SHREE SWAMINARAYAN
શ્રી સ્વામિનારાયણ

Rs. 5/-

December '06



પ.પૂ.મોટા મહારાજશ્રીના દિવ્ય સંકલ્પ એવા શ્રી સ્વામિનારાયણ મ્યુઝિયમનું કામ ધમધોકાર ચાલી રહ્યું છે. તેનું નિરીક્ષણ કરી એન્જીનીયર સાથે ચર્ચા કરતાં પૂ.પૂ.ધ.ધુ. આચાર્ય મહારાજશ્રી

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Principal host and S.G. Brahmchari Swami Ramkrishnadasji have inaugurated exhibition at Chhapaiya Mahotsava.



H.H. Acharya Maharajshri, on way to Chhapaiya Mandir, blesses devotees by His blissful Darshan.



H.H. Acharya Maharajshri honours senior saint S.G. Brahmchari Swami Ramkrishnadasji, Chhapaiya.



H.H. Acharya Maharajshri and the Scheme Committee Members at Chhapaiya Dhaam.



H.H. Acharya Maharajshri distribtes prasadam to his devotees.



Parayan session at Chhapaiya Dhaam.



Founded in 1998 A.D. By H.H. Acharya Maharaj 1008 Shri Tejendraprasadji Maharajshri, Shri Narnarayandev Diocese.

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SHREE SWAMINARAYAN श्री स्वामिनारायण

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Editorial

The birth as a human being is treated as rarest opportunity by our religious scriptures "दुर्लभो मानुषो देहो देहिनां क्षण भंगुरः ।" Why is it so? Though the other species have the capacity and ability to enjoy pleasures of the five sense objects, but the human beings is the only specie, who has capacity and ability to think about the ways and means for the self emancipation. Other species deprived of this faculty. Human body is fit and suitable of this practise ways and means for the benediction. This is why deities too long fornthis fragile human life. This gorss body-human body-is very precious and useful. Though it is precious, human beings knew nothing about its end. When,and how will it be destroyed? No one knows about it. Therefore, one who has such precious and rare "human-body" should waste no time elsewhere, to act upon the means of self emancipation, Devotion is the simple most means to emancipate the soul. The mystics and religious scriptures have identified this means as the most successful means.

There are nine ways of devotion and evedom is major among these devotional ways. One has to surrender absolutely with selfless love, to earn eternal pleasure of God. The 16th day of December is most important for the devotees and aspirant. Religious period of Dhanurmaas bgins on this auspicious day. The people living at physical plane, consider this month as unauspicious period, but for God and the devotees the time is most auspicious.

The devotees of SHri Hari rise early in the morning in these days to pay early morning salute to Lord Shri Hari. They join Dhoon sessions at the temple and sing praise of God in benign presence of Lord Narnarayandev Harikrishna Maharaj at shri Swaminarayan Mandir,Kalupur Ahmedabad. This is devotional feast for them. All are welcome to join early morning satsang sessions.

- **Shastri Swami Nirgundas**
Editor
Shri Swaminarayan.



Appointment Diary of H.H. Acharya Maharaj 1008 Shri Koshalendraprasadji Maharajshri

November - 2006

2 to 12 Graced Mauritious and Seychelles in overseas religious tour.

13 – 14 Graced Bhuj-Kutch.

16 Graced Maha Pooja at the residence of Shri Bharatbhai S.Patel, Kalol.

17 Graced the residence of Shri Sandipbhai C.Amin, Chaloda (Jeetba's), Dholka area.

20 Graced the residence of Shri Navinbhai M.Choksi, Naranpura.
Graced the residence of Shri Rajanikant V.Parmar,Nava Vadaj.

21 Graced Tulsi-Vihar rituals and sacred thread ceremonies at the place of Shri Babulal T.Thakkar,Viramgam.

23 Graced the residence of Shri Bharatsinh H.Vaghela, Eyava, Sanand.
Graced the house of Shri Kantibhai C. Pandya, Sabarmati, Ahmedabad.

25 Blessed presence at Shri Swaminarayan Mandir,Gandhinagar (Sector:2) to serve Patotsava Abhishekam to Lord Thakorji.
Graced the house of Shri Vikrambhai G.Bhati at Balva.
Graced the residence of Shri Natvarbhai B.Patel,Sola Road, Ahmedabad.

26 Graced the house of Shri Mahendrabhai S.Patel,Bhanpura.
Graced presence at the temple of Lord Neelkanth Mahadev,Ghatlodia,Ahmedabad.
Graced the residence of Shri Rameshbhai B.Thakkar,Vejalpur,Ahmedabad.
Graced the residence of Shri Parsottambhai D.Kholia,Jivrajpark,Ahmedabad.

27 Graced Shri Swaminarayan Mandir to serve Patotsava Mahabhishekam to Lord Hanumanji at Vadu.

28 Blessed presence at the parayan sessions organized at the residence of Shri Tribhovanbhai P.Mistry,Lakhtar,(Muli area).

29 Blessed presence at the Parayan Satsang organized at the residence of Shri Kamleshbhai H.Tank,Asarva,Ahmedabad.
Graced the residence of Shri Ajitbhai R.Dabhai,Asarva,Ahmedabad.

30. Graced Dangarva temple and served Patotsava Abhishekam to Lord Thakorji.

The Political, Social and religious leaders in Mauritius and Seychelles prayed and invited H.H. Acharya Maharajshri to grace theier dwellings for the soulful Darshan of His holiness, during religious tour of islands. They have sent thereafter the e-mails and the letters of thanks through M/s. Allied Builders, Seychells.

ALLIED BUILDERS (SEYCHELLES) LIMITED

www.alliedbuilders-seychelles.com

P. O. Box 215, Les Mamelles, Mahe, Seychelles.

Your message through Seychelles Broadcasting Corporation and the local daily has reached a wide cross section of society including Christen Brethren.

There was a deluge of letters and telephone calls from dignitaries and other people who had the God sent opportunity to have your Dharshan and glimpse of your presence. Few of such letters received from devotees are enclosed for your kind perusal.

All of us feel rejuvenated, motivated and spiritually enriched and are swayed by your Holiness' politeness grace and composure. Your message of "God is one and we are all trying to reach Him" is still reverberating in our ears.

National Assembly of Seychelles

The Speaker

It was interesting for us Seychellois present and particularly people of leadership to experience the Indo Hindu spirituality and culture at first hand in an authentic environment.

For me and my wife, if was an honour and a welcome insight both culturally and spiritually.

Hon. F. MacGregor
SPEAKER

Republic of Seychelles
Ministry of Community Development and Youth

His Holiness' presence was truly remarkable drawing devotees to him and I personally witnessed the cheerful faces of people who were blessed by His Holiness.

Yours sincerely

Vincent Meriton

CHIEF JUSTICE'S CHAMBERS
SUPREME COURT
VICTORIA, MAHE
SEYCHELLES

I was struck with the divinity of his Holiness, I noticed an aura of peace, tranquility which his Holiness was able to permeate to all those who were able to have his darshan.

I consider myself very forrunate to have been able not only to have a glimpse of his Holiness but to have been permitted to have a short conversation with Him.

His Holiness' pleasant personality is a pulling force which draws people to Him without any effort on his part. I felt myself being drawn to Him and could lay at his feet and forget about all worldly cares.

Yours Sincerely
V. Alleear
Chief Justice

High Commission of India
P.O. Box No.488, Le Chantier

People of Seychelles – especially the Indian immigrant labour – found immense relief and solace in the holy presence of Acharyaji.

(Arun Kumar Goel)
High Commissioner

Justice D. Karunakaran
JUDGE
SUPREME COURT

Your dicourse fine-tuned our spiritual station.

For me personally, it was a great honour and a very special privilege to have been asked to sit at the left of His Holiness. We had the opportunity to exchange in fraternal conversations. Unforgettable ! I am very thankful.

Father Gustave Lafortune,
Good Shepherd Church,
Mont Fleuri, 28-11-2006.

SEYCHELLES HINDU KOVIL SANGAM

On behalf of the Sangam I wish to thank you for the opportunity given to us to honour His Holiness and receive his blessings.

T. SHANMUGAM PILLAY
CHAIRMAN

RAMANI & COMPANY
CHARTERED ACCOUNTANTS

We saw the Heavenly Light in His eyes. Godly Politencess, Charm and Calmness of a silent stream in His face and over powering strength in His Discourse.

N. Ramani
Chartered Accountant

MINISTRY OF HEALTH
P.O. Box 52, Mont Fleuri, Republic of Seychelles
Seychelles Telephone (248) 388000. Fax: (248) 224792
Email: dgpri@moh.gov.sc

H.H. Acharya Maharajshri blessings with the divine light in his eyes with calmness gave much to us the spiritual renaissance and the experience of it's memory will last forever as long as we live.

Dr. V. M. Reddy
ACCIDENT & EMERGENCY UNIT
VICTORIA HOSPITAL MAHE SEYCHELLES

Devanand Swami

- Prof Suryakant Bhatt

There were eight saintly poets in time of Lord Shri Hari, and one among these eight, was S.G.Devanand Swami. Village Balol is the birth place of Devanand Swami. He was born to mother Benjiba in family of father Jijibhai on auspicious full moon day of Kartika in U.S.1859. The family belonged to Marut Gadhavi caste, belonged to Ratna branch. Being an everfree soul of Akshardhaam, he was used to do devotion and meditation in his childhood. His father was a faithful devotee of Lord Shivji, and therefore, by these inherent virtues, Devidaan too became a devotee of Lord Shiva – Devidan was accompaning his father in his Poojan-Archan and devotion of Lord Shiva at the temple of Lord Sankaleshwar Mahadev. The temple was quite away from balol, but he never hesitated walk a distance of ten Kilometer to serve Poojan Archan to Lord Shiva. Thus he walked daily twenty Kilometer to serve Poojan-Archan to Lord Shiva.

Once he went to the temple of Shiva to serve Poojan in absence of his father. As he sat before the God, child Devidan thought for a while, 'Whether, Lord Shiva, would accept my pooja in person?' With this thought at his mind, devout soul Devidan did poojan and served sacred leaves of bile and the sandal paste to Lord Shiva. As soon he offered the sandal paste, Lord Shiva manifested himself to favour his innocent devotee. Lord Mahadeva blessed him bliss of divine abode. Child Devidan prayed, 'Oh Lord! Emancipate me and my family.' Lord Shiva pleased to him and said, ' Oh My child! Lord Swaminarayan Bhagwan dwells on the earth to emancipate the soul. He will grace this place and your village. He will lick his own elbow by his aspirants. You observe this significant sign and surrender to him for the eternal unancipation. Merciful God will receive you in his benign refuge. In years to come, you will earn name and fame as a great poet and saints, and shall be emancipated at the end of your life.

Lord Shriji Maharaj graced Jetalpur Dhaam in his religious tour og Gujarat. There he performaed holy-fire to benedict souls and afterwards he resumed religious tour to grace Balol and other villages. The residents of Balol rushed to the village outskirts to receive Shriji Maharaj. They were requesting to Maharaj to grace the village, when Devidan came there to do darshan of Maharaj. Raiya Khatana – a devotee Maharaj – took a bowl of milk and ran to the village out skirts, While breathing heavily, he extended both his hands to Maharaj prayed to him to have meal of milk and Thooil (a meal made of crushed and boiled wheat). Shriji Maharaj was gracing a bullock cart, when his devotee served that dish of love. Shriji Maharaj hold the bowl with love and had the Thooli in milk. As he tried to have it in hurry, milk spilled on his hand and ran down ward on his elbow. Shriji Maharaj took no time to lick and had it. Devidan saw this and recalled the promise by Mahadevji. He realized God before him in human form. He prayed to Maharaj, 'Oh Lord! Oh God! Be kind to me. Please accept me in your benign refuge.' Shriji Maharaj said, 'we have come to take you with us.' Devidan joined the retinue and went with them to serve at the lotus feet of Shriji Maharaj. He got invitation as saint Devanand and learnt art of poetry under S.G.Brahmanand Swami. He became a great poet and saint with grave of Lord Shri Hari. his devotional songs became popular with the grace of his Guru – S.G.Brahmanand Swami. The ragas and Raginis of vocal music

were used to manifest themselves and the spell bound audience was used to rea lize the divine power of devotional music.

The thousands of devotees and aspirants were won by the celestial music, when Devanand Swami sang occasion of invocation of Lord Narnarayandev at Shri Swaminarayn Mandir, Ahmedabad. He won the hearts of the royal singers when he presented devotional music at the royal court of Gaikwar at Baroda. Ardeshwar Kotwal of Surat was a true admirer of music. He was impressed by devotional music of Devanand Swami. The royal singers and the group of royal musician surrendered at the feet of Devanand Swami, when he served devotional music to Shri Hari at the royal court of Dharampur.

Devanand warmi served as life time saintly priest, at Muli Dhaam in absence of Brahmanand Swami. He served at lotus feet of Lord Radhakrishnaden. As a poet, He was Guru of Kavi Dalpatram. Kavi Dalpatram is treated as the Guru of Gujarati poets and poetry.

Dada Khachar came to Muli to pay obeisance to Lord Radhakrishna Devat Muli Dhaam. Laduka and Jivaba were accompaning him. They did Darshan, and offered feast-meals to the saints. Dada Kahchar did divine Darshan of Shriji Maharaj serving sweet dishes to Devanand Swami and the saints at the feast. Bhatt family was a faithful follower of Shriji Maharaj. The mother of Mayaram Bhatt desired to serve feast-meals to the siants at Muli Dhaam. At the time of her last breath, she called her son and said, ' Mayaram! Now, I will leave this body. Maharaj had said that he dwells forever in the idols of Lord Radhakrishnadev at Muli Dhaam. Therefore serve Thaal to Lord Thakorji and meals to the saints at Muli Dhaam, as soon I leave this gross body.' Mayaram Bhatt came to Muli and served Thaal to Lord Thakorji and the meals to the saints at Muli Dhaam.

Devanand Swami spoke to a tailor devotee on the nineth day of the dark half of Shravana in U.S.1910 and asked him to arrange for funeral rituals for him as he was to ascend to the abode of Akshardham on the next day. The tailor said, 'Swami! You are perfectly in pink of health. Why are you saying so?' Swami said, 'If you see five foot prints of Kumkum (Vermition) at the threshold in early morning on the next day, take the steps as the symbol of my departure.' It happened as was said for the next day, and he saw the steps. The tailor ran to the temple and knew that Devanand Swami was ascended to Akshardhaam. The memorial-canopy in stone- at the bank of river Bhogavo, reminds us about the devotion and the devotional music of Devanand Swami.

H.H.ACHARYA MAHARAJ 1008 SHRI KOSHALENDRAPRASADJI MAHARAJSHRI PLEASES TO APPOINT FOLLOWING MAHANTS

Shri Swaminarayan Mandir,Narayanghat
S.G. Mahant Swami Devprakashdasji
(Scheme Committee member)
Guru : S.G. Swami Krishnaswaroopdasji
(Kaka Swami)

Shri Swaminarayan Mandir, Ayodhya (U.P)
S.G.Mahant Swami Devprasaddasji
Guru : S.G. Swami Jagatprakashdasji
(Mahant Swami,Delhi Mandir)

Shri Swaminarayan Mandir,Mathura (U.P)
S.G. Mahant Swami Anandprasaddasji
Guru : S.G. Swami Narayansevadasji
(Kothari Swami, Kankaria Mandir)
S.G. Swami Bhanuprakashdasji
Guru:S.G.Swami Vishwaprakashdasji (Muli)

Shri Swaminarayan Mandir, Unava
S.G. Swami Ghanshyamprakashdasji
Guru: S.G. Swami Devcharandasji

The Religious tour of Mauritious and Seychelles led by H.H. Acharya Maharajshri

- Shastri Shrijiprakashdasji

As was sad in ancient time, the proverbial saying the sacred name of Shri Sahajanand shall be chanted at each and every leaf on the earth. The saying has become true these days. The Satsangis and their lineage have penetrated continents, countries and interiors across the earth. There total globalization of this eternal sect.The overseas Satsangis have not forgotten Shri Swaminarayan Bhagwan and this axiomatic sect, in their busy schedule of life. 'Jai Swaminarayan' echoes in all particles of space and earth. The ISSO – this global organization of Shri Swaminarayan Satsang was established way back-some 34 years ago- by H.H.Acharya Shri Tejendraprasadji Maharajshri. At the time of founding ISSO, nobody had thought that, such a large number of temples would be there in overseas countries to help non resident Satsangis in their devotional service to Lord Swaminarayan Bhagwan. The ISSO headquarters in U.S.A. serves as nodal agency to build and upkeep the temples in overseas countries. Thus the blissful name of Shri Swaminarayan Bhagwan has enveloped the universe with the due blessings of H.H.Acharya Shri Tejendraprasadji Maharajshri and H.H.Acharya Maharaj loof Shri Koshalendraprasadji Maharajshri. These are auspicious fruits of the resolutes made by Shriji Maharaj and His descendant sons.

Besides USA a large number of temples are operative in the countries like England,East-Africa,Kenya,Middle East,Australia,New Zealand,Sweden etc and still the new temples are being constructed and commissioned in devotional service with devotional fervour. H.H.Acharya Maharaj graces frequently these countries to bless celebration and festivals conducted at those temples.

Thousands of Satsangis families from Kutch and Gujarat are settled in islands of Mauritious and Seychelles, to earn livelihood. Besides their householder duties, they devout time to do devotion of their personal God-Lord Swaminarayan Bhagwan. H.H.Acharya Maharaj 1008 Shri Koshalendraprasadji Maharajshri graced the lands with his retinue of the saints, to bless his faithful Satsangis. S.G.Shastri Swami Shrijiprakashdadji (Hathijan Gurukul), Swami Narayanswaroopdasji (Mahant Swami,Prayag temple,U.P) and Kothari Swami Anandprasaddasji (Mahant Swami,Mathura temple) have earned the pleasure of Shri Hari by joining this religious tour on 02.11.06.

H.H.Acharya Maharajshri led the retinue of his saints to sanetify islands of Mauritius and Seychelles between 02.11.06 and 11.11.06. His holiness blessed the Satsangis to strengthen devotion, faith and selfless love in world wide satsang. His holiness heralded the message of Shriji Maharaj for universal brotherhood and eternal peace.

His holiness graced the islands of Mauritius with a large retinue of enlightened saints. The Satsang of Mauritius was present at the airport to receive and welcome H.H.Acharya Maharajshri, welcome procession escorted His holiness and retinue to grace Shri Swaminarayan Temple. His holiness graced the temple and served Poojan Aarti to Lord Thakorji. A special assembly was organized to celebrate the event. His holiness

graced the sabha to bless his islander devotees.

At late afternoon, a special visit was organized to grace tje site of Shri K.K.Patel. Shri Patel is a well sat resident of Mauritius. His holiness graced the inner temple and served evening Aarti to Lord Thakorji. The devotees were fortunate enough to serve Poojan Archan to His holiness – their Guru. His holiness graced thereafter, a huge assembly and blessed his devotees, 'The form of God, that received by us is like Chintamani (wish fulfilling stone). Our forefathers have attained eternal benediction by their service to this divine idol. They were happy in this world and are happy forever in the otherworld. Our truest heritage is to maintain memory of this image – to think concentrate in this divine form.

Shrimad Satsangi Jivan Parayan was inaugurated on 04.11.06, when His holiness served Poojan Aarti to the sacred scripture. The seat of the reader priest was graced by Shastri Swami Shrijiprakashdasji. The Katha sessions were organized in early hours of the day. His holiness and retinue were invited by the senior Satsangis to grace famous places of Mauritius. His holiness graces the site did Darshan of Huge idol (108 football) of Lord Shiva. The idol is located at the bank of a large pond, named Ganga-Sarovar. They paid salute Lord Shiva and touched holy water of the pond. His holiness narrated the story of Rudraksh while heading towards the Jyotirlingam. His holiness paid obeisance to the Jyotirlingam. The temple priest served Rudraksha poojan to His holiness – and earned the pleasure of Shriji Maharaj.

H.H.Acharya Maharaj Shri is another form of Lord Swaminarayan Bhagwan. The resolutes of His holiness manifests, in material form.The temple priest prayed to His holiness to serve poojan Abhishekam to Jyotirlingam. His holiness graced the inner temple and served Mahabhishekam amidst chants of Vedic hymns. The temple priest found himself fulfilled by serving poojan Aarti to H.H.Acharya Maharajshri. His holiness and retinue graced thereafter the residence of Shri Maheshbhai and Shri K.K.Patel. The retinue followed their Guru and His holiness graced with them the temple to serve evening Aarti to Lord Thakorji. They rested for a while after the rituals and graced thereafter the sea-side to have a sanctifying dip in sky sea of Mauritius. Palace like villa of Shri Laljibhai Patel is located at the sea side. His holiness graced the house of Shri Laljibhai and blessed His devant Satsangis.

The Katha Parayan was concluded on 06.11.06 after the full dress Aarti, when His holiness graced the session and served concluding Aarti-Poojan to the sacred scripture S.G.Narayanswaroopdasji swami graced thereafter the seat of the reader priest and blessed the devotees with the Katha Parayan of Vachanamrit and Dharmkul-Mahima. His holiness blessed the concluding session and recalled childhood memories by narrating past religious tour of this island. His holiness said that he was a small child at the time of that tour but still he remember those pleasant experiences. His holiness blessed the devotees and processed to Saychelles with his enlightened retinue of the saints.

His holiness favoured Seychelles Satsang by receiving hearty welcome from his faithful satsangis. They escorted H.H.Acharya Maharaj Shri and invited Him to grace the temple. H.H.Acharya Maharajshri graced the inner temple and served festive Aarti to Lord Ghanshyam Maharaj. His holiness favoured the devotees by His blissful Darshan at the temple.

Katha-Satsang was organized on 07.11.06. The Katha-session was inaugurated by H.H.Acharya Maharajshri by serving poojan – Aarti to the seat of the reader priest. There are

many islands in this area. His holiness graced the houses of the devotees dwelling at these islands. His holiness graced the islands of Mahe and blessed the sites and the houses of the devotees. At evening, the Aarti was presented to the indweller God at the temple by His seventh Descendent son – H.H.Acharya Maharajshri. The local Satsang was elated by this blissful Darshan.

H.H.Acharya Maharajshri graced Maha Pooja on 08.11.06. and blessed His faithful devotees. To make them more happy, H.H.Acharya Maharajshri graced the houses and the sites belonged to the faithful Satsangis. His holiness graced thereafter the other islands, to give devotional pleasure to his devotees. Thakar – Thaal, Raas Garba and other events were organized at the various places to give devotional pleasure of Shriji Maharaj. His holiness graced the events and admired the Raas – Garba to give devotional pleasure to his devotees. His holiness blessed them heartly for their devotional fervour.

H.H.Acharya Maharajshri graced the temple on 09.11.06 and served special Aarti to Lord Thakorji. His holiness concluded the Katha – Parayan and graced thereafter the sabha to bless his faithful devotees. His holiness took his devotees in benign refuge and graced their houses. From there, the retinue escorted His holiness to visit the island – Prale. The staff and the office bearers of Allied Builders Praley were present at the airport to receive retinue of His holiness. They received his holiness with devotional fervour and in a decent welcome procession, took them to Shri Swaminarayan Temple. A new temple is constructed here by the devotees and aspirants to boost devotional activities. His holiness graced the temple invoked God at the new temple amidst chants of Vedic hymns. Thousands of devotees and visitors were gathered at the temple to be a part of this historical event. A sabha was organized on this special occasion. His holiness graced the sabha and blessed the devotees. A devotional satsang of Kirtans and Thakar – Thaali, was organized to celebrate the event. The Prasadam was distributed at the end of programme.

His holiness graced the temple on 10.11.06 and blessed his faithful devotees by his benign presence at the Maha Pooja. His holiness pleased to the devotees and graced historical places and seashore of Seychelles. Thereafter, they graced the island of La – ding by a chartered boat. the Haribhaktas and aspirants at La – ding jetty received the eternal pleasure of Shri Maharaj by serving welcome Aarti to the Seventh Decendent Heir of Shri Hari. His holiness graced the campus of Allied Builders and inaugurated the staff – quarters. His holiness graced various places and did Bhoomi Poojan of Relax Lodge. The Senior Satsangis Shri Hareshbhai, Shri Pravinbhai Dashar, Shri Maheshbhai and Shri K.K.Patel have earned the pleasure of Shri Hari by their service to His holiness, during this religious tour. Artist photographer Livi has earned hearty blessings of His holiness, by his constant tour of five days to record these historical events. He had narrated his inner experience to the assembly in benign presence of His holiness, 'These five days are very precious for me. I have experienced constant presence of Shri Swaminarayan Bhagwan. Lord Swaminarayan Bhagwan has blessed me his visible manifestation. I am bowing at the lotus feet of His descendant son.' His holiness was invited by the Deputy Prime Minister of Mauritius to grace the headquarters. H.H.Acharya Maharajshri consented to their prayer despite a busy schedule and received royal welcome at the residence of Deputy Prime Minister.

H.H.Acharya Maharajshri and retinue fulfilled the wishes of the overseas Satsang and came back to India on 12.11.06.

BI – CENTENNIAL SILVER JUBILEE OF SHRI GHANSHYAM MAHARAJ "BIRTHDAY AT THE BIRTH PLACE"

- Celibate Saints Pavitranandji and Avinashanandji (Chhapaiya)

The 225th Birthday of Lord Swaminarayan was celebrated in a grand way at the birth place (Chhapaiya) of Lord Swaminarayan Bhagwan. H.H.Acharya Maharaj 1008 Shri Koshalendraprasadji Maharajshri inspired the Satsang to materialize undeclared resolute of H.H. Acharya Shri Tejendraprasadji Maharajshri. The colourful events were organized by the devotees and saints, at the birth place of Shri Swaminarayan Bhagwan, with the due blessings of Dharmkul. The 26th,27th and 28th of October – 2006 were eventful days in glorious history of the sect. The events were planned and organized under spiritual leadership of Shri Hari's Seventh Descendant Heir – H.H.Acharya 1008 Shri Koshalendraprasadji Maharajshri. Millions of devotees in India and abroad have relished these majestic events. Chhapaiya is a unique place.

