

## Inside this issue

Prayer for Australia

Article

Contact

## Editorial:

Namaste All,

The year has begun well and lot of activities are being undertaken. Recently the Australian bushfires have caused major damage to many places in Australia.

Our Samaj organized the Havan Yaj to pray for victims and also for rain. We did see rain after Havan and lot of other faiths also held prayer meeting.

Our Samaj was also part of multifaith prayer meeting at Southbank. Our learned punditji Laleen Jeet did the prayers and event was attended by over 200 people.

Our Samaj also worked with other organizations to organize bottled water for affected farmers in Stanthorpe. Freshly cooked food was also supplied on the day. Many thanks to all for being part of this wonderful project.

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## Ved Sandesh— Volume 1 Issue 2

Arya Samaj Queensland

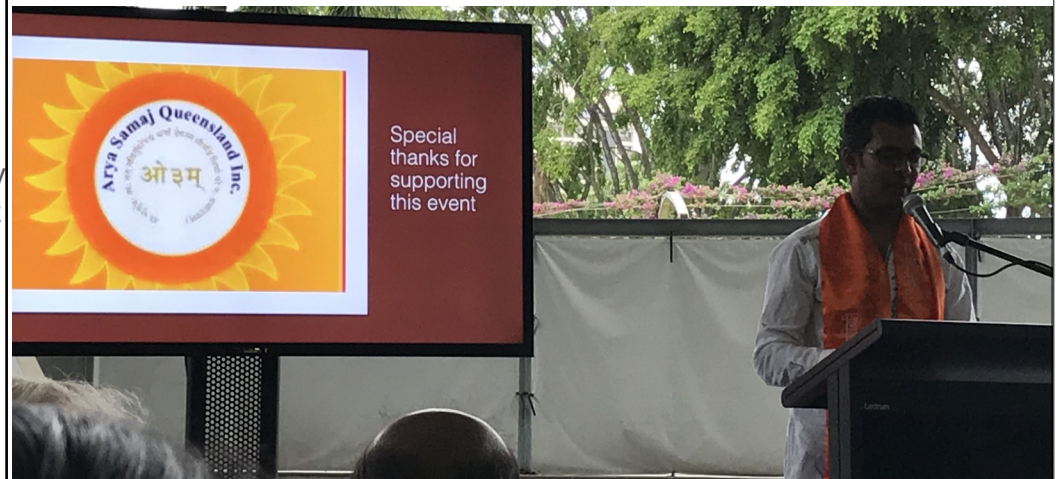


Arya Samaj Queensland performed Havan Yaj for fire victims and also did prayer for rain. The program was held at Carina at the residence of Mr & Mrs Viresh Pradhan. The program was held on January 5 and the attendance was commendable. The Havan ceremony was led by Pundit Laleen Jeet and Pradhan Family was Yajmaan.

The Yaj or Agnihotra according to Vedas helps in relief and also rainfall. Recent fires have caused a major damage to homes and killing number of people. The bushland was damaged and billions of animals perished. Five special mantras were recited for rainfall. The members of the community who had gathered also offered Ahuti during the ceremony. It was pleasing to see rainfall after prayers by all faiths and the rain was relief to many parts of Australia.

The pledges for bottled water was also taken and cash of \$540 was collected for water supply farmers in Stanthorpe. The bottled water project was a great initiative of Brisbane community and project chairperson was Arvin Datt and supported by Jitendra Prasad and Jitendra Deo.

Arya Samaj Queensland is thankful to all the members and community for attending and praying for Australia.



## Yog and Meditation- Healing through knowledge

**YOGA-** The word yoga comes from the root "YUJ," meaning "a deep state of meditation." Yoga is a state in which a person's inner core, the consciousness, remains in its own true form without being influenced by the impressions, thoughts, and dispositions of the mind. This is attained by restraining the operations of the mind in such a state, a person is free from all misery. The word Yoga also refers to a system of practices used to reach that state. There are eight "limbs" of yoga, as described by Maharishi Patanjali.

**YOGA SUTRA-** is a highly-condensed, concise principle and short enough to be easily memorized and passed on to others, as though it were a seed of knowledge. The word sutra literally means "thread," referring in this sense to a collection of maxims that are strung together like beads on a thread. The word sutra can refer to an individual maxim, or to the collection of maxims. Because sutras are so concise, they can be hard to understand without additional clarification. Many commentaries have been written to help understand Patanjali's Yoga Sutras. The word Yoga can also be said to be "spiritual practice."

The word yoga is used:

1. Raja-Yoga (raja = royal) sometimes refers to any type of meditation, because control of the mind is essential to any yogic practice. Often, raja-yoga is used as a synonym for yogic practice as described by Patanjali.
2. Hatha-Yoga (hatha = force) involves physical practices intended to aid in spiritual practice. Hatha-yoga also includes meditation practices. In popular language to-day, the word yoga often refers to the exercises associated with hatha-yoga postures (asanas) and various breathing practices (pranayama).
3. Jyana-Yoga (Jyan = knowledge) emphasizes study and intellectual insight to achieve self-realization.
4. Bhakti-Yoga (bhakti = devotion) emphasizes devotion to God as the primary means to attain self-realization.
5. Karma- Yoga (karma=action) is the art of "right action", performing actions because it is right thing to do, without being attached to the results.
6. Kriya-Yoga(Kriya=activity) is self-study and self-examination and devotion to God. (Continued in next issue)

Photos of community bottled water project—Volunteers at Stanthorpe delivering water to farmers affected by drought & fire

