



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. 023

Monthly

May 2016

# SAANAATAN DHARMA MESSAGE

## Jai Mata Di

### 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 11

### This month's Festival:

PANCHAK BEGINS	05.14 AM	पंचक आरंभ	01-05-2016	SUNDAY
EKADASHI		एकादशी	03-05-2016	TUESDAY
PANCHAK END	08.47 AM	पंचक समाप्त	06-05-2016	THURSDAY
AMAVAS		अमावस	06-05-2016	FRIDAY
AKSHAY TRITIYA		अक्षय तृतीया	09-05-2016	MONDAY
SANKRANTI (JYESTHA)		संक्रांति (ज्येष्ठा)	14-05-2016	SATURDAY
EKADASHI		एकादशी	17-05-2016	TUESDAY
PURNIMA		पूर्णिमा	21-05-2016	SATURDAY
PANCHAK BEGINS	11.32 AM	पंचक आरंभ	28-05-2016	SATURDAY

### VOLUNTEERS:

We would appreciate any Volunteer service from the devotees.

Please contact Nitin Ji /  
Manmohan via e-mail:

[mail@vishvasanatadharam.org](mailto:mail@vishvasanatadharam.org)

### Mandir Opening Times:

10.00am To 1.00 pm  
5.00pm To 8.00pm

### 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 Siva. 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.

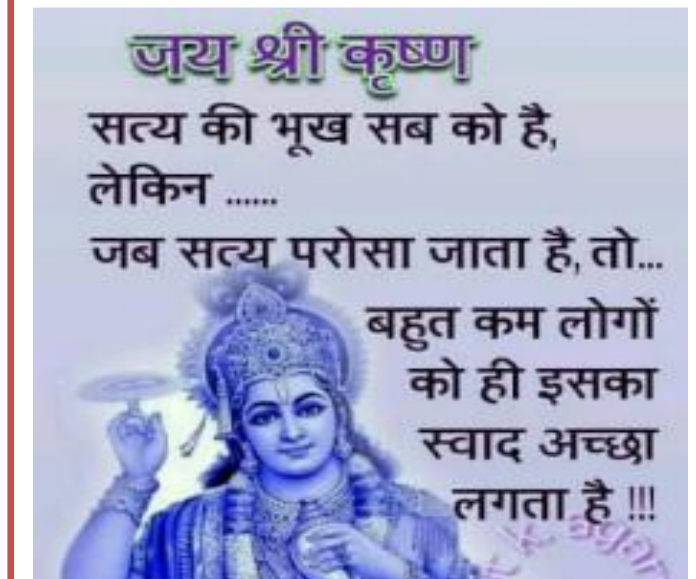
### 6. EVERY SATURDAY: (DEDICATED TO SHREE HANUMAN JI FOR BHAGWAN SHANI DEV JI)

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.



**FREE Course on Gyatri Mantra for 5 Sundays at the Munder by Mayuraben Patel Starting from 15 May 2016 from 12.30 – 2.00 p.m Concluding with Aarti, For info please Contact Mayuraben 07932530370**

#### For General and Newsletter Enquiries:

Shree Nitin Mehta (07910875908)

Shree Raju Pandya (07956252294)

Shree Dr H P Abbot (07956824091)

Pandit Shree Veerendra Rishi (07788436348)

Pandit Shree Dr Venkat Joshi (07986603951)

#### E-mail Enquires:

mail@vishwasanatandharammandir.org

mail@vishwasanatandharammandir.org

#### Website:

www.vishwasanatandharammandir.org



## "Is Salvation Not Possible Without a Guru?"

**Question:** *I have accepted a 'mala' (chain, rosary of beads) from a Guru but now I have no faith in him. Should I return the chain?*

**Answer:** Do the 'mala' once around (108 beads) with the sacred message (Guru Mantra) imparted to you by your Guru and the remaining time you should chant the holy name of your favorite deity according to your liking, study the holy books and attend spiritual discourse of exalted souls.

**Question:** *Though I have accepted someone as my Guru, but now I have lost faith in him. Would it be sin if I give him up?*

**Answer:** When you have developed a strong disliking for the Guru that you earlier accepted and you have lost faith in him, it means you have already left him. Better thing would be, neither to criticize him, nor to have any bondage with him. There is no sin or offense in leaving a Guru who is greedy, has strong craving for women, has no sense of distinction between good and bad and indulges in undesirable activities.

The scriptures recommend leaving such a Guru -

**"Gurorpyavaliptasya kaaryaakaaryamajaanatah |  
utpathpratipannasya parityaago vidheeyate ||  
(Mahabharat. Udyog. 178/48)**

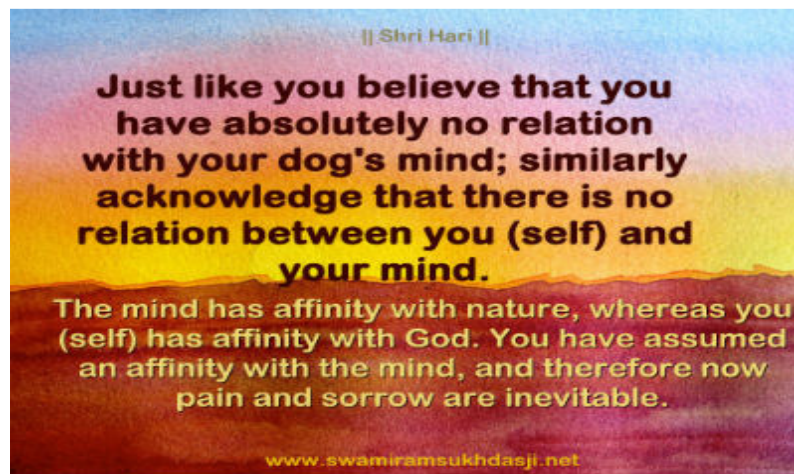
"If a Guru out of his false ego, forgets what to do and what not to do and proceeds on a wrong path, he should be given up, it is sanctioned by the scriptures."

**"gyaanheeno gurustyaajyo mithyaavaadee vikalpah |  
swavishraantim ne jaanaati pershaantim karoti kim ||  
(Sidhasidhaansangrah, Gurugita)**

"One can get rid of an ignorant, untruthful and confusing Guru, as the one who cannot attain tranquility and peace himself, how can he impart peace to others?"

**"Patitaa Guruvastyajyaa maataa cha ne kathanchan |  
Garbhadhaaranposhaabhyaam ten maataa gareeyasi." ||**

"Though a degraded Guru is to be renounced, a mother is never so. Giving birth to a child and bringing it up makes a mother much greater than a Guru."



## "Sansaar kaa asar kaise chute?"

**Question:** *Intellectually we understand that body / mind are not us and we have nothing to do with it. Also earlier you said that in this way one should become indifferent to the worldly impressions on the mind, but how does one really become indifferent, disassociated with these?*

**Swamiji:** Just like you believe that you have absolutely no relation with your dog's mind; similarly acknowledge that there is no relation between you (Self, swayam) and your mind. The dog's mind and our minds are of the same nature and class (jaati). When the dog's mind is not yours, then this mind is also not yours. Mind is a fragment of nature and abides in nature (jada, prakriti), whereas we (self, swayam) are sentient element and a fragment of God's very own self. Just like the worldly impressions left on a dog's mind have no affect on you, similarly this mind too should make no difference to you (self, swayam).

The mind has a relationship with nature (prakriti) whereas you (self, soul, atma) have a relationship with God (Paramatma). You assumed an affinity with the mind, and therefore now pain and sorrow are inevitable. Now, whatever you do with this mind / body, you will reap the fruits of it's good and bad deeds. What ever be the thoughts that come into a dog's mind, what has it to do with you? Similarly, whatever comes to this mind, what has it to do with you (swayam)? Your relationship is not with the body, sense organs, mind and intellect. Your relationship is only with God (Paramatma).

Just to make us understand this Lord Shri Krishna says in the Gita -

**'Mamaivaamso jivaloke jeevabhootah sanaatanah' (Gita 15:7).**

'In this world, the Self (Atma) becomes an embodied Soul (jeev), though being a fragment of My Eternal Self (Paramatma).'

Understand this message and you will see a dramatic change in your outlook (vrittiyaan) and your spiritual accomplishments (saadhan).

You understand your self to be "I am". In this the "I" is insentient, whereas **"am" is sentient, conscious element**. It is only because of "I" the "am" exists. If "I" (ego) were removed then "am" would disappear and all that would remain is "Is-ness" or existence (sentience, consciousness). In the Gita, Lord has elaborated and said that when an aspirant becomes **"Nirmama-Nirahankarah"**, that is when he becomes **free from sense of mine-ness (nirmama) and free from egoism, i.e. "I am the body" (nirahankarah)**, then he attains **"Brahmi sthithi"** i.e. a state of God realized soul. (Gita 2:72).



अक्षय तृतीया जो इस वर्ष 9May को है उसका महत्व क्यों है जानिए कुछ महत्वपूर्ण जानकारी

आज ही के दिन माँ गंगा का अवतरण धरती पर हुआ था ।

महर्षी परशुराम का जन्म आज ही के दिन हुआ था ।

माँ अन्नपूर्णा का जन्म भी आज ही के दिन हुआ था

-द्रोपदी को चीरहरण से कृष्ण ने आज ही के दिन बचाया था ।

-कृष्ण और सुदामा का मिलन आज ही के दिन हुआ था ।

-कुबेर को आज ही के दिन खजाना मिला था ।

-सतयुग और त्रेता युग का प्रारम्भ आज ही के दिन हुआ था ।

-ब्रह्मा जी के पुत्र अक्षय कुमार का अवतरण भी आज ही के दिन हुआ था ।

प्रसिद्ध तीर्थ स्थल श्री बद्री नारायण जी का कपाट आज ही के दिन खोला जाता है ।

बृन्दावन के बाँके बिहारी मंदिर में साल में केवल आज ही के दिन श्री विग्रह चरण के दर्शन होते हैं अन्यथा साल भर वो बस्त्र से ढके रहते हैं ।

इसी दिन महाभारत का युद्ध समाप्त हुआ था ।

अक्षय तृतीया अपने आप में स्वयं सिद्ध मुहूर्त है कोई भी शुभ कार्य का प्रारम्भ किया जा स

Acharyadineshnautiyal 9891111584





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## Poetry Of The Month

### *Religious: Hymns and Adoration*

#### *Lord Vishnu*

The sustainer of the Universe.

O Vishnu:

Save me from pride,  
Curb my restless minds' tide,  
Still my thirst for the waters of worlds' mirage,  
Be gracious, O Lord, give me courage.

I worship Thy lotus feet,  
Which are like Ganges water sweet,  
And of fragrance of knowledge, truth and bliss.  
I prostrate before Thee for an easy access.

O Laxmi Consort:

Thou over-cometh the fear, misery of the world,  
Thou giveth peace to souls deserve.  
Be gracious, O Lord, to Thy humble devotee,  
Rescue him from the Maya's mystic beauty.

O Narayana:

Slayer of demons hosts, (army)  
Bestower of Bliss and destroyer of foes.  
Thou art taking rest on coils of Sheshnaga,  
Thou holdest Laxmi as Thy consort, still in  
Vairagya.

O Lord:

I am not duality's slave.  
Why poignancy of senility then I have?  
The truth is that I am Thine,  
Not that Thou art mine.

O Govinda:

The waves are in Ocean, but ocean is not waves,  
The caves are in mountain, but mountain is not cave.  
So do I belong to Thee but Thou not belong to me.  
Thou art my God of worship and I am Thy devotee.

Thou art almighty one,  
Thy eyes resemble moon and sun.  
Can anyone doubt Thy universe,  
Nor anyone in words can it express.

O Sovereign Lord:

With Thy manifold incarnations,  
Ever hast Thou protected worlds' nations,  
Rescue my country, then, O Lord,  
Save it from its going to rot.

O Govinda:

Thou art possessor of infinite virtues,  
Thou art surpassing charm of rectitude.  
Thou churning of sea of worldliness queer,  
Be gracious unto me, destroy my extreme fear.

O Narayana:

Thou who art ever compassionate,  
Thou art master of Jivas' fate,  
Give me refuge in Thy feet O Lord.  
I beseech Thee, be pleased to stay in my heart.

Author: Lord Vishnu's devotee



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

**COMMUNITY SPECIAL**

Your Local  
**Guardian**

**Croydon's first Hindu school, Krishna Avanti Primary School, set to include rooftop playground**



Victoria House is to be redeveloped into Krishna Avanti Primary School

Croydon's first Hindu school is set to break more new ground – by being the first in the borough with a rooftop playground.

Victoria House, a former pupil referral unit in Southbridge Place, is to be redeveloped into Krishna Avanti Primary School, which is set to open in September at a temporary home.

Proposals for the three-storey building, which will take in 420 pupils, are to be presented to Croydon Council's planning committee on Thursday.

The school, for pupils aged four to 11, will have two classes in each year.

Avanti Schools Trust's plans include a two teaching blocks of two and three storeys as well as a rooftop play area.

The school is planned to open in September using the Minster Church of England Infant and Nursery School in Warrington Road as a temporary home, pending approval to redevelop Victoria House.

Brij Vadhvania, project manager for the trust, said: "This school has been born out of demand from the community.

"We already have four schools running around the country and they requested to have one in Croydon.

"Although we are a Hindu school we are completely inclusive, we have no faith criteria for our pupils or our staff."

The Department for Education granted permission for the trust to open the free school in March 2015.

Progress on the plans will be examined at Thursday's planning committee meeting before the trust lodges a formal planning application with the council at a later date.

Council leader Tony Newman said the school was "absolutely great news" for the borough.

He said: "Croydon is clearly one of London's finest and most diverse boroughs and this sounds like absolutely great news.

"We have a fantastic Hindu community in Croydon, I have been working with them on looking at plans to have more of a presence somewhere in Croydon but in the meantime a school sounds like good news to me.

"We have a lot of diversity and it is nice to see that reflected in a school. It is just part of that fantastic, rich mix that is Croydon."



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 21<sup>st</sup> 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](http://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: