



Divya Sandesh

The Newsletter of
THE DIVINE LIFE SOCIETY OF AUSTRALIA Inc.

Regd: inc 9877082

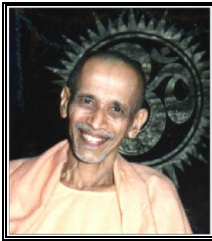
Issue: July –Sept 2016



Maya

A fisherman puts a worm on the hook, it is not out of compassion for the hungry fish. He wants to catch the fish. A hunter throws a few grains on the net, not on account of his love for the birds and his desire to feed them, but to catch them and kill them. Even so Maya puts a little bit of sugar coating on the bitter quinine pills of sense enjoyments. The Jiva is deceived.

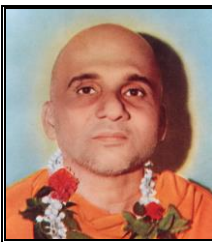
Swami Sivananda



Introspection

Where there is introspection, there is humility.
Make each dawn a fresh rebirth into the awareness of your spiritual identity, feeling yourself to be Satchitananda.
If the mind thinks sublime thoughts and ideas, if the heart harbors noble emotions, then the human being will live like God on earth. The key lies in what the human mind thinks. Human thought is the key to human destiny.

Swami Chidananda



Spiritual Vision

To define Brahman is to deny the essentiality of its all-inclusiveness. For, definition cannot but be partial. When it is said that Brahman is "something", it is simultaneously asserted thereby that something is "not" Brahman. But such a method of defining Brahman is incorrect, for there is not anything which is not Brahman. Brahman is everything that the mind can think of and which is even unthinkable.

Swami Krishnananda

CONTENTS

1.	Guru Purnima – Swami Sivananda	2
2.	The Rationale Behind Prayer – Swami Chidananda	3
3.	Positive Aids to peace of Mind.	4
4.	H.H Sri Swami Nirliptanandaji Maharaj's Australia – New Zealand visit 2016	5
5.	DLSA Branch contacts & Branch Activities	6
6.	Special Activities	7

GURU PURNIMA

SWAMI SIVANANDA

The full-moon day in the month of Ashada is the extremely auspicious and holy day of Guru-Purnima, also known as Vyasa Purnima. Maharshi Vyasa has done unforgettable service to all humanity for all time by editing the four Vedas, writing the eighteen Puranas, the Mahabharata and the Bhagavata. We can attempt to repay this deep debt of gratitude we owe him only by constant study of his works and practice of his teachings imparted for the regeneration of humanity **In honour of this divine personage, all Sadhakas and devotees perform Vyasa Puja on this day and aspirants worship their Guru. Mark fully the deep significance of this great day.** Ashadha Poornima heralds the Chaturmas or the setting in of the eagerly awaited rains. The water drawn up and stored as clouds in the hot summer now manifests in plentiful showers that usher in the advent of fresh life everywhere. Even so, do you all begin seriously to put into actual working all the theory and philosophy that you have stored up in you through patient study. Commence practical spiritual Sadhana right from this day. Generate fresh waves of spirituality. Let all that you have read, heard, seen and learnt become, through Sadhana, transformed into a continuous outpouring of Universal Love, ceaseless loving service, and continuous prayer and worship of the Lord seated in all beings.

As the day of Guru Pooja or worship of one's preceptor, this is a day of pure joy to the sincere aspirant. Thrilled by the expectation of offering his reverent homage to the beloved Guru, aspirants await this occasion with eagerness and devotion. It is the Guru alone that breaks the binding cords of attachment and releases the aspirant from the trammels of earthly existence. The Guru is God Himself. He guides and inspires you from the innermost core of your being. He is verily the Supreme Spirit. He is everywhere.

BEHOLD THE ENTIRE UNIVERSE AS GURU-SVARUPA. Have a new angle of vision. See the guiding hand, the awakening voice, the illumining touch of the Guru in every object in this Creation. The whole world will now stand transformed before your changed vision. The Virat Guru will reveal all the precious secrets of life and bestow wisdom. The Supreme Guru, manifest in visible Nature, will teach you the most valuable lessons of life. Worship daily this Guru of Gurus, the Guru who taught even Avadhuta Dattatreya. The silent all-enduring earth with its lofty forbearance, the shady fruit-bearing tree with its willing self-sacrifice, the mighty Banyan tree (Pipal) reposing with patience in the tiny seed, the dripping drops whose persistence wears away the rocks, the planets and the seasons with their orderly punctuality and regularity are divine Gurus to him who will look, listen and receive. Become a personification of receptivity.

SONG OF SADHANA

Sitaram Sitaram Sitaram Bol,
 Radheshyam Radheshyam Radheshyam Bol.
 Sadhana is steadying the mind and fixing it on the Lord,
 It gives you freedom, bliss, peace and immortality.
 Friends ! Plod on patiently like the farmer at his plough,
 Be persevering; be steady in your daily Sadhana.
 Destroy Tandra, Alasya and building castles in the air,
 Take light food at night and drive off sleepiness.
 Be regular in your Japa, Kirtan, meditation;
 Regularity in Sadhana is of paramount importance.
 Separate this Atma from the five Koshas.
 Peace, cheerfulness, contentment and fearlessness indicate
 that you are advancing in the spiritual path.

THE RATIONALE BEHIND PRAYER

SWAMI CHIDANANDA

God, not only being transcendental, but also being immanent, not only being immanent but also being a specific indwelling divine principle within each and every body, why is there so much difficulty in attaining that which is nearer to us than anything else in all the universe?

Even if the most proximate thing is by your side, if you turn your head the other way and look in the opposite direction, you will not be able to see it. That is the trouble. That is the problem. There is nothing wrong with God, nothing wrong with His immanence, nothing wrong with His immediacy. What is wrong is that our gaze is elsewhere. So everything is wrong with the direction we have decided to turn our gaze to.

Therefore, all the saints and mystics have prayed, "O Lord, bless me and grant that I may constantly remember You. Let my mind be constantly thinking of You. Let my entire being look only in Your direction, and may I have no eyes for anything else, no ears for anything else. Having ears, let me hear nothing except Your name, Your description, Your glories, Your praise—from saints, scriptures, teachers, mystics, *yogis*. Having eyes, let me see nothing except things pertaining to You, things that will help me to move towards You. Having a mind, let it think of nothing, but think only of You.

In this way, through all our faculties, let us become only God-oriented. Let all our faculties move only in His direction. Let us make up our mind, our entire being, to refuse to focus upon anything else except the supreme, ultimate, almighty, universal Spirit Divine, our ultimate goal supreme. This then is the way.

Therefore, we pray to the Supreme Being every morning to bless us that we may have the ability and strength to so do. We pray to Him. This leads us into another quandary, another difficulty, another paradox. All religions, all scriptures, all prophets have declared that God is omniscient. Does He not know our predicament? When He is omniscient and He thus knows our situation, why should we pray? Does He not know? Can He not set it right?

A baby knows nothing; it cannot express itself. But the mother, through her love and care, intuitively grasps, "Oh, something is wrong with baby's tummy. It's feeling discomfort; therefore it is crying." God is more than father and mother. He is everything to us, ten times more than any earthly mother that Brahma has ever created. That being so, where is the need to bring anything to His notice, as though He doesn't know it? Does He need to be told? He is the eye of our eye, ear of our ear, heart of our heart, mind of our mind. So what is the purpose of prayer, the meaning of prayer? This is the paradox and question that faces us when we say, "Prayer can overcome all things."

A cloth gets soiled. We wish to make it clean, white and shining once again. So we put it in a bucket of hot water and add soap powder. We clean it. The water is not in need of the cloth, nor is the soap. They can serve many other purposes, yet we bring them together. Why? Because the cloth is in need of water, it is in need of soap. Therefore, it goes into the proximity, into an active, dynamic contact with the water and soap. And it comes out clean, white, completely free from all dirt. It is restored to its original purity.

That is the logic behind prayer. Not because the Lord needs to be told, not because He does not know. He knows everything. It is because the one who prays is benefited, is blessed by the contact he creates through prayer. Prayer has gained an essential place in the context of the mystical aspects of all the living religions of the world. They all emphasize prayer. Not because we are telling Him something that He does not know, that He has to be told, but because the very act of telling Him elevates us, sanctifies us, blesses us. Therefore it is that we pray.

Even so, let us pray to revered and beloved Holy Master that by his blessings we will be enabled to constantly keep ourselves in a state of continuous contact and communion with the Supreme Being, for that is the greatest good of man. In that lies the highest welfare of the human individual. In that lies the fulfilment and success of the pilgrim soul upon earth, success in ultimately completing this journey of life by reaching the destination—not having to come back again to repeat this journey, but making it the final journey.

Supremely blessed are those who are thus graced by the almighty Spirit Divine and blessed by their spiritual master. May all of you who sit and hear this word be thus graced by God and *guru*. God bless you all!

POSITIVE AIDS TO PEACE OF MIND

SRI N. ANANTHANARAYANAN

Do Not Criticize Anybody or Anything

Do you interfere too often in the affairs of others? May be they are wrong. But why should you be disturbed on that account? Do not criticize anybody or anything. God has not delegated to you the authority to sit in judgment over others. All men act the way they do because they are prompted that way by the God within them. It is a good rule to mind your own business to keep your peace.

Mind your own business. An excellent dictum to follow for the man who prizes peace of mind above everything else. Nothing in this world requires your attention. There is a God to look after everything in fact. He looks after you as well. Do not forget this fact.

Let me repeat: Mind your own business. Do not criticize anybody or anything. Criticism is tantamount to blasphemy. Why? Because whatever happens, happens by the Will of God. Nothing can happen without the concurrence of God. The fact that something has happened—no matter whether it is good or bad from your point of view—is in itself proof positive that it has God's approval. And if you criticize the happening, you are questioning the Will of God, the Wisdom of God, the justice of God. Do not do that. You will keep your peace.

Be Humble

God sees things by the whole. Man sees things by parts. God sees happenings over the three periods of time. Man sees events only in the present, isolated from the past and the future. That is why man sees discord where God sees harmony. Man sees lack of logic where God finds perfect logic. Put yourself in the place of God. Feel you are God. Feel that the entire universe is your creation and operates by your will. At once you will feel tremendous peace and strength surging within you.

You may say, others insult you without reason, injure you without cause. Even if that is true, do not get agitated. Face the situation calmly. You will find that calmness can be a powerful weapon to overcome difficult situations. Shut your eyes to insults. Let others think what they like, say what they like. This is a world of ignorant people. You be wise. Be humble before everybody. Be humble in every situation. This will be possible if you give up the idea of inferiority and superiority and learn to see God in everybody and everything "God wills it so. So be it.": Say that to yourself and keep quiet in the face of insults. Be unruffled. If you put up with insults, you will grow in humility and purity. You will grow spiritually rich.

Forget and Forgive

Do not develop ill-feeling inside your heart for the man who has insulted you or injured you. This is worse than open anger. This is mental cancer. Do not nourish grievances. *Forget and forgive*. This is not just an idealistic maxim. This is the only way to retain your peace. The habit of nurturing grievances is highly injurious to one's own self. You will lose sleep. You will poison your blood. You will develop blood pressure and neurasthenia. After all, the injury or insult was done to you once. Now it is past. Why do you want to perpetuate the misery of that injury or insult by constantly remembering it? Get over the bad habit. The best way to do so is to keep yourself ever busy in any work which absorbs your interest. You can gain peace of mind if you actively follow a calling or profession, or even hobby, which holds your interest. You will then have a sense of fulfilment, of achievement. Remember the proverb: Man does not live by bread alone. If you can afford it, and if you value peace of mind more than money, you would even do well to take to a calling or job which you like but which is monetarily less rewarding than one which you dislike all the time but monetarily more rewarding.

Do Not Aspire for Worldly Things

Do not aspire for worldly glory, worldly recognition. This is the surest way to mental and physical restlessness. Why do you crave for recognition by others? The "others" are mostly ignorant people. The most successful men of the world are often men of little real wisdom. Why do you place so much value on their recognition? Instead, aspire for God's blessings, the blessings of wise men of saintly souls. That is worth earning, worth striving for.

Do not attach much importance to public opinion. Public opinion is often wrong. Attach importance to moral values, codes of conduct, scriptural teachings, opinion of saints and holy men. You can never go wrong.

Never Be Jealous

Jealousy often disturbs peace of mind. Jealousy is a canker. It is incorrect to imagine that A has blocked your promotion in office or that B has ruined you by competing in the same business. Again and again remember: no one can make or mar your career. Your career and your life are shaped by your previous Karma. If you are destined to rise, not all the world can stop it. If you are not so destined, not all the world can help you to come up either. Remember this. Understand this point well. Never again be jealous of others or blame others for your misfortune.

H.H. SRI SWAMI NIRLIPTANANDAJI MAHARAJ'S AUSTRALIA – NEW ZEALAND VISIT – 2016

The Divine Life Society of Australia was blessed with Swami Nirliptanandaji's visit to Australia from 8 April to 15 May, 2016. His visit supported the celebrations organised in honour of Swami Chidananda's 100th birth anniversary.

Swamiji was warmly received and welcomed to Australia at the Sydney International Airport by Swami Uditramanadaji (President of DLSA) and a few devotees before He was given the opportunity to rest for the day, in preparation for his hectic program.

Swamiji's program began with propagating/highlighting the mission of the Divine Life Society, India and introducing the Drama, *Swami Chidananda: 'An Ocean of Compassion'* to the people of Australia through interviews with local radio stations and newspapers.

Swamiji presented inspiring talks in the Blue Mountains and Sydney before travelling to New Zealand, Canberra, Brisbane, Melbourne and Perth to do the same. His discourses, focussing on how people should address issues experienced in everyday living, were simple, to the point and easily understood. Swamiji spoke with such humility and ease, making what was considered a difficulty, to have a simple solution. The events were well attended and the audience could not get enough time with Swamiji, evident by the thought-provoking question and answer sessions.

In between all these events, Swamiji had the huge task of blessing and signing the gifts to be presented to all those involved in the production of the drama, the primary reason for His visit down under. On 23 April 2016, the evening of the production of *Swami Chidananda: 'An Ocean of Compassion'*, Swamiji addressed the audience before watching the display of Australian talent. Afterwards, He spoke about being transported into the world of His Gurudev Swami Sivananda and His Worshipful Swami Chidananda and could not say enough to show his appreciation to the people instrumental in the successful production, Ambikaji and Prasadji Tadipati. At the end of a long day, Swamiji presented the cast and the crew who worked tirelessly behind scenes, with gifts. The drama was the highlight of the celebrations and Swamiji's visit to Australia.

Before leaving Sydney, Swamiji attended a two-day spiritual retreat where He presented talks in the last session of each day. Participants were encouraged to ask questions which Swamiji readily answered. He was also requested to sing bhajans and kirtans which were very soothing and such a treat! The mere presence of Swamiji made all the devotees feel relaxed and spiritual.

The Executive committee of DLSA was blessed with an opportunity to spend time with Swamiji on His last evening.

We express our heartfelt gratitude to all devotees who hosted Swamiji during His visit down under. A special thank you goes to the Divine Life Society Rishikesh/India for giving us this opportunity to have His Worshipful Swami Nirliptanandaji in Australia for five weeks. We would have loved to spend more time listening to His wisdom, but we realise that we are blessed to have had His noble presence at all!

We have Lost the shell But Gained The Pearl

Excerpts from Chidananda-Charan-Vandana

We have lost the shell but gained the Pearl
 Gurudev is closer to us than ever before, let us feel
 His presence in our hearts more than ever before.
 Let us remember Him and His loving ways
 More than ever before.
 Let us adore Him from our heart's deepest core
 Let us serve, love, give, purify, meditate and realise
 Him here and now, for in the ocean of Existence
 We have lost the shell but gained the Pearl
 Let us tarry no more at the lifeless shore but dive deep into
 The Ocean of Bliss, where he waits with open arms
 And Love and Affection galore
 We have lost the shell but gained the Pearl
 Let us weep no more.

DLS AUSTRALIA BRANCH CONTACTS

- For comments and suggestions please email - info@dlsaus.org
- Website – www.dlshq.org
- Website - www.dlsaus.org
- DLSA on Facebook: <http://www.facebook.com/dlsaus>
- Recordings of Skype Satsangs on YouTube: <http://www.youtube.com/user/thedivinelifesociety>
- Daily quotes from Gurudev Swami Sivananda on Facebook: <http://www.facebook.com/SwamiSivananda>
- Daily quotes from Sri Swami Chidananda on Facebook: <http://www.facebook.com/SwamiChidananda>
- Devotees who wish to recommend articles written by DLS Swamiji to be included in Newsletter can send in Word format to : lakshmi-rao@hotmail.com

DLS AUSTRALIA DIVINE ACTIVITIES

SYDNEY SATSANG

First Sunday of every month, Time: 4:00 – 5:30 pm

Address: Strathfield Girls High School, Albert Road, Strathfield NSW 2135

Please enter from Oxford Road

Contact: Swami Uditramanandaji 0416299396, Vijay Gokarn 0411450321, Sankar Ramiah 0437863754

YOGA CLASSES

Tuesday 7:00 – 8:15pm

Address: Strathfield Girls High School, Albert Road, Strathfield NSW 2135

Please enter from Oxford Road

Contact: Swami Uditramanandaji 0416299396

SWAMI SIVANANDA STUDY CENTRES

Blacktown / Lalor Park - Lynwood Park Public School, Turner Street

Every 2nd & 4th Sunday @ 2:00pm

Contact: Swami Uditramananda 0416299396

Hinchinbrook

Monday's 7:30 pm (Fortnightly)

Contact: Swami Uditramananda 0416299396

Glenfield - 120 Harrow Road,

Every 3rd Sunday @ 2:00pm

Contact: Sham / Sonika Mob 0423426868, Swami Uditramananda 0416299396

RAMAYANA STUDY

Tuesday 7:30 – 8:45 pm

Address: 67 Polding Street Fairfield Heights NSW 2165

Contact: Swami Uditramanandaji 0416299396

HINDI CLASSES & SCRIPTURE STUDY

Fridays from 3:00 pm to 4:00 pm

Strathfield Library, 65-67 Rochester Street, Homebush, NSW 2140

Contact: Asha Gupta Phone: (02) 97646604

VALMIKI RAMAYANA READING

Tuesday 10:00 am – 12:00 pm

Strathfield Library, 65-67 Rochester Street, Homebush, NSW 2140

Contact: Asha Gupta Phone: (02) 97646604

BHAGAVAD GEETA READING & DISCUSSION

2nd and 4th Sunday of every month. 3:30 pm – 4:30 pm

Strathfield Library, 65-67 Rochester Street, Homebush, NSW 2140

Contact: Asha Gupta Phone: (02) 97646604

DLSA Bhagavad Geeta Study (ONLINE - Skype)

Every second and fourth Sunday morning - from 7:30 am to 9:30 am;

Login SKYPE and connect dlsaus from 7:15 am to 7:25 am

Contact: sushil.kumar.sydney@gmail.com, msankarramiah@yahoo.com

Spiritual Books LIBRARY

Books published by the Divine Life Society Headquarters can be borrowed from the libraries at
Wentworthville:

85, Thane Street, Wentworthville, NSW 2145; **Contact:** Guntant Vaghela Phone: (02) 96883312

Eastwood:

16 Threlfall Street, Eastwood, NSW 2122; **Contact:** Vijay Gokarn Phone: 0411 450 321

Melbourne Satsangs

Date - 1st Saturday of each month
 Time – 6:00 pm – 7:30 pm (Dinner served)
 Address : 15 Bareena Grove, East Doncaster,
 Melbourne
 Contact : Sanjay Misra 0425 800 285

Queensland Special Satsang

Date - 24th September, 2016
 Time – 7:00 pm – 8:30pm (Dinner served)
 Venue - 134 Fleming Rd Chapel Hill, QLD
 Contact : Nahendran 0415685095, Jeyamala 0434196672

SPECIAL ACTIVITIES

Annual Picnic

Date : July 3rd Sunday
 Time : 11:00 am – 4:00 pm
 Venue : Wentworth Commons Park, Sydney Olympic Park. (If it rains the event will move to SGHS, Strathfield)
 Contact: Swami Uditramanandaji 0416299396, Vijay Gokarn 0411450321

Guru Purnima

Date : July 23rd Saturday
 Time : 11:00 am – 1:00 pm
 Venue : Strathfield Girls High School (Hall), Albert Road, Strathfield NSW 2135

Birthday Celebration – Swami Sivanandaji Maharaj

Date : September 10th Saturday
 Time : 11:00 am – 1:00 pm
 Venue : Strathfield Girls High School (Hall), Albert Road, Strathfield NSW 2135

DLSA Annual General Meeting 2016

Date : September 10th Saturday
 Time : 2:00 pm-4:00 pm
 Venue : Strathfield Girls High School (Hall), Albert Road, Strathfield NSW 2135
 Contact: Swami Uditramanandaji 0416299396

Sadhana Day in honour of HH Swami Chidanandaji's Centenary Birthday Celebrations

Date : September 24th Saturday
 Time : 10:00 am – 4:00 pm
 Venue : Strathfield Girls High School, Albert Road, Strathfield NSW 2135
 Contact : Lakshmi Rao 0408232754

Sadhana Week @ Perth

(Friday 16th September to Saturday 24th September 2016)

- Friday 16th 7:30 pm Introduction
- Sat.17th - Fri. 23rd 6:30 am – 7:30 am Meditation , followed by Yoga Aasana , Pranayama, Relaxation , Satsang / Discussion , Mantra Chanting, Hawan ,concluding with night Satsang .
- Sat.24th September 2016 Yoga day 9:00 am – 5:00 pm.

For more info. Tel. (08) 9335 9339 / Website: BeaconYogaCentre.org.au

UNIVERSAL PRAYER

O Adorable Lord of Mercy and Love!
 Salutations and Prostrations unto Thee.
 Thou art Omnipresent, Omnipotent and Omniscient.
 Thou art Sat-Chid-Ananda. (Existence-Consciousness-Bliss Absolute)
 Thou art the Indweller of all beings.

Grant us an understanding heart,
 Equal vision, balanced mind, faith, devotion and wisdom.
 Grant us inner spiritual strength,
 To resist temptations and to control the mind.
 Free us from egoism, lust, greed, hatred, anger and jealousy.
 Fill our hearts with divine virtues.

Let us behold Thee in all these names and forms.
 Let us serve Thee in all these names and forms.
 Let us ever remember Thee.
 Let us ever sing Thy glories.
 Let Thy name be ever on our lips.
 Let us abide in Thee for ever and ever.

Swami Sivananda

If undelivered, please return to,

The Divine Life Society of Australia
 13, Emerald Road
 Seven Hills NSW-2147
 Australia

Postage Paid Australia