Lord Bal Ghanshyam dwells here at this place. The souls with a weaker spiritual strength have no room at this place. They cannot come here. Those Satsangi families, who have spent many generations in the futile efforts to visit this holy place once in their life. But they were not successful in past many generation, to do darshan of Bal Swaroop Ghanshyam Maharaj. H.H.Acharya Maharajshri has turned this in possibility by taking them to Chhapaiya to celebrate Bi – Centenial Silver jubilee Birthday of Ghanshyam Maharaj. Immediate before the festive days, the region was locked in a rain storm to test patience and faith of the devotees. The decorative canopies were dislodged and meeting grounds were turned into the ponds and lake, but such adversaries were not successful in shaking rock steady faith of the devotees. The devotees gathered together and served Collective Maha Mantra Dhoon to over come the adverse time. The fury was calmed down like switching off a huge machine. Storm had reminded to us about ills of Kali Datt. The birth place was bedacked with birthday decoration by Kothari Swami and the devotees under able leadership of Celibate Mahant Swami Vasudevanandji Swami. The events and services were supervised by Shri Pravinbhai Nasit and Udayanbhai Maharaja. Narayan Sarovar was renovated acordingly with appropriate safety measures to ease inflow of visitors and devotees. A splendid canopy was eracted at the bank of Narayn Sarovar to conduct Katha sessions. The traditional Sabha Mandapam was constructed in grass, leaves and green bamboo. The Mandapam for constant Dhoon, Katha Parayan and the devotional sessions were spread in huge area besides the Narayan Sarovar Chhapaiya . Entire area was decorated with colourful flags, flower garlands, auspicious Asopalav chains, colourful lighting and banners and hoardings. The scheme committee members, Respected Dashratbhai Patel, Shri Ratibhai Patel, Shri G.K.Patel, Shri Ramanbhai Patel and Shri Amritbhai Chandhari have earned the pleasure of Shri Hari by organizing comfortable hospitability at the Dharm Bhakti Bhavan, Vrajendra Bhavan, Rampratap Bhavan, Iccharam Bhavan and Ayodhyaprasadji Bhavan. The five hundred well furnished rooms were provided for the visitors to accomodate these visitors at these houses. Dining services were provided at the

splendid halls of Bhakti Mata Bhojanalaya and Premvati Bhojanalaya. The prasad – meal services were supervised and managed by Mahant Swami Krishnaprakashdasji, Seami Narayandasji (Sayla),Narayan Swami(Prayag) and the saints S.G.Shastri Swami Premswaroopdasji (Mahant, Narayanpura Temple) has earned the eternal pleasure of Maharaj by his service at the canopy of holy – fire. The Katha Parayan of Shri Ghanshyam Balcharitra was recited by S.G.Swami Shastri Purushottam Prakashdasji (Jetalpur Gurukul).

The Mah Vishnu Yaag was inaugurated on 25.10.06 by invoking presiding deity of celestial fire and a rich exhibition of 'Shri Hari's divine episodes' was declared open for the devotees and aspirants. The Bhagwat Parayan was inaugurated by Mahant Swami Nitya Gopaladasji (Ayodhya,Chhoti Chhavani). A circular pilgrimage was organized to visit prasadi places of Chhapaiya Dhaam. Thousands of devotees were come forwards to participate in this religious walk.

H.H.Acharya Maharaj 1008 Shri Koshalendraprasadji Maharajshri graced the celebration held at Chhapaiya to celebrate Birthday of his grear grandfather on auspicious 26th day of October 2006.The festive group – Mahapooja and Katha Parayan were organized in first half of the day. The presence of His holiness acted like spiritual empowerment. There was surge in devotional fervour as soon His holiness stepped in. The media in general and the news papers in particulars have paid great attention to the visit of His holiness and the Satsangis in Gonda and Basti districts. Thousands of devotees from Uttar Pradesh were come to Chhapaiya to participate in Bi – Centennial Silver Jubilee Birthday of Lord Ghanshyam Maharaj. A huge birthday cake weighing 225 Kg. was cooked and dressed for this historical event. Poojan Archan was served to Lord Ghanshyam Maharaj amidst chants of vedic hymns and the birthday cake was cut on by his Seventh heir – H.H.Acharya 1008 Shri Koshalendraprasadji Maharajshri, amidst appland of "Happy Birthday". The celestial music of "Dharm Gher Anand Bhayo" spread to infinity and birthday cake was distributed to the devotees.

Shri Ghanshyam Balcharitra was concluded ceremoniously on 27th of October – 2006 and the hosts of the devotional feast of eternal knowledge were honoured at the concluding session. This special session was conducted by Shastri Hariswaroopanandji, and supportive services were conducted by Shastri.

There were festive days of Diwali, where people like to be at house to celebrate the festive days, but the devotees and aspirants at Chhapaiya were so engrossed in devotional enviornment that they did not liked to go back to their houses.

Host family Shri Narayanbhai Jadava Khetani (Sukhpur) and the sons Shri Laljibhai and Shamjibhai (London) have earned the pleasure of Shri Hari by hosting the Jubilee events.

Principal host of Katha – Parayan, Shri Rameshbhai Ranchhodbhai Marfatia (USA) and his family have earned the pleasure of Shri Hari by hosting the feast of eternal knowledge. Hundreds of devotees have participated in the events to host various celebration. His holiness has conveyed hearty blessings to all these devotees.

In his concluding speech, H.H.Acharya Maharaj 1008 Shri Koshalendraprasadji Maharajshri has conveyed his hearty blessings to all his devotees across the world, and prayed to Lord Swaminarayan Bhagwan to benedict mankind.

HOW TO WORK ROSARY ?

- Shastri Haripriyadasji

Long ago, Shriji Maharaj was gracing an assembly. The saints and devotees were sat before Him to listen to nectar like discourses. Shriji Maharaj said, 'Oh My Dear Saints! These are devotional days of Chaturmaas. Tell me how mush you work on rosary to do japa of God?' The saints came forward with their answer to the Queation. They were doing japa as aper their personal capacity. Some were doing 200 rounds of rosary and some were doing 150 or 100. Thus they submitted different numbers in regard to their daily Japa and Chants.

The saint were true in their statement, and the numbers indicated by them were correct numbers of the rounds – they actually did. While asking such question, the senior saint – Muktanand Swami was left without any question. Shriji Maharaj addressed him now when answers were come from the others. Shriji Maharaj said, 'Muktanand Swami! Now you tell me, how much you work on rosary beads?' Muktanand Swami submits, 'Maharaj! I am able to do fifty Malas a day. Not more than that.'

Many Satsangis were there at the sabha. They were shocked in surprise when Muktanand Swami answered the question. The juniors among the saints were doing two hundred rosary japas everyday and the senior like Muktanand Muni was doing very less – only fifty! The Satsangis too were not at wrong side in their thinking about Muktanand Swami. Some among the Satsangis thought why Maharaj has asked such question? What could be the cause and the aim for such an inquiry? But they found no clue to fit in the logic.

But, before they come out from mental struggle, they heard further to add in their confusion. Swaminarayan Bhagwan said, 'Muktanand Swami! Why are you doing only fifty rounds? Is your rosary bigger than the rosaries of the others? Is it uncomfortable to use? Why are you taking so much time?' There was plethora of unsending probe. Muktanand Swami prayed with a well composed mind, 'Maharaj! My rosary too, is not large than the others. It is of one hundreds and eight beads. 'Then why are you doing such a small number of Malas?' said Maharaj. Muktanand Swami prayed again, 'Maharaj! When I work on rosary beads, I install your blissfulidol at my heart. I look inward and do darshan of Maharaj standing before me. I do Rosary Japa in this manner. Moreover I don't keep a Berakha (an abacus like small rosary with large beads to put a tag on counting). While moving rosary beads I do darshan of the auspicious feet, hands, face, eyes and other limbs of your idol. I move a bead after a solful Darshan of my God. Thus, after the darshan of your fifty organs, I conclude that one round of the rosary was over. This is the rosary japa, I do in accordance to my understanding.'

Shriji Maharaj listened to him with great attention and pondered on the submission for a while. Then in an assertive tone Shriji Maharaj pronounced, 'Dear saints! Listen to me. The fifty japas, done in his own way my Muktanand Muni, are far better than the two hundred or more rosary japas done by you saints. Now, You all, resolve here today to do japas in accordance to the japa done by Muktanand Swami. Now onward, You all will do japa confirming to the method adopted by Muktanand Muni.' Shriji Maharaj then said, 'Muktanand Muni!You organize some thing to make them to do japa in a proper way. It should match with your method of doing japa.'

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SECRET – POWER OF SERVICE

- Sashu Shrirangdas•

Magician and his magic both are very popular in our society. You will hardly find a person who has not seen a magic shaw in his childhood. Magicians are very smart and tricky. They are very swift in action. They are strong physically and mentally. They read our mind and play tricks to keep us engaged elsewhere to divert our attention. A magician worked very hard for many years to master tricks of magic and became a famous magician. He became master of magical tricks. His magic shows became a talk of town in that rural area. He was shawering stones from the open sky by waving his magic word. he was transforming man into a bird and then a woman by magic wand. People were mad after his magic. He was growing mangoes on a rose flower plant and was changing man into a dog. At times such dogs were rolling leaves on strength of his magic.

He was visiting nearby villages to earn money by his magical tricks. he knew some cheap tricks of black magic and tried to mesmerize villagers. He captures three villages by such dirty tricks and started to collect money from those villagers. He made life miserable, if a villager refused to pay him. He was attracting those people who were liked by him and was troubling those who were not liked by him. Thus, by way of his magic he was extracting money from the helpless villagers. the villagers of those three villagers were ready to do any thing to free their village from the magic of this magician.

The leaders of the three villages discussed together to findout some solution and after a long session of discussion, they concluded to findout a saint to releive the villagers from the jaw of this magician. They left the village and in a searchful tour they came to the forest area. As they penetrated the dense forest,saw at distance a small hut and a cow. It was a hermitage.

The village head came to the hermitage in search of the saint. They found him sat beneath a tree away from the hut. They went there to pay salute to the saint. They saw him meditating in trance. They waited for a while and paid silent prayer to the rishi.

Rishi awoke after some time and blesses the villagers. The cillage heads then submitted their problem and prayed for a solution. Rishi was very brief in his conversation. He spoke only one word sentence: 'Service'. He spoke this word thrice. Each the village head took it as an answer to his problem and tried to extract meaning according to personal wisdom. Pondering over the answer, they went back to their villages.

The magician was treating the villagers as per his old plan. The village head consulted the villagers and told them about their consultation and about the advice given by the Rishi. He said that they should please the magician by their service to him. They should treat him nicely and should work for him. They began to treat him nicely by serving sumptuous meals and comforts of life. They respected him with due honour and took him as welwisher of them. Magician too, changed his mind and stopped troubling villagers. He thought that he should not trouble them, as they treat him nicely. They are like good friends and they should be treated like the friends. The magician, now changed his thoughts and began to work for the good of villagers.

In another village, the things were quite different. He thought to apply his tricks there. The villagers were under spell of the saint and as was understood by them,they were

concentrating now in service of poors. They were helping and sustaining the poors by extending service in cash and kind. The poors and needy people were getting cloth and grains from the villagers. Ailing poors were getting personal service and treatment from the villagers. Thus the mind of the villagers were busy in service of the poors. The magoc of the magician failed to attract villagers. Disheartened magician left the village and came to the third village.

The villagers at the third village took 'service' as an order and thought that they should serve each other by mutual co – operation. The farmers were helping needy farmers in ploughing and harvesting. They were helpful to fellow villagers in their householder duties. Then the villagers were busy without any free time. The magician saw no room for his magic tricks.

As the time passed, magician learnt the truth about weaking magic. He understood that greatest among the magic is the service. Service acts like a magical spell and changes heart and mind of people. He threw away magical tricks to do service of villagers and neighbours. That was the true magic to win the heart and soul of people. One time magician reincarnated himself and became a servent of society. As a social worker, he ruled with love the hearth of people. Do service and feel the power of it.

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HOW TO WORK ROSARY ?

As was ordered by Shriji Maharaj, Muktanand Muni wrote a devotional song to do japa on rosary beads: B h a j o Bhaavshun Akhand Japa MalaRe,

Mala Taale Chhe Mana Chaka Re.....,

Hari num Ek Ek Anga Dor Dhaaro re,

Swaminarayan Naam Uccharo re.

Thus, think and concentrate steadily on each body – part and in such mood chant 'Swaminarayan' on a rosary – bead.

Friends! You know now the proper way to do japa on a rosary. The number and the bigness of such a number are not important in rosary japa but the method and mind set are important in a perfect rosary – japa. Concentration and oneness are very important in a Japa. Do it to please Shri Hari. Concentration and well composed mind set are equally important when you engage yourself in a scientific study. Steadiness and concentration are very important for study and research. These are important for retention and memory. Cultivate a good habit of concentration.

ORDER

H.H. Acharya Maharaj 1008 Shri Koshalendraprasadji Maharjshri of Shri Narnarayandev Desh Diocese has observed that the Sadhu named Swami Ishwarjivandasji (Guru Swami Shastri Purushottamprakashdasj) has acted in indiciplined manner and had left his place for some unknown destination. Therefore, His holiness has dismissed him from the Sampradaya. The podice complaint and the appropriate steps under the immigration laws have been initated agaisnt him. Therefore, no folower of this Sampradaya should support or protect him by providing refuge etc.

- by order

Shastri Swami Nirgnudandasji

Mahant Swami

Shri Swaminarayan Mandir, Kalupur, Ahmedabad-1 (India)

IN SECLUSION OF FOREST

- Sankhyayogi Shantaba

Nilkanth Varni walked ahead in dense forest and crossed the stormy river to reach other side of the bank. Early in the morning he came to Vanshipur. In his hunting spree, the king of Vanshipur did darshan of Varniraj. The queen and the princess did darshan salute and queen desired to get him as son – in – law. Varniraj smiled at her and said, 'Mother! My penance will be concluded in western region of the country. I have come here to you as a reward of your penance. You are most fortunate on this earth.

During rainy month of Ashadha (U.S.1850) he travelled beyond the Kala Parvat. A huge army of demons blocked the path of Varni. The Kala Bhairava was chief the army. Lord Hanumana, who was there to do darshan of Varniraj, took them for a ride and threw those demons far away in air. He killed Bhairava for his demonic acts.

Nilkanth Varni walked confidently on his way to Pulhashrama. He came to river – Gandaki and from there he went towards Muktinath. Divine entity Himalaya, assumed human body and appeared before Nilkanth Varni to do darshan of the great celibate. Inhis pilgrimage, great celibate Nilkanth crossed the peaks of Neelgari, Shivalgiri and came to Kanbeni. Nilkanth Varni graced the blissful land of Pulhashrama and did darshan of Lord Muktinath. Thereafter, he had a soulful dip at the Bharatkund. This is the place, where Bharatji had spent years in difficult penance. Nilkanth Varni chose very that place and stood firm to do penance on one foot by raising both the hands sky ward. This was most unbearable penance to please Lord Suryanarayana. Lord Dharmdev and Bhaktimata were present there for Varniraj to help him in penance. Varniraj was not forgetting even for a moment the episodes of Puranjan and Bharatji. Great celibate Nilkantha pleased The Sun God (Suryanarayana) at late night of Prabodhini Ekadashi. Lord Suryanarayana manifested himself before Nilkanth Varni to bless his devout celibate Nilkanth Varni prayed to Sun God bless him a boon of extreme detachment. Suryanarayana blessed him the desired boon and merged himself in divine. Nilkanth Varni left the Pulhashrama on the next day and came to the state capital named Butolnagar. The king and the queen were virtuous souls. They prayed to Neelkanth to live with them at the palace. Neelkanth Varni lived there fotr the five months and delivered religious discourses to the king, queen abd courtiers. Thereafter, he renounced the royal services and walked away from Butolnagar. He travelled alone in seclusion on most dangerous paths and walk ways across wild. There under a leafy banyan tree, he saw an Yogi. Yogi did Darshan of Nilkanth Varni and hugged him with tears in his eyes. Nilkanth Varni said with a smile, 'Oh Great Saint! I was in search of an Yogi like you. I have never seen a enlightened soul like you.' Gopal Yogi admitted him in his hermitage and taught the Eight organs of Yoga to free his Yogic knowledge from the adverse effect of the Gunas. Varniraj invoked celestial power by Brahm Naada and freed the cowherd and Gopalanand Yogi from the fear of wild animals. Wild cats ran away to deep forest by the sound of Brahm Naada.

He manifested himself in divine form Shri Krishna blessed Gopal Yogi with his blissful Darsahn and sent him to divine abode of Golaka. He concluded the funeral rites of late Yogi and left the hermitage for Pokhara. Pokhara is a big town known as Uttar Kashi. He was very happy when he saw a large number of the students at the Pathshala of the Vedas and Vedic knowledge. He had holy dip at the Sati Ganga, Narayan Ganga, Bhuri

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The acts without true knowledge of it are like aimless toitering. The actions and works with true knowledge about it are the source of everlasting pleasure and happiness.Knowledge without wisdom has no driving force. It is inert and dormant without wisdom. Knowledge with wisdom is the true and everlasting knowledge – eternal knowledge. Why devotion? For what the devotional songs are? Why to do darshan? Why to rise early? Why to organize holy fire? Knowledge helps us to understand all these things. Such knowledge – true knowledge – bring steadiness in our lifes. Fear of the world and householder life cannot be removed without true knowledge. Fear will not leave you in presence of ignorance. Ignorance and fear are good friends. They live together.

A hermit was dwelling in a hut near the forest. A disciple was living with him to learn scriptures. Disciple was a virtuous youth ready to sacrifice for his Guru. Guru too was a great hermit. He was an enlightened soul living in seclusion of forest and the hermitage. Hermit had a very rich collection of ancient scriptures written decoratively on well finished leaves. Paper and printing were not invented in those days.

It was early evening. Sun was about to sat in western horizon. Guru was studying an ancient scripture. He desired to get a back to check the reference quoted in the scripture. He asked his disciple to bring the scripture from the inner room of library. Disciple ran to the hut as soon he received the order, but came back swiftly from the hut with a suppressed screen.

Hermit looked inquisitively on such behaviour of his disciple. Disciple prayed, 'Oh! There is a huge snake in our scripture room.' Hermit was surprised by such unbelievable story. The room was clean and plain leaving no hiding place for such reptile. To shock him further, disciple said, 'Guruji! The snake is right in centre of the room on the floor. It is not hidden any where.

COME AND JOIN HOLY- FIRE OF KNOWLEDGE

- Sister Manjuben

Hermit was a seasoned resident of wild. He knew very well about life style and behaviour pattern of wild animals and reptiles. The facts were not believable for him. A snake cannot expose itself in open and vulnerable area. It was impossible for it sit in open without any protection shield. Hermit thinks for a while and says, 'Look! Don't be afraid of snake. I am teaching you a hymn. You pronounce it that place. The serpent will leave the place on airing this hymn.' Guru gave him a Mantra to chant it at the room.

Disciple ran to the room and chanted the hymn while standing at the threshold. He chanted it repeatedly but there was no movement. The snake was spread without any reaction! Disciple came back to his Guru and reported the situation. He said that despite twenty recitation of the hymn, the snake has not taken any note of this. It is there without any fear of the hymn. Guruji then asked him to take a lamp to show light. The snake will run away by light of the lamp. Young disciple took a lamp and came to the room. The room and the scriptures were quite visible in bright light of the lamp. Disciple looks at the serpent in luminocity of light. He laughed aloud as soon he realized his misconception. He pronounced in cheerful tone, 'Guruji! There is no snake. IT is a rope. I look it as a snake in darkness of the room. I am very sorry.'

The scared boy laughed happily in presence of light. His inner fear ran away in light of lamp. The light has enlightened him

with true and bias free knowledge.

The story is meaningful. The knowledge is the lamp and souls are the disciple. Soul is under fear in absence of true knowledge. Knowledge brings happiness in our life.

A reflection cannot seen in flowering water. Steady water catches the reflection. If heart and mind are not steady, there shall be no reflection. Brahm. Knowledge – true knowledge brings steadiness in our mind and heart. 'Gyan – Yagya' is the best among the holy fires. Katha Parayana are holy fire of knowledge. Shriji Maharaj has praised such holy fires in nectar like discourses of Vachanamrits. Bad habits cannot live with a person who attends to Katha – Parayana. A person cannot leave his bad habits if he ignors Patha – Parayana.

Now the question is, from where to get such knowledge? There are exclusive shops for sale of particular item. A customer buys required item from such exclusive shops. The place of Parayan Satsang are exclusive places to receive such true knowledge. Respected Gadiwalashri graces Haveli temple on each Ekadashi day between 2.00 pm and 4.00 pm to deliver religious discourses to her female followers. Come and attend such sessions. It will bring steadiness and depth with spiritual wisdom.

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IN SECLUSION OF FOREST

Ganga and Trishuli, before he came to Nepal and Kathmandu. The king of Nepal – Ran Bahadur sinh – was bed ridden in a terminal aliment. He was arresting the saints who fail to treat him for better. Celibate Nilkanth Varni knew about these and cured the patient to free the imprisoned hermits. He lived there for one month to preach true religion to the king. Thereafter, he did darshan of Varah Tirth and Lord Aadi Varaha.

He graced Bengal and Sirpur state to benedict king Siddhavallabha. Many sadhus were settled there on strength of black magic and evil powers. They were torturing the king by their black magic. Innocent people were scared of them. Nilkanth Varni disclosed their hollowness and destroyed the black magic. A follower of Mahakali – Peebaka – was usinghis black magic to trouble the deities and demi Gods. These deities were working under his spell. He desareted divine powers by employing them in sinful acts. By strength and power of these desacreted celestial powers, he was defeating wirtuous people. He dried a leafy green trees by throwing a few grains on it. The people and the state administration were scared of him due to his act of destroying a green tree with in a moment. Nilkanth Varni restrengthened the consciousness of people by installing life and loftiness in the dead tree. The great banyan tree received back his life and loftiness with in a moment. Peebak tried to kill Nilkanth by throwing grains of black magic and evil powers, but evil and black magic failed to do any harm to Nilkanth Varni. As a last resort, he sent Kala Bhairava and Batuk Bhairava to kill celibate Nilkantha, but both the Bhairavas paunced back on Peebak and caught him by his throat. They threw him on the earth. Blood and damaged body mass came out from his gaping mouth. However, being a demonic soul, he regained consciousness and at night he tried to please inferior deities and Lord of black magic. They manifested before Peebak and advised him to be good to Neelkanth Varni. They told him that nobody holds powers to defeat Neelkanth Varni. They asked him to surrender at lotus feet of Neelkanth Varni. Peebak realized the truth and surrendered at the lotus feet of Neelkanth Varni. Neelkanth Varni stayed put there for a month of sanctify land of Sirpur state.

ISSO Seva
Serving Humanity

'शतंजीवेम् शरदः'

High Cholesterol

What is it ?

— It is a waxy substance produced in the live and used by the body to produce bile, hormones and nerve tissue.

— High levels in the blood can accumulate in blood vessels and cause blockages. This causes a heart attack by cutting off blood flow.

— Recommended amount in the diet: <300mg/day.

How to lower it ?

— *Decrease overall fat in diet*
- Increase fruits and vegetables (5-11 servings/day)
- Use 1% or skim milk, low fat cheeses.
- Use low-fat salad dressings, mayonnaise, sour creams
- Use Pam cooking spray
- Boil, roast, grill and bake foods
- Select fresh foods
- Limit sweets (candy, cookies, cakes, pies, soda, juice)

— *Limit amount of Saturated fats*
- These fate raise blood cholesterol levels

— *Increase Fiber*
- Found in fruits and vegetables, dried beans, and whole grains such as bran and oats.

— Avoid smoking

— Exercise regularly

— Treat high blood pressure

— Lose Weight

— Avoid Alcohol

WHAT IS HIGH BLOOD CHOLESTEROL ?

Too much cholesterol in the blood, or high blood cholesterol, can be seriours. People with high blood cholesterol have a greater chance of getting heart disease. High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholestrol level is too high.

What is Cholesterol ?

To understand high blood cholesterol, it is important to know more about cholesterol.

- Cholesterol is a waxy, fat-like substance that is found in all cells of the body. Your body needs some cholesterol you need.
- Cholesterol is also found in some of the foods you eat.
- You use cholesterol to make hormones, Vitamin D, and substances that help you digest foods.

Blood is watery and cholesterol is fatty. Just like oil and water, the two do not mix. So, in order to travel in the bloodstream, cholesterol is carried in small packages called lipoprotein (lipo-PRO-teens). The small packages are made of fat (lipid) on the inside and proteins on the outside. Two kinds of lipoproteins carry cholesterol thoughout your body. It is important to have hearlthy levels of both.

- **LDL (low density lipoprotein)** cholesterol is sometimes called "bad" cholesterol - High LDL Cholestorl ledas to a buldiup of cholesterol in arteries. The higher the LDL level in your blood the greater chance you have for getting heart disease.
- **HDL (high density lipoprotein)** cholesterol is sometimes called "good" cholestrol. - HDL carries cholesterol from other parts of your body back to your liver. The liver removes the cholesterol from your body. The higher your DHL level, the lower your chance of heart disease.

What is High Blood Cholesterol ?

Too much cholesterol in you blood can build up in the walls of your arteries (blod vessels that carry blood from the heart to other parts of the body). This buildup of cholesterol is called plaque. Over time, plaque can cause narrowing of the arteries. This is called atherosclerosis or "hardening of the arteries."

Special arteries, called coronary arteries, bring blood to the heart. Narrowing of your coronary arteries due to plaque can stop or slow down the flow of blood to your heart. When the arteries narrow, the plaque areas can lead to chest pain called angina. Angina happens when the heart does not receive enough blood and the oxygen it carries. Angina is a common sign of CAD.

Some plaques have a thin covering and burst (rupture), releasing fat and cholesterol into the bloodstream. The relwase of fat and cholesterol may cause your blood to clot. A clot can block the flow of blood. This blockage can cause angina or a heart attack.

Lowering your cholesterol level decreases your chance for having a plaque burst and cause a heart attack. Lowering cholesterol may also slow down, reduce, or even stop plaque from building up.

Plaque and resulting healthy problems can also occur in arteries elsewhere in the body.

Other Names for High Blood cholesterol

- Hypercholesterolemia
- Hyperlipidemia.

MAHANT SWAMI PURANI HARISWAROOPDASJI SWAMI ASCENDS TO DIVINE·ABODE OF AKSHARDHAM





Great saint and enlightened disciple of Lord Shriji Maharaj, Mahant swami Purani Hariswaroopdasji had been a true leading light to enlighten followers in arid region of Kutch. He had led successfully the Kutch Satsang on virtuous path of Lord Shriji Maharaj and had strengthened the devotional fervour as a Mahant of Shri Swaminarayan, Mandir Kutch – Bhuj. The enlightened free soul has renounced the gross body and ascended to divine abode of Akshardham on both of October – 2006 (8th day of the bright half of Kartika)

S.G.Mahant Swami in his early life, was born to mother Kuvarba in family of Shri Devjibhai Ambabhai Khetain at Sukhpur – Kutch. like other senior saints, he too liked – detachment at a tender age and with due permission of his parents entered Bhuj temple and as a Parshada, did service of God.

As per tradition, he was initiated as a saint after some time as a parshada to Supreme Lord.

He had been an ego free saint, committed to absolute detachment. He was a faithful saint and surrendered in absolute to Acharya Maharajshri of SHri Narnarayandev Diocese. He preached these vituous to his disciple saints at Bhuj – Kutch Desha. He spent 79 years as a hermit – saint and for last 30 years did service of Lord Narnarayandev Harikrishna Maharaj as the Mahant Swami of Shri Swaminarayan Mandir, Bhuj – Kutch. During his stewardship as the Mahant Swami, he had strengthened devotional consciousness and strengthened the sect spread in countries like England, America and Africa by frequenting these far flung countries and continents with a large group of his saints. To materialize the resolutes of H.H.Acharya Shri Tejendraprasadji Maharajshri, Late Mahant Swami Hariswaroopdasji had secured absolute cooperation of non – resident Satsangis and constructed many temples through their active participation.

The temple construction and satsang activities have received great impetus by his presence in Kutch – Satsang. He had brought many in benign fold of this sect. His preaching and social service have helped society to eradicate intoxication and bad habits from the new generation.

In his prolonged illness his life eas merged in devotion, meditation and penance. He was having very less food to sustain his gross body. Some time back, in time of serious illness, H.H.Acharya Maharajshri 1008 Shri Koshalendraprasadji Maharajshri and H.H.Acharya Shri Tejendraprasadji Maharajshri graced instantly the temple at Bhuj to take good care of ailing swami. This trio was attached heart to heart with tender – feelings of selfless love and respect. This is the reason why they met without delay and had heart to heart dialoque and personal darshan. Soon after this, Late Swami had renounced his gross body. His departure is irrepairable loss towards the enlightened saints.

News And Notes From Shri Narnarayandev Desh

AHMEDABAD REGION

Patotsav of Lord Ghanshyam Maharaj at the Rang Mahol of Ahmedabad Temple

The Rang Mahol is the residence of Lord Swaminarayan Bhagwan. Lord Shriji Maharaj dwelled there at the Rang Mahol, as and when He graced Ahmedabad. Idol form of Shri Ghanshyam Maharaj is installed there at that place to extend devotional pleasure to his faithful devotees. H.H.Acharya Shri Tejendraprasadji Maharajshri graced the temple and served Patotsava Mahabhishekam to Lord Ghanshyam Maharaj. Shri Subhashbhai Ravjibhai Patel (Uvarsad wala) and his family have earned the eternal pleasure of Shriji Maharaj by hosting Patotsava celebration. H.H.Acharya Maharajshri has blessed them for their faith and devotion.

Devotional music was served as per tradition by the Narnaryandev Ochhava Mandal till the night of Kartika Ekadashi day. H.H.Acharya Shri Tejendraprasadji Maharajshri graced the temple on meet day and blessed the Ochhava Mandal.

- Kothari Dharmprakashdas

Shri Swaminarayan Mandir, Idar (S.K)

Annakut Mahotsava was organized here with the due blessings of H.H.Acharya Maharajshri. The devotees were inspired and encouraged by Mahant Swami Jagdishprasaddasji to celebrate this festive event. Hundreds of devotees were come from the nearby villages to fo darshan of the Annakut.

Kukadia is a small place in Sabarkantha district. Annakut Utsava was organized here at the Kukadia temple. Poojari Shri Gaurishankerbhai has earned the pleasure of Shri Hari by his devotional service. *- Sadhu Satyasamkalpadas.*

The first annual Patotsava of God at Mahundra

The first Patotsava of this temple was organized here (on 08.11.06) at our temple, with the due blessings of H.H.Acharya Maharajshri. Group Maha Pooja and Mahabhishekam were served on this auspicious occasion to please Lord Shri Hari. The devotees have benefitted by this religious celebrations. *- Vishnubhai R. Patel*

Jeetba's Chaloda (Dholka Desha)

The sumptuous Annakut was served here to Lord Thakorji with the due blessings of H.H.Acharya Maharajshri. The devotees were encouraged by S.G.Swami Jagatprakashdasji (Mahant Swami, Dholka temple) to celebrate this event. Local devotees have benefitted by the fulfilling darshan of Annakut Mahotsava.

- Jayantibhai D.Patel

The first Annual Patotsava at Shri Swaminarayan mandir Balol (Bhal region)

Village Balol is the birth place of S.G.Devanand Swami. The first annual Patotsava was organized here with the due blessings of H.H.Acharya Maharajshri. The Patotsava Aarti was served jointly by Mahant Swami Shastri Gyanvallabhbdasji (Muli Mandir).

A satsang sabha was organized on this special occasion. Enlightening discourses were delivered by the Mahant Swami Gyanvallabhdasji, S.G.Hariswaroop Swami, S.G.Bhakti Swami and other saints. In their enlightening lectures, they recalled past memories of Kanbha Sindhava, Jivabhai Chavda and Naranbha Kher, and devotees were asked to be firm and faithful like those great devotees. They admired local satsang for their devotional service. Manibhai Patel (USA) from Salal, Dev Swami (Muli) and Gulab Bhagat have earned the pleasure of Shri Hari by their devotional service. Though it was peak period for farming and agriculture, the devotees were present in large number. H.H.Acharya Maharajshri has showered hearty blessings on this small village.

- Lakshmanbhai Chavda

Nava Vanjhar (Sarkhej)

Patotsava of Lord Thakorji was celebrated here by the saints and devotees with the due blessings of H.H.Acharya Maharajshri. The events were organized with the due guidance from Swami Swayamprakashdasji. Patotsava Aarti was served amidst vedic hymns on auspicious 08.11.06 at 7.00 am Shri Rajubhai Gajjar, Prakashbhai Thakkar and Nitinbhai Thakkar have earned the pleasure of Shri Hari by their service with devotion. Swami has favoured the Satsangis by his nectar like discourses.

- Kothari Ramanbhai

Ekadashi Satsang for the female Satsangis at Haveli temple, Shri Swaminarayan Mandir, Kalupur

Respected Gadiwalashri convey;s her hearty blessings to her female – Satsangis and informed

them:

A special Satsang shall be conducted at the Haveli temple, Shri Swaminarayan Mandir,Kalupur to sing praises of God on wach Ekadashi day. The satsang shall be conducted in benign presence of Gadiwalashri. Two hours session starts at 2.00 pm. for the two hours. The ladies, who attend 20 Ekadashi sabhas in a year shall be rewarded and blessed by Shri Gadiwalashri year shall be counted effective Probodhini Ekadashi. Satsangis ladies are requested to put signature with personal details, in a register, kept for the purpose.

Note: The ladies in age group 20 to 50 are allowed at the religious assembly.

- by order
Shri Swaminarayan Mandir,
Kalupur,Ahmedabad

Educational News From H.H.Acharya Shri Devendraprasadji Kelavani Trust Shri Sahajanand Secondary and Higher Secondary School, Ambavadi Ahmedabad.

(1) Pavan Sevak, Std-9. (2) Astha Trivedi, Std-9. (3) Shoili Patel, Std-9 and (4) Abhay Desai, Std-9

Above mentioned students have submitted a projects on topic of "Biological effects of pollution in Vastrapur lake"

The competition was organized at Gujarat Vidhya Peeth, by National Children Science congress. The project has been chosen for the state level competition. H.H.Acharya Maharajshri conveys hearty blessings to the students and Guides. - *Principal*

Patotsava at Swaminarayan Mandir and Hanumanji Mandir, Vadu.

Vadu is a leding town of Dandhavya Desha. Patotsava celebrations were organized here at Shri Swaminarayan Mandir and Hanuman Mandir with the due blessings of H.H.Acharya Maharajshri. Maruti Yagya (three days) and Nishkulanand Kavya – Parayan were organized on this special occasion. The seat of the reader priest was graced by Shastri Swami Narayanvallabhdasji.

H.H.Acharya Maharaj 1008 Shri Koshalendraprasadji Maharajshri graced this place (27-11-06) to bless the occasion. A grand welcome procession was organized to welcome His holiness.

H.H.Acharya Maharajshri graced the temple and served Patotsava – Annakut Aarti to Lord Thakorji. His holiness graced thereafter, the temple of Keshtabhanjandev and laid foundation for the main Gate. He graced the Yagya – Shala and concluded Maruti Yagya. His holiness visited the ladies temple and served Aarti to Lord Thakorji while at Vadu, His holiness favoured his devotees by gracing the houses of them.

Shri Ishwarbhai Bhagwandas Patel and his family have earned the pleasure of Shri Hari by hosting the events of Patatsava. Rupees 10,51000 were received in donation to name the entry gate of Narnarayandev. Generous donations were made by Shri Sombhai Bajidas and family. H.H.Acharya Maharajshri has blessed the devout damily. S.G.Shastri Swami Narayanvallabhdasji (Vadnagar) and Shastri Vishwaprakasjdasji have earned the pleasure of Shri Hari by guiding the saints and devotees. Narnarayandev Yuvak Mandal and Haribhaktas have served at their best to please Lord Thakorji. H.H.Acharya Maharajshri has conveyed his hearty blessings to the hosts, donors and volunteers. - *Pravinbhai T.Patel*

The First Annual Patotsava at Surendranagar Temple

Lord Thakorji has received here the first Patotsava Abhishekam on auspicious second half of the dark half of Kartika (7.11.06) amidst devotional fervour. Shrimal Satsang Jivan Parayan (Parayana), Shri Hari Yaag, Annakut and Satsang sessions were organized onthis occasion with the due blessings of H.H.Acharya Maharajshri.

Patotsava celebrations were organized for the five days with inauguration of Shrimad Satsangi Jivan Parayana on 7.11.06. The seat of the reader priest was graced by S.G.Swami Shastri Ramakrishnadasji. The events of Patotsava celebrations were hosted Shri Thakarshibhai Jethabhai Dalsania and his family.

H.H.Acharya Shri Tejendraprasadji Maharajshri graced the celebrations and served Mahabhishekam and Annakut Aarti to Lord Thakorji. His holiness graced there Yagya – Shala and concluded Shri Hari Yaag. Lord Radhakrishnadev Harikrishna Maharaj and Lord Narnarayandev at the main hall of this temple, have consented to grace golden thrones. His holiness graced the main hall and presented gold throne to supreme Lord.

The saints from Ahmedabad, Muli, Haridwar,Charadeva,Dhangadhra and other places were present at the celebrations. Respected

Gadiwalashri graced the celebration on special invitation from S.Y.Sister Kamalaba, and blessed the female devotees.

Shastri Swami Premvallabhdasji, Poojari Shantiprakashdasji and the volunteers of Shri Narnarayandev Yuvak Mandal have earned the pleasure of Shri Hari by their service at the festival.

- Shalendra Jhala

Shri Swaminarayan Mandir, Haridwar

A special assembly was organized on 24.10.06 at the Sabha Mandapam of Haridwar temple to pay homage. Respected (Late) Matushri. Dhoon and silent prayer were organized to please Shri Hari. Hundreds of devotees and the aspirants have attended this special session to pay final homage to devout soul. - *Mahant Swami Shri Swaminarayan Mandir, Haridwar*

Shri Swaminarayan Mandir, Martoli (Teh: Viramgam)

The temple at Martoli was renovated earlier thirteen years ago and idols of God were installed and invoked at that by H.H.Acharya Shri Tejendraprasaji Maharajshri. Lord Thakorji at this temple had received this year the fourteenth annual Abhishekam on auxpicious 12th day of the dark half of Kartika.

The Patotsava events were hosted by Shri Manilalbhai (Kothari of this temple) with Mahaprasadam feast – meals to the saints and the Satsangi. Mahabhishekam, Group Mahapooja, Annakut and Mahaprasadam were organized on this occasion. Shastri Swami Harikeshavdasji (Gandhinagar) was present on this occasion and Katha Satsang was conduct by him enlighten the devotees. *- Vishnubhai M.Patel*

OVERSEAS

Shri Swaminrayan Mandir, Sydney (ISSO) Australia

The satsang activities are progressing very well with the due blessings of H.H.Acharya 1008 Shri Koshalendraprasadji Maharajshri. Devotees,Shri Rajnikantbhai Patel, Shri Chandrakant Patel, Shri Dharmeshbhai, Shri Kunalbhai, SHri Sachin Patel, Shri Amitbhai, Shri Dimpeshbhai, Shri Chiragbhai Vihol, Shri Mhendrabhai Amin and other have earned the pleasure of Shri Hari by hosting Satsang Sabha.

A sumptuous and rich Annakut of various items was served to Lord Thakorji to celebrate Diwali festival. The annakut service was organized by the satsangis ladies and the Annakut items were prepared carefully with devotion by them at their home.

The satsang sabhas are being organized regularly and Katha – Varta, Dhoon, Kirtans, Nitya – Niyam and Thaal are served at sabha to please Lord Shri Hari Maha Mantra Dhoon was organized on Akshar was of S.G.Swami Ghanshyamjeevandasji (Mahant Swami, Bhuj). A large number of satsangis were present in all these sabhas. *- Tejas B.Patel*

Buwie Merriland (Washington D.C.I.S.S.O. Chapter)

A Satsang Sabha was organized at evening (4.00 pm) on 01.10.06 and Vachanamrit recitation, Katha – Varta, Dhoon – Kirtab and Nitya Niyam were served with Thaal Aarti, to please Lord Thakorji. The satsang is progressing well with the due blessing of H.H.Acharya Maharajshri.

-Kanubhai M.Patel

AKSHARVAAS

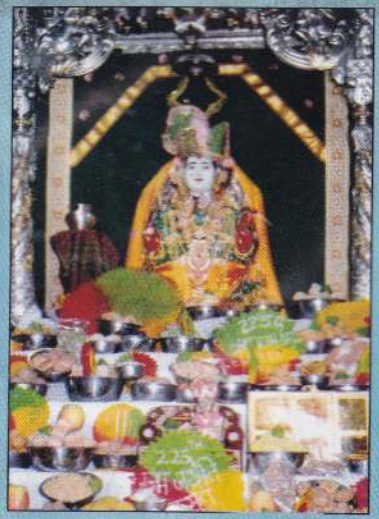
Ahemdabad (Manekbaugh) : Shri Dayaljibhai Gagjibhai Patel (Nirma Wala, Village : Akhiyana) passed away (09.11.06) to Akshardhaam amidst chants of MahaMantra.

Ahmedabad (Meghani nagar) : Shri Hariprasad Mahashanker Joshi passed away (11.11.06) to Akshardham amidst chants of Maha Mantra. Late Joshi had served satsang by conducting Bal – Sabha for many years.

Bavla : Shri Kanaiyalal Harjeevandas (elder brothe of Naginbhai) passed away (09.11.06) to Akshardham amidst chants of Maha Mantra.

Ahmedabad (Vehlal wala) : Shri Kanubhai Haribhai passed away to Akshandham amidst chants of Maha Mantra.

Ahmedabad (Saraspur) : Shri Rameshchandra Shankerlal Gajjar (Kothari of Saraspur temple) passed away to Akshardham amidst chants of Maha Mantra.



Lord Ghanshyam Maharaj receives Birthday Annakut at Chhapaiya Dhaam.



Lord Thakorji receives Annakut at Idar Temple.



H.H. Acharya Maharajshri - the seve descendant heir of Ghanshyam Mah - at Chhapaiya cuts Birthday cak of 225 kg.



H.H. Acharya Maharajshri's Birthday at Shri Swaminarayan Mandir, Colonia, U.S.A.



The devotee at the Dhoon session, conducted Shri Swaminarayan Mandir, Colonia, U.S.A.



The devotees at circular pilgrimage of the holy places in Chhapaiya Dhaam area.



H.H. Acharya Maharajshri releases 'Shajanand Charitra' at Shri Swaminarayan Mandir, Narayan Ghat, Ahmedabad.

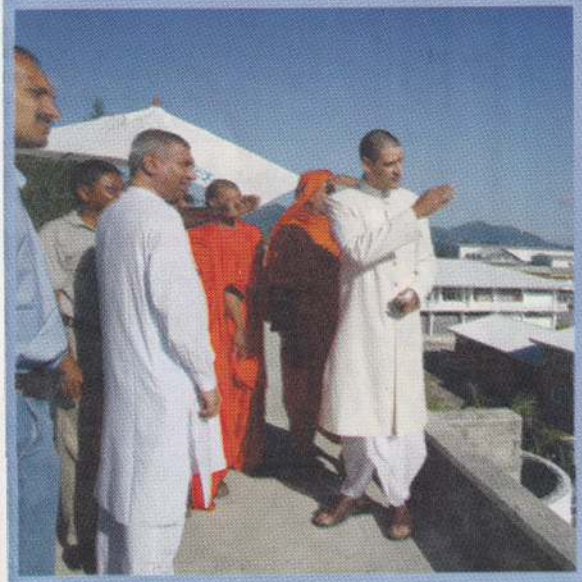
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H. Acharya Maharajshri, serves Aarti-Poojan to Lord Thakorji at our Seychelles Temple.



The host Shri K.K. Patel and his family serves poojan in benign presence of H.H. Acharya Maharajshri at our temple in Mauritius.



H.H. Acharya Maharajshri graces the sites belonged to Allied Builders.



Reader priest delivers Parayan discourses hosted by Allied Builders.



The devotees at the Seychelles Temple.



Shri Harishbhai and Shri Pravinbhai (Allied Builders) serves Poojan Aarti to H.H. Acharya Maharajshri.

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