



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. 019

Monthly

Jan 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	06-01-2016	TUESDAY
AMAVAS	अमावस	09-01-2016	SATURDAY
PANCHAK BEGIN (1.48PM)	पंचक आरंभ	12-01-2016	TUESDAY
LOHDI	लोहरी	13-01-2016	WEDNESDAY
SANKRANTI(MAGHA)	संक्रान्ति (माघ)	14-01-2016	THURSDAY
PANCHAK END (7.43PM)	पंचक समाप्त	16-01-2016	SATDAY
EKADASHI (EUROPE ONLY)	एकादशी	19-01-2016	TUESDAY
PURNIMA	पूर्णिमा	23-01-2016	SATURDAY
GANESH CHAUTH	गणेश चौथ	27-01-2016	WEDNESDAY

### 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)

### 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.



#### For General and Newsletter Enquiries:

Shree Nitin Mehta (07910875908)

Shree Raju Pandya (07956252294)

Shree Dr H P Abbot (07956824091)

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Pandit Shree Dr Venkat Joshi (07986603951)

#### 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 7.30pm

#### Mandir Closing Times:

1.00pm To 5:00 pm

7:30pm To 9.00 am



## Dependence and Independence

We all think, that because we do not have money we are dependent. If we get money then we will become self-sufficient and independent, as, without money, whatever we wish to buy, we are unable to buy it. If we are able to acquire money, then we will be able to buy anything we wish. However this point needs to be understood in the right perspective. If you are able to buy things with money, then where have you become independent (self-sufficient)? You have become dependent on money. Money is external to you 'par', not 'swa' (self), therefore you are dependent (on something external to the self). It is a mistake, that while, remaining dependent on money, you are experiencing independence. Just as, there is dependence with lack of money, in the same way, while having money too there is dependence. First there was no money, which was the cause of pain. Now, the pain is from the feeling that the money will be spent away. The difference is only that on having no money, one experiences dependence, but on receiving money, there is such blindness, that one is unable to realize the dependence. He who experiences dependency, he is able to become self-sufficient (free of any dependency). But he who is dependent, and unable to realize that he is dependent, such a person cannot become independent. As long as you have desire for those objects which originate from this world (Nature), till then you are entirely dependent, as these worldly objects - money, wealth, body etc, are the kind to come and go, to arise and perish, but you are the kind to stay. You were there before the body was formed, you are there at present, and when the body is destroyed, you will be there. Therefore, if you are not reliant on the body, senses, inner faculties (mind-intellect) etc., then you will be self-sufficient (independent). Reliance on these is dependence. God is 'swa'. You and God are the kind to stay. If you become reliant on God, if you take refuge in Him, then you will become self-sufficient (independent). Because God is 'swa', He is our very own. If we take refuge in Him, if we become devoted to Him, then He says –

'मैं भगतन को दास भगत मेरे मुकुट मणि

'I am the servant of My devotees, My devotees are the jewel in My crown. God makes you the boss. Arjun says to the Lord, take my chariot and place it between the two armies –

सेनयोरुभयोर्मध्ये रथ स्थापय मेऽद्युत ॥ (गीता १ । २१)

God obeys Arjun's order. You become reliant on God. But instead you do all this lying, cheating, dishonesty, dupery etc., for money and wealth. Money will not ask for permission at the time of departing, saying 'I am leaving'. Very silently it will slip away. It will have no consideration for you at all.

It is so that, even on giving it food, water, clothing for years, to this body which you call as 'mine' and at times as also 'me', but if you do not give it food-water for even one or two days, then it will show its true colors. It will have no consideration that for years it has got food, water, and that if two days it did not get food, then no problem. It is so ungrateful. You are in slavery of it; but it has no servitude towards you. It is not yours. You are deceiving yourself, by assuming it to be yours. You have no rights over it. If you had rights over it, then save it from becoming weak. Don't let it grow old. Don't let it fall sick. Minimally at least, don't let it die. Can you do this? If not, then it is a mistake to regard it as your own.

This body is yours from the point of view that whatever you wish to gain through it, you may do so. With this body, you can attain your supreme good, your salvation. Your supreme good will be attained through renunciation of sense of I-ness (egoism) and mine-ness (attachment). All the things of this world are received only for renouncing them, for serving others, not for yourself. **If you accept this point, then you will experience immense peace. On believing so, the fear of death will go away and desires as well as, craving for more will be wiped out. But if you continue to take these things, then your impoverishment increases.**

जिमि प्रति लाभ लोभ अधिकाई ।

Jimi pratilaabh lobh adhikaayi

The more the things that one has, the more is the absence of those things. This is very certain, true and as per the prescribed principles. From a material perspective, I have seen men, that when they had less money, they used to come for satsang. They used to do spiritual practices and be devoted to God and they used to say that why do these wealthy people not come for satsang. We have shortage of money, we don't have enough bread, then too we feel like coming to *satsang*. But when those same people became wealthy, then they too stopped coming to satsang. If someone tells them that let us go for '*satsang*', they say, there is so much work-business, that we are unable to go. Their condition has become the same as what they used to say about the other wealthy people. Such has been my observation. Second point is that, on having money, one develops pride, a demoniac tendency. No one has any compassion for a proud man. People feel compassionate towards the poor. Even the servants of a wealthy person talk among themselves, that the Master has a lot of money, but he does not have the intelligence. I would rather not see his face, but what to do, for earning a living, I have to work as his servant. The servants hate him. You can become independent, when there remains no bondage (slavery) of money. If millions - billions of Rupees are in your possession, but within if there is no attraction for money, there is no pride of having money, then you are free, independent, self-sufficient and unattached. However, to consider yourself independent due to having money is entirely wrong. But what to say? Who to tell? How to explain?

आदि अविद्या अटपटी घट-घट बीच अड़ी ।

कहो कैसे समझाइये, कुँ भाँग पड़ी ॥

Everyone is becoming crazy, going on drinking the water from the same well. *Sadhus*, householders, teachers, the ignorant, *Brahmins*, *Vaishyas*, – all are dancing to the same tune – *Hai paisa ! Hai paisa!! Aah Money ! Aah Money!!*

The notion that man becomes superior due to having money – the day this notion is removed once and for all, the day the servitude and slavery of money is wiped out from within, that day, man will attain freedom, though having million and billions in his possession. Even if you have money, but as long as there is hunger and craving from within, till then, you are a pauper. It is all 'par' (non-self). In this manner, though having the might of an army, the power of a kingdom, then too, you are weak. Because this is outward strength, with foreign strength, man becomes bound, not freed. Therefore, renounce the support of the insentient, and take the support of the sentient God (*Paramatma*); who is not 'par' (foreign) but 'swa' (one's own). He is our own. Besides God, no one is our very own. The moment you become dependent on Him, you will become independent. The moment you take his support, not only the world, but also God Himself, will come under your command. Therefore, let there not be any reliance on objects, do not be a slave to them. Earn money honestly, and use it properly. When will you be a millionaire or billionaire? When millions of rupees knock you down and walk out the door, and it leaves no impression or has no effect on the mind. But if, out of the millions, on spending three-four thousand, there is a ringing inside, then you are not a millionaire. You are merely a servant of the million and you are bound. But if things are subservient to you, then, whether you have money or not, you are self-sufficient and free. Whether you acquire money or not, you are least concerned about it.

सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते ॥

(गीता २ । ४८)

**Siddhyasiddhyoh samo bhootvaa samatvam yog uchyate (Gita 2: 48)**

**Meaning:** Remaining even-minded in success and failure, as that equanimity itself is called Yoga.

समः सिद्धावसिद्धौ च कृत्वापि न निबध्यते ॥

(गीता ४ । २२)

**samah siddhaavasiddhau ca krtvaapi na nibadhyate (Gita 4/22)**

**Meaning:** Free from pairs of opposites, even-minded in success and failure, he though performing actions, is not bound by these actions.

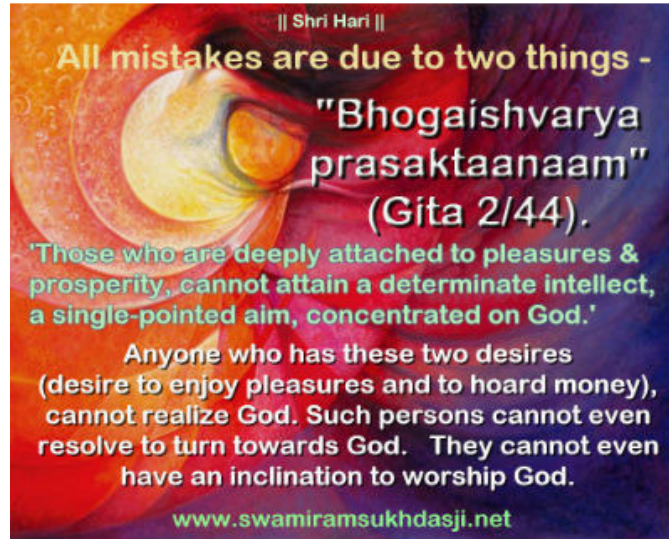
He who becomes a slave to his successes, will surely experience grief in his failures. The dependency will not go away.

If you become superior due to your earned money, then think! Are you superior or is money superior? Has money generated you or have you generated the money? It is a false notion – to consider yourself to be superior due to having money. Your greatness is not in having money, but in the proper utilization of money. Do the best of best work with money. Sometimes you spend the money; but you always remain miserly. The money will not take you to hell, rather, miserliness will take you to hell. Therefore, gentlemen! When an opportunity presents itself, spend a lot of money. Don't squander it away, but don't be miserly. Remove the slavery of money, from within. Whether you keep money with you, or don't keep it, whether you keep a lot or little, on this, there is no insistence. But it's captivity, its enslavement, is wrong. You are a fragment of the sentient God (*Paramatma*), and if money makes this sentient element it's dependent (slave), it is a very sad and astonishing thing. Therefore, do not become its slave, and take refuge in the Lotus feet of the Lord, then you will become eternally free from bondage (independent).

Hence, the means to become free from this bondage is to accept that 'I am God's and God is Mine,' the world is not mine, and we are not of the world.

But all the material things that we have – body, wealth, knowledge, intellect, strength; is all for the service of the world, not for ourselves. Take nothing from anyone, simple give and only give. Therefore taking refuge in the lotus feet of the Lord, with our so called materials, power, and abilities, serve all; by which we become 'swadheen' independent (freedom from bondage) and unattached.

**Narayan! Narayan!! Narayan!!!**



**Question:** In relationships, after getting entangled, I realized I made a mistake. Initially when I got involved, I was unable to take a decision, I did not realize it then. What should I do?

**Swamiji:** Pray to God, after making a mistake, feel repentance. There are three points related to this:

- 1) After making a mistake either do not recognize or remember at all that you have made a mistake,
- 2) Realize you made a mistake and repent feeling that after being given this human birth and turning towards spiritual activities, I have still made a mistake. It is not a good thing, I truly regret it and
- 3) I will never make this mistake again for the rest of my life. Henceforth, never again.

Realizing this, all will be alright. You will not make mistakes in the future. All mistakes are due to desire for happiness and wealth. All mistakes are due to these two things. **"Bhogaishvarya prasaktaanaam" (Gita 2/44).**

**Bhogaishvarya prasaktaanaam tayaapahatcehtasaam |Vyavasaayaatmikaa buddhih samaadhau na vidheeyate || (Gita 2/44)**

'Those who are deeply attached to pleasures and prosperity, cannot attain a determinate intellect, a single-pointed aim, concentrated on God.'

Mistakes are only due to desire for enjoyment of pleasures and accumulating wealth. Anyone who has these two desires, cannot realize God. Such persons cannot even resolve to turn towards God. They cannot even have the inclination to be engaged in worship of God.

Brothers! Simply by desiring God, one can attain God Realization. Worldly things require desire, effort and also what is coming due to us, resulting from our past actions (praarabdha). All three are needed for worldly acquisitions. But to attain God, requires only desire. In worldly affairs, there can be losses, but in attaining spiritual upliftment there is nothing but gain. There can never be any losses. With a true heart call out to God "He Mere Naath, He Mere Swami" If parents do not listen, then who will listen? God, is the Eternal Father of all. He will listen to our prayers. He will have mercy and compassion. Our Father, Our Master, the protector of the weak, He will come to our rescue. (continued...)



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## Poetry Of The Month

### GOD IS SUPREME

All mortals are dolls and puppets,  
Dancing to the tune and gmud,  
Of almighty God, so great and perfect,  
The foundation head of all that is best.

Sans his will nothing can occur,  
Even leaves and grass that grows and flutter,  
Do so with His wish and order,  
For all the shapes, He is Moulder.

It is meanest to repose trust,  
In man however be her the nearest,  
Be kith and kin or friend Loveliest,  
His might is limited at his best.

He is the Force in all that move  
He is the King in all that rule,  
He is the Source in all that flow,  
He is the Sun in all that glow.



Man's life is the plan of Lord,  
Man is only tool of God,  
Who helps and loves everyone.  
All times-by gone or to come.

If someone seems helping you,  
It is only seemingly so,  
Behind the doing and the done,  
God alone moves and runs.

It is truth naked and bald,  
Bitter, unrelishing , dry and hard,  
To accept, swallow and assimilate,  
Once digested, it amply pays.

Let us bow to Him alone,  
Let us beg from Him alone,  
Let us depend on Him alone,  
And let us desire Him alone.

**Composed by:**  
**G L Narang**



# श्री विश्व सनातनधर्म मन्दिर Shree Vishwa Sanaatan-Dharma Mandir

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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

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 (CRO 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: