



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. 029

Monthly

Nov 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:

Dear Friends

We wish all Devotees "A VERY HAPPY DEEPAWALI AND A PROSPEROUS NEW YEAR".

We thank you all on behalf of the Mandir Founders, Trustees for attending regular 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.

Please note Mandir now has additional Floor for serving Prasad .

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.

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:

Sh. 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:

BHAI DHUJ	भाई दूज	01-11-2016	TUESDAY
PANCHAK BEGINS (11.03 AM)	पंचक आरंभ	08-11-2016	TUESDAY
EKADASHI	एकादशी	10-11-2016	THURSDAY
PANCHAK END (5.00PM)	पंचक समाप्त	12-11-2016	SATURDAY
PUJNIMA VARAT	पूणिमा व्रत	13-11-2016	SUNDAY
PUJNIMA	पूणिमा	14-11-2016	MONDAY
SANKRTIAN (MARGSHIRSH)	संक्रांति (मार्गशीर्ष)	16-11-2016	WEDNESDAY
EKADASHI	एकादशी	24-11-2016	THURSDAY
AMAVAS	अमावस	29-11-2016	TUESDAY

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

(BOOKINGS ARE NOW AVAILABLE FOR DAILY PRIVATE PRAYERS / FUNCTIONS)

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)

<p>जो ईश्वर रात को पेड़ों पर बैठे परिंदों को, नींद में भी कभी गिरने नहीं देता वो ईश्वर इंसान को, कैसे बेसहारा छोड़ सकता है</p>		<p>जीवन मे "तकलीफ़" उसी को आती है, जो हमेशा "जिम्मेदारी" उठाने को तैयार रहते हैं, और जिम्मेदारी लेने वाले कभी हारते नहीं, या तो "जीतते" हैं, या फिर "सीखते" हैं।</p>	<p>अनमोल वाणी प्रणाम के परिणाम</p> <p>प्रणाम करने से क्या लाभ होता है ? प्रणाम करने से शरीर में शक्ति का संचरण होता है प्रणाम करने से मन शांत होता है प्रणाम करने से अज्ञान दूर होता है प्रणाम करने से भगवान् की कृपा प्राप्त होती है</p> <p>सभी को प्रणाम जय श्री श्याम हरिकर्ण</p>
<p>अच्छाई एक न एक दिन अपना असर जरूर दिखाती हैं, मले ही थोड़ा वक्त ले ले बस सब्र का दापन सम्भालकर रखे वक्त आपका ही होगा !!</p>		<p>जीवन में पीछे देखो, "अनुभव" मिलेगा । जीवन मे आगे देखो तो, "आशा" मिलेगी । बाये-बाये देखो तो, "सत्य" मिलेगा । स्वयं के अन्दर देखो, तो "परमात्मा" और आत्मविश्वास मिलेगा ॥</p>	<p>दीपक मिट्टी का है या सोने का यह महत्वपूर्ण नहीं है, बल्कि वह रोशनी कितनी दे रहा है यह महत्वपूर्ण है; उसी तरह दोस्त अमीर है या गरीब यह महत्वपूर्ण नहीं, बल्कि मुसीबत में वह हमारे साथ खड़ा रहा या नहीं यह महत्वपूर्ण है</p> <p></p>



Taking Refuge in Gita

In reality, the things are not ours, rather the one who gives them is ours. We have to only take refuge of that one Lord. In fact, we all are only God's from time immemorial, we are in His shelter only. Therefore no man can say that out of my own will I have taken birth with these parents, and I can get the things I desire, and the situations that I want. The reason being that this is all in God's hands. Our will does not work in this, rather it is God's will only.

Kari Gopal ki sab hoyi |

*jo apanou purusharth maanat, ati jhuto hai soyi ||
Sadhak, mantra, jantra, udyam, bal, ye sab daarou dhoyi |
Jo kuch likhi raakhi nandanandan, meti sakai nahin koyi ||
Dukh-sukh, laabh-alaabh sumjhi tum, katahin marat houn royi |
soordaas swami karunaamaya, syaam-charan man poyi ||
(Survinyay. 276)*

Everything is done by God only; because from time immemorial He has taken us in His shelter. Now we only have to accept His shelter (*sharanagati*). We have to accept His will, whatever He wishes, we must accept.

From God's side, we are all His only -

"mamaivaansho jeevaloke" (Gita 15/7),

"sab mama priya sab mama upajaaye" (Mana, Utter. 86/2).

However, from our side, we became of this world. Thus, in fact, we do not have to take refuge in God, rather we have to renounce the shelter of this world. We have to accept our mistake. Even *Arjuna's* mistake was corrected on listening to *Gita* and he recollected that -

"I am only God's from time immemorial".

Arjuna says -

*Nashto moha smrutir labdhaa tvatprasaadaanmayaachyut |
Sthitosmi gatasandeha karishye vachanam tava ||
(Gita 18/73)*

O' Lord ! By Your grace my delusion is obliterated, as the memory is established. I am now firmly grounded, and without any doubts. I shall do as You say.

God said - *"Sarvadharmaan parityajya maamekum sharanam vraj"*

"Give up dependence on all duties and surrender completely to Me. Seek refuge in Me alone."

and to this *Arjuna* said - "I shall do as you say."

The meaning of this is that after taking refuge, man's work is to follow the Lord's command.

In *karmayog*, the sentiments are one of the mind being free of desires. In *Jnanayog*, the self is retained and in *Bhaktiyog*, there is sweet memories of mine-ness (my very own) with the Lord, and this relationship has been so from time immemorial.

A *karmayogi* has an eternal relationship with God, a *jnanayogi* has an intrinsic relationship and a devotees that has taken refuge in God, there is intimacy with Him, (a feeling of my very own). In eternal relationship, the worldly temporary relationship is renounced. In elemental relationship there is oneness with the elemental Essence (self realization) and in an intimate relationship, there is inseparability with God (Love). In eternal relationship there is relish of peace, in elemental relationship there is unbroken relish, in intimate relationship there is everlasting, eternal relish. Without attaining that eternal relish, a being's hunger is not entirely satisfied. Attainment of eternal relish is possible due to taking refuge in God. Therefore surrendering to the Lord is the best of all spiritual practices. **To be contd....**



MAA DURGA

[27/10 9:54 am] acharyad347:

जानिए मां दुर्गा के शक्तिपीठ की पौराणिक कथा

मां के 51 शक्तिपीठों की एक पौराणिक कथा के अनुसार राजा प्रजापति दक्ष की पुत्री के रूप में माता दुर्गा ने सती के रूप में जन्म लिया था और भगवान शिव से उनका विवाह हुआ था।

एक बार मुनियों के एक समूह ने यज्ञ आयोजित किया। यज्ञ में सभी देवताओं को बुलाया गया था। जब राजा दक्ष आए तो सभी लोग खड़े हो गए लेकिन भगवान शिव खड़े नहीं हुए। भगवान शिव दक्ष के दामाद थे।

यह देख राजा दक्ष बेहद क्रोधित हुए। अपने इस अपमान का बदला लेने के लिए सती के पिता राजा प्रजापति दक्ष ने भी एक यज्ञ का आयोजन किया। उस यज्ञ में ब्रह्मा, विष्णु, इन्द्र और अन्य देवी-देवताओं को आमंत्रित किया गया, लेकिन उन्होंने जान-बूझकर अपने जामाता भगवान शिव को इस यज्ञ का निमंत्रण नहीं भेजा।

भगवान शिव इस यज्ञ में शामिल नहीं हुए और जब नारदजी से सती को पता चला कि उनके पिता के यहां यज्ञ हो रहा है लेकिन उन्हें निमंत्रित नहीं किया गया है, तब यह जानकर वे क्रोधित हो उठीं। नारद ने उन्हें सलाह दी कि पिता के यहां जाने के लिए बुलावे की जरूरत नहीं होती है। जब सती अपने पिता के घर जाने लगीं, तब भगवान शिव ने उन्हें समझाया लेकिन वे नहीं मानीं तो प्रभु ने स्वयं जाने से इंकार कर दिया।

