



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. 025

Monthly

Jul 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:

AMAVAS	अमावस	04-07-2016	MONDAY
EKADASHI	एकादशी	15-07-2016	FRIDAY
SANKRANTI (SHARAWAN)	संक्रांति (श्रावण)	16-07-2016	SATURDAY
JAYA PARVATI VARAT BEGINS	जया पार्वति व्रत आरंभ	17-07-2016	SUNDAY
GURU PURNIMA	गुरु पूर्णिमा	19-07-2016	TUESDAY
PANCHAK BEGINS 11.11 PM	पंचक आरंभ	21-07-2016	THURSDAY
JAYA PARVATI VARAT END	जया पार्वति व्रत समाप्त	21-07-2016	THURSDAY
PANCHAK END 06.36 AM	पंचक समाप्त	26-07-2016	TUESDAY
EKADASHI	एकादशी	29-07-2016	FRIDAY

VOLUNTEERS:

We would appreciate any Volunteer service from the devotees.

Please contact Nitin Ji /
Manmohan via e-mail:

mail@vishvasanatadham.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.



संसार में जिन लोगों को "संतान सुख" प्राप्त हुआ वो तो भाग्यशाली हुए लेकिन जिन्हें "संतान से सुख" प्राप्त हुआ वे सौभाग्यशाली हुए।



जितना मन से पवित्र रहोगे.. उतना ही भगवान से करीब रहोगे, क्योंकि सदैव पवित्रता में ही भगवान का वास होता है।

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



Devotion - Supreme Service To God

One new thing, listen carefully!

When we attain God, we are very happy, similarly God's happiness knows no bounds when He gets a true devotee.

When Ramji met Tulsidasji at Rajapur both were very pleased. It was like an extreme pauper getting the Philosophers stone (whatever it touches turns to gold). So if you become a devotee of God, it is a great service to God. When He gets a true devotee He is very happy. What a wonderful service to God. Serve God. Make Him rich. Give Him bliss. Become His devotee. Get inclined towards God.

All is God - so God does not have anything. God is extremely happy when He gets a true devotee. He is not just a pauper - He is an extreme pauper. He is destitute - He has nothing. The world is God's form - it is His first incarnation. You have received such a lovely opportunity to serve God. Make Him blissful. Young and old - all are free to serve.

He does not see the mistake of devotees and always forgives them. He remembers a hundred times the feeling behind the actions of a devotee. Forget your faults. God does not remember them. He is thrilled to meet a devotee. What a lovely opportunity. Renounce selfishness. Our selfish desires are what pulls us down. Having no desire you become the king of kings. There is so much importance in God's devotion but unfortunately people are only hankering after money. This only leads to degradation.

There is no one as kind and benevolent as God - neither teacher, mother, father, friend or master. A devotee is very loving to God. Shower grace on God by becoming His devotee. He who owns endless universes - have grace on Him - there is nothing like it.

Ram Ram



**What is the significance
of this human life ?**

**Think about it !
Set 'your' goal.**

**Have no concern with what others do.
We have to attain salvation.**

Set Your Goal

The most important thing is to set your goal. Think and decide what you want to do in this human life. Most people have a goal of earning money and leading a materially pleasurable life. If you have this as a goal how can you ever realize God? Worldly pleasures are also experienced in all other forms of life - dogs, cats, monkeys, pigs, etc. Then what is the significance of this human life? Think about it ! Set 'your' goal. Have no concern with what others do. We have to attain salvation.

Growth of our material wealth leads to someone else's loss. There is limited amount of wealth in the world and if we accumulate the same, it is somebody else's loss. Spiritual progress is helpful to us and to the world. There is only benefit in spiritual progress. While in material progress there is only loss. Materialism will lead to jealousy, anger etc. By renouncing the desire of enjoying worldly pleasures, as well as, accumulating and hoarding, you will help and benefit all. It is better to do something for the benefit of a person than for personal pleasure. There is natural benefit to all. Benefit caused to others by wealth and material things is limited. Only having the goal of spiritual progress can benefit all, including ourselves. What you materially accumulate is taken from others.

You could argue that if I do not take money then I am good. But what benefit does my not taking money do for others? And if I take money, it will benefit others as their money would be put to good use. But in this, the importance of money increases. The good caused is limited, but the damage is much more. Importance of money will increase greed, which is one of the doors to hell. The benefit is also limited and money gains importance. People do not understand this. One can get peace by renunciation. The importance of money should be renounced.





Affinity with the Lord

When a fisherman casts his net to catch fish, all the fishes which come within the net are trapped. But the fishes which are close to his feet, are not trapped. Similarly, beings attached to the world, get entangled and follow a cycle of birth and death. But those who take refuge in the Lord, get over His deluding potency (Maya) (Gita 7/14). There is an important difference between the attitude of the fisherman and the Lord. The fisherman wants to trap the fish, but the Lord wants beings to be liberated from illusion, by taking refuge in Him. So he declares, 'Take refuge in Me, alone.' A person gets entangled in illusion, by being attached to worldly pleasure.

As in a grinding mill, all the grains are ground but those which are near the rivet are not pulverized. Similarly in the grinding-stone of the world, people are crushed i.e. they suffer and follow a cycle of birth and death. But those who take refuge in Him, escape suffering and the cycle of birth and death. However, there is a difference between, grain and devotees. The grains remain near the rivet, without making any effort, while devotees themselves, by having a disinclination for the world, take refuge at His feet. It means, that man (self), though being a fragment of the Lord, accepts his affinity with the world, and wants his desire to be fulfilled by it, he therefore has to suffer by following the cycle of birth and death.

A man's affinity with the world is assumed, while with the Lord it is real. Affinity with the world makes him a slave to the world, while the affinity with the Lord, makes him a Lord, even to the Lord. If a person regards himself superior to others, because of learning, riches, power and even renunciation and dispassion, it means that he is a slave to them, because in fact he is not superior, but these possessions have made him feel superior. So there is superiority of these possessions, rather than his real self. He is inferior to them. But if a devotee takes refuge in the Lord, and depends only on Him, the Lord makes him a jewel of His crown, or considers him His Lord. But, even then he has no superiority complex, no pride of his virtues. In that case, the Lord's uniqueness descend on him and sometimes even their bodies, senses, mind and intellect become divine as their earthliness is completely gone. Such devotees merge into God, as Meerabai did. Only a piece of her Saree was left in the Lord's mouth. Similarly, saint Tukaram (including his physical body) went to the abode of Lord Vishnu.

Narayana! Narayana! Narayana!

“पहचान” से मिला काम
बहुत कम समय के लिए टिकता है.
लेकिन “काम” से मिली
पहचान “उम्र भर” कायम रहती है.

“ मृत्यु के बाद ” यही है
जीवन का कड़वा सच:-
1:-“पत्नी ” मकान तक ✕
2:-“समाज”शमशान तक
3:-“पुत्र”अग्निदान तक ✕
सिर्फ आप के “कर्म”
भगवान तक..✕

चाहे लाख करो तुम पूजा
और तीर्थ करो हजार
मगर मां-बाप को ठुकराया
तो सबकुछ है बेकार



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Poetry of the Month

Lord Rama

2nd term November 1969

“BHAGAWAN RAMA”

O Rama:

Thou art beloved of sages and seers,
 Thou art king Dashratha and Koshalya's son
 dear,
 Thou art for king Mithla's "God Rama",
 Protector of Moni Vishwa Mittar's Yajna, Thou
 Rama.

Thou broke the Siva's mighty bow,
 Thou pacified Parsuram with voice sweet and
 low,
 Thou won Swayamber for making Sita thy
 consort,
 Led her in procession by Thy Royal escort.

O Mighty Rama:

Thou art aspiration of every individual,
 Ever awake consciousness, Thou art actual;
 Thou art ideal conduct of humanity,
 Loved lowly in supreme sovereignty.

O Exemplar of men:

Thou art ruler of this body kingdom,
 Thou art the mysteries of this Universe,
 Thou art mysteriously and rehearse.

Rama, Thou art in self,
 Thou manifest in the universe,

Having relation with subtle and gross
 elements,
 Thou art constant light of wisdom.

Thou exhibited an ideal conduct,
 To guide thy aspirants in thy search,
 Thou lived to uphold the virtue,
 Brought about for mankind a statute.

Thou art killer of Ravna, the ten senses,
 Because thou art force of transcendental
 consciousness,
 Lakshmana killed Meghnad- the ego,
 It to universe is the cause of woe.

Thou art transcendental consciousness of
 mind,
 Lakshmana is waking state of Thine.
 Bharata is the state of deep sleep,
 Shatrughan represents the dream to creep.

Hanuman is Thy devotee pure,
 Rendered Thy service for Lakshman's cure.
 He brought the Sanjivan herb from mountain
 peak,
 Relieved all from the sore of agony deep.

O Lord Rama:

Thou sustaineth the support of Universe,
 Let me speak Thy grandeur in humble verse,
 Blossom forth in my heart O Lord,
 Give it a tune to vibrate Thy laud.





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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

Bharulata Kamble's Guinness World Record Attempt

Jai Shree Krishna – if you have not come across this, may I bring to your attention please.

I, Bharulata Kamble will be driving solo from UK to India and will be the first woman in the world to drive solo through the Arctic Circle and Trans-continental journey combined. This journey will commence on 30th July 2016 and will take approximately 75 days to complete, comprise of driving over 2,200 kilometres in the Arctic Circle (longest ever distance driven solo in the Arctic Circle), driving through 2 continents, 32 countries, covering the distance of over 32,000 kilometres, which would end in October 2016.

The journey will entail driving through 9 time zones, 3 deserts and 9 mountain ranges. This would be the longest car journey done by a woman solo in shortest time involving the greatest number of countries and encountering most diverse driving conditions, time zones, language, and cultures.

The record will be observed and recorded in the Guinness World Records.

I will start the journey from Luton. I will head towards the Arctic Circle via several European countries and cities, driving an average of 700 kilometres per day. From Rovaniemi in the Arctic Circle I will drive to Nordkapp, the northernmost point of Europe. From Nordkapp I will drive to various Arctic Circle prominent monuments in Norway, Sweden and Finland before heading for rest of the journey to India.

I will be driving over 2200 kilometres in the Arctic Circle. From the Arctic Circle I will head toward India via multiple Eastern European Countries, Central Asia, East Asia and South East Asia.

Throughout I would not be using any other mode of transport for myself and for my vehicle at any point of journey, except between UK and France, when I would use channel tunnel.

As a British Asian of Indian heritage, I am passionate about promoting both the UK and India. I am particularly keen to celebrate the unique and special relationship that has been fostered between the UK and India over the generations. Both the UK and India have rich and world renowned cultures and share much in common. I hope this will generate great interest from many sections of society and achieve the objective of celebrating the UK and India; the special ties between these nations and promoting the two countries worldwide through every country reached during the record attempt.

Through this challenge I will be spreading the message of "Save girls, educate girls" and promoting woman empowerment, which greatly affects the society, particularly in India. I hope the driving challenge would contribute significantly in the movement of "Save Girls, Educate Girls".

Any funds raised through the 'world record attempt' will be used to also support two of cancer charities in the UK, bring beneficial changes to 'save the girl, educate the girl' campaign, tribal girl's education and to the provision of medical care to the poor and underprivileged in rural India.

This drive is an enormous undertaking and contagious thirst for discovery of the grandness of all that is possible in the world, so that other humans (women) are inspired to discover and fulfil their utmost potentials. It is showing the power of an individual, and what we are all proficient of doing, if we follow our heart through our action. This is an effort to highlight the strong people-to-people links between our two nations. I hope the next generation of the people of India and UK, will be inspired by this effort.

A Press conference and formal project launch by Mrs Bharulata Kamble will be held on 28th June, 2016 2.30pm at The Nehru Centre, 8 South Audley Street, London, W1K 1AF, Tel: 0207 491 3567. Please contact me if you would like to attend.

I shall leave on 30 July from Luton. If you wish to attend the flag off then also kindly contact me. My telephone number is 01582 526 171, Mobile 07825 449 638 and 07764 866 810, my email is bharulatakamble@bharulata.com, web site www.bharulata.com.

Best regards,
Ashwin Soni
Mobile 07833252551



World celebrates 2nd International Day of Yoga

PM Narendra Modi took part in Yoga Day celebrations in Chandigarh & urged people to integrate Yoga in their lives

[CLICK HERE TO READ MORE](#)

[CHECK OUT PICTURES OF YOGA DAY CELEBRATIONS ACROSS THE WORLD](#)

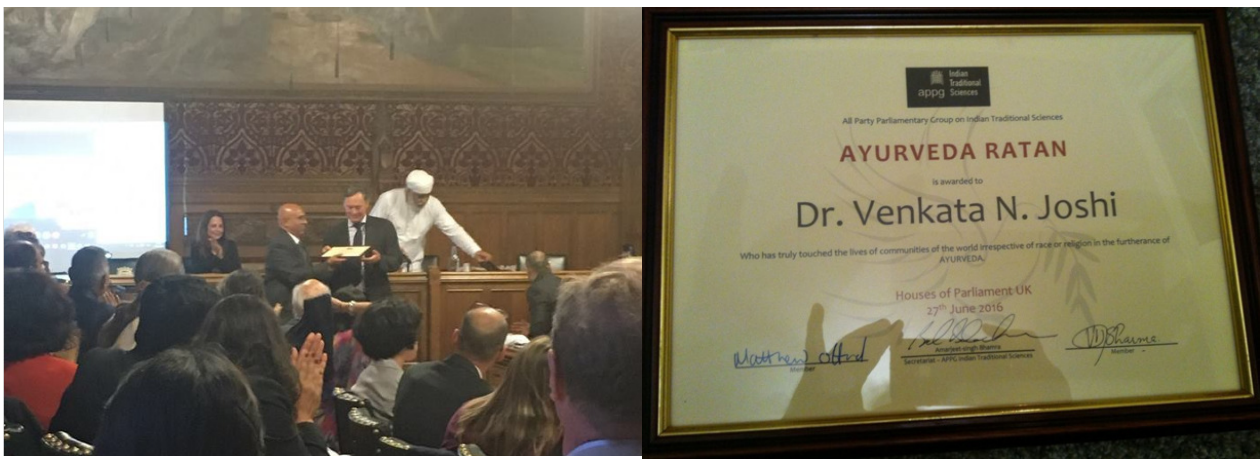
*Namaste Everyone,
DSYM invites you to join us for July Monthly Meditation which will take place at:
Vishwa Hindu Parishad Centre (VHP)*

*10 Thornton Row,
Thornton Heath
Surrey CR7 6JN
on
Sunday 3rd July 2016
10.00am to 12.30pm*

Look forward to seeing you all

*Hari Aum Tat Sat Jai Guru Datta
Pushpa Bava (DSYM UK)
<http://www.dsym.co.uk/>*

Celebrating Pandit Dr Shree Venkat Joshi's Success



On behalf of Shree VSDM and community, we would like to congratulate our Mandir Trustee Pandit Dr Shree Venkat Joshi on his Ayurveda Ratan certification-received at the House of Commons.

Shiv Abbott's Bicycle Expedition across India

This August I will be going on an incredible and challenging adventure, cycling 510km (approx. 316 miles) across India over 2 weeks!

Those of you that know me are probably already laughing at the thought of me melting in the Indian heat or my "chicken legs" taking a beating (you know who you are); but, I'm doing this to raise both money and awareness for the inspiring work that Childreach International does for kids across the globe. They give underprivileged children globally the opportunity to fulfil their potential. Sadly, in India, child labour and gender discrimination are prominent, unresolved issues. It is the aim of this charity to improve the lives of the children affected by providing them with the tools they need to achieve their full potential and mould a better life for themselves.

I would greatly appreciate it if you could take a few moments of your time to donate to this amazing cause and sponsor me in my extraordinary, eye-opening journey

at: <https://mydonate.bt.com/fundraisers/shivcyclesindia2016>

For more info on this brilliant charity, check out their website by following this link: www.childreach.org.uk

Thank you so much! #ShivcyclesIndia2016 #backtomyroots " <https://m.youtube.com/watch?v=JZ5RZySPxP8>



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: