



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. 024

Monthly

Jun 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 END	06.09PM	पंचक समाप्त	01-06-2016	WEDNESDAY
EKADASHI		एकादशी	01-06-2016	WEDNESDAY
AMAVAS		अमावस	04-06-2016	SATURDAY
SANKRANTI (AASADH)		संक्रान्ति (अषाढ)	15-06-2016	WEDNESDAY
EKADASHI (NIRJALA) (EUROPE)		एकादशी नीजला	15-06-2016	WEDNESDAY
VAT SAVITRI VARAT (EUROPE)		वट सवित्री	19-06-2016	SUNDAY
PURNIMA		पूर्णिमा	29-06-2016	MONDAY
PANCHAK BEGINS	04.56 PM	पंचक आरंभ	24-06-2016	FRIDAY
PANCHAK END	1.07 AM	पंचक समाप्त	29-06-2016	WEDNESDAY
EKADASHI		एकादशी	30-06-2016	THURSDAY

VOLUNTEERS:

We would appreciate any Volunteer service from the devotees.

Please contact Nitin Ji /
Manmohan via e-mail:

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.

|| Shree Hari ||

O' My Lord
Let me Never
Forget You !



Swami Ramsukhdasji
www.swamiramshukhdasji.net

human birth and desire for salvation

Now when God has given us these two,
He will also most certainly put us in
contact with enlightened souls.

Three rare things -

2) Desire for Salvation

1)

Human Birth

3)

Association of
Realized Souls



www.swamiramshukhdasji.net

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@vishwasanatanandharammandir.org

mail@vishwasanatanandharammandir.org

Website:

www.vishwasanatanandharammandir.org



What Is Our Own?

It is a matter of principle - that whatever is received and separates is not ours. This body and world is not ours. What does not remain with us is not ours. The body was made in the mother's womb and will remain here. We cannot remain with the body and the body cannot remain with us. It is a rule that whatever has been received will separate - because it is not our own.

Now, what remains with us? Only God. Only God is ours. He never separates from us. He is in our hearts (Gita 10:20, 15:15). He is our own. He is present all the time and in all things. How can He separate from us? It is impossible. Being omnipotent, he does not have the ability to separate from us.

This world is an abode of sorrows. It will most certainly separate from us.

Only God is ours - our very own. We are a part of God (Gita 15:7, Ramcharitmanas). We have been a part of Him since time immemorial.

Now when nothing is mine - then I have no my-ness with anything and I want nothing. So there is no 'mamta' (my-ness) and no 'kaamna' (desires). We get trapped in the world only when we assume anything in the world to be ours. Nothing in the world is ours. As Mirabai said - Mere to Girdhar Gopal, Doosro na koi. Accept this totally. Only God is our own. Serve everyone. A guest comes to your house and you serve him, similarly serve everyone. Serve by whatever means you have received - wealth, knowledge, capability, etc. Return the things that you have received to their rightful owner. Take the load off your shoulder. Be honest. Do not take what is not yours. You will be in bliss.

Just renounce the my-ness and accept that only God is mine. You will eradicate pain and sorrow. Pain is only due to assuming that which is not yours as yours. It belongs to the world - give it to the world. Do not assume it as yours. Attachment to the modes of nature is the cause of rebirth. Till you are attached you will have to return. Like you change clothes, you will keep changing bodies (Gita 2:22). You can be free from this only in the human life by the Grace of God. Fruits of all your past actions can be destroyed by the Grace of God.

Company of good saints is like medicine. Hold on to the real that you get in satsang. The unreal does not remain, it cannot remain. It will separate. Renounce it before it renounces you. Pain is only when you try to hold on to it. You have to make an effort to get pain. Give to all and be free.



Way to Eradicate Anger

Please give up this idea that "I have anger in me". Considering yourself to be angry based on past event is pointless. Anger is against one's spiritual discipline. It is an obstacle to one's spiritual progress. When anger comes, at that moment man's power of discrimination is destroyed. As soon as anger comes -

***krodhād bhavati sammohaḥ sammohāt smṛti-vibhramah
smṛti-bhraṁśād buddhi-nāśo buddhi-nāśāt praṇaśyati***
(Gita 2/63)

Your memory is destroyed ! Everything is forgotten, such as - I am God's; I worship Him and am devoted to Him; I associate with holy company / Truth; I am a spiritual aspirant, – all this is forgotten. When we forget the main purpose of this birth which is to engage in worship and remembrance of God and realize Him, what a major loss one suffers !

sammohāt smṛti-vibhramah

That which is written in the Gitaji is very true. There are two points

- (1) There is no anger in us and
- (2) Anger destroys man

Therefore in fact, we must not get angry.

Desire, anger, greed, attachment, lust, envy, conflict and all the other flaws that appear; they do not stay. Understand them to be temporary, the kind that come and go. Inquire on their nature. They do not have an independent existence. Understand this third point. How is there no anger in us? Then see – do you get angry with everyone? Do you get angry at all times? Does the anger remain at all times? Is there nothing else in me besides anger? See! these points that are being shared, I have acquired them from great saints and souls. You will definitely be benefited by them. That is the truth. You do it and see for yourself.

It is said that

"Ishvar ansh jeev avinashi chetan amal sahaj sukh raashi"

We are a part of God, we are divinity, immortal, conscious, untainted and blissful by nature. We are indestructible, therefore we have to detach from the flaws. "Amal," - there are no flaws in us. Have faith in Goswamiji's words.

Lord Krishna's words say -

"Mamaivaansho jeevaloke",
(Gita 15:7)

If it is in the father, than it will be in the son! There is no flaw in God.

**"Krodhopi shatru prathamah
naraanaam dehashthito dehvinaashnaai."**

There is great loss, destruction from anger, for you as well as the other.

"Namostute krodhdevaay swaashraya jwaaline visham,"

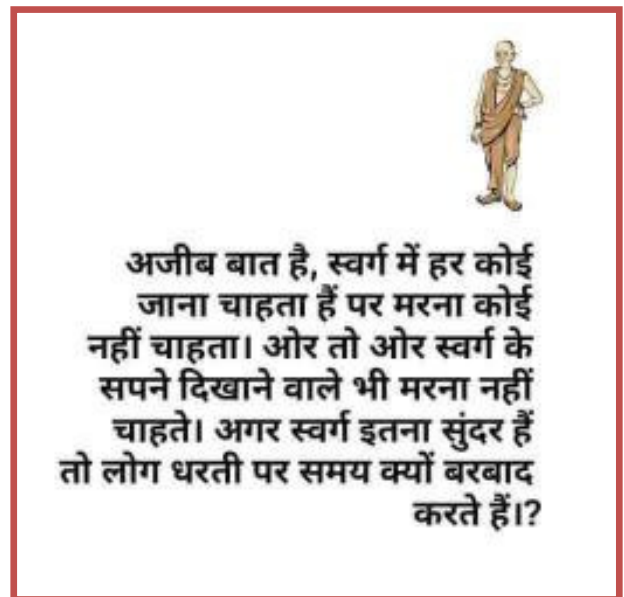
O' God of anger, I bow to you. Wherever you go, first you burn off that place. How ungrateful! Others you burn later on, first it burns you.

"Jis haandi mein khaave usi ko phode."

You break the plate that you eat in. So vicious! That wood in which there is fire, that itself you burn. Therefore Brother, you must leave this anger! First it burns us and then the other, like fire. Anger even burn blood, it destroys it.

See, there is a very good point. When anger comes understand that it is not in you, then where did it come from? Then there was some tendencies from the past therefore it has come, but now it is gone. It has not come, just some impressions of the past were there on the mind-intellect, but it is gone now. Do not consider it to have come, know it as it is on its way out. Just like a dirty pipe when cleaned smells awful. As such it is not the bad smell that is coming, with cleaning the odor is going away. Gentlemen you will observe that you get angry less frequently, do not remain for long period, if far less forceful than before. This is the experience that all should experience. From this it is proven that anger is not coming, rather it is on its way out. In the present everyone is flawless.

Narayan ! Narayan !! Narayan !!!





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Poetry Of The Month

Lord Shiva

January 1969

O Lord,
Thou art the ruler of SOUL,
Thou art destroyer of dole (grief and woe)
Thou, O Lord, incomprehensible, SHIVA
Invoked 'Har Har Mahadev' by Jivas.

Thou liberateth Jivas from agony and pain,
The heart of devotee is Thy domain,
Thy abode is one Kailas' Ice peak,
The region of silence where serpents creep.

Thy matted hair made lovely by waves of
mother Ganges,
Thou weareth serpents of poisonous danger.
Thou art clothes in tiger's skin,
Hold trident on Thy right wing.

I adore thee, O Lord Vishwa Natha,
Thou art Lord of Varanasi,
Destroyer of bondage, ignorance and misery,
By true devotion Thou art propitiated quickly.

Thou art cause of this Universe,
Of all actions, thoughts, Thou art witness,
Thy grace alone, O compassionate one,
Thy gentle personality refuse none.

O Lord Shiva,
Parvati adorned Thy left side,
Thy helpmate, who is to decide,
The fate of Thy devotee and to guide
Him to Thee, O Lord, destroyer of pride.

Thou art lion for soring misfortune,
For ignorance, dark, Thou art the moon,
A great fire for forest of death,
Sorrow old age, hunger and thirst.

EVERYONE protect, O terrible Lord,
Offer Thou shelter of mercy to all.
Bring out from the dreadful forest,
Where poisonous creeping creatures rest.
(ASURAS)

O Lord Shiv Shambhu:
Thou art abode of dispassion and peace,
Parvati, Thy helpmate sweet.
Creation, protection and destruction
These are Thy three manifestations.

Salutations O Lord Shiva,
I am ignorant of true nature of Thine,
Victim of desires and aversion at times,
Lord, I have been duped by illusion,
Keep Thy Maya beyond my vision,
Make me spotless, calm and disillusioned.



Bhagat Har Govind



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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

Croydon's first Hindu school, Krishna Avanti Primary School



Victoria House is to be redeveloped into Krishna Avanti Primary School



KRISHNA AVANTI

Excellence · Virtue · Devotion

Pre-Reception Fun Day

Krishna Avanti Primary School will be opening in Croydon THIS September 2016(!) and in anticipation of this momentous occasion, the Avanti Schools Trust would like to warmly welcome you to one of our celebration events: A Pre-Reception Fun Day!

A day to bring families and the community of Croydon together with activities specially tailored to 3-5 year olds as a taster of what to look forward to at Krishna Avanti! We will also be presenting updates on the school's journey, news and the latest developments with the school, a Q&A session with the leadership team and a light lunch to follow.

1pm – 4pm

Sunday 26th June 2016

Lohana Community Complex,
Church Road, CRO 1SH

We have a limited number of
FREE tickets available here:

<http://pre-reception-fun-day.eventbrite.co.uk>

We look forward to welcoming
you and your families!

Hasita Raja

Assistant Project Manager

www.avanti.org.uk/kapscroydon



If you are a parent interested in sending your
child to Krishna Avanti, please get in touch with
us:

020 8731 1454 kapscroydon@avanti.org.uk



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

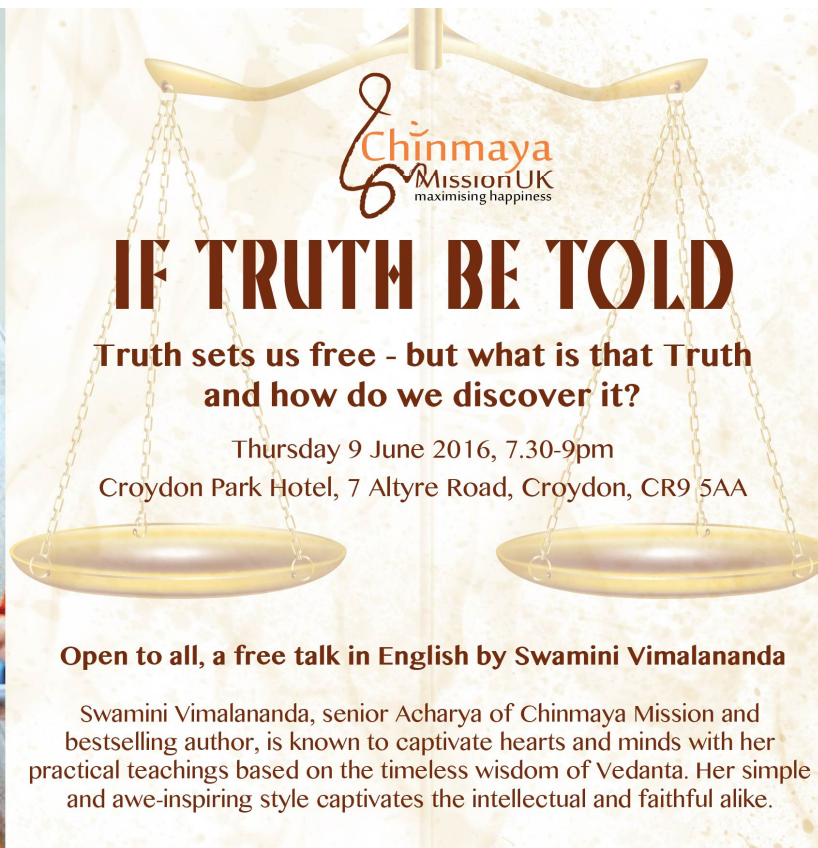


AVANTI SCHOOLS
TRUST

A Journey of
Self-Discovery



To give maximum happiness to
maximum people for maximum time

A graphic of a golden balance scale with two pans, set against a background of faint, overlapping musical notes. The Chinmaya Mission UK logo is centered above the title.

Chinmaya
Mission UK
maximising happiness

IF TRUTH BE TOLD

**Truth sets us free - but what is that Truth
and how do we discover it?**

Thursday 9 June 2016, 7.30-9pm
Croydon Park Hotel, 7 Altyre Road, Croydon, CR9 5AA

Open to all, a free talk in English by Swamini Vimalananda

Swamini Vimalananda, senior Acharya of Chinmaya Mission and bestselling author, is known to captivate hearts and minds with her practical teachings based on the timeless wisdom of Vedanta. Her simple and awe-inspiring style captivates the intellectual and faithful alike.

Evening talk in Croydon: If Truth Be Told,

Thursday 9th June - DO NOT MISS!!!

Dear all,

Following the successful conclusion of the series of talks conducted by Swami Chidatamananda on the Essential Values of Mahatma Gandhi, Chinmaya Mission brings you the following one-off talk conducted by Swamini Vimalananda:

If Truth Be Told

Truth sets us free - but what is that Truth, and how do we discover it?

Date and Time: **Thursday 9th June, 7.30-9pm**

Venue: **Croydon Park Hotel, 7 Altyre Road, Croydon, CR9**

5AA (some

parking available, East Croydon Station 3 mins walk)

Swamini Vimalananda is a brilliant disciple of spiritual master Swami Chinmayananda. She oversees more than 80 Chinmaya Vidyalayas (schools) and 8 colleges, devised and rolled out a holistic education programme to thousands of schools (Chinmaya Vision Programme) and has authored bestselling books including 'In Indian Culture: Why do We?'. Swaminiji has spoken in over 2,000 educational institutions on various spiritual, cultural and socially relevant topics and has also delivered talks on various management topics to corporate bodies and management institutions. She has travelled widely and conducted countless spiritual discourses in English, Hindi and Gujarati and camps for children, young people and elders all over the world.

Email: info@chinmayauk.org

ABOUT SWAMINI VIMALANANDA

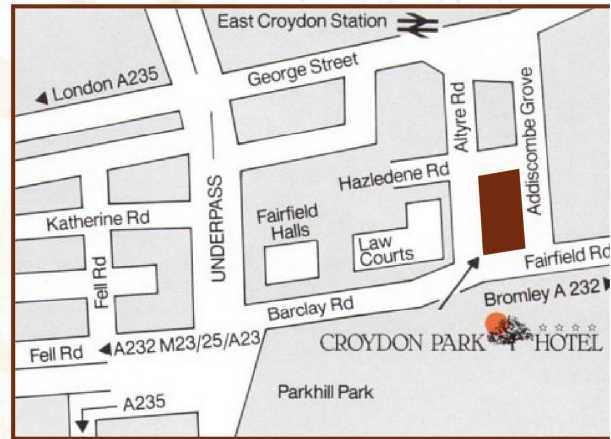
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Swaminiji has spoken in over 2,000 educational institutions on various spiritual, cultural and socially relevant topics and has also delivered talks on various management topics to corporate bodies and management institutions. She has travelled widely and conducted countless spiritual discourses in English, Hindi and Gujarati and camps for children, young people and elders all over the world.

ABOUT CHINMAYA MISSION

These free talks have been made available through Chinmaya Mission UK. Our aim is to provide the wisdom of Advaita Vedanta to those who seek it, along with the practical means for spiritual growth and happiness.

We offer spiritual classes and cultural activities across the UK for children, young people & adults of all ages and backgrounds.



Croydon Park Hotel, 7 Altyre Road, Croydon, CR9 5AA

DIRECTIONS

3 mins walk from East Croydon station, with direct train from Victoria, London Bridge, Wimbledon (tram), Wembley Central, Harrow & Wealdstone

Parking: Available at the hotel for a nominal rate

CONTACT

www.chinmayauk.org | info@chinmayauk.org | 0208 203 628

Namaste Everyone,

DSYM invites you to join us for June Monthly Meditation which will take place at:

Vishwa Hindu Parishad Centre (VHP)

10 Thornton Row,

Thornton Heath

Surrey CR7 6JN

on

Sunday 5th June 2016

10.00am to 12.30pm

Look forward to seeing you all

Please note DSYM UK will be celebrating International Yoga Day on 21st June 2016 at Beddington Conference Centre, 5.15-6.30am chanting & meditation and evening programme from 7.30-9.00pm.

So keep this date and times free!!

Hari Aum Tat Sat Jai Guru Datta

Pushpa Bava (DSYM UK)

<http://www.dsym.co.uk/>



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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: