



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. 026

Monthly

Aug 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:

Dear Friends

It is over two and a half years since our Mandir opened. It has been an exciting journey fulfilling Manmohanji's wish to have a Mandir in memory of his parents. Regular events are taking place and many people have benefited from the facilities, the Mandir provides for prayers and meditation. In the month of August "JANMASTMI" the birth of LORD KRISHNA" is celebrated with great joy and enthusiasm. I take this opportunity to wish you all a very "HAPPY JANMASTMI". Jains will be celebrating the holy festival of "PARYUSHAN" in August too. All the best wishes for Paryushan to our Jain friends.

I have great pleasure in announcing the publication of a book I have written. It is called, ' **INDIA A CIVILIZATION THE WORLD FAILS TO UNDERSTAND** '. The foreword for the book has been given by Maneka Gandhi India's leading politician and animal rights campaigner. This book will change your perception of India! The cost of the book is £5.00 of £6.00 with postage. Book your copy now!

IF YOU LIKE our newsletter - PLEASE GENEROUSLY SHARE ! THERE IS NO GREATER SERVICE TO HUMANITY THAN BRINGING ONE CLOSER TO GOD.

Nitin Mehta MBE, animalahimsa@gmail.com

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:

AMAVAS	अमावस	02-08-2016	TUESDAY
NAG PANCHAMI	नाग पाचम	07-08-2016	SUNDAY
EKADASHI	एकादशी	14-08-2016	SUNDAY
SANKRANTI (BHADRAPAD)	संक्रांति (भाद्रपद)	17-08-2016	WEDNESDAY
PURNIMA VRAT	पूर्णिमाव्रत	17-08-2016	WEDNESDAY
RAKSHA BANDHAN	रक्षाबंधन	18-08-2016	THURSDAY
PURNIMA	पूर्णिमा	18-08-2016	THURSDAY
PANCHAK BEGINS 07.23 AM	पंचक आरंभ	18-08-2016	THURSDAY
PANCHAK END 12.28PM	पंचक समाप्त	22-08-2016	MONDAY
SHRI KRISHNA JANMASTMI	श्री कृष्ण जन्माष्टमी	25-08-2016	THURSDAY
EKADASHI	एकादशी	28-08-2016	SUNDAY

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 GANESH PRAYERS)

ENCHANTING LORD GANESH MANTRA AND, 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.

किस्मत की एक आदत है कि
वो पलटती जरूर है
और जब पलटती
है, तब पलटकर रख देती है।
इसलिये अच्छे दिनों में अहंकार
न करो और खराब समय में
थोड़ा सब्र करो.....!!
जब से मुझे पता चला है कि
ऊपरवाला मेरे साथ है, तबसे
मैंने ये सोचना बंद कर दिया
कि कौन मेरे खिलाफ है..

कभी खुशी की आशा, कभी
गम की निराशा,
कभी खुशियों की धूप, कभी
हकीकत की छाया,
कुछ खोकर कुछ पाने की
आशा., शायद यही है जिंदगी
की सही परिभाषा.....

ज़मीर ज़िंदा रख,
कबीर ज़िंदा रख..
सुल्तान भी बन जाए तो,
दिल में फ़कीर ज़िंदा रख..
हौसले के तरकश में,
कोशिश का वो तीर ज़िंदा रख..
हार जा चाहे जिन्दगी में सब
कुछ,
मगर फिर से
जीतने की उम्मीद जिन्दा रख...

अंधेरे में अपनी
छाया भी साथ नहीं देती ..
बुढ़ापे में अपनी
काया भी साथ नहीं देती ..
सारा जीवन दाब पर
लगा दिया जिसके लिए ..
अन्त समय में वो
माया भी साथ नहीं देती ..



पानी को कसकर पकड़ोगे तो वो हाथ से छूट जाएगा,
उसे बहने दो वो अपना रास्ता खुद बना लेगा।
कभी कभी जब परिस्थितियाँ समझ में न आएँ तो
जो कुछ जीवन में पीटित हो रहा है उसे
शांत भाव व तटस्थ होकर बस देखना चाहिए।
समय आने पर जीवन अपना मार्ग खुद बना लेगा।

वक्त कभी
बेवफा नहीं होता
हर आदमी
दिल का बुरा नहीं होता.
जो दूसरों को
कहते रहते हैं बुरा
उन्हें खुद के सच का
पता नहीं होता.

कड़वा सच
आदमी की सोच और नसीहत
समय और हालात पर
बदलती रहती है।
चाय में मक्खी गिर जाये तो
चाय फेंक देते हैं।
अगर घी में मक्खी गिर जाये
तो मक्खी को फेंक देते हैं।

GOLDEN LINES FOR THE
LIFE
दिल में "बुराई" रखने से बेहतर है, कि
"नाराजगी" जाहिर कर दो।
जहाँ दूसरों को "समझाना" कठिन हो,
वहाँ खुद को समझ लेना ही बेहतर है
"खुश" रहने का सीधा सा एक ही "मंत्र"
है, कि "उम्मीद" अपने आप से रखो,
किसी और से नहीं

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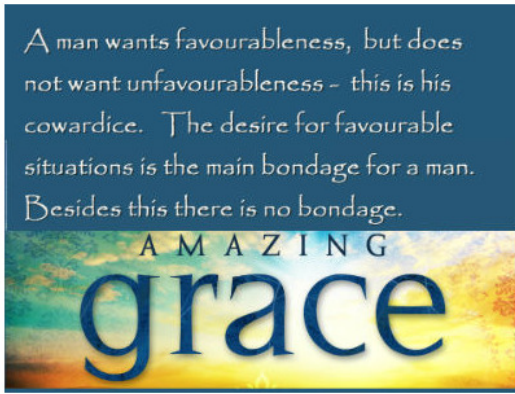
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Special Grace of God in Miseries

A man wants favourableness, but does not want unfavourableness - this is his cowardice. The desire for favorable situations is the main bondage for a man. Besides this there is no bondage. In order to eliminate this desire (for favourableness), God lovingly sends unfavorable situations, for the devotee's betterment. In the unfavorable situations, our attachment to the alien elements (this world) is broken away. If unfavourableness comes in one's life, then one should understand that it is a very special grace from God. It is indescribable, the amount of bliss, peace and happiness that is there in unfavourableness. These unfavorable circumstances are like God Realization. God has said -

'nityam cha samachittattvamisthopapattitshu' (Gita 8/9).

'Constant balance of mind both in favorable and unfavorable circumstances.'

To remain happy on arrival of unfavourable situations, is the mother of equanimity. Lord Vishnu became the greatest among all the deities because when He was kicked in His chest by Bhriuguji, He did not get angry. He started pressing the legs (feet) of Bhriuguji and spoke, 'Bhriuguji, my chest is very hard and your feet are very soft, therefore your feet might be hurt on contact with my chest.' We are part of God -

'Mamaivaansho jeevaloke' (Gita 15/7),

'The Jivatma (soul) is an eternal portion of Myself.'

If we are portion of God, and cannot heartily respect, He who kicks our chest, then how are we the devotees of God? We should presume the arrival of unfavourable situation as a golden opportunity and we should dance with joy that God has showered his special grace on us. I am hesitating to say that every man does not recognize such a golden opportunity. If we tell someone, that he does not recognize this golden opportunity, then this gives disrespect to that person. If we get such an opportunity and we recognize that God has showered His special grace on us, then this is something very beneficial.

There is a description in Gita that one who has control over his internal instrument (antahkaran), such a person free from attachment and aversion by using sense-objects with senses attains placidity of mind and on attaining that placidity, all his sufferings come to an end and his intellect very quickly gets firmly established in God (Gita 2/64-65). He who remains happy in most unfavorable circumstances, his intellect gets established in God very quickly. The reason is that the happiness arising during the unfavorable situation is the mother of equanimity. If such happiness (placidity) is attained, then the person should think that he has attained the mother of equanimity and the grand-mother of God-realization.

There is a very special grace of God in the unfavourable circumstances but this does not mean that you should desire unfavourable situations. We should not desire for favourable or unfavourable situations but we should remain pleased with the situation which God sends to us. Our relationship stands with God, not with any circumstance. If God sends an unfavourable situation, then we should understand that it is a great favor. God has sent the unfavourable situation for removing our attachment to favourable circumstances. In Valmiki-Ramayan, Aranyakanda, it has been said -

continued.....

**Sulabha purusha raajan satatam priyavaadinah |
Apriyasya cha pathyasya vakta shrota cha durlabh || (37/2)**

'O' king, there are so many people who continuously go on speaking sweet words but there is dearth of speakers as well as, listeners of unfavourable but useful words'.

There is a Marwari proverb -

'sati deve santoshi pave; jaaki vaasana teen lok mein jaave.'

If the giver of alms (food) is a chaste woman and he who receives it is contented, the fragrance of such alms (food) spreads in the three worlds.'

Similarly if the giver is God and the receiver is His devotee i.e. if by making special favours; He sends unfavourable situation and the devotee becomes joyful by accepting it, then its effect shall be experienced by the entire world.

“How to Concentrate on God”

God is prepared to accept any relationship with you which you like. So choose any relationship with Him, with a simple heart.

In *Vinaya Patrika* (Letter of Courtesy) *Tulasidasaji* says -

*Tu dayaalu, deen houn, tu daani, houn bhikhaari |
Houn prasiddha paataki, tu paapa-punja-haari ||
Naath tu anaath ko, anaath koun moso |
Mo samaan aarat nahin, aaratihar tounso ||*

'O' Lord, if You are merciful, I am forlorn; if You are charitable, I am a beggar; if You are destroyer of the heaps of sins, I am a great sinner; if You are the Lord of the orphans, I am an orphan and if You are the remover of distress, I am distressed.'

Further he says -

*Tohin mohin naate anek, maaniye jo bhaavai |
Jyon-tyon Tulasi kripaalu ! charana-sarana paavai ||*

'O Gracious, accept any relationship with me which You like, but somehow or the other I want to surrender myself to You feet.'

Therefore, accept any relationship that you like with God. A few years ago a brother put forward a question to me -

Question - Can I accept God as my mother, because I like that relationship ?

Answer - Yes, you can call Him mother. There is no distinction of male and female in Him, In '*Prabodha-Sudhaakara*', *Shri Shankaracharyaji Maharaja*, the annotator of *Vedanta* has called Lord Krishna as mother. So call Him mother, if you like that relationship. Call Him by any name such as father, mother, or brother, whichever you like. But if you have any doubt, accept 'Radha' as mother, otherwise Lord Krishna is also our mother.

Your mind may be diverted so long as you have not accepted your relationship with Him. But once you fix the aim, your mind will not be diverted from Him. For example, when you talk about the selection of the husband for your daughter, she listens to you about the different boys you talk about. But once the relationship is fixed, she will like to listen to you, only when you talk about that boy, he would-be husband, not about others. Similarly, if you decide your relationship with God and have the only aim to attain Him, you will naturally develop a great liking for Him and then your mind will not be diverted.

*Hamme kya kaam duniyaase, hamme Shri Krishna pyaare hai |
Yashoda nandke nandan mere aankhonke taare hai ||*

What concern do we have with the world, Shri Krishna is our beloved |
Yashoda Nand's son, is the 'apple' (star) of my eyes.

Then without caring for the worldly relationships, Lord Krishna will become the apple of your eye. You will develop the feeling - 'Only God is mine and I am only His.'

“Constant Remembrance of God”

When we stay in a guest house during travels, we are sure that the place is not ours. Similarly, while living in the house, we should be convinced that it is not ours, we have come to stay in it for a short time. Likewise, with money, property, family and body, we have them for a short time. We shall be deprived of them as soon as the time is over. If they had been ours, they would have stayed with us forever. But it is not so. We can neither control them, nor change them as we wish, nor save them from decay and death. Therefore they can't be ours at all.

Only God is ours, because He was ours in the past, He is ours at present and He will be ours in future. But the worldly things were neither ours, nor will remain ours and at present also there is continuous separation from them.

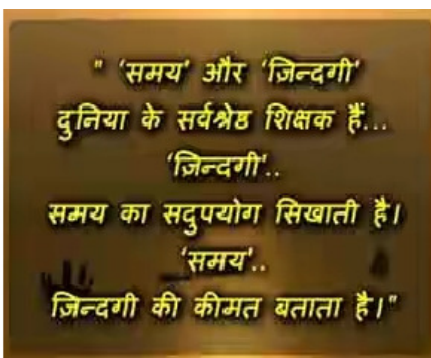
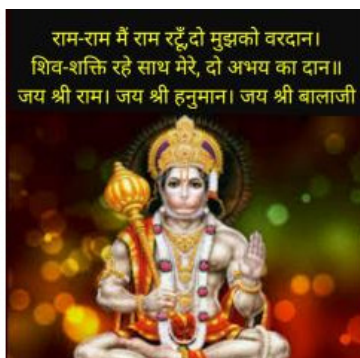
There can't be our union with the world and there can't be our disunion from God.

The man's desire for God-Realization never perishes, though he may accept and know it. He has a desire from his heart to be completely happy, free from all bondages and distresses. This is the desire for God-Realization. This desire is certainly satisfied, because this is the real and true desire of a being.

The desire to get the worldly things is quite artificial. This desire springs up and perishes, but is never satisfied. The people have formed a wrong opinion that the desire to get the worldly things does not perish. But the fact is that it does not stay, it always perishes but then you have a new desire. The desire in childhood was different from the desire in youth, and in old age it will change. The world itself is kaleidoscopic. Therefore the desire for the world is also kaleidoscopic. The body is also kaleidoscopic. Therefore the desire is of the body, not of the self. The self (soul) is unchanging. Similarly, God and the desire for God are unchanging. Therefore the desire to attain God-Realization is the desire of the self (soul). The body, not the soul, can attain the worldly things, while the self (soul) can attain God, because the world, the worldly things and the body belong to one category, while God (Paramatma) and soul (Aatma) belong to a different category. There can be an affinity in the things belonging to the same category, not to a different one. Therefore the body, a fragment of the world has a desire for the world, while the soul, a fragment of God has a desire for God (Paramatma).

There is one more point which needs attention. Whenever God or His name is remembered suddenly, it means God is remembering you. At that time feel happy and exalted and with concentration, start practising constant remembrance and loud chanting. By doing so, your devotion will be greatly enhanced. In order to practise constant remembrance, counting the beads of a rosary is a useful method. Rosary is a good means for this purpose, because with the help of a rosary, you remember that you have to practise constant remembrance of God. But if you feel that you can practise constant remembrance even without a rosary, there is no need to use it.

Narayana ! Narayana ! Narayana !





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

Poetry of the Month

Bhagavad Gita (Lord's Songs)

GITA

God hath made man to enjoy happiness,
 This happiness he hath to create within his self ;
 Happiest are those whose God is Lord,
 Blessed are those who bear such thought,
 Learned is happy, nature to explore ;
 The fool is happy he know no more,
 Discern the creation of animate things in deep,
 Get heart-felt joy that you are to seek.
 Happiness depends on the ways of life,
 Not on the events which lead to strife ;
 Those who give their life a proper move,
 Happiest men they usually prove.
 On failure in life not to grumble and complain,
 Because contentment and satisfaction are not the
 same ;
 When one can't do more, than accept his lot,
 Disturbed he not if poise and serenity he got.
 Sorrow and misery are known each other,
 Like sister and a brother,
 Living in the same home altogether,
 But happy soul sheds each other.
 Where there is no happiness no taste of life,
 In bitter tears passes the days with heavy sighs,
 Such melancholic lives in sad and silent home,
 In the dim shade of life he is thrown .
 Unless there is peace of mind,
 No happiness one can ever find,
 On peace of mind following verses divine ;
 The man dwells in object of senses,
 On failing desire anger immerses.
 In them when no taste he conceives.
 Then that mastered self goes to peace.
 Thus with the attainment of peace of mind,
 Becomes one serene tranquil and happiest shrine.
 Whose senses are completely calmed,
 And from object of senses he is not warmed ;



Bhagat Har Govind

Whose mind and senses are totally curbed,
 No sorrow and grief him ever to disturb,
 But when each senses are recoiled,
 That happiest person is well poised.
 He attains peace in whom all desires merge,
 As rivers in ocean do not it disturb,
 He who gives up all desires,
 To whom no attachment inspires,
 Whose lust and thirst have fled,
 Happiest is the man whom peace is wed.
 Then try to live creative and joyous life,
 To make yourself and others a happy sight,
 Happiness is not only duty and privilege,
 But happiest man is God's image,
 Make yourself happy and others too,
 This is the great service for humanity you do,
 Happiness is a flower that always smells well,
 For spring of hopes, love and gladness.



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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

Dear friends and family

Following on from the success of my last charity dance concert in 2013, which raised over £6000 for Food for Life Vrindavan which educates children from underprivileged backgrounds in UP, India, I am pleased to announce I will be performing another charity concert this year on 6th November 2016. I do hope you will all save this date and keep it free as your presence and blessings would mean a lot to me. Details of tickets will be sent in the coming months.

I am emailing to kindly request for adverts from any businesses for the brochure which will be distributed on the day of the concert. Through these adverts I am able to cover all the costs of venue hire, sound and light and food which then means all the ticket money goes directly to the charity. Due to the generous sponsors at my last program, we were able to give every penny from ticket sales directly to our chosen charity. This money was used to construct science labs at one of the FFLV schools in India.

I humbly ask for your support in this project through adverts so we can successfully fund-raise as

we did last time. Your contribution through adverts has a huge impact on my project.

The costs for adverts are: Full page - £150 / Half page - £100 / Quarter page - £75

This brochure will be distributed to over 300 guests on the day of the show and in addition all sponsors will have their adverts on our internet event publicity too which will reach out to thousands.

For more information on this worthy cause and my involvement please see the following links

Food for Life Vrindavan Website - <http://www.fflvindavan.org/en/>

Article on the success of the last dance event - <http://www.fflvindavan.org/en/janakis-dance-for-life-2/>

Video link of program highlights from 2013 - <https://www.youtube.com/watch?v=mSPQHJsmSqM>

I look forward to hearing from you soon.

Kind regards

Janaki



Janaki Mehta –
Dancing for Krishna
at the Bharatiya
Vidya Bhavan, West
Kensington – Food
for Life Vrindavan
charity.

Respected Readers & Supporters

I am Akshay .

I have been selected for NASA design competition, 2016. With Lord Krishna's grace my hardwork need your support.

Please vote for my design. Your 1 vote could make India's dream come true.

[AKS Skyscaper :: Create the Future Design Contest](#)

<http://contest.techbriefs.com/2016/entries/sustainable-technologies/7130>

Please vote for me and spread this to your family and friends.

How to do?

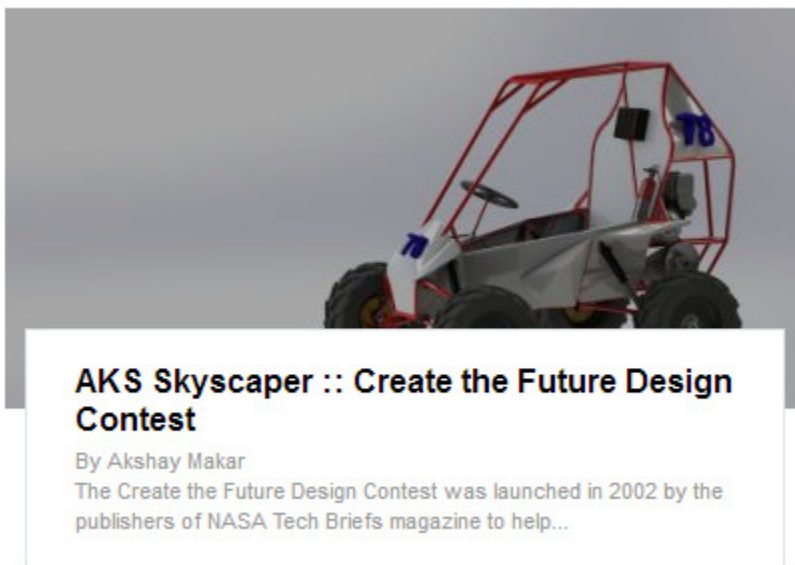
click on link and register yourself.

Add User ID and password

And vote for me

Thank-you very much for your kind support.

Akshay





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



श्री विश्व सनातनधर्म मन्दिर Shree Vishwa Sanaatan-Dharma Mandir

132 WHITEHORSE ROAD CROYDON SURREY CR0 2LA (U.K.)

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

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: