

Inside this issue

COVID—19

Article

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Editorial:

Namaste All,

I hope that everyone is doing well and maintaining their distance in these crucial times. I wish all readers the best for the remainder of the isolation period. I know it can be hard to be stuck at home and I cannot think of a better time to work on something you have been putting off at home or learning a new skill. To everyone who is an essential worker I wish you the best and hope you all take the proper precautions for your health and safety.

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Arya Samaj Queensland Inc **COVID-19 Havan for Wellbeing**



How to perform Havan



Utensils required



Mantras in English with meanings



Mantras in Hindi with Meanings



View our Facebook live streaming showing how Havan is performed.

Benefits of Performing Havan:

Everyone knows that polluted air and water cause diseases which in turn causes pain, while pure air and water lead to good health and consequently provide happiness. People living far from where Havan is performed experience the fragrant odour in the air just as they experience any foul smell. That alone proves that an odoriferous substance placed into the fire is not destroyed but travels long distances and rids the impure air. To get rid of the impure air and replace it with fresh air, the mango sticks and ingredients which is burnt in Havan Kund produces the energy which breaks up the impurities of the air and reduces them to their components. They become lighter, are expelled from the house and replaced by fresh air. Havan mantras have the explanation through which the value of performing Havan is important for all humans.

Details on our Website: aryasamajqueensland.org.

Need help? For our seniors we can come to your home and perform Havan. Contact us on:

President: Jitendra Deo 0411 798 012

Treasurer: Sandeep Kumar 0451 569 712

Purohit: Pt. Laleen Jeet 0451 538 437

COVID-19 -Benefits of Performing Havan

The community at large has been affected by the deadly COVID-19 and the current lockdown in place causing even further dilemma for many families.

Arya Samaj Queensland has been active in urging people to perform Havan during this trying times. The Havan mantra's in Hindi and English, utensils and ingredients required has been uploaded on the Arya Samaj Queensland website www.aryasamajqueensland.org. The files are downloadable and has full procedure for Dainik Yaj (Daily Havan Yaj). Our Facebook page Arya Samaj Queensland has the video where the Havan is explained and performed to make it easier for people. Our organisation has also taken an initiative to perform Havan at senior's place (Brisbane residents only) on request and our purohit can attend and perform. We can provide all ingredients and mango sticks etc. for the Havan. Please visit website and Facebook page for further details or you can contact me on 0411 798 012. We urge people to perform Yaj for their well-being.

We urge people to stay home and stay safe. Perform Havan if you can, do Yoga and meditation and look after yourselves. You can visit www.yogguru.com.au for information of Yoga and meditation. Please contact President: Jitendra Deo via phone: 0411 798 012 or email: asq.president@gmail.com for any further information and help.

Yog and Meditation- Healing through knowledge

In ancient India, it was believed that all forms of knowledge were derived from a series of texts called the *Vedas*, from the Sanskrit word *Veda* for "knowledge." There are four *Vedas*: *Rig*, *Yajur*, *Sama*, and *Atharva*. They are thought to be divinely inspired, not of human origin. Traditionally, the *Vedas* were communicated orally. It is believed they were originally revealed to holy seers (*Rishi*), who shared them by chanting in Sanskrit. Later, the chants were written down in books.

The word Sanskrit (*Sanskrit*), which means "refined," comes from two words: *sam* ("well") and *krt* ("made" or "prepared"). Sanskrit has been the language of religion, philosophy, science, and art in India for many centuries. The *Yoga Sutras* is written in Classical Sanskrit, a later, more systematized form of Vedic Sanskrit.

The *Vedas* are a body of hymns chiefly concerned with how people should interact with the world, with one another, and with the divine. All later spiritual literature in India pays respect to, and is influenced by, the *Vedas*. Some of the salient works that evolved from the *Vedas* include the following parts

The *Vedangas*, the six limbs of the *Vedas*, are Phonetics (*Shiksha*), Grammar (*Vyakarana*), Etymology (*Nirukta*), Poetic rhythm (*Chandas*), Rituals and Duties (*kalpa*), and Mathematics, which includes astronomy (*Jyotisa*), algebra, trigonometry, and so on. These six limbs are essential to understanding the *Vedas*.

The *Upavedas*, the four "sub-Vedas," consist of Medicine (*Ayurveda*), Musicology (*Gandharvaveda*), the science of warfare (*Dhanurveda*), and Economics and Commerce (*Arthaveda*). The *Brahmanas* and *Aranyakas* are multiple bodies of texts that explain Vedic hymns. Some are lost to history, while others remain available today. The *Upanisads* contain explanations of specific topics that occur in the *Vedas*. These were written to be easily understood by everyone. The *Darshanas* are the six spiritual sciences, as explained earlier.

Unity and Coexistence of the Six Darshanas-the traditional Indian culture is deeply invested in the concepts of unity and mutual endorsement. Strong evidence for this is found in Mahabharata and Bhagavat Gita. The different causes of creation mentioned in the six Darshanas the pioneering Vedic scholar Maharishi Swami Dayananda Saraswati said, just as multiple different causes take part in the formation of a pot e.g. an application, time, clay, intellect, labour (required for mixing or separating different materials), the properties of matter, and the potter himself likewise, the six different causes of the world have been discussed by the six Darshanas. Thus, elements and the gradual formation of the different substances of the world from them by the Sankhya, and the efficient cause of God by the *Vedanta*. (Continued in next issue) **Please contact Jitendra Deo on 3273 3029 or visit www.yogguru.com.au for more information and articles.**

Who am I?

During this trying times and in lock down it's time that we reflect on ourselves and ask ourselves who am I.

I am a soul I am not the body, my soul is the conscious force which directs the mind what to think to speak and what action to do , the soul is immortal never born and will never die, my body dies but, not me, the soul, I am born again and again in different bodies according to the karma or action I do in different species bodies I take.

Is the soul different from God? Yes, there are countless numbers of souls, but there is only one God, imagine there are countless numbers of souls perched on a tree eating and enjoying the fruits of this tree, God looks upon the birds what they do how they eat the fruits of this tree, the tree is this Cosmos the individual souls are us, who occupy the humans animals birds insects bodies etc. God being Omnipotent Omniscient Omnipresent looks and supply all the needs for souls to exist in their respective bodies, He God dispenses justice flawlessly accurate to all the souls which occupy bodies.

The Souls of humans, animals and birds etc. are different from each other? No .There are three Elements Coexist with each other, God Soul and Matter from eternity to eternity they were never born will never change, they are the cause of this Cosmos, God is maker and designer of this Cosmos. Matter is the material with which God took and made this Cosmos and the Individual Souls are purpose for this Cosmos.

Why souls are born in the bodies of brutes? Because the souls which did wrong Karma in the previous human bodies they occupied, they are born in brutes bodies to repay the consequences of their evil actions, brute's whole life is programmed they act with instinct and not with reason, since they were created at the time of creation they behave the same way until dissolution of the Cosmos, when they will finish serving the consequences of their action in the animal body then they will be born again in human forms.

There is one Universal Soul, without a beginning or ending, that Soul is called Aum it is pronounced Om also called Paramaatmaa, there are countless numbers of individual Souls which are called Jeeva Aatmaa , the Jeevaatmaa has limited power in comparison with Paramaatmaa, the individual Soul is given a body to do karma in order to get Mukti or liberation from being born in this Cosmos, the souls which occupy body or bodies is immortal the bodies die and not the Souls .

The materials with which the Cosmos is made of, is called Prakriti or Matter, God Soul and Matter coexist together, they are the cause of this massive Creation, they never born or will cease to exist from eternity to eternity, Om or God took matter and create and fashion this Cosmos for the benefit of the individual Souls

Adapted from a article by Pt Hardeo Gopie.

Please contact President: Jitendra Deo 3273 3029 or Secretary: Sunil Dutt 5613 3410 for information on activities of Arya Samaj Queensland or log on: www.aryasamajqueensland.org/Facebook Arya Samaj Qld

Contact

Find out more about our recent events and get in contact;

Facebook : <https://www.facebook.com/Arya-Samaj-Queensland-399801427302343/>

To join the Viber Group; Contact Jitendra Deo on 0411 798 012

To join the Whatsapp Group; Contact Jitendra Deo on 0411 798 012

Daily updates on both forums are posted, so please join and stay updated in these trying times of COVID –19

