

**SPECIAL POINTS OF
INTEREST:**

· **YUVAK MANDAL**
Sabha every Friday

· **BAL MANDAL**
Classes every Saturday

· **Satsang e-letter**
Every month

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Jay Swaminarayan

Ramnavmi / Swaminarayan Jayanti

Wednesday 24th March will be an auspicious day as we celebrate the birth of Ram Bhagwan and Swaminarayan Bhagwan.

Ram Bhagwan



Lord Ram was born thousands of years ago on Chaitra Sud Navmi at midday. He was the eldest son of King Dashrath and Queen Kaushalya.

He was exiled to the forest for fourteen years because of Queen Kai Kai's jealousy. Queen Kai Kai had two boons given to them by King Dashrath. The first boon She asked was her son Bharat to become King of Ayodhya and the second boon, to exile Ram Bhagwan. To protect His father's honour, Ram Bhagwan agreed to the exile. His wife Sita and brother Lakshman accompanied Him as they were unable to live without Him.

During the exile Sita was kidnapped by the demon Ravan who took her to Lanka. With the help of Hanumanji, Ravan was defeated and Sita was saved. When Ram returned from the forest with Lakshman and Sita, the people of Ayodhya were overjoyed as they had missed Him greatly.

Ram Bhagwan is known for leading a life of true dharma even through harsh times such as the exile.

Swaminarayan Bhagwan

Evil had grown and spread across India and satsangis were being terrorised. To remove this evil and sin, Narayan Muni took birth on earth as the son of Dharmadev and Bhaktimata.

It was a dark beautiful night in the village of Chappaiya on Samvat 1837 Chaitra Sud Navmi. It was 10:10pm and on this auspicious moment of time no other child was born but Lord Supreme.

As a child He was known as Ghanshyam. The other names

given of Him were given by Markandey Muni. They were Hari, Krishna, Hari Krishna and Nilkanth

In His childhood He exhibited His wisdom and superhuman powers by performing many miraculous deeds. He mastered various Holy Scriptures and challenged great Scholars. He served His parents up to their death and gave them moksha. He left home at the age of eleven for a seven-year pilgrimage of India.

Swaminarayan Bhagwan was initiated by Ramanand Swami as the leader of the Uddhav Sampraday. During His time on earth, He developed the sampraday greatly to benefit all His satsangis. He initiated many great Nand Santos and inspired them to write many scriptures and kirtans. He established splendid temples at Ahmedabad, Vadatal and Bhuj installing various murtis of Himself.

Swaminarayan Bhagwan left His mortal body for Akshardham on Jeth Sud 10 Samvat 1886 at Gadhada at the age of 49.

Swaminarayan Bhagwan destroyed evil without the use of weapons. He taught the dharma of non-violence.



Ahmedabad Mandir

Nilkanth Varni

Tapasya in Puul Ashram



On January 30th 1948, during a prarthna sabha, Mahatma Gandhi was shot by Nathu Ram Godse. The last words on his lips were 'Hey Ram'.

Having blessed Hanumanji, Nilkanth Varni continued his Vanvicharan. He came to the foot of the Himalayas and saw beautiful snow capped mountains. He walked through the forests surrounding these mountains following the river. He soon came to the stem of the river where He rested for a while. Pleased that Nilkanth Varni had placed His Lotus feet upon him, Himalaya Himself appeared in a divine form and showed Nilkanth Varni the path to follow. After walking for three days, He came to the path leading to a holy place called Puul Ashram. Near here was a Lord Vishnu temple. Nilkanth Varni entered Puul Ashram and at the temple He remembered Bharatji's Tapasya.

Bharatji was the son of Rushbadev Bhagwan. He became a King and ruled for some years. He then gave up his kingdom to renounce the world and to seek salvation by performing tapasya. Bharatji came to Puul Ashram to perform tapasya away from all mankind. Each morning, Bharatji would take a bath in the river and pray to Lord SuryaNarayan. One morning, he saw a pregnant deer being chased by a lion. The deer tried to flee the lion by jumping over the river but in her fear, she gave birth and both mother and baby fell into the river. The mother drowned leaving the baby to fend for itself. Bharatji took pity on the baby, retrieved it from the river and took it back to his ashram. He treated it just as he would treat his own child. Time passed and the deer grew older and started to wander. One day the deer did not return. Bharatji became worried and searched the forest and in his despair he died. Bharatji had forgotten his reason for coming to Puul Ashram and had become attached to the deer rather than Bhagwan; attachment to things other than Bhagwan is a great sin. Due to this, he took rebirth as a deer. As a deer, Bharatji realised that he was previously a king and that this rebirth was his penance for his sins. Bharatji stayed in a cave, eating nothing but dried leaves and soon his life as a deer came to an end. He was reincarnated into a human form born to a Brahmin family. He retained his memory and remembered what had happened in his last human life and therefore devoted his life completely to God. He acted like a mad person so that no one became attached to him and he became attached to no one.

Nilkanth Varni also performed tapasya for four months, Chaturmaas. He performed this tapasya standing on His left leg, with His right leg rested above His left thigh and His hands raised above His head. At the end of the four months Lord SuryaNarayan was pleased and appeared before Nilkanth Varni. Lord SuryaNarayan gave Nilkanth Varni two boons. For the first boon Nilkanth Varni asked, "Oh Lord, the exterior and interior ignorance and darkness are the original cause of this painful world, just as you are able to destroy all the exterior ignorance and darkness, nothing should come in the way of attaining the perfection in my vow of celibacy, self control and non-attachment to worldly objects." For the second boon He asked for Lord SuryaNarayan to appear whenever He called upon Him. The next day He met Rushis who had been witnessing His severe tapasya. They asked Him why He was performing tapasya. Nilkanth Varni told them the story of Bharatji and explained the importance of non-attachment to worldly goods. Nilkanth Varni then set off southwards to continue His Vanvicharan.

True Value of Knowledge

Once there were two boys, both brothers, who had no parents and begged for a living. A very wealthy diamond merchant saw these boys and felt sorry for them. The Diamond merchant went to the boys with a Diamond and told them "This Diamond will provide you with all the food and wealth you will ever need"

The boys got the wrong idea, and thought that all they needed would come out of this Diamond, and so they started to find a way to break it open.

Of course it's very difficult to break into a diamond. The boys thought the Diamond merchant was just playing a trick on them, and so threw the Diamond into the river thinking it is worthless.

Later on that day someone walked past the river and saw an object shining in it. He dived in and got the Diamond. He thought to himself that this object looks like it must be worth something, and so took it to the nearest merchant to get it valued.

The man at the store said it is worth 200 rupees and so this man sold it for 200 rupees. The merchant then thought to himself, that this object looks priceless, it must be worth a lot more and hence went to Dubai to get it valued. It got valued at 8000 rupees; the diamond was sold in Dubai. The Dubai merchant thought that the object is worth a lot more, and so came to London. The true value of that Diamond came to £750,000.

Moral: It is important to educate ourselves and learn the true value of what we have around us. In this world we tend to value material things, but in our satsang we have been given Maharaj's murti which our Vachnamrut describes as "Chintamani", a philosopher's stone. Do we truly understand the greatness of the Lord? Do we truly understand and value what we have?

Being in satsang should be a choice of understanding.

Understand, and you will be showered by Swaminarayan Bhagwan's blessings.

e-Notice Board

www.swaminarayanwales.org.uk



Nutan Mandir Mahotsav: CHARITY BICYCLE RIDE

9th – 12th May 2010

From **Bhuj Nutan Mandir** to **Bhuj Nutan Mandir**

- Covering approx 300km (186miles) of Kutch Bhuj, India in 4 days
- Overnight stay will be arranged at Bhuj, Gandhidham, Mandvi and Naranpar
- All proceeds will go to DEC (Disaster Emergency Committee UK) and local Kutch charities
- Event is open for all over 15 of age
- Registration deadline – 18th April 2010

For further details and registration, visit
www.swaminarayanmandir.org.uk
 or email YM@swaminarayanmandir.org.uk



UKYM EASTER EVENT

On **Sunday 4th April** UKYM will be holding a sports fun day for all yuvaks. The event will take place at the JFK School in London. We will be meeting at Harrow mandir.



There will be many exciting activities taking place for both boys and girls including a play area for younger yuvaks.

It will be a great opportunity for all yuvaks to get together and have fun.

We hope you can attend!

HARROW BYM EVENT

To celebrate the anniversary of their Bal Yuvak Mandal, Harrow mandir are holding an **Antakshari Night** for ladies on **Saturday 3rd April**.

All mandirs are invited to bring teams along to take part in the entertaining event.



Yuvak Mandal Sabha - every Friday (7:15 – 8:30) in temple
Bal Mandal Classes - every Saturday (6:15 – 6:45) in temple
Seva – every Saturday from 8:30am

Festivals and Holy days - March 2010



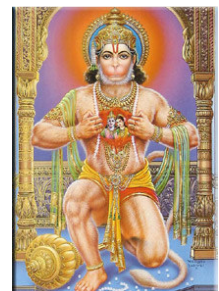
Narnarayan Dev Jayanti/Fuldol Utsav – Monday 1st March 2010

This festival marks the birth of Lord Nar and Lord Narayan. Nar Narayan took birth to defeat the evil demon Kunchi. This festival also marks the arrival of spring. Mandir is decorated with flowers.

Ramnavmi/Swaminarayan Jayanti – Wednesday 24th March 2010

Hanuman Jayanti – Tuesday 30th March 2010

The birth of Hanumanji. Hanumanji has served Lord Rama, Lord Krishna and also Lord Swaminarayan throughout their time on earth. He is our Kuldev (protector).



Ekadashi

Papmochni Ekadashi Fast - Thursday 11th March 2010
 Kamda Ekadashi Fast – Friday 26th March 2010



Wordsearch – Find the answers from last month's crossword.

C	N	N	S	A	B	N	M	N	A	S	U	A
F	R	N	H	H	A	A	A	L	H	T	H	T
T	R	D	A	M	N	T	E	S	O	E	D	O
N	A	K	U	D	R	E	N	U	I	S	A	A
R	T	N	I	I	L	E	A	D	A	I	S	E
I	A	R	K	L	P	H	D	L	O	X	T	O
H	D	N	W	H	A	T	R	A	L	T	O	W
T	R	E	W	B	O	N	E	T	S	E	D	A
C	G	A	A	A	H	A	F	F	H	E	M	S
O	T	H	S	R	L	K	S	Y	W	N	F	S
T	A	S	A	L	E	L	P	E	R	I	H	R
P	E	C	T	L	R	I	I	A	H	O	A	N
O	T	O	S	R	H	N	T	E	C	O	N	L

1. Krishna's friend: **Radha**
2. Name of Ghanshyam Maharaj when he did vanvicharan: **Nilkanth**
3. One of five senses: **Smell**
4. Name of Ghanshyam's mother : **Bhakti**
5. A place of worship: **Mandir**
6. Divine deeds of Bhagwan: **Leela**
7. A type of Bhakti: **Kirtan**
8. Number of sanskars in Hinduism: **Sixteen**
9. How many Gods are there according to Hindu religion: **One**
10. A holy man: **Sadhu**
11. He helped to get Ghanshyam back when he was kidnapped: **Hanuman**

Health Tip - Water



"raso 'ham apsu kaunteya"

"O son of Kunti [Arjuna], I am the taste of water"

[Bhagavad Gita 7:8]

By this statement the Lord is saying the taste of water is his direct energy to show his all- pervading nature. Water (Jal) is also one of the five elements of matter and is the element which is linked to the sense of taste. Drinking water is so important for good health. When you were a kid in school, you learned that each molecule of water is made up of two hydrogen atoms and one oxygen atom. What you may not have learned, however, was how much water you needed in order to be a healthy human being.

Why You Need to Drink Water

Your body is estimated to be about 60 to 70 percent water. Blood is mostly water, and your muscles, lungs, and brain all contain a lot of water. Your body needs water to regulate body temperature and to provide the means for nutrients to travel to all your organs.

Signs of Dehydration

You lose water through urination, respiration, and by sweating. Symptoms of mild dehydration include chronic pains in joints and muscles, lower back pain, headaches and constipation. Thirst is an obvious sign of dehydration and in fact, you need water long before you feel thirsty.

How Much Water do You Need to Drink?

A good estimate is to take your body weight in pounds and divide that number in half. That gives you the number of ounces of water per day that you need to drink.

The instruction of Almighty Lord Swaminarayan in verse 30 of the Shikshapatri encourages a person to filter water before drinking and to bathe in clean water. Apart from using a cloth, there is also equipment which can be used to filter water.

Most of the people who are affected by water disease are also poor and not being able to afford water filters. It would be the responsibility of government agencies, spiritual traditions(sampradayas), voluntary groups and well off individuals to provide such equipment. If all of these worked together to help completely establish the following of verse 30 of the Shikshapatri then many millions of lives would be saved.

- There are more chickens than people in the world.
- Hot water weighs more than cold.
- Camels have 3 eyelids to protect themselves from blowing sand.
- A Jellyfish is 95% water.

Please send us any interesting facts, stories, jokes, feedback for our next issue of e-Letter.