

ओ३म्



Maharishi Swami Dayanand Saraswati

**AUM BHOOR
BHUWAH SWAH,
TAT SAVITUR
VARENYAM
BHARGO DEVASYA
DHEEMAHI
DHIYO YO NAH
PRACHODAYAAT.**

*Oh God! You are the
giver of life, Remover
of pain and sorrow,
the Bestower of
happiness,
Creator of the
universe, may we
receive the
supreme
sin-destroying light,
and may you guide
our
intellect in the right
direction*

CHAIRMAN

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HON. SECRETARY

MR. PRAN WALIA

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ANOOP SETHI

THE ARYA PATRIKA

**WEEKLY NEWSLETTER OF ARYA SAMAJ, NAIROBI
FOR MEMBERS ONLY**

**Arya Samaj Nairobi is a Religious, Educational, Social and Cultural Vedic
Organization of 120 years standing in Nairobi, Kenya**

VOL: 42 ISSUE 45 PATRIKA

31ST OCTOBER, 2023

SUNDAY SATSANG PROGRAMME ON 5TH NOVEMBER, 2023

11.00 a. m. Aum Sankeertan & Vedic Sandhya

11.20 a. m. Prayers & Yajna by Acharya Varun Dev Sharmaji and Shastri Mwangiji.

12.00 p. m. Vedic Rashtriya Prarthana

12.15 p. m. Bhajans

12.30 p. m. Pravachan by Acharya Varun Dev Sharmaji

12.55 p. m. Announcements, Aarti and Shanti Path

1.00 p. m. Rishi Langar

ZOOM

<https://us02web.zoom.us/j/81036407868?pwd=eWkyZTNaNEhoRGk3UDI5UmczSUJ4Zz09>

Meeting ID: 810 3640 7868

Passcode: 370284

YOUTUBE

<https://youtube.com/live/tiRFP7mHhuk?feature=share>

Please visit our website on
<http://aryasamajnairobi.com>

**ARYA STRI SAMAJ HAVAN ON THURSDAY 2ND NOVEMBER, 2023
AT 12 P.M.**

MANTRA OF THE WEEK

ॐ प्राणाय नमो यस्य सर्वमिदं वशे । यो भूतः सर्वस्येश्वरो यस्मिन्सर्वं प्रतिष्ठितं ॥ अथर्व ०
11121411

As all living things are under control of Prana (vital energies) so all worlds are contained by Parameshwar.

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Editorial Note

The editorial Committee reserves the right to edit, publish or not publish any article sent by individuals or institutions for publication in the Patrika. In all these matters, the decision of the Editorial Committee will be final.

जो उत्तम शास्त्र जानने वाले विद्वानों से उपासना किया जाता तथा जो सुखपूर्वक और मंगल कार्यों का देने वाला परमेश्वर है, उसकी समाधि योग से मनुष्य उपासना करें।
यजुर्वेद - 17.62 महर्षि दयानंद भावाथ

REPORT OF SUNDAY SATSANG – 29TH OCTOBER, 2023

The Sunday Satsang commenced at 11.00am with the recitation of the sacred OM, followed by Aum Sankeertan, Sandhya, prayers and Agnihotra conducted by Acharya Varun Dev Sharma ji and Shastri Mwangi ji

The Yajmans were:

Mr. & Mrs. Rakesh Gupta and Ritu Gupta.

Mr. & Mrs. Pran Walia and Rekha Walia

Mrs. Pavitra Kaur and family.

Mr. Gudka.

After the Havan, Hon. Secretary of Arya Samaj Nairobi, Mr. Pran Walia welcomed all present and in particular the Yajmans and prayed to Paramatma to fulfill all the noble wishes of the Yajmans.

The second part of the Satsang started with Vedic Rashtriya Prarthana. four melodious bhajans were sung by Mr. Ashok Dadal, Pt. Ramkishan Sharma ji and Mrs. Kamlesh Monga followed by a poem by Mrs. Rekha Walia which were appreciated by all. He was accompanied by Manish Atre on tabla and Ashwin on the piano. After the Bhajans, Acharya Varun Dev ji held a short session of guided meditation.

The Secretary also welcomed all the Parivar members especially, Mrs. Shalini Lalla, Mr. & Mrs. Bharat Kent and Kamlesh Kent, Mr. & Mrs. Col. J. K. Mehra and Anjana Mehra, Mr. Kumar P. Bhalla and Mr. & Mrs. Rakesh Gupta and Ritu Gupta.

The Secretary cordially invited all Parivar members with families to celebrate Diwali & Rishi Nirvan Divas on Saturday 11th November, 2023 at M. D. Hall, Arya Samaj Nairobi, 6 pm onwards.

Finally, the Secretary invited all for the Rishi Langar and the Satsang was concluded with the singing of Aarti, the recitation of Shanti Path and Jai Ghosh.

The Satsang was broadcast live on the Arya Samaj Nairobi YouTube channel and on Zoom.

PARIVARIK MANGAL VED PRACHAR HAVAN

The Priests of Arya Samaj Nairobi conducted three Tuesday Ved Prachar Havans in the month of October, 2023.

The Yajmans were:

1. Mr. & Mrs. Madan Mohan Madan and Pushpa Madan & Family.

2. Mrs. Pushpa Khosla and Family.

3. Mrs. Vibhanshu Sharma & Family.

We thank all the above Parivar members for having Yajna at their homes. Other Parivar members are also requested to sign up for the same.



SHUBH DEEPAVALI



DIWALI & RISHI NIRVAN
DIVAS
CELEBRATION 2023

The Chairman, Arya Samaj Nairobi &
the Chairlady, Arya Stri Samaj and their
Boards of Management cordially invite all
Parivar members with families to celebrate
Diwali & Rishi Nirvan Divas.

SAT 11
NOV

6:00 PM CHILDREN'S HAVAN
7:00 PM DIYAS LIGHTING
7:15 PM ENTERTAINMENT PROGRAM
8:30 PM DINNER

VENUE

M. D. BHAVAN, ARYA SAMAJ
NAIROBI, 3RD PARKLANDS.

CHILDREN'S SECTION – STORY

Patience – the sure way to victory

Once [Shivaji Maharaj](#), a great [king](#) from India, lost his way while going from one fort to another. He looked around from a hilltop but could not see any village nearby. The night was advancing fast. As he started coming down the hill, he saw a dim light twinkling in the distance. Going in that direction, he soon reached a hut.

Inside the hut was an old woman who welcomed him, thinking that he was a soldier from Shivaji's army. Seeing that he was tired and hungry, she gave him warm water to wash his hands and face and also spread a mat for him to relax upon. After he had sufficient rest, she brought a plateful of hot rice and curry and placed it before him.

Shivaji was so hungry that he quickly put his hand into the rice and curry to lift a big morsel to his mouth. The hot food burnt his fingers and immediately, he grabbed his hand, spilling some food on the floor.

The old woman saw what had happened and remarked, "Oh, you seem to be as impatient and hasty as your master, Shivaji, that's why you burnt your fingers and lost some food, too."

Shivaji was both amused and surprised by these words. "Why do you think my master Shivaji is impatient and hasty?" he asked.

The old lady innocently began to explain. "Look here, my dear son. Don't you see, Shivaji is ignoring the smaller [forts](#) of his enemy and trying to capture only the big forts? Just as your impatience to eat burned your fingers and caused spillage of food on the floor, Shivaji's impatience to defeat the enemy is causing him both worry and loss of a number of men from his brave army. You should have first eaten the cooler food at the edge of the plate and then the food in the center. So, too, Shivaji should start taking the small forts first and strengthen his position. That will help him to conquer the bigger forts quickly and without much loss of his soldiers."

Shivaji was quick to grasp the wisdom in the old woman's words. He realised that one should avoid making haste in any undertaking.

DONATIONS

Name	Amount	Receipt Number
Mrs. Alka Dhall	2,500/=	13577
Col. Mehra & Family	1,100/=	13578
Mr. Swaran Varma	3,000/=	13579

**HINDU COUNCIL OF KENYA****NTSA****SMART DRIVING LICENSE ISSUANCE, RENEWAL &
CUSTOMER CARE FOR ANY NTSA QUERIES**

Dear Member, We have joined hands with NTSA for a mass drive of smart driving license issuance and renewal, together with customer care services.

Date: Friday, 24th November 2023

Saturday 25th November 2023

Time: 9:00am - 4:00pm

Basic Requirements

1. Copy of smart DL application through the eCitizen account (As per instructions attached)
2. Original or Copy of your Kenyan ID/Aliens card.
3. The Red book (Old driving license) for verification and or update purposes (if required)

Steps for registering and renewal of SDL are attached.

Fill in the google form via the link below

Link-

[PRESS LINK TO REGISTER](#)

<https://docs.google.com/forms/d/1gr7MrOzYso54mMRuMxlhMnlAwo2khOOR8ui2s9DcieM/edit>

Email: kenyahinducouncil@gmail.com, info@hck.or.ke.

Ph: 0733-809214 / 0722-793920.

Website: www.hck.or.ke

MPESA – GOODS & SERVICE TILL NO: 5001863

APPLYING FOR YOUR SMART DRIVING LICENSE THROUGH eCitizen

STEP 1: ACCESS THE eCitizen WEBSITE

Start by visiting the official eCitizen website (<https://accounts.ecitizen.go.ke>).

If you are a first-time user, you must sign up and create an account using your legal name and Kenya ID # or aliens card #

STEP 2: NAVIGATE TO NATIONAL TRANSPORT & SAFETY AUTHORITY (NEW) SERVICES

find the "National Transport and Safety Authority"(NEW) section and click ON IT

STEP 3: LOG IN VIA ECITIZEN ACCOUNT

> At the login page , enter your login credentials i.e username (email or id #) and password.

> click ' Get Code '

> A verification code (OTP) will be sent to your preferred choice of phone number OR email address

> input the OTP (you will have about 60 seconds) before it expires. If you fail to enter the otp in time , it will expire and you need to get new otp code again .

>on successful log-in , follow step 4

STEP 4: APPLY FOR SDL

Select & Click on "Apply for smart driving licence" tab

STEP 5: COMPLETE & SUBMIT YOUR APPLICATION .

>Follow the prompts and confirm details : Date of Birt (DOB) , Blood Group & Country of Residence

>If all your details are correct, click the next button at the bottom of the page.

STEP 6: PAY THE FEES

Make payment of KES. 3050 by mpesa

STEP 7: DOWNLOAD AND PRINT YOUR SMART DRIVING LICENSE PAID INVOICE

Upon successful payment, you can download and print the PAID INVOICE

STEP 8 : BIOMETRICS BOOKINGS

> Make a booking (date , time & location does not matter in this instance)

> avail yourself for registrations and biometrics on the day of the drive at hck .

SERMON – MEDITATION

“The state of mind in which there is no thought movement of any worldly object is called meditation.”
Saankhya Darshan 6.25

There is a beautiful story which explains this Saankhya Sutra very profoundly.

A man was standing on a hilltop. Three persons saw him; they started arguing about him, about what he was doing there. One said ‘He must have lost his cow — I know that man — and he must be looking for his cow from the hilltop.’

And the second said ‘I cannot agree, because when one is looking for something one does not stand like a statue, unmoving; one moves, looks this way and that. But he is just standing like a Buddha-statue He is not looking for something — he is waiting. Maybe a friend has come with him for a morning walk and is left behind and he is waiting for him to come.’

The third said ‘I disagree, because when somebody waits for somebody who has been left behind, once in a while he looks back to see whether he has come or not. But that man is not looking back at all; he is not even moving. He is not waiting. My feeling is that he is meditating.’

They could not agree on what that man was doing so they decided to go to the man and enquire. The first man said ‘Are you looking for your cow?’ The man said ‘No, I am not looking for anything.’ The second said ‘then I must be right: you must be waiting for your friend who has been left behind?’

The man said ‘No, I am not waiting for anybody.’ The third said ‘Then I have to be right — now there is no other alternative left — you must be meditating.’ And the man said ‘No, I am not meditating either.’ Then all three asked ‘Then what are you doing?’ He said ‘I am just standing.’

See the beauty of it: the man said ‘I am just standing. Is there any need to do anything? Can’t I just stand? Won’t you allow me this freedom, just to stand? Have I to look for something, wait for something or do something? Can’t I just be?’

Ego is that knot which disturbs the equilibrium between inner and external consciousness. There are some knots as attachments with the sensuous pleasures in the Chitta and Prana, knots of conditioning of the Chitta (mind) with thoughts and ideas and, knots of inertia in the physical sheath. When we are ready to drop this superficial appearance of ego we can attain true and clear understanding of ourself and the world. There is a wonderful story about the understanding of the play of ego.

Thus, meditation starts with thoughtlessness when mind is tranquil and calm, and coherent with peace. This meditative state of the mind puts one’s consciousness in front of an opening gate of the higher and deeper state of the mind i.e. Samadhi. In Samadhi there is identification of our true, eternal and immutable Self.

Sermon by Acharya Varun Dev Sharma ji

आर्यसमाज के दस नियम

1. सब सत्यविद्या और जो पदार्थ विद्या से जाने जाते हैं, उन सबका आदिमूल परमेश्वर है ।
2. ईश्वर सच्चिदानंदस्वरूप, निराकार, सर्वशक्तिमान, न्यायकारी, दयालु, अजन्मा, अनन्त, निर्विकार, अनादि, अनुपम, सर्वाधार, सर्वेश्वर, सर्वव्यापक, सर्वान्तर्यामी, अजर, अमर, अभय, नित्य, पवित्र और सृष्टिकर्ता है, उसी की उपासना करनी योग्य है ।
3. वेद सब सत्यविद्याओं का पुस्तक है । वेद का पढ़ना – पढ़ाना और सुनना – सुनाना सब आर्यों का परम धर्म है ।
4. सत्य के ग्रहण करने और असत्य के छोड़ने में सर्वदा उद्यत् रहना चाहिएँ ।
5. सब काम धर्मानुसार अर्थात् सत्य और असत्य को विचार करके करने चाहिए ।
6. संसार का उपकार करना इस समाज का मुख्य उद्देश्य है अर्थात् शारीरिक, आत्मिक और सामाजिक उन्नति करना ।
7. सबसे प्रीतिपूर्वक, धर्मानुसार यथायोग्य वर्तना चाहिए ।
8. अविद्या का नाश विद्या की वृद्धि करनी चाहिए ।
9. प्रत्येक को अपनी ही उन्नति में सन्तुष्ट न रहना चाहिए, किन्तु सब की उन्नति में अपनी उन्नति समझनी चाहिए ।
10. सब मनुष्यों को सामाजिक, सर्व-हितकारी नियम पालने में परतन्त्र रहना चाहिए आर प्रत्येक हितकारी नियम में सब स्वतंत्र रहें ।

Maharishi Dayananda Saraswati

आरती

ओम जय जगदीश हरे स्वामी जय जगदीश हरे
भक्त जनों के संकट, आर्य जनों के संकट क्षण में दूर करे
ओम जय जगदीश हरे.....

जो ध्यावे फल पावे, दुःख विनसे मन का स्वामी दुख विनसे मन का
सुख सम्पति घर आवे कष्ट मिटे तन का
ओम जय जगदीश हरे.....

मात पिता तुम मेरे शरण गहूं मैं किसकी स्वामी शरण गहूं मैं किसकी
तुम बिन और ना दूजा आस करूं मैं जिसकी
ओम जय जगदीश हरे.....

तुम पूरण, परमात्मा तुम अंतरयामी स्वामी तुम अंतरयामी
पार ब्रह्म परमेश्वर तुम सबके स्वामी
ओम जय जगदीश हरे.....

तुम करुणा के सागर तुम पालन करता
मैं सेवक तुम स्वामी कृपा करो भर्ता
ओम जय जगदीश हरे.....

तुम हो एक अगोचर सबके प्राणपति स्वामी सबके प्राणपति
किस विध मिलु दयामय दो हमको सुमति
ओम जय जगदीश हरे.....

दीन-बन्धु दुःख-हर्ता तुम रक्षक मेरे स्वामी रक्षक तुम मेरे
अपने हाथ उठाओ अपनी शरण लगाओ द्वार पड़ा मैं तेरे
ओम जय जगदीश हरे.....

विषय-विकार मिटाओ, पाप हरो देवा स्वामी पाप हरो देवा
श्रद्धा भक्ति बढ़ाओ सन्तन की सेवा
ओम जय जगदीश हरे.....



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