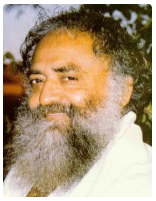


Shri Yoga Vedanta Ashram, California Chapter
www.ashram.org
Email: cal_chapter@ashram.org

MARCH 2006 NEWSLETTER

THOUGHT OF THE MONTH

"जो मान-अपमान, आर्थिक हानि-लाभ, सुख-दुःख मिले सो मिले। बीते हुए को भुला दो। हँसते-हँसते वर्तमान को गुजरने दो। भीषण कल्पनाओं में कुचले मत जाओ। लाखों बार आपकी देह मरी, हजारों बार प्रलय हुए फिर भी आज तक आपका कुछ भी नहीं बिगड़ा। हे अमर आत्मा! हे शाश्वत चैतन्य! अपने नित्य सुखस्वरूप आत्मा में जाग जाओ।"

'Dignity or indignity, profit or loss, joy or sorrow are part of life. Let them come and go. Forget the past & live in the present smiling during all ups & downs. Do not let the negative thoughts trouble you. This 'Body' dies countless number of times, but 'You' never die. Oh immortal soul! Wake up & enjoy your true blissful self.'

ANSWERS BY PUJYA BAPUJI

What is the significance of Guru Purnima?

Pujya Bapuji says: Guru Purnima is the festival of adoring the Guru. It is not the worship of the person.the pious act of adoring or worshipping the Guru does not merely constitute the adoration or worshipping of an individual. It is in fact the worship of the incorporeal Self, the Supreme Brahman, that abides in the Guru's body…. It is the worship of Knowledge….it is the worship of Brahmajnana.. It is the occasion to express our gratitude to Gurudev, who awakens us from the unconscious state of ignorance to the super conscious state of knowledge. Guru Purnima is the festival which reminds us that happiness is but a dream, sorrow is but a bubble and the Supreme Braham that witnesses the events of happiness and sorrow is our own Self. The festival is observed on a Purnima because the Sadguru, who imparts absolute Knowledge and brings absolute bliss to us is fully reposed in the absolute Self. The Sadguru is absolute. His absolteness lends perfection to many imperfect disciples yet His absoluteness is not in the least diminished. Guru Purnima is the day to worship such Gurus, the veritable icons of perfection.

PEARLS OF WISDOM

ॐ Just as the stream of water emerging from a mountain carves out its own path by breaking and crushing the rocks in its course, so does a courageous man with a will of iron overcome all obstacles and reach the summit of success.

EKADASHI UPVAAS

ॐ Ekadashi Upvaas is very important & beneficial for all householders. Pujya Bapuji says that "Upvaas" means *Up - Vaas* i.e., to stay close to God. The purpose of fasting is to experience peace & bliss. Eating less enables the mind & body to function more effectively.

RULES: ॐ One should not eat any cereals ("Ann" in hindi) like rice, pulses, wheat etc. & salt ॐ If possible, one should stay on water. Drinking luke warm water or lemon-mishri (crystalized sugar) water is very good as it cleanses the hidden undigested food in the body ॐ If one feels hungry, then one can take milk or fruit. Fruit should not be eaten with milk (therefore no strawberry shake, mango shake, chickoo shake etc.) ॐ One should not eat food like "sabudana", potato chips, fried food, etc. Also Banana is not recommended on this day since it is heavy to digest ॐ One should think that he/she is keeping this vrat to please God & to progress further in "sadhana" ॐ One should observe self-control ॐ One should do more of maun-japa (repeating the name of God in mind) in the day time ॐ One should do more of Dhyan & Bhajan by keeping awake for a longer time in the night

THE ATTRIBUTES OF A WISE PERSON

ॐ Study of the scriptures ॐ An intellect capable of discriminating between righteous and unrighteous ॐ Good memory power ॐ Efficiency at work ॐ Concentration of mind ॐ Consumption of only healthy foods ॐ Purity of speech ॐ Peace ॐ Patience…….These nine virtues are found in intelligent persons. Those under the influence of Rajasic and Tamasic qualities of Nature do not possess these attributes. It is due to these qualities of Nature that they fall prey to many physical and mental afflictions. The person, whose intellect has become purified with the effulgence of knowledge, does no indulge in anything that provides temporary pleasure but untimely leads to misery.

UTTHAN PADA ASANA

In Utthan Pada Asana, both the legs are lifted upwards. This asana gives excessive strain to the spine. In case of any spinal injury this asana can be practiced by lifting one leg at a time.

HOW TO DO: ॐ Lie on the floor with your body straight. Heels should be together. Look towards the ceiling. ॐ Slowly inhale and take in as much as air you can. ॐ Holding your breathe lift both the legs up about 10 inches high from the floor. Legs should be held together straight and toes stretch forward. Retain for about 5 seconds. ॐ Exhale slowly and begin lowering the legs simultaneously. Complete exhaling by the time your legs are brought back to the floor. **RESTRICTIONS:** ॐ Start with three rounds on the first day. Relax for about 5 seconds after each round. Do not practice more than four rounds a day. ॐ People who have had spinal injury can do the asana by lifting each leg alternatively. Do two rounds with each leg.

BENEFITS: ॐ Strengthens the spinal code and corrects disorders of the back. Reduces paunch and removes constipation, indigestion and gas trouble.

MAKE YOUR ACTIONS SACRIFICIAL

ॐ Man is bound by his own actions if not performed as yajna – actions consecrated to the Lord. Meritorious acts untainted by selfishness, work of any kind performed for the good of all, adoration of God, ethical and spiritual endeavors all such activities are conceived as parts of yajna.

ॐ Lord Brahma, the creator of the world, found out a solution to alleviate the miseries afflicting jives. He noticed that jives performed actions but the actions were not yajna-oriented. As a result, they were tormented by sorrow and restlessness and were thus condemned to repeated births and deaths. Therefore, He recommended that yajna-oriented actions should be performed. Not only did He proffer such advice, but He provided the necessary means as well.

ॐ Yajna is that which helps one to become established in the Being of the Creator. Any action done in the spirit of yajna liberates the doer from bondage whereas actions performed with a selfish motive bind the doer. If an action is motivated by attachment to the fruit thereof, or a desire to satisfy the ego, it binds the doer. On the other hand, if magnanimity and selfless love are the motivating factors, and actions are carried out in the spirit of yajna, they lead the doer to Self-realization.

ॐ Some people abandon action under the spell of indolence and dormancy. This is tamas renunciation. Such people go to lower planes of existence, i.e they are born as trees, etc, in their next life. There are others who renounce action because they consider all actions to be painful this is rajas renunciation. They go to painful planes of existence. Then there are the wise ones who understand the esoteric meaning of action and undertake sattvic renunciation. Like Arjuna who initially wanted to shirk away from the battlefield.

ॐॐॐ

ACTIVITIES DURING MARCH 2006

Video Satsang at Sunnyvale temple – MAR 05 – 3.00pm to 5.00pm
Video Satsang- MAR 11 – 3.00pm to 5.00pm – **PLACE OF SATSANG WILL BE NOTIFIED BY E MAIL**
Video Satsang at Fremont temple – MAR 18 – 3.00pm to 5.00pm
Video Satsang- MAR 25 – 3.00pm to 5.00pm - **PLACE OF SATSANG WILL BE NOTIFIED BY E MAIL**
Prasad will be served after the Satsang

Baal Sanskaar Program (Children's Moral Education Program) for kids between ages 5-16 years will be organized at Sunnyvale temple and Fremont temple simultaneously. This will expose them to the Great Indian Heritage & develop moral character. Focus is on teaching Pranayam, Meditation & Yogic Exercises for improving intellect & concentration.
In addition to this, Bal Sanskaar classes are also organized in Sunnyvale and Santa Clara every week. Contact Vibhash Trivedi at 408-667-8884, Silky Manwani at 408-772-4058 & Avinash Arora at 408-382-9251 if you want to send your child to these Baal Sanskaar Classes.

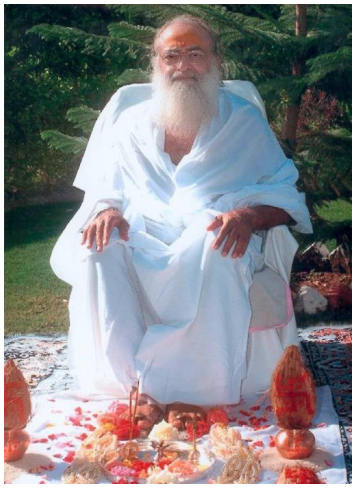
Local TV Channel/Online Satsang Currently Being Telecasted

- Watch Pujya Bapuji's Amritvani on Comcast, Channel 29 (in Fremont, Newark, and Union City) at 4.30PM (PST) every Friday.

HINDU CALENDER: UPCOMING FESTIVALS OF MARCH 2006

1. 2nd March: Shri Ramkrishna Paramhansa Jayanti
2. 10th March: Amlki Ekadashi
3. 14th March: Purnima/Holika Dahan/Chaitanya Mahaprabhu Jayanti
4. 25th March: Papmochini Ekadashi (Smart)/Swami Shri Lilashahji pragatya diwas (birthday)
5. 26th March: Paapmochini Ekadashi (Bhagwat)
6. 29th March: Amavasya
7. 30th March: Goodi Padwa/Chetichand

FOR MORE INFORMATION, PLEASE CONTACT

Avinash Arora: 408-382-9251, Divyanand Baria: 415-585-4555, Kalpesh Jaspara: 408-306-5650, Sanjay Bhatnagar: 831-212-4680, Vibhash Trivedi: 408-667-8884

बार बार वन्दना,हज़ार बार वन्दना...
भक्तों के भगवान को बार बार वन्दना...
सद्गुरु भगवान को बार बार वन्दना...
तुम ही मेरे ब्रह्मा,तुम ही मेरे विष्णु...
तुम ही शिव शंकर हो गुरु देवा...