



**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

Navratri – Nine Nights

The nine-day period of Navratri, starting from the new moon to the ninth day of Ashvin, is the most celebrated festival of the year. Although it has different names in different parts of India, people from all regions celebrate it. The nine different aspects of Devi (female manifestation of God) are worshipped over the nine days. The most popular forms are:



- **Durga:** goddess beyond reach,
- **Bhadrakali:** the auspicious power of time,
- **Amba** or **Jagdamba:** mother of the world,
- **Annapurna:** giver of food and plenty,
- **Sarvamangala:** auspicious goddess,
- **Bhairavi:** terrible, fearful, power of death,
- **Chandika:** violent, wrathful, furious,
- **Lalita:** playful,
- **Bhavani:** giver of existence.



During Navaratri some people fast or take fruit only. As it is the festival of the feminine form, on the eighth or ninth day many people invite over nine young girls from the neighbourhood, and pay homage to them by giving them gifts and food.

The first three days are dedicated to **Durga**, who gives us power to carry out our duties. The next three days are dedicated to **Laxmi**, the giver of wealth and the last three days are for **Saraswati**, who gives us knowledge and wisdom.

Dussehra

The festivities end on the tenth day, called Dussehra. This is when people in most parts of the country burn statues of the evil king Ravana, his son Meghanatha and his brother Kumbhakarna. This is done to commemorate their deaths. According to the Ramayana, Rama was the exiled prince of Ayodhya. Whilst living in the forest, his wife Sita was abducted by Ravana, the demon king of Lanka. A fierce battle followed between the two armies for many days.

Sharad Purnima (Poonam) - Last full moon for the Hindu calendar



On a night of full moon, all the Gopis were invited by Lord Krishna to take part in Raas-Leela, divine dance, to Vrindavan forest on the bank of river Yamuna. Only the ladies were invited. All the Gopis who had great devotion and selfless love for Krishna came from Vraj to play Raas with Krishna. Krishna took many forms to be partner with each Gopi. The tradition of Raas is still carried on in Gujarat on Sharad Poonam.

Lord Swaminarayan, fulfilling his promise of giving his devotees happiness, also performed the divine Raas-Leela at Panchala and took many forms to be partner with each Saint.

The United Doves

One day a group of doves were flying together when they came across some seeds scattered on the ground. When the doves had just landed to get them, a hunter waiting nearby threw a net trapping them. Trapped under the net the doves started to panic about how to escape. The leader of the doves advised, "If we try to fly away in our own way then we won't be able to escape. Let us be united and fly together."

The doves started flying together and lifted the net using their combined strength; they flew to a tree where their mouse friend lived. The mouse cut the net and freed them. If we as humans learn from the doves to work together in our families and satsang, then Lord Swaminarayan will be pleased with us and make our mammoth tasks possible.

Unity is strength, especially in Kaliyug - Sanskrit proverb.

Nilkanth Varni (The incredible journey of Lord Swaminarayan)

Mohandas attains divine darshan



A holy man named Mohandas became very fascinated as he saw young Nilkanth Varni walking briskly through the dense jungle. As he watched, he experienced inner peace in his heart. He approached Nilkanth, bowed respectfully and asked, 'I have lost my way in this Himalayan Jungle, but what are you doing in this dangerous place at this very young age?'

'I am here to show the way to the lost souls like yourself', Nilkanth said.

Mohandas became enchanted by Nilkanth and asked if he could join him on his journey. 'Of course you can come with me, I will show you the way', Nilkanth promised.

Mohandas had renounced the world and had become a sanyasi, but he still had some desire for the worldly goods. Mohandas' mind was attracted by a water pot Nilkanth had and constantly kept thinking about it. They came upon a small stream and started to cross it. Mohandas was terrified that Nilkanth might fall and break the beautiful water pot. Nilkanth knew what Mohandas was thinking and after crossing the stream, he broke the pot deliberately.

'Oh no! Why did you break that beautiful pot?' Shouted Mohandas.

Nilkanth replied, 'Your mind was attracted to the pot and would not let you carry out your duty towards salvation, so I broke it and broke your attachment towards it.'

Nilkanth said, 'How will you attain salvation if you concentrate your mind on worldly things and not on God?' Mohandas understood his mistake and bowed at Nilkanth Varni's feet.

After some days, they came to a tree which had purple fruit the size of mangoes. Nilkanth started to eat these strange looking fruits which had fallen to the ground. Mohandas started to eat the fruit too, but Nilkanth told him, 'Don't eat these fruit, because if you do, you will die.' Mohandas threw away the fruit.



After a while, four holy men came there and seeing Nilkanth eating the fruit, took the fruits off the tree and started to eat them.

Nilkanth said to Mohandas, 'Go and tell them not to eat the fruit or they would die.' But the four Sadhus ignored Nilkanth's advice and started to eat the fruit. One of them said pointing to Nilkanth, 'Why is the young Brahmachari over there eating it and has not died?'

'He is not an ordinary person and is a great soul,' said Mohandas.

The four sadhus, who were filled with pride, said mockingly that they themselves were great souls too. All four died.

Afterwards, on their journey, Nilkanth told Mohandas to go and stay at a place of pilgrimage and work towards his salvation.

Nilkanth Varni carried on with his great journey through the Himalayan terrain.

Sita – God's eternal energy

Ramcharit Manas, Baal kaand – Doha 148

Baam bhaag sobhati anukoola | Aadi-sakti chhabi-nidhi jaga-moola ||

Jaasu ans upajahin guna-khaani | Aganit lachchhi uma brahmaani ||

Meaning:

On his left side shines his eternal energy, Sita, who is ever devoted to him, and is storehouse of power. Sita, from whose fractional part, countless lakshmis, Uma and Brahmanis (Sarsvatis) are generated and are all mines of virtues.

In Ramayan, Sita who represents Bhakti, is said to be the supreme energy of the God. Through Bhakti we can attain power, wealth and knowledge and ultimately attain salvation.



Some you must gain some you must loose

Bal Budhhi Vidhya dehu mohi
harhu Kalesh Vikaar

Give me strength, wisdom and knowledge and take away kalesh and vikaar.

In Hanuman Chalisha, Tulsidas requests Hanumanji to grant him Bal, Budhhi, and Vidhya and in return take away from him seventeen different things - 5 of his Kalesha (distresses of Life) and 12 of his Vikaars (impurities).

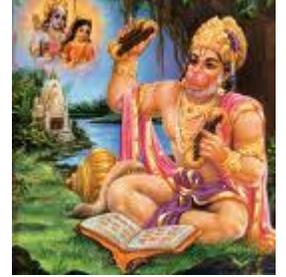
The five Kaleshas as defined in Patanjali's yoga sutra are:

1. Avidya - Ignorance
2. Asimitaa - Pride
3. Raag - affection (attachment)
4. Dwesh - Resentment, Animosity, Malice
5. Abhinivesh - Fear (Fear of death)

The twelve Vikaars (impurities) - six impurities of Body and six of Mind.

The six impurities of Mind are :

1. Kaam - Desire
2. Krodh - Anger
3. Lobh - Greed
4. Moh - Infatuations (A foolish, unreasoning, or extravagant passion or attraction)
5. Mada - Arrogance
6. Matasarta - Jealousy, Envy, Contempt for others



e-Notice Board www.swaminarayanwales.org.uk

Congratulations and thanks to all who supported this event.



Shree Swaminarayan Yuvak Mandal Cardiff

spearheaded the 'Walk to Cure Diabetes' and with the help of all the members of the Indian community, raised over **£6,000**.

Special thanks to all the Satsangis from Shri Kutch Satsang Swaminarayan Temple in Harrow, who travelled to Cardiff and supported this cause.

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

Festivals and Holy days - October 2010



Navratri - 8th - 16th October 2010

Celebration of nine nights. Fasting or eating fruit only.

Saraswati Poojan - Thursday 14th October 2010

Saraswati is the Goddess of knowledge.

Vijya Dashami (Dussera) - Sunday 17th October 2010

The day Lord Ram defeated Ravan, Signifying the victory of good over evil.

Sharad Poonam - Friday 22nd October 2010

Kojaagari Purnima. Raas-Utsav at Cardiff Temple from 6pm to 7.30pm.



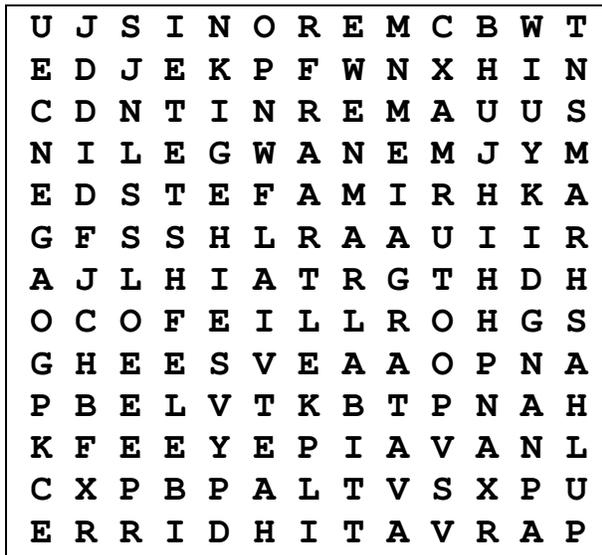
Ekadashi

Indira Ekadashi Fast - Monday 4th October 2010

Pashankusha Ekadashi Fast - Monday 18th October 2010



Word search– Find the answers from last month's crossword.



India is the largest democracy in the world, the 6th largest Country in the world, and one of the most ancient civilizations.

Across

- Krishna, protector of cows: **Gopal**
- One of the five items used in puja and for the abhishek of Bhagvan: **Ghee**
- Sin: **Pap**
- Ram's wife: **Sita**
- Physical strictness, penance: **Tap**
- One of Ganesh's wives representing wealth: **Ridhi**
- Food devotionally offered to Bhagvan as a form of bhakti: **Thal**
- Name of Lord Swaminarayan's horse: **Manki**
- One of the cities where a mandir was built by the wish of Swaminarayan Bhagvan: **Bhuj**
- Incarnation: **Avatar**

Down

- Brother of Ganesh: **Kartik**
- Knowledge: **Gnan**
- An unstitched, long piece of cloth traditionally worn by males as a lower garment: **Dhoti**
- Ganesh's mother: **Parvati**
- Nilkanth did tapasya here: **Pulhashram**
- Krishna's brother: **Balram**
- 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: **Amrut**
- Name of one of the five Pandavs: **Arjun**

Health Tips

Out of 1,440 minutes every day, we should schedule 30 of them for physical activity! Regular exercise is an important part of staying fit. People who are active live longer and feel better. Exercise helps you maintain a healthy weight.

Most adults need at least 30 minutes of moderate physical activity at least five days per week. Examples are walking briskly, mowing the lawn, dancing, swimming or bicycling. Work out in the gym weight training can also strengthen your body, improving fitness level. Find the right exercise for your self and make it fun so that you will stay motivated. Walk with a friend, go to fitness classes or do group bike rides.

If you have been inactive for a while then start out slowly and sensibly. If you have a medical condition, then get advice regarding what kinds of activities you should undertake.

Regular exercise helps to:

- Stimulate various brain chemicals which could make you feel happier and relaxed. You would look and feel better. It could prevent depression and increase your confidence.
- Prevent/manage high blood pressure
- boost 'good' cholesterol and increase triglycerides
- lower build-up of plaques in arteries and keep blood flowing smoothly
- prevent type 2 diabetes, osteoporosis

Yoga exercises, developed over thousands of years, helps to keep mind and body healthy.

Surya namaskar is an important set of yoga exercises which relieves stiffness, energizes the body and refreshes the mind.



- The strongest muscle in your body is the tongue – probably because we give it so much of a workout every day!
- Butterflies taste with their hind feet.
- An ostrich's eye is bigger than its brain.

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