शंकरजी के रोकने पर भी जिद कर सती यज्ञ में शामिल होने चली गईं। यज्ञस्थल पर सती ने अपने पिता दक्ष से शंकरजी को आमंत्रित न करने का कारण पूछा और पिता से उग्र विरोध प्रकट किया। इस पर दक्ष, भगवान शंकर के बारे में सती के सामने ही अपमानजनक बातें करने लगे। इस अपमान से पीड़ित सती ने यज्ञ कुंड में कूदकर अपनी प्राणाहुति दे दी।

भगवान शंकर को जब यह पता चला तो क्रोध से उनका तीसरा नेत्र खुल गया। ब्रम्हांड में प्रलय व हाहाकार मच गया। शिवजी के आदेश पर वीरभद्र ने दक्ष का सिर काट दिया और अन्य देवताओं को शिव-निंदा सुनने की भी सजा दी। ♦

Invaluable Advice

Question: *What should be the daily routine of a student?*

Answer: He should rise early in the morning before sunrise. If he gets up after sunrise, he should observe a fast throughout the day as penance. He should make the best possible use of his time without wasting even a single moment. As soon as he gets up, he should recite the verse –

***"tvameva maataa ca pitaa tvavmeva
tvameva bandhusca sakhaa tvameva
tvameva vidyaa, dravinam tvameva
tvameva sarvam mama deva deva."***

*"O Lord, You are my mother, You are my father
You are my brother, You are my friend
You are my knowledge, You are my wealth
You are my everything."*

After reciting this verse he should bow in front of his parents, teachers and elders. Then he should perform activities such as ablution and bathing etc., Thereafter according to the scriptural ordinance, he should perform morning prayer, recite the Gayatri verse and worship God. He should practice hatha yoga postures for good health.

A student should learn his lessons so thoroughly that he is able to explain it to others even without the book. The method to get mastery over the lesson is that he should revise the lesson, which he learnt during the day when going to bed, and once again revise it in the morning when he wakes up. By doing so, he will be able to learn the lesson thoroughly without much effort. Studies (learning and specially rote memorization) should be in the morning time because that is the best time when the lesson is learnt quickly.

A student should also perform the domestic duty according to the need of the hour as ordered by his parents, before he goes to school or college. He should reach school in time and bow to the teachers and study as they instruct. He should pay proper attention to what is being taught, understand it and have a thorough grasp of the subject. If there is any doubt about the subject, he should get it removed by his teacher. He should leave no stone unturned in his studies.

A student should have so much confidence and enthusiasm that he can teach the topic which he has learnt to others. Thus having studied in the school or college, he should come back home and take his meal with his parents with courtesy. The food eaten by him should be *Sattvika*, rather than *Rajasika* or *Tamasika* (Gita 17/8-10). *Sattvika* food makes intellect *Sattvika* (good), which is very useful for studies. It is said - 'The kind of food a man eats, so is his intellect, as an oil lamp having devoured darkness produces soot.'

After taking a meal, a student should walk for a short while; and then lying down straight facing up, breath eight times, lie on the right side and breath sixteen times, and lie on the left hand side and breath thirty-two times. Thereafter he should rise and start his studies. etc.

In the evening he should perform "*Sandhya*" (prayer) before sunset that is superior and recite the *Gayatri* verse. As far as possible, perform superior prayer at proper times. Morning prayer performed in star-light is superior. With the disappearance of the stars, it is medium, and after sunrise it is inferior. Similarly the evening *Sandhya* is said to be superior if it is performed in sunlight, medium at sunset and inferior in star-light. Therefore as far as possible, a student should perform superior prayer (*Sandhya*).

After dinner, he should walk for a while. Thereafter he should study his books and the scriptures such as Gita and Ramayan etc. He should reflect on that which he has studied at bedtime.

Student life is the base of a human being. If the student life is noble, the rest of the life will also be noble. Therefore a student should very carefully make his sentiments and conduct *Sattvika* (good and pure). In the *Bhagavata* it is mentioned –

"Scriptures, water, people, place, time, occupation, birth, meditation, sacred text (mantra) and past influence – if these ten are *Sattvika* (pure and good), the mode of goodness is enhanced, but if they are *Rajasika* (mode of passion) and *Tamasika* (mode of ignorance), passion and ignorance respectively, are enhanced."

Therefore if they are *Sattvika* (Pure and good) then intellect and nature will also be *Sattvika*.



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Poetry of the Month

Obedience

If one doesn't know how to obey,
He cannot learn, 'How to pray'
He can never be a talent,
Who never obeys his parents.

No happiness without obedience,
No peace, endurance or patience
No order in family maintained;
No happiness in family gained.

How can one become a leader,
Who doesn't respect his teacher.
Obedience brings him knowledge,
For peace, system and order,
That home, school and State is best,
Where rules are obeyed without contest.

Disobedience breeds confusion,
Disorders, darkness and illusion
Befuddles the mind and sombre vision,
Which lead the family to ruin.

Obedience brings light for peace,
From it order, system and fame are reaped
Don't leave the creed of obedience;
It makes your character brilliant,
And this is the seed of excellence.

No discipline without obedience,

Without discipline, no obeisance;
Reliance, humility and confidence;
Without these there is no patriotism nice,
When the country's interests are jeopardised.

The Obedience is a good religion,
It adjusts the angle of vision.
It teaches courtesy and good manners,
Helps high the love for country's banner.
Obedience builds a strong prosperous
country,
If national reconstruction taste, has its gentry.

The plans and schemes of Development,
Which all are very important.
All of us should pledge for their achievement,
Strictly adhering to discipline and obedience.
In discipline lies the destiny of a country;
In obedience lies the goal of gentry.

We should not divorce religion;
It tends the growth of obedience;
It removes the curtain of ignorance,
And promotes the feeling of confidence.

Thus obedience makes your home happy;
This will bring you wealth in plenty;
This will make proud your country,
Will make happiest your nation for century.



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[Versified by 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

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.

Food for Life Vrindavan UK Limited Presents
Kartik Maas
The story of the holiest month told through Divine Dance

A solo charity Kathak recital with live music
conceptualised, choreographed and performed by
Rumaari Janaki Mehta

Sunday 6 November 2016
5pm Dinner, 6.30pm Performance
£20, £15 (both prices include dinner)

The Bhavan
4A Castletown Road
West Kensington, London W14 9HE
Book online: www.bhavan.net or Call 07936895346

You can either book online at

<http://www.bhavan.net/art-gallery/past-exhibitions/event/541-kartik-maas> . Tickets are available at the Mandir .

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

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

Article on the success of the last dance event - <http://www.fflvrindavan.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

Dear Friends

Remembrance Day parade takes place every year and for some years we used to take part in it as Croydon Indian community. The time is: 12 noon. We meet at Croydon North End. We walk/march up to Croydon Town Hall. Can you please come along and bring at least one other member of your group to come. The importance of our showing solidarity cannot be over emphasised. It send a clear message that Indian community is supportive. Please pass this on to other interested people. I look forward to

Krishna Avanti Primary School

Avanti Schools have a, "provision in the school for spiritual, moral, social and cultural development is very strong." Ofsted



Your Local School with a Special Ethos

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- Educational Excellence
- Character Formation
- Spiritual Insight

To find out more contact:
kaps croydon@avanti.org.uk
or call 020 8353 4253



KRISHNA AVANTI
PRIMARY SCHOOL

OPEN MORNINGS AT **Krishna Avanti** PRIMARY SCHOOL



Come and meet the staff, parents and pupils on:

Wednesday 19th October 2016 (4pm-6pm)

Wednesday 16th November 2016 (By appointment only)

Wednesday the 7th December 2016 (By appointment only)

If you would like to attend please email the school on: kapscredon@avanti.org.uk or phone on: 020 8353 4253



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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: