

What is Arya Samaj?

Arya Samaj founded by Maharishi Dayanand Saraswati is an institution based on the teachings of Vedas for the welfare of universe.
 It propagates the universal doctrines of humanity.
 It is neither a religion nor a sect.

ARYAN VOICE

YEAR 41

04/2019-20

MONTHLY

April 2019

Celebrating 144 Year of Arya Samaj Foundation Day.

On Sunday 7th April 2019

At our Bhavan

321 Rookery Road, Handsworth, Birmingham, B21 9PR.

Time - 11am – 1pm

(Havan, Celebrations & Rishi Langar)

Chief Guest Dr Aman Puri, Consul General of India.

(For catering purposes please let us know your attendance by
 Calling - Tel - 0121 359 7727 or Email - enquiries@arya-samaj.org)

**Please note: CAR PARKING at Rookery School, Rookery Road,
 Handsworth, Birmingham, B21 9 PY for this event.**

Festival	Date	Time
Ram Navmi	Sunday 14th April 2019	11am-1pm

Website - www.arya-samaj.org

Charity registration number 1156785

facebook <https://www.facebook.com/aryasamajwestmidlands/>

CONTENTS

10 Principles of Arya Samaj	3
Bestower to Rich and Poor - By Mr Krishan Chopra	4
आर्य समाज-एक परिचय-५ - आचार्य डॉ. उमेश यादव	6
ओ३म् की नगरिया - आचार्य डॉ. उमेश यादव	9
Venue Hire Advert	10
Yoga Classes	11
Holi Report - Mrs. Brij Bala Duggal	12
The Musical Donkey	14
Matrimonial Service information	16
News (पारिवारिक समाचार)	17
Indian Classical Dance	19

**For General and Matrimonial Enquiries
Please Ring
Miss Raji (Rajashree) Chauhan (Office Manager)
Monday to Friday between: - 2.30pm to 6.30pm,
Wednesday: - 11.00am to 1.00pm.
Bank Holidays – Closed - Tel. 0121 359 7727
E-mail- enquiries@arya-samaj.org**

10 Principles of Arya Samaj

- 1. God is the primary source of all true knowledge and all that is known by its means.(At the beginning of creation, nearly 2 Billion years ago, God gave the knowledge of 4 Vedas to four learned Rishis named Agni, Vayu, Aditya and Angira. Four Vedas called Rig Ved, Yajur Ved, Sam Ved and Atharva Ved contain all true knowledge, spiritual and scientific, known to the world.)**
- 2. God is existent, intelligent and blissful. He is formless, omnipotent, just, merciful, unborn, infinite, invariable (unchangeable), having no beginning, matchless (unparalleled), the support of all, the master of all, omnipresent, omniscient, ever young (imperishable), immortal, fearless, eternal, holy and creator of universe. To him alone worship is due.**
- 3. Vedas are the scripture of all true knowledge. It is paramount duty of all Aryan to read them, teach and recite them to others.**
- 4. All human beings should always be ready to accept the truth and give up untruth.**
- 5. All our actions should be according to the principles of Dharma i.e. after differentiating right from wrong.**
- 6. The primary aim of Arya Samaj is to do good to the human beings of whole world i.e. to its physical, spiritual and social welfare.**
- 7. All human beings ought to be treated with love, justice and according to their merits as dictated by Dharma.**
- 8. We should all promote knowledge (Vidya) and dispel ignorance (Avidya).**
- 9. One should not be content with one's own welfare alone but should look for one's welfare in the welfare of all others.**
- 10. In matters which affect the well being of all people an individual should subordinate any personal rights that are in conflict with the wishes of the majority. In matters that affect him/her alone he/she is free to exercise his/her human rights.**

Bestower to Rich and Poor

By Mr Krishan Chopra

यो रधस्य चोदिता यः कृशस्य यो ब्रह्मणो नाधमानस्य कीरेः । युक्त ग्राव्णो
योऽविता सुशिप्रः सुतसोमस्य स जनास इन्द्रः ॥ ऋग्वेद २.१२.६

yo radhrasya choditaa yah krishasya yo brahmano
naadhmaanasya keereh I yuktagraavno yoavitaa sushiprah
sutasomasya sa janaasa indah II

Rig 2.12.6

Meaning in Text Order

Yah = who

radhrasya = rich

choditaa = inspirer

krishasya = poor

yah = who

brahmanah = the knowledge of the Vedas

naadhmaansya = giver of all bounties

keereh = the teacher of all kind of knowledge

yuktagraavaanah = preacher of different kind of knowledge,

yah = who

avitaa = protector

suhiprah = worthy of our acceptance

sutasomasya = who enable students to taste the nectar of
knowledge

sah= He

janaasah = Omen

Indrah = glorious.

Meaning

O men! It is God who protects prosperous and poor. He also admires and inspires the learned. He also provides protection to the noble and learned who imparts the knowledge in the form of nectar to the students. Such God is great and glorious.

Contemplation

When we achieve success in the life, our joy is out of bound. That success makes us arrogant and we consider other people lower than us. This arrogance takes us far away to this extent that we deny the existence of the creator of the universe. But when in peace we conremplate over it then we realize that our arrogance has no foundation.

Whatever success we achieve, God is the inspirer of it. Whatever success is bestowed on rich and poor is the result of their actions due to inspiration of God. And the day, due to their inactiveness, when Lord does not wish to bestow His grace on them then their whole wisdom become worthless. Being all the facilities with them they loose it and the success turn into failure. On the other hand if God is willing, a poor man who has got nothing, all the means are available to him automatically. Whatever is bestowed on rich and poor, it is according to his actions and with the inspiration of God. Mere effort cannot meet the success unless our actions are not according to God. .

The teachers who deliver all kind of knowledge to the students and students who acquire knowledge from them are protected by God. The teacher and students succeed in their duties when God is on their side. It is often seen that being excellent wisdom of students and superb teacher can not produce bright students if the kindness of God is not with them. The teachers could not receive the same glorification which they deserved it. O the desirous of success! God is worthy of adoration. Learn to meditate on Him. Shape yourself according to His qualities, actions and then your success is guaranteed.

आर्य समाज-एक परिचय-५

आचार्य डॉ. उमेश यादव

आर्य समाज का स्वरूप

आर्य समाज सबसे पुरातन संस्कृति वेद की व्याख्या करता है जो हर युग के हिसाब से अनुकूल है। सर्व काल में विषय व भाव एक ही हैं जो अग्नि, वायु, आदित्य व अँगिरा द्वारा प्राप्त वेद ज्ञान के अनुसार है। यजुर्वेद में कहा- सा संस्कृति प्रथमा विश्ववारा - अर्थात् वेद की संस्कृति ही सर्व पुरातन व विश्व को धारण करने वाली है। यह वैदिक धर्म कहलाता है जो ईश्वर के लिये मूर्ति-पूजा का पोषक नहीं है। अन्धविश्वास पूर्ण विज्ञान रहित भाव एवं कार्यों का कोई स्थान नहीं है। अन्ध विश्वास से युक्त कोई भी कार्य वा अनुष्ठान पतनकारी माने गये हैं। चमत्कार, रहस्यवाद, ईश्वर-विरोधी भोगवाद आदि तमाम भ्रामक सिद्धान्तों का विरोध आर्य समाज पूर्णरूप से करता है। वेदानुसार सिद्धान्तों के आधार पर आस्तिक विचारधारा का सर्वथा समर्थन करता है। इस दिशा में चाहे कितना भी आडम्बरी आँधी-तूफ़ान आये, उसका सर्वथा आर्य समाज पूरी शक्ति से सामना करता है। तर्क व बुद्धि पूर्वक विचारों का समर्थन करके ही कोई कार्य व अनुष्ठान की पृष्ठि करता है।

धार्मिक व १६ संस्कारों के आधार पर आधुनिक व्यस्त जीवन को जोड़ने का काम जो आर्य समाज के द्वारा किया जा रहा है; वह अत्यन्त सराहनीय है । कर्मकाण्ड की सरलता व सुगमता पर खयाल किया जाना आर्य समाज का प्रयास है । शिक्षा का महत्त्व जिसमें पुरातन व आधुनिक व्यवस्था को जोड़ने का, गुरुकुल व आधुनिक शिक्षा को बढ़ावा देने का विशेष पुरुषार्थ आर्य समाज ने ही

सार्थक किया । विना किसी भेद भाव के सवर्ण या अवर्ण अर्थात् हर वर्ण वा वर्ग के वच्चों को एक साथ एक तरह के भोजन-छाजन के साथ शिक्षा देने व दे रहे का सफल श्रेय अगर आज की व्यवस्था में किसी को जाता है तो वह निःसंदेह आर्य समाज है । स्त्री-शिक्षा को बढ़ावा , कन्या गुरुकुल खोलना , लड़कों के लिये पृथक् गुरुकुल खोलना व सफलता पूर्वक आज की परिस्थिति में भी चलाना आर्य समाज की ही शोभा है । इसी तरह राष्ट्र के कार्यों में भाग लेना, धर्म व राजनीति का समन्वय करना आर्य समाज की साकारात्मक सोच है । धर्म के सत्य सिद्धान्तों पर आधारित विचार की प्राथमिकता हो चाहे वह वैयक्तिक, सामाजिक या राजनैतिक ही क्यों न हो; आर्य समाज इसी भाव की प्राथमिकता देता है ।

आर्य समाज आध्यात्मिक विशेषताओं का महत्त्व देकर धर्मपूर्वक अर्थ कमाना, यथायोग्य भोग करना व अपने जीवन की ईच्छा-पूर्ति करना जो धर्मानुसार हो और इस प्रकार मोक्ष की साधना करने की प्रेरणा जनमानस को देता है । संयत उपभोग से ही मनुष्य महान बनकर मोक्ष प्राप्ति के योग्य बन सकता है-ऐसी सबको आर्य समाज नैतिक शिक्षा देता है ।

आर्य समाज पातंजल-योग शास्त्र के अनुसार योग के आठ अंगों का महत्त्व देता है । यत्र-तत्र योगशालायें, गौशालाये, व्यायामशालाये व वैदिक पाठशालायें भी आर्य समाज के अन्तरगत गतिमान हैं । यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान व समाधि के ऋषि पातंजलि के योगशास्त्रवर्णित सिद्धान्तों को आर्य समाज वाखूबी महत्त्व देता है । आज के संदर्भ में स्वनाम धन्य योग ऋषि श्रद्धेय स्वामी रामदेव जी महाराज एक सफल उदाहरण हैं जो आर्य समाज के सिद्धान्तों पर संचालित गुरुकुल कालवा (जिन्द) भारत के होनहार स्नातक हैं और हरिद्वार (भारत) में पातंजल योगपीठ खोलकर सारे विश्व में योग व आयुर्वेद का खुला प्रचार कर रहे हैं । आर्य समाज के संस्थापक महर्षि दयानन्द सरस्वती ने भी अपने अमर ग्रन्थ सत्यार्थ प्रकाश में इसी योगविद्या का प्रचार किया है तथा अपने जीवन में भी उसे पूर्णरूपेण धारण किया है ।



आध्यात्मिक भजन

आचार्य डॉ. उमेश यादव

ओ३म् की नगरिया

ओ३म् की नगरिया बड़ी है सुहानी, चलो-चलो प्राणी घूम के आयें ।

जन्म-जन्म का फंदा कटता, पुण्य कर्म का धंधा सजता,
श्रेष्ठ कर्म, धर्म कुछ कर लो, चलो-चलो प्राणी...

ओ३म् नाम में तीन ही अक्षर, अ उ म् का नाद बजाया,
अनहद नाद ब्रह्माण्ड में गूँजे, चलो-चलो.....

सर्वलोक इसमें है समाया, वाग, पवन, उपवन चितलाया,
चाँद-सूरज का दीप जलाया, चलो-चलो.....

कोई जगह नहीं उससे है खाली, कण-कण में वह रमा हुआ है,
उमेश संग तुम भी आ रम जाओ, चलो-चलो प्राणी, घूम के आयें ॥

Arya Samaj (Vedic Mission) West Midlands

Newly Refurbished Venue Hire

Our new home at 321 Rookery Road, Handsworth, Birmingham, B21 9PR has been newly refurbished and is the perfect venue for you to hire for all your events.

Venue Information:

- **Main Banqueting Hall Seating up to 300+ guests**
 - **Function/Dining Hall With Stage**
 - **Yajna Shala (Havan Room)**
 - **Kitchen Facilities**
 - **On site cleaner**
 - **Parking for events**
 - **Hindu Priest Service**

Our venue is perfect for Weddings, Engagements, Anniversaries, Birthdays for all ages, Religious Ceremonies, Community Events, Family Parties, Meetings, Wakes and all other functions.

**For more information or viewings please call us on
0121 359 7727**

**Monday to Friday between: - 2pm to 6pm,
Except Wednesday: - 10.30am to 1.00pm
Bank Holidays – Closed**

- **Excellent rates – Vegetarian ONLY – No Alcohol**



YOGA CLASSES

Arya Samaj (Vedic Mission) West Midlands YOGA and MEDITATION Lessons for young children.

Where: - Arya Samaj (Vedic Mission) 321 Rookery Road, Handsworth, Birmingham, B21 9PR.

When: - Every Tuesday – Starting on Tuesday 3rd July 2018.

Time: - 5pm – 6pm.

Our learned, trained and qualified Yoga teacher Acharya Dr. Umesh Yadav ji will provide these lessons.

Parents and grandparents with young children who would like some more information about these sessions please get in touch with our Arya Samaj by phoning on 0121 3597727 or email on enquiries@arya-samaj.org.

The Holi Festival Celebrations at Arya Samaj West Midlands **on 24th March 2019**

This year the 'Holi' festival was celebrated by Arya Samaj West Midlands on 24th March 2019. Our Acharya Ji talked about the Vedic meaning of the Holi Festival and sang a beautiful song explaining the ritual as well as bringing about the feeling of experiencing such an event. Following this he asked two younger members of the congregation namely Kirsty and Vijay Kumar to go around the hall and put brightly coloured 'Tikka' on everyone present. The special sweets known as Ghuzia were shared after the Rishi Langar.

Holi traditionally known as **Holika** is celebrated on the last day of the Lunar year which falls on PURNIMA of the month PHALGUN. This festival is also known as VASANTA MAHOTSAVA and KAMOSTSVA/MADANOTSWA. The latter two are attributed to legends of Shiva and Kamadeva. The first one being connected with the legend of Hiranyakshpu – the story of Pralahd. Some Scholars state that the festival of Holi is the manifestation of traditional fire worship.

All over India this festival is celebrated with great enthusiasm and excitement. Celebrations can be from two days to up to fifteen days in different parts of India. Gokul, Vrindavan and Braj are known to hold celebrations lasting two weeks. The celebration over the two actual days of Holi consist of Bonfire on the evening of the first day and spraying of colour the next day. The double celebration has twin purposes as follows:

1. The last day of the year marking end of winter period provides the opportunity to end all bad and unwanted things in life and consider new resolutions as well as letting go of grievances. This is symbolized by the bonfire that turns everything into ash/earth to enable a fresh start.
2. Secondly, we welcome the Spring Season and celebrate this by spraying colours of the Spring (that are all around us in nature) to fill our lives with happiness, joy and excitement. There by beginning the New Year with a fresh mind.

We have probably all heard the story of Pralahd who refused to accept his father as the highest authority (God). His father Hiranyakashpu then told

his sister Holika (who had protection against fire herself) to sit in the fire with Pralahd. Pralahd was saved but Holika burnt to ashes because her protection (Boon) only worked if she entered the fire alone.

The other story is that on the day of Holi, Lord Shiva destroyed Kamadeva who had tried to break Shiva's meditation by shooting a love arrow at him. It is said that he was later forgiven, at the request of Parvati and Kamadeva's wife Rati, and Lord Shiva turned him into the Season VASANT – the Season of Love and Romance. Incidentally this period is also celebrated as the season of love as we say 'Spring is in the Air' when we refer to romantic atmosphere. It is also interesting to note that just before the start of Spring everyone talks about Spring-cleaning.

As I have mentioned earlier, our Vedic teachings also tell us that this is the time to remove bad and unwanted things from our lives and clear our minds of any negative thoughts. It is time to reflect on our own Karma and our own negative thoughts with a view to making improvements. 'Letting Go' is a hard thing to do but many of us have a clear-out at Spring time of our house/clothes i.e. things that we no longer use or want. Holi is about Spring-cleaning not only our environment and houses but also clearing our minds, most importantly of the negative thoughts and making room for new things as well as freeing our minds to allow happiness to enter our lives.

Vedic concept of Holi tells us that we should remove bad and unwanted things from our lives, clear our minds of negative thoughts. Vedic name for this Festival is HOLIASHTAKA which means transformation from ignorance to illumination, darkness to lightness, hatred to love, death to immortality and egotism to spiritual awareness.

There is evidence in the form of sculptures and murals depicting HOLI Festival dating back to 300 years B.C. There appears to be no variation to the original traditional way of celebrating.

Written by

**Mrs. Brij Bala Duggal
Board of Trustees
Arya Samaj (Vedic Mission) West Midlands.**

Children's Corner.

THE MUSICAL DONKEY

Here is one more interesting story from the Panchaantra collection:

Once upon a time, there lived a washer man in a village. He possessed a thin donkey by the name of Udhata. The donkey used to work for the washer man and carry loads of clothes to the river bank by the day. The donkey was not satisfied with food that was provided by the washer man. In the nights, he usually wandered in the fields nearby and ate the crops stealthily.

One night, he met a jackal and made friends with him. Both of them went out in search of food. They found a field full of cucumbers and had them to their full. They were happy to have found a nice place for their food and decided that they would come daily to eat cucumbers. Soon, the donkey started looking healthy and fat. Once after a tasty meal of cucumbers, the donkey was extremely happy. He was so happy that he got an intense desire to sing a song. He told the Jackal that he was overwhelmed and wanted to express his happiness in a melodious song. The jackal immediately replied, "Don't be a fool. If you sing, the guards sleeping in and around the field will wake up and beat us black and blue with sticks".

The donkey insisted on singing, the jackal again warned him not to do any foolish act. The donkey said, "You are a dull fellow. Singing makes one happy and healthy. No matter what comes, I'll definitely sing a song." The jackal once again warned him that if he would sing, the guards would come and reward him in the way that he might not like.

But the donkey could not stop himself from singing. Seeing the donkey singing, jackal said to the donkey "Friend, wait a minute.

First, let me jump over to the other side of the fence for my safety.” The jackal decided to wait outside the garden. On hearing a donkey braying in the field, the guard woke up from his sleep and rushed out to beat him. The donkey was braying happily, unaware of the danger.

The angry guard found the donkey and beat him so mercilessly that the donkey was physically incapacitated temporarily. Somehow, the donkey managed to drag himself out of the field to the waiting jackal. The jackal looked at the donkey and said in a sympathetic tone, “I am sorry to see you in this pathetic condition. I had already warned you but you didn’t listen to my advice.” The donkey realised his mistake and felt sorry for not listening to the good advice of the jackal.

MORAL OF THE STORY: THINK BEFORE YOU ACT



Matrimonial Service

Arya Samaj (Vedic Mission) West Midlands is dedicated to its matrimonial members to provide a service that will help members find a partner for marriage within our community. We feel it is time to make a few changes to help with this process and move forward with the times.

Changes we have made in 2018:

Website:-

- A new data base on the website that will give members an option to add a **photo** if they wish and a space for members to write a **bio** about themselves and what they are looking for in a partner.
- Existing members would have received a letter with information about what we need from you to update your profile. Once you have received this letter please fill it out and send back to us soon as possible, so we can update our **NEW** data base and you can start using the new system.

Matrimonial Service:-

- Members will now be given the **option** to directly contact each other or have the **option** for parents to contact each other.
- All **new** members will be contacted by the office staff for phone conversation during the application process.
- We are also looking in to ways of making our Matrimonial events more successful.
- **Now on facebook -**
<https://www.facebook.com/aryasamajwestmidlands/>

News

Get Well Soon:

- Mr Vishwa Nath Bhandari, ex-Vice President of Arya Samaj West Midlands year 2001-2003 is recovering in Gracewell of Edgbaston Care Home, Speedwell Road, Edgbaston, Birmingham, B5 7PR and telephone number 0121 796 0796. We all wish him a speedy recovery.
- Mrs Deepika Datta is on waiting list for a kidney transplant. We wish her to get better soon.

Condolence:

- Dr. Narendra and Mrs. Shama Kumar - for loss of their brother in law Mr. Vijay Kumar Choudhary, owner of Choudhary Motor Service, Lohardagga (Jharkhand) India on 21st March 2019. We Pray to Almighty God to grant his soul eternal peace and give strength to his family members & relatives to bear his loss.

Many congratulations to all the mentioned families who have had auspicious havan at their residences on different occasions or Sunday Vedic Satsangs in Arya Samaj Bhavan.

Donations:

- | | |
|---------------------------------------|------|
| • Mr Pradeep Sharma with Rishi Langar | £100 |
| • Mr V.P. Rawal | £10 |
| • Mr S Shukla | £30 |
| • Mrs A Prashar | £20 |

**Thank you for all your
Donations!**

**Please contact Acharya Dr Umeh Yadav on
0121 359 7727
for more information on**

- **Member or non member wishing to be a Yajman in the Sunday congregation to celebrate an occasion or to remember a departed dear one.**
- **Have Havan, sankars, naming, munden, weddings and Ved Path etc performed at home.**
- **Our premises will be licensed for the civil marriage ceremony.**
- **Please join in the Social group at Arya Samaj West Midlands every Wednesday from 11am. Emphasis is on keeping healthy and fit with yoga and Pranayam. Hot vegetarian Lunch is provided at 1pm.**
- **Ved Prachar by our learned Priest Dr Umesh Yadav on Radio XL 7 to 8 am, first Sunday of the month. Next 5th May & 2nd June 2019.**

Every effort has been taken that information given is correct and complete. But if any mistake is spotted please inform the office.

0121 359 7727

**E-mail- enquiries@arya-samaj.org
Website: www.arya-samaj.org**



INDIAN CLASSICAL DANCE

**INDIAN CLASSICAL DANCE LESSONS WILL START
IN
MAY 2019**

**AT
ARYA SAMAJ BHAVAN**

**BY
QUALIFIED TEACHER
MS DIVYA BHAT.**

**THOSE OF YOU WHO ARE INTERESTED PLEASE
PHONE OR EMAIL TO US TO REGISTER YOURSELF.**

Tel - 0121 359 7727

E-mail – enquiries@arya-samaj.org

**PLEASE KEEP A LOOK OUT ON OUR WEBSITE AND
ARYA VOICE FOR FORTHCOMING INFORMATION ON
THESE CLASSES.**