sense enjoyments that a man indulges in, the desire for these pleasures will increase. That desire itself will make him commit sins. By indulging and enjoying sense pleasures, the previous virtues are destroyed, and with the desire for enjoying sense pleasures, the seed of sins are sown, by which he becomes a sinner. Therefore, there is no benefit in enjoyment of pleasures. But there is significant benefit in suffering pain - on one hand, the old sins are wiped out, and on another, from the sense enjoyments it is revealed that we have done these things for pleasures, due to which we have to suffer pain. Therefore, on having such sentiments, that henceforth we will not commit any sins – man is purified.

It has been seen that when some person becomes very ill, then on coming out of that illness, his mind-intellect are purified. This can be recognized, by putting forth some talks pertaining to God, stories of devotees of God in front of him, and on listening to these, he has an outpouring of emotions, he begins to cry. He finds the tales of God very dear. Now, what is the reason behind this? The suffering during the illness, cleansed the inner-senses, and purified him. Love of God manifests in his mind-intellect etc. that are purified ! Therefore you all too will become pure from undergoing this prison term. While staying here, let your feelings, sentiments and intentions be good. The outcome of this, is very great for you. You are more fortunate compared to those who enjoy pleasures and roam around in freedom.

We have six ' *darshan shastras*'. *Patanjali Yogdarshan* is one of them. It is said in it 'हेय दुःखमनागतम्' (२ । १६) – The pain and sorrow that has not come yet, but there is a possibility of it coming, that sorrow can be renounced. In other words we can be saved from that sorrow ! What can be done about the pain and sorrow that we have already suffered ? The pain that we are experiencing right now, on enduring it, it will come to an end. This human body has been received to be save from such suffering. In this human body, if we remain vigilant, if we conduct ourselves properly, and live reputably within limits, then moving forward, there will not be any sorrow. Your current position is very good to be saved from the pain and suffering that is coming your way. Now it is very essential that you be exceptionally careful. Those who live outside in householder life, and consider themselves to be free, for them too, it is very essential to be extremely careful. Without being careful, negligence, laziness, various '*tamo gunas*' (modes of inertia) and related

tendencies will not go away. Violence, negligence, laziness, uselessly wasting away time is a very wrong. Therefore, it is a sensible thing for you to put all your time in the best work.

For every person, whether a '*sadhu*' or a householder, whether a brother, or a sister, whether educated or not, I continue to say these four points, time and again. Put these points to use, then it will be very beneficial, life will be purified. These four points are like this –

(1) First and the foremost, is the issue of 'Time'. Whatever time we have, that time should be put to use in the best of best work. Do not waste any time. The time that goes away in playing cards, games, cinema, dramas, sports (hockey, cricket and various other games), is being wasted away. Neither do you attain God from those activities, nor do you get any worldly gains from it. Yes, there are certain sports, that exercise the body, make it healthy; but mostly it is futile waste of time. By watching movies the eyes also get spoilt, money is wasted, time is ruined, and character also becomes bad. Life is ruined in such playing-entertainment etc.

The time that we have received is limited, it is not unlimited. Just as in a mechanical watch, the number of rounds that it is wound, that much the watch will tick away. The moment the spring is fully unwound, the watch will stop working. In the same way, our internal clock in the form of life-breaths is ticking away. The moment the life breaths are over, one has to die. Beyond that point no one can live. It is not in one's hand, that with one's strength, entitlement, abilities, knowledge one will be able to continue to stay alive. Those life-breaths if they are used in useless work, in committing sin, in addictions and vices, then this is great foolishness !

Nowadays, due to significant increase in taxes, there is hiding and stealing going on in trade and business etc. They try to save money, as taught by the lawyers. They do not even think that by saving money in this way, the mind-intellect becomes impure ! One saint used to keep saying, that immense purity comes from honest earnings. There was a king that used to frequently visit a saint. Once the king asked him that 'Maharaj, many people come to visit you, you too go to many homes for 'bhiksha'. Is there such a home in your eyes, whose food is from honest and proper earnings ? If you see such a place, then please let me know. The saint said 'In such and such place, there is an old woman, her food is from honest and unadulterated earnings. She spins cotton and with that her livelihood is sustained. She has no money, has an ordinary hut made of grass and hay; but she does not take what belongs to others, therefore, her food is holy.' On hearing this the king thought that if I get a 'roti' from her, then it will be very good! The king himself dressed as a beggar, reached her house and said – 'Mataji ! May I get some bhiksha (alms) !' The old lady went inside and brought a 'roti; and said – 'Son ! here, take this roti'. Then the king asked – 'Mataji, tell me one thing, is this roti from honest earnings ? Hope other's entitlements are not over it ?' To this she said – 'See son, this roti is not entirely from honest earnings, in this a little bit of others entitlements are there ! One day at night a wedding procession was going on. I had spun the cotton in the procession lights, that much of other's entitlement has come over it. Besides this, there is no shortcoming my earnings.' The king was totally astonished, that this old woman was so attentive to even such a minor issue. What entitlements does she have on other's light under which she spun the cotton ?

In this ways, these four points were covered –

1. Do not waste time, put it to best of best work,
- 2 Whatever work you do, keep increasing your knowledge-skill in that area,
- 3 Develop the habit of spending very little money in the up-keep of this body,
- 4 Don't take away other's entitlements

He who has these four points, is very much liked by others. If he wants to work, to get a job, he will surely get a job. These big businessmen, they lie-cheat and betray the government, they even keep a separate set of books (ledger, journal), and at the opportune time they betray the trust as well; but they too, do not wish that their own book-keeper will lie, cheat and steal from them, or betray their trust. They too wish that they get an honest and good man as an employee. Even a dishonest man, wants an honest good employee and even an honest man wants an honest employee. Everyone continues to have an appetite for a genuine and honest man.

I had met a widow. Her in-laws took away all her money and jewellery and didn't leave anything for her. She used to say 'between my two hands is my stomach, that is the extent of my expense ! People have to support their entire families, I have only this stomach, neither son, nor daughter. Myself and my two hands are with me. What shortages do I have ?' He who spends less money, and is able to manage with spending little, such a person has lot of readiness in him. With this promptitude and readiness, he is able to earn and live, and his mind is ever cheerful. But on taking other's entitlements, the mind does not stay flawless. He who takes other's entitlements, whether he becomes a wealthy person on the surface, whether he eats-drinks and becomes nourished, but he cannot become fearless. He who has not taken any one's entitlements, what can cause fear in him ? He remains fearless and free of any doubts. He never has to undergo any difficulty. In this way, you too, make your life free of any flaws. Put these four points to use. With this your 'antahkaran' (mind-intellect etc.) will become free of impurities. Besides this, read the books of those saints that you have faith in, and make your life according to those teachings .

Narayan! Narayan!! Narayan!!!

–From the book in Hindi 'Vaastavik Sukh ' by Swami Ramsukhdasji





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In Memory of Late Shri Parshotam Lal Bhagat Abbott & Late Smt Parvesh Bhagat Abbott

Poetry Of The Month

AMRIT VACHAN-GOD KNOWS

- When you are tired and discouraged from fruitless efforts...
GOD KNOWS HOW HARD YOU HAVE TRIED.
- When you have cried so long and your heart is in anguish...
GOD HAS COUNTED YOUR TEARS.
- If you feel that your life is on hold and time has passed by you...
GOD IS WAITING WITH YOU.
- When you are lonely and your friends are busy even for a phone call...
GOD IS BY YOUR SIDE.
- When you think you have tried everything and do not know where to turn...
GOD HAS A SOLUTION.
- When things are going well and you have much to be thankful for...
GOD HAS BLESSED YOU.
- When something joyful happens and you are filled with away ...
GOD HAS SMILED UPON YOU.
- When you have a purpose to fulfil and a dream to follow...
GOD HAS OPENED YOUR EYES AND CALLED YOU BY NAME.
- Remember that whatever you are or whatever you are facing...
GOD KNOWS!

Composed by:
DEVOTEE



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Community Special submission can be sent to the Mandir management by 25th of each month. We will endeavour to print in the newsletter FOC.

COMMUNITY SPECIAL

Introducing
a new school for
CROYDON

KRISHNA AVANTI
PRIMARY SCHOOL

Opening September 2016

Opening
September 2016



KRISHNA AVANTI
PRIMARY SCHOOL



Introducing a new 2 form-entry primary school for Croydon

Avanti Schools Trust are pleased to announce the fifth addition to our family of successful schools. Supported strongly by the local community, the school will provide an outstanding education for all.

Avanti schools prepare pupils for their respective life-journeys by promoting educational excellence, character formation and spiritual insight. Our Hindu faith schools are truly inclusive, seeking pupils and staff from all backgrounds and faiths; we do not operate a faith criteria for pupils. Alongside teaching the full curriculum, we are unique in offering practical 21st century spirituality, rooted in ancient wisdom. Class meditations, values-led lessons and yoga encourage reflection and are tools for life.

The planned permanent site will be a brand new building where Victoria House currently stands (CR0 4HA).

All children that will be starting Reception year in 2016 should apply via Croydon Council from September 2015 and register their interest online:

www.avanti.org.uk/kapscroydon



AVANTI SCHOOLS
TRUST

*A Journey of
Self-Discovery*



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SHREE VISHWA SANAATAN DHARMA VIVAH SERVICE (VSDMVS)

Please complete this form in BLOCK CAPITAL letters and send it to the above address with

Please send SELF ADDRESSED STAMPED envelope.

Contact Details

Title	Mr / Miss / Mrs / Dr	First Name	Surname
Address		Town / City	County: Post Code
Tel Number	Landline:	Mobile :	
E-mail			

Applicant Details:

Title	: Mr / Miss / Mrs / Dr	Sex : Male Female
First Name		
Surname		
Marital Status		
Nationality		
Date of Birth	Height : ft in	
Smoker :	Yes No	Vegetarian Yes No
Caste: (Optional)		
Qualifications	Occupation	

Declaration and Consent:

I understand and agree that the **SHREE VISHWA SANAATAN DHARMA MANDIR VIVAH SERVICES** and its Management will under no circumstances be held responsible legally or morally for the bonafide of either of the 'parties' concerned nor liable for any form of legal action.

I declare that the above particulars are correct to the best of my knowledge.

Signed (applicant): _____ Date: _____

Contact Name: _____ Tel No: _____

Please inform us in writing as soon as your son/daughter is engaged / Married.

For Office Use Only:

Date: / / Ref No: