



RIGVED
YAJURVED
SAMAVED
ATHARVAVED

Swami Dayanand Saraswati



Ved Sandesh May 2013 Volume 4 Issue 5

ARYA PRATINIDHI SABHA QLD INC

Krinvanto Vishvam Aryam ~ Make This World Noble

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Editorial:

The Ved Prachaar went very well and lasted for nine days and included the trip up to Rockhampton. This was the first time we did this and the trip took two days to complete. Thanks to those who came to the Ved Prachaar and I wish to see you again next year.

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Pt Guru Datt 'Arya Ratna' during one of the evenings Ved Prachaar program

Arya Pratinidhi Sabha of Qld - VED Prachaar 2013.

VED Prachaar programme in Queensland was organised by Arya Pratinidhi Sabha of Queensland from April 5th to April 13th 2013.

People living in Brisbane, Gold Coast and Rockhampton were very fortunate to hear Pt Guru Datt 'Arya Ratna' one of Fiji's finest and well known Vedic *Pracharak* and an excellent Vedic Bhajan vocalist who was spreading the true knowledge of VEDAS at various locations for the benefit of general public and members.

Topics each evening related to different aspects of day to day life. Pandit Guru Datt made the discourse very interesting and with his melodious voice and *Vedic Bhajans* made the programme very motivating. Looking at the satisfied reaction from the audience and the comments received, Pandit Ji's discourses were very well received each day.

Pandit Ji added a lot of day to day applicable illustrations in his Vedic Prachaar making it authentic and very easy to comprehend. The feedback from the audience present each evening was overwhelming and encouraging and gave us the opportunity to meet expectation of the members and public. The demand for the Ved Prachaar has been tremendous, and enlightening for everyone. Dinner was served each evening to the general public.

The Arya Pratinidhi Sabha of Queensland is grateful to many people for their outstanding support during the VED Prachaar and hopes that all the people who attended this year's Ved Prachaar would have been in some way enlightened by the teachings of the VEDAS and understood the message from the themes chosen and be able to make a change in their life for their progress and well-being. Special thanks to Brisbane Indian Times and Radio Brisvaani for free publicity of the programme to Brisbane community.

SIX FREE DOCTORS BY SHRI VIJAY ARYA JI

Ever heard of **SIX FREE DOCTORS** these are :

1. SUNLIGHT: The sun says, spend a little time with me while reading, exercising, listening to music, meditating, even chatting up with friends - do it with me! Just you and me, because I am your **BEST** friend. Physically and metaphorically Sunlight is beneficial to all. Giving light, its best, to everyone, regardless of race, caste, creed or colour.

2. WATER: 6-8 glasses of water in a day, replenishes all the liquids of the body. And H₂O is oxygen to every cell in the body. Our body thrives on fresh water. It is the greatest detoxifying agent ever produced. And it is **FREE!**

3. AIR: Your Prana Shakti - Life breath! Just being aware of your breathing for a little while, invigorates every cell in the body. **PRANAYAM** (deep breathing) - is a must, to exhale all carbon and take in all oxygen, in a clean and open environment. It is a luxury today to breathe fresh air. Do not neglect this. Holding a breath and then releasing it, clears all the diseases in the body.

4. DIET: After consuming 3 of the 5 nature's elements (Ether, Water, Air, Earth & Fire) get to the nature's produce. Vegetables, fruits, grains. The Lord has provided plenty of choice. The amount of cleansing the fruits, vegetables, grains does to the system is amazing!

The enzymes, nutrients thus produced protect every cell in the body. Proteins and all other requirements of the human body are present in fruits, vegetables, lentils, milk, yogurt etc too.

We are basically herbivores and not carnivores, not omnivores- by nature.

Vegetarianism is the key to good health and happiness. By involving oneself in the cycle of inflicting injury, pain and death, even indirectly by eating other creatures and animals, one must in the future experience in equal measure the suffering caused. Ahimsa, the law of non-injury, is our first duty in fulfilling religious obligations to GOD only then one will find happiness and Shanti.

5. EXERCISE: How can anything be consumed without the corresponding arrangement to digest the same? The body must move. Walking can be a good form of exercise! But stretching the body is very essential. Starting from bed, when waking up and then being physically vibrant through the day. Household work is **NOT** an exercise, it's a chore! Exercise in a proper state of mind and not under stress or duress. Relaxation is the reason for exercising a healthy state of mind. Exercise alone and not rushing!

6. REST: Last but not the least the 6th DOCTOR is REST! None of the above is possible without enough sleep, relaxation and rest from meeting a deadline! Rest is the most important factor which gives impetus to all other 5! So do not neglect it. Resting with beautiful, positive and creative thoughts is of course always recommended. If you have negative thoughts, keep slogging, so you do not have the time to nurture them. When resting have all the positive thoughts, nourishing thoughts, the foremost being Thanksgiving to the ALMIGHTY GOD Lord, followed by love and compassion towards all the relationships you encounter.

Havan Yajna Dates and Venue.

Finish Hall 62 Newnham Rd Mt Gravatt East

Mothers Day Celebration

May 5 10am-11.30am Yajman Mr & Mrs Anil Karan and Family

May 11 6pm -9pm

May 19 10am- 11.30am

Finnish Hall 62 Newnham Rd Mt Gravatt East