

**SPECIAL POINTS OF  
INTEREST:**

· **YUVAK MANDAL**  
Sabha every Friday

· **BAL MANDAL**  
Classes every Saturday

· **Satsang e-letter**  
Every month

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# Satsang e-Letter

ISSUE 3

September 2010

## Jay Swaminarayan

**Ganesh Chaturthi** (4<sup>th</sup> day of the Hindu month of Bhadarva)  
This year, on Saturday 10<sup>th</sup> September, was when we celebrated the birthday of Ganesh, a Dev or deity in Hindu religion.



*Ganesh with his two spouses –  
Ridhi (Wealth, good fortune) and Shidhi (Extraordinary  
achievements).*

Ganesh Chaturthi is an annual festival that is celebrated for ten days. The festival ends with people immersing murtis (idols) of Ganesh in water.

Ganesh is the son of Shiva and Parvati and is considered to be very wise. One of his names is Budhipriya; Budhi means wisdom in Sanskrit. Whenever we start any work, functions or Puja, we worship Ganesh who removes any obstacles in our path. Ganesh symbolises industry and enterprise in our lives. People worship him to attain Ridhi and Shidhi. Students pray to him for learning and wisdom.

His main symbols are:

His transport Mushak (mouse) - symbolises hard work  
Large stomach – kindness and keeps secrets  
Big nose – Dignity in society. Don't do any bad deeds.  
Big head – Attain wisdom and knowledge, think big and aim high.  
Big ears - Good listener  
Small mouth – Talk less in order to listen more

When we meditate on Ganesh and pray to him, his good qualities will be passed on to us.

## Virtues and Faults

Lord Krishna once said that he wanted to find the number of good and bad people in Hastinapur. He told Duryodhan, the eldest brother of the hundred Kauravs, to go and count the number of good people. Lord Krishna directed Yudhisthir to go and count how many bad people there are in Hastinapur. Duryodhan went to search for good people but came back and said that there weren't any good people in Hastinapur. Yudhisthir returned and announced that he could not find any bad people.

Duryodhan could not find any good people because he always looked at their faults and not their virtues (good gunas). Yudhisthir, on the other hand, saw only the virtues in others and hence could not find any bad people. Krishna declared Yudhisthir to be the best because he did not look at the faults in others.

Lord Swaminarayan explains that there are three types of people in the world.

- The best ones (*Utam*) are those who do not look at others faults but only their virtues.
- The average ones (*Madhyam*) look at both the faults and virtues in others.
- The lowest type (*Kanisth*) are the people who look only at the faults in others, disregarding their virtues.

Maharaj also said in the Vachnamrut that if someone looks at certain faults or virtues in God, saints and virtuous people then they themselves will gain those faults or virtues.

## Nilkanth Varni (The incredible journey of Lord Swaminarayan)

### Tapasya in Pulhashram



Nilkanth Varni was twelve years old when he arrived at Pulhashram, which is in Nepal. It has amazing nature on the planet and landscape of snow-capped peaks across the horizon with rivers snaking through lush green valleys. When Nilkanth was doing tapasya (penance), some people became jealous and went to the king of Nepal and said that a child is doing extreme tapasya and he may take your kingdom if he becomes powerful. The king went to Nilkanth and asked him why he is doing penance. Nilkanth replied, "I am doing penance to control my mind and senses and to please the sun deity, Suryanarayan". When the king asked Nilkanth to show him a miracle, the Gandaki river flooded instantly and the waters rushed towards them.

Some people came running towards them shouting that big waves of water are coming their way. When everyone had become very frightened, Nilkanth said, "Do not panic, the river has come to see the king" and touched the waves with his feet. The waters subsided immediately. On seeing this, everyone knew that this is no ordinary child but God himself. The king prayed to Nilkanth for salvation and invited him to his palace when he had completed his penance.

Nilkanth Varni did tapasya to inspire and teach us to do penance and be closer to God. It would be difficult for us to do similar tapasya as Nilkanth Varni but he has instructed us to do some tapasya on Ekadashi and other occasions. On Ekadashi, which comes once in a fortnight, we should control our senses and mind. We should not do any bad deeds with our body and senses. We should keep our mind pure, i.e. do not even think about doing bad deeds and not dwell on sensual pleasures, anger or greed. We should fast on Ekadashi, but if you can not fast for any reason then you could eat fruit on that day.

## Dharam Rath (Chariot)

On the battle field, Ravan, the king of demons, was on a chariot facing Lord Ram. Ravan was well equipped for battle whereas Lord Ram was on foot, only armed with a bow and arrow. Seeing this, Vibhishan, who had great love for Ram, became disheartened and bowed at his feet with affection.

Vibhishan asked, "Lord, how will you conquer this great warrior when you do not have a chariot or even shoes on your feet?"

The all-merciful Ram replied, "Listen friend, the chariot which leads one to victory against evil is of another type".

Lord Ram then describes the chariot of victory:

Valour (great heroism, bravery) and patience - two wheels of the chariot

Truthfulness and good conduct - resilient flags and banners

Strength, prudence (discretion or good sense), self-control and benevolence (welfare of others) - four horses

Forgiveness, compassion and non discrimination - cords joined to the horses

Lord's bhakti (devotion) - chariot driver

Dispassion and contentment - shield and sword

Charity and wisdom (intelligence) - axe and the powerful lance

Highest knowledge - the relentless bow

Pure and steady mind - quiver

Calmness and various forms of abstinence (yamas)

and religious observances (niyamas) - bundle of arrows

Worship to brahmins and guru - impenetrable armour



Lord Ram said that whoever possesses this chariot can conquer the invincible sansar (attachment to the world).

We can conquer any evil and obstacles in our lives by possessing the qualities described in Dharam rath. Lord Ram represents Dharam, Sita is Bhakti and Laxman is Vairagya or renunciation. This is why it is called Dharam Rath.

Our civilization, our culture, our independence, depend not upon multiplying our wants: self-indulgence, but upon restricting our wants: self-denial.

—Mahatma Gandhi

## e-Notice Board

[www.swaminarayanwales.org.uk](http://www.swaminarayanwales.org.uk)



### Cardiff Temple Patotsav

13<sup>th</sup> – 19<sup>th</sup> September 2010

#### Muktanand Kavya Katha

Mornings – 9am till 10:30am Evenings – 6pm till 7:30



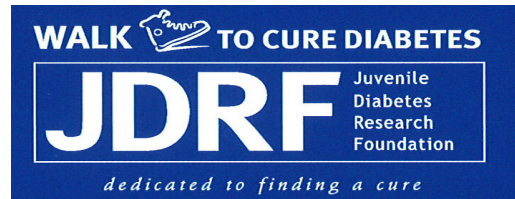
**Abhishek:** Thursday 16<sup>th</sup> Sept starts 8am, Evening – Raas Utsav 8pm

**Kirtan Bhakti:** Friday 17<sup>th</sup> Sept 8pm till Late

**Children's play activities:** – Every Evening

Special Prasad: Wednesday 15<sup>th</sup> – Barberque, Saturday 18<sup>th</sup> – Maha Prasad and Sunday 19<sup>th</sup> Farari Prasad

For further details please visit [www.swaminarayanwales.org.uk](http://www.swaminarayanwales.org.uk)  
or email [info@swaminarayanwales.org.uk](mailto:info@swaminarayanwales.org.uk)



### Shree Swaminarayan Yuvak Mandal Cardiff

is taking part in the **Walk to Cure Diabetes**

**Location:** Bute Park

**Time/Date:** 2pm, Saturday 2 October 2010

**Distance:** 4Km (Approx 2 and half miles)

We have chosen to support JDRF because of the 25,000 children with Type 1 Diabetes in UK. Currently, there is no way to prevent the condition from developing and there is no cure. Thousands of local children rely on multiple injections of insulin every day just to stay alive, so it is vital to raise more money to support JDRF's search for the cure.

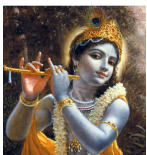
We would like to invite everyone to join the walk and help us reach our target of £5,000.00.

For further details of the event, please follow this link <http://www.jdrf.org.uk/walk/>, or alternatively, please contact, Karsan Vaghani [Karsan.vaghani@bristol.ac.uk](mailto:Karsan.vaghani@bristol.ac.uk)

Alternatively, if you are unable to join us, but would still like to contribute, donations can be made by visiting our website <http://www.justgiving.com/CardiffIndianCommunity>

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

### Festivals and Holy days - September



#### **Shree Krishna Janmastmi** – Thursday 2<sup>nd</sup> Sept 2010

Birthday of Lord Krishna.

#### **Ganesh Chaturthi** – Saturday 11<sup>th</sup> Sept 2010

Celebrate Ganesh's birthday



#### **Vaman Jayanti** – Sunday 19<sup>th</sup> Sept 2010

#### **Shraddh** – Thursday 23<sup>rd</sup> Sept 2010 – Thursday 7<sup>th</sup> Oct 2010

Perform religious duties in the name of ancestors by way of puja, donations

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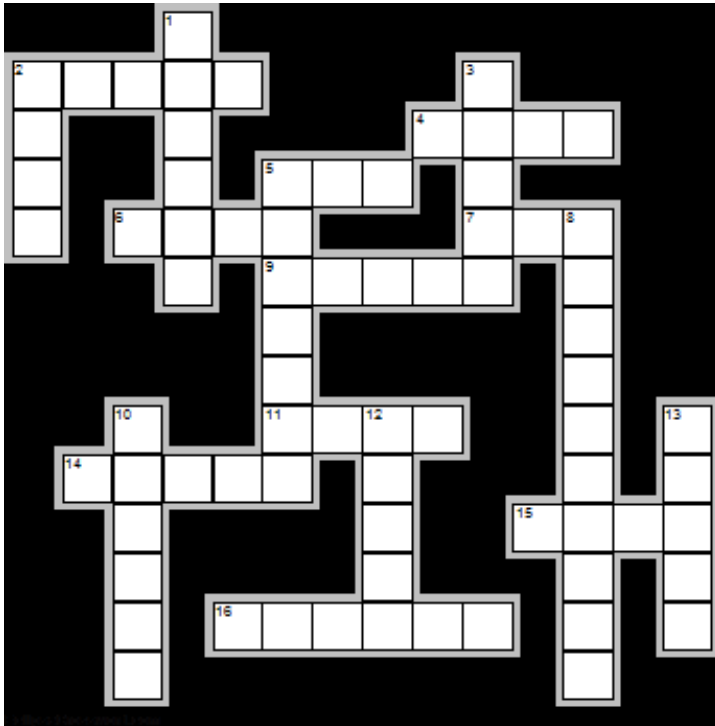
#### **Ekadashi**

Ajaa Ekadashi Fast - Sunday 5<sup>th</sup> Sept 2010

Jaljilani Ekadashi Fast – Sunday 19<sup>th</sup> Sept 2010



## Crossword



## Across

2. Krishna, protector of cows (5)
4. One of the five items used in puja and for the abhishek of Bhagvan (4)
5. Sin (3)
6. Ram's wife (4)
7. Physical strictness, penance (3)
9. One of Ganesh's wives representing wealth (5)
11. Food devotionally offered to Bhagvan as a form of bhakti. (4)
14. Name of Lord Swaminarayan's horse (5)
15. One of the cities where a mandir was built by the wish of Swaminarayan Bhagvan (4)
16. Incarnation (6)

## Down

1. Brother of Ganesh (6)
2. Knowledge (4)
3. An unstitched, long piece of cloth traditionally worn by males as a lower garment. (5)
5. Ganesh's mother (7)
8. Nilkanth did tapasya here (10)
10. Krishna's brother (6)
12. Nectar. A magical liquid churned from the ocean by the devs and the demons, and it was known to grant immortality to those who drank it. (5)
13. Name of one of the five Pandavs (5)

## Health Tip – Fruit and Vegetables

Everybody knows that it is important to get 5 portions of fruit and vegetables a day, but why is it so necessary?

To get straight to the point, they prevent a number of nasty diseases, including heart disease and many types of cancer! They are packed full of vitamins and nutrients – even some that can't be found in other types of food.

They are also high in fibre – which means you are fuller for longer and your digestive system will keep running like clockwork. There are some fruit and vegetables which are classed as superfoods, such as:

- Blueberries - contain flavonoids that can improve circulation and help defend against infection
- Broccoli - rich in the antioxidants vitamin C and beta-carotene, as well as folate, all of which can protect against cardiovascular disease and cancer
- Tomatoes - rich in lycopene, a powerful antioxidant that can protect against harmful free radicals
- Linseeds - rich in omega-3 fatty acids, which may help control cholesterol levels

Steaming or microwaving retains most of the nutrients. Cook vegetables in minimum amount of water and try to use the water left over after boiling.

Bhagvad Gita is one of the holiest scripture in Hinduism but it does not have the word 'Hindu' in it! The teaching is universal and for the whole of the mankind.

Some quotes from Bhagvad Gita:

"The mind acts like an enemy for those who do not control it."

"The power of God is with you at all times; through the activities of mind, senses, breathing, and emotions; and is constantly doing all the work using you as a mere instrument."

"A Karma-yogi performs action by body, mind, intellect, and senses, without attachment (or ego), only for self-purification."