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All shall observe self-discipline on Ekadashi (the eleventh day of each half of every lunar month), Janmashthami (birthday of Lord Shree Krishna) and birth anniversaries of other deities, Shivratri etc., and celebrate them with great reverence and festivity.  
- Shikshapatri Shlok 79

## Jay Swaminarayan

### **Maha Shivratri – 2<sup>nd</sup> March (Maha Vad 14)**

Maha—Great

Shiva—Lord Shiva

Ratri—Night

Shivaratri falls on the fourteenth day of dark half of every month but this day in Maha is The Great Night of Shiva and is dedicated to his worship. The origin of Shivaratri is attributed to several stories in Hindu mythology. One of the origins traces it back to the churning of the Ocean of milk by Devas (Gods) and Aasuras (demons) to obtain amrita (Nectar giving immortal life). Whilst churning the ocean many unusual items appeared from the ocean one of which included a deadly poison. As soon as they touched the poison, it exploded into poisonous fumes and threatened the entire universe. The frightened Devas ran to Brahma and Vishnu for assistance, but neither was able to help and sent them to Shiva. Due to Shiva's nature he agreed to help. He raised his Trident to condense the fumes and drank the poison but only to hold it in His throat. The Devas worshipped Lord Shiva for saving the universe. The poison left a dark blue mark on his neck and this is why he was called Neelkanth (blue-neck).



### **Holi – 19<sup>th</sup> March (Fagan Sud 15)**

There are several stories related to this day but the most renowned is that of Prahlad and his unbroken devotion for Narayan. Prahlad's father Hiranyakashipu, a demon king regarded Lord Vishnu as his enemy. Hiranyakashipu tormented Prahlad in attempt to stop him from worshipping Lord Vishnu. Prahlad would show no retaliation but simply chant Lord Vishnu's name knowing that Lord Vishnu would protect him. Realising the strength of Prahlad's devotion and that he could not stop Prahlad's worshipping, Hiranyakashipu decided to burn Prahlad. He ordered his Evil demon sister Holika to wear her magical chundari that would protect her from fire when worn over her head. Holika took Prahlad on her lap and sat on the pyre. As the pyre was set alight a gust of wind blew Holika's Chundari off her head and on to Prahlad. Holika was burnt alive and the magical Chundari protected Prahlad.

### **Fuldol Utsav - NarNarayandev Jayanti – 20<sup>th</sup> March (Fagan Vad 1)**



Ful - Flowers

Dol - Swing decorated with flowers

Utsav - Festival

This day marks the birth of the King of Bharatkhand, Shree Nar Narayan Rushi. On this day, all the Devtas swung Shree Nar Narayan Dev on a swing made up of flowers, hence the name Fuldol Utsav. We carry out the celebration in the same way, by residing Nar Narayan Rushi on a Hindolo made out of flowers.

An example is not another way to learn, it is the only way to learn.  
- Albert Einstein

"We do not need to attain God, as he has possessed us forcibly. Maharaj said, 'When even ghost cannot free a person it has possessed, than how can I do it?'"  
- Gunatitanand Swami

## Vachanamrut of Bhagwan Swaminarayan (Panchala 3)

### Wordly Desires

How can we get rid of the worldly pleasures and from which status can we allow these thoughts to prevail. Maharaj explains that we should get rid of our thoughts and actions regarding worldly desires which develop from the senses.



Maharaj explains that one should think that I am not the body or any of its elements and senses, but I am different from these, I am the atma (soul) and a devotee of Bhagwan. And if the senses misbehave as they often do, they should be disciplined in the following way. One should ask the sense 'do you wish to see the beauty of Bhagwan only, or do you also wish to see the beauty of others? Do you wish to listen to sounds related to Bhagwan only and experience smells related to Him, or do you also wish to listen to other sounds and experience other smells? If you do crave the sensory desires leaving Bhagwan aside, then what is there between you and me? Who are you and who am I? I will have absolutely nothing to do with you. Whatever you do, you (the body) will have to bear the consequences'.

In this way one should lecture their senses and pray to Bhagwan saying "O Maharaj! O Swami! You intensely love your bhaktas! You are an ocean of mercy! The fault lies with the indriyas (senses) and antah-karans. I am distinct from them. In fact, they are my enemies. So, please protect me from their influence'.

A haribhakta, Shree Swaminarayan Temple Cardiff

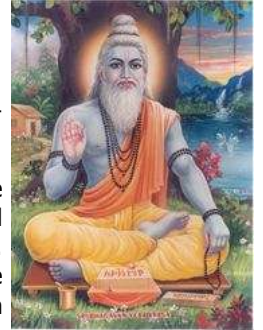
## Humanity is the biggest religion

In one of his most important shloks, Vyasmuni (writer of Puran's, Mahabharat, etc) says,

अष्टादरेसु पुराणेषु वयासय दिवचनम् ।  
परोपकाराय पुण्याय परपिणनम् पापम् ॥

Which means to help someone is to do "punya" and to hurt someone mentally or physically is to do "paap".

A saint was doing meditation on the river bank. A newly married couple came there to enjoy beauty of the nature. They were talking to each other and laughing as well. But because of them the saint got disturbed in his meditation. He looked at them and thought, is this life for them? But he couldn't see love between them. And they didn't even know that this saint is doing meditation there.



And suddenly in that river one lady was being dragged away in the river. She saw this saint and was pleading for his help. But this saint thought, I am a saint, I cant touch women and I'm in the middle of my meditation. Anyway, if she does die, that would be because of her deeds in her last life. So he didn't do anything and sat down. The drowning lady then saw the married couple and asked them for help. The man jumped into the river, even though he didn't know how to swim, to save the lady. His wife threw one end of her saree to him and other end tied to a tree and in this way they saved the lady. They asked her which village she was from and helped her to get back to her village. The saint was watching this scene and thought these people are fighting against god's wish and they will go to the hell.

So if we get a chance, who was right, the saint or the married couple. The saint was very religious but because of his blindness towards religion, he couldn't help the lady and let her drown in the river.

**Moral:-** We shouldn't be that blind and strict towards religion that we cant help someone. Religion is not religion if it prevents us helping someone. So if we get chance in our life to help out some one in their bad time we shouldn't let that opportunity go. The person you help will be very thankful to you and will be ready even in the middle of the night if you need their help.

- Jagdish Gorasia, Shree Swaminarayan Temple, Cardiff

## e-Notice Board

[www.swaminarayanwales.org.uk](http://www.swaminarayanwales.org.uk)

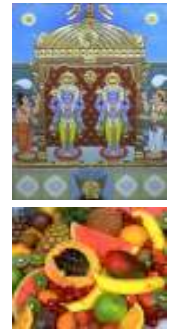
**Summer Time Begins**  
 27th March 2011  
 Clocks go forward 1 hour



### Festivals and Holy days – March 2011



**Maha Shivratri** – Wednesday 2<sup>nd</sup> March 2011  
**Holi** – Saturday 19<sup>th</sup> March 2011  
**Narnarayandev Jayanti** – Sunday 20<sup>th</sup> March 2011



#### **Ekadashi**

Aamlaki Ekadashi Fast – Wednesday 16<sup>th</sup> March 2011  
 Paapmochani Ekadashi Fast – Wednesday 30<sup>th</sup> Mar 2011

If you have any interesting facts, stories, jokes, or feedback for our next issue of Satsang e-Letter, please email them to us at [sstym@swaminarayanwales.org.uk](mailto:sstym@swaminarayanwales.org.uk).

#### A Smart Farmer

A land owner once asked a farmer if he wanted to do farming in partnership. The farmer asked what the conditions were. So the land owner said from whatever grows, I'll take anything that grows above knee height. So the farmer agreed and that year he harvested beans. The next year the land owner having been cheated once tried to trick the farmer again. He asked the farmer if he wanted to do farming again in partnership. The condition being that anything that grows at ground level would be the owners. So the farmer agreed and that year he harvested maize and took all of it for himself. The land owner having been cheated twice thought to be cunning as ever. He kept the condition that anything which would grow above the ground would be his. So the farmer agreed and that year he harvested groundnuts.

### Swaminarayan Museum Inauguration

Mahotsav: 5<sup>th</sup> March 2011 to 9<sup>th</sup> March 2011  
 Opening: 8<sup>th</sup> March 2011  
 More info: [www.swaminarayanmuseum.com](http://www.swaminarayanmuseum.com)

The Swaminarayan Museum opening is just around the corner and the anticipation amongst devotees and Ahmedabad residents cannot be contained. The museum will become a prominent religious landmark yet deviates from the traditional form of religious architecture.



As far as museums go, it will be one of the largest museums in India. It will be powered with its own solar energy with some pretty breathtaking exhibits on display. The complex in Ahmedabad Gujarat will cover a massive 30,000 sq feet of land. An additional 35,000 sq feet will be used for its offices and guest house. The museum will play home to artefacts used by Lord Swaminarayan, the founder of the Swaminarayan sect from 225 years ago. The best part, it will all be powered by solar energy and by windmills. Architects are also introducing glazed and insulated windows to keep the building naturally cool from inside. A huge garden with approximately 300 trees will be nurtured in the vicinity; as well as an underground rainwater storage system to serve as a reservoir.

The holy collectibles on display will attract millions to this divine structure once it is opened for visitors this march. The project will in turn generate a lot of interest from the general public about the museum's green and eco-friendly architecture and maintenance systems.

A Haribhakta, Shree Swaminarayan Temple, Cardiff

"Many that live deserve death. And some that die deserve life. Can you give it to them? Then do not be too eager to deal out death in judgement. For even the very wise cannot see all ends."  
 – J R R Tolkien

**e-Fun**

**e-Knowledge**



**Matching Game**

Match the Bhakta with his correct Gaam

Beginners

- (1) Dada Khachar
- (2) Jinabhai
- (3) Sura Khachar
- (4) Joban Bhaya Pagi
- (5) Sundarji Diwan

- Loya
- Bhuj
- Panchala
- Gadhpur
- Vadtal

Advanced

- (1) Parvatbhai
- (2) Mayaram Bhatt
- (3) Nathu Bhatt
- (4) Somala Khachar
- (5) Mancha Khachar
- (6) Jiva Khachar
- (7) Amba Sheth
- (8) Goverdhan Sheth
- (9) Punjabhai Darbar
- (10) Shivial Sheth

- Botad
- Sarangpur
- Kariyani
- Mangrol
- Agatrai
- Dholera
- Amdavav
- Botad
- Gadhali
- Manavadar

Answers: Parvatbhai - Agatrai, Mayaram Bhatt- Manavadar, Nathu Bhatt - Amdavav, Somala Khachar - Botad, Mancha Khachar - Kariyani, Jiva Khachar - Sarangpur, Amba Sheth - Gadhali, Goverdhan Sheth - Mangrol, Punjabhai Darbar - Dholera, Shivial Sheth - Botad

**Bhagwan's Names**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | N | A | S | A | R | J | U | D | A | S | A | N | I | A | A | A | S |
| I | M | A | W | S | D | N | A | N | A | J | A | H | A | S | A | A | A |
| I | U | A | R | W | N | R | M | Y | S | A | A | A | S | R | A | I | N |
| S | A | M | U | A | N | Y | R | I | R | N | N | K | R | H | D | N | Y |
| N | I | A | A | D | Y | A | A | M | Y | S | U | N | K | I | N | R | N |
| A | A | A | H | R | R | F | N | L | A | M | A | N | N | Y | Y | A | K |
| Y | R | N | A | N | H | S | I | R | K | R | A | A | A | K | S | V | S |
| A | M | I | A | I | S | Y | R | N | V | A | N | Y | Y | S | L | H | H |
| R | A | T | D | N | N | N | W | A | U | T | R | D | N | Y | J | T | D |
| A | H | J | A | J | N | U | H | M | N | H | A | A | J | J | K | N | W |
| N | T | N | Y | R | K | N | M | R | A | H | N | K | N | N | I | A | Y |
| I | S | A | R | Y | N | R | S | N | A | K | A | S | L | R | N | K | A |
| M | Y | R | V | M | A | R | R | U | A | K | A | I | W | T | A | L | N |
| A | N | M | N | T | I | R | Y | R | M | Y | S | Y | N | R | S | I | A |
| W | R | A | J | I | R | A | Y | A | R | I | A | M | A | T | N | N | V |
| S | L | A | R | A | A | N | I | A | A | V | R | R | S | W | N | N | A |
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| R | H | R | N | A | K | I | J | N | W | I | K | N | R | N | I | H | T |

Words to find:

- HARI
- KRISHNA
- NARAYANMUNI
- NILKANTHVARNI
- NYALKARAN
- SAHAJANANDSWAMI
- SARJUDAS
- SWAMINARAYAN



**Interesting Facts**

- The average person falls asleep in seven minutes.
- A giraffe can clean its ears with its 21-inch tongue!
- "I am" is the shortest complete sentence in the English language.
- Men can read smaller print than women; women can hear better than men.
- Einstein couldn't speak fluently when he was nine. His parents thought he might be retarded.
- Ketchup was sold in the 1830s as medicine

"If you cant be good you can atleast be careful" - Eugene O'Neill  
 "He's liked but he's not well liked" - Arthur Miller