

AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



Sandesh सन्देश

incorporating

Seniors Newsletter

Established 1994:

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President: Sushma Ahluwalia

Editor: Raj Batra

Secretary : Mohinder Kumar



AHIA Picnic on 7th May, 2023



Seniors Meeting on 8 April, 2023

Hello Every One,

I hope everyone is well and healthy. Finally, we are approaching Winter and time to rug up and stay warm. The weather can change very quickly and we need to be prepared for it. Talking about the changing weather, AHIA's Picnic was held last Sunday 7th May'23 we had early light drizzling but right on 11 am the weather cleared up and sun shone for a while. But as soon as we finished playing past the parcel, a short and heavy shower came about which cleared to sun shine in about 30 minutes or so. After delicious lunch provided by Maya Da Dhabha, we continued with

our fun time of playing "Bingo" and "anthakshari" and then we sang songs and danced.

As the saying goes "all's well that ends well". No one has any control over the mother nature but it is up to us how we take the opportunity to enjoy Picnic as planned many ...many weeks ago. We had 130 AHIA members and their families who socialised and enjoyed the day very much. Once again, many thanks to AHIA's EC Team who as usual worked hard and made this Event a successful one.

Our next Senior's meeting is on Saturday 13th May 2023 at the Wentworthville Community Centre where we will be learn-

ing all about



"balancing" for people in their advance age. This will be presented by Mrs Neena Bajaj with many years of experience in Physiotherapy. Please do join us for this important health information and advice.

See you and until then please take care and stay safe.

With best wishes

शुष्मा अहलुवालिया

'Sandesh' is AHIA's Newsletter and is published every month .

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INSIDE THIS ISSUE

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** The Health information is given in good faith and readers are advised to consult their own Doctor. AHIA does not accept any responsibility whatsoever.

Dear friends,

Hope it finds you well. Despite the weather conditions, the AHIA picnic on 7 May 2023 was an enjoyable event that was attended by 130 people.

AHIA's seniors' meeting is from 1 pm to 4 pm on Saturday, 13 May 2023 in the Grevillea Room at the Wentworthville Community Centre, 2 Lane Street, Wentworthville NSW 2145. The flexible agenda includes a welcome address, good wishes for birthdays and wedding anniversaries, Mrs Nina Bajaj, a physiotherapist will speak on 'balancing issues' for aged people; an open singing session (songs, poems, talks, jokes etc) and a Bingo session followed by tea and refreshments.

AHIA morning walk for members is from 9 am to 10 am on Saturday, 27 May 2023 at Cumberland Forest. The meeting point is near the café in the main parking area. We will arrange morning tea and light refreshments. For catering purposes, please advise if you wish to attend.

We would like to know your views on starting a new session at the seniors meeting for 15 minutes – AAJ KA VICHAR. Could you advise at the seniors meeting about your thoughts including what topics can be included in this session? One of our executive members, Vivek Bhatnagar Ji, will lead this session.

Please note that the AHIA Diwali function would be held on 4 November 2023, details will be

provided close to the date.

You must take good care of yourself, particularly in the winter weather.

Hope to see you at the senior's meeting on 13 May 2023.

Kind regards

*मोहिंदर कुमार
सेक्रेटरी
AHIA*



Mobile Library

Last month, Mr Mrityunjay Singh of South Asian Hindi School, Kogarah was kind enough to bring a mobile library of Hindi/English books to our meeting for members to borrow without any charge or fee. He will be doing this in every meeting.

AHIA thanks Mr Singh for his selfless services and generosity.

**Please bring the borrowed books for return/Renewal in the meeting.*

King Charles III is crowned in once-in-a-generation ceremony

Britain's King Charles III has been crowned in a once-in-a-generation royal event witnessed by hundreds of high-profile guests inside Westminster Abbey, as well as tens of thousands of well-wishers who gathered in central London despite the rain.

While Charles became King on the death of his mother, Queen Elizabeth II last September, the coronation on Saturday was the formal crowning of the monarch.

The service was a profoundly religious affair, reflecting the fact that aside from being head of state of the United Kingdom and 14 other countries, Charles is also the Supreme Governor of the Church of England.

In the most significant moment of the day, Archbishop of Canterbury Justin Welby placed the 360-year-old St. Edward's Crown on Charles' head. The spiritual leader of the Anglican Church then declared: "God Save the King."

The intricate service lasted just over two hours – about an hour shorter than Elizabeth II's coronation in 1953 – and followed a traditional template that has stayed much the same for more than 1,000 years.

However, it has been modernized in certain key ways. The archbishop acknowledged the multiple faiths observed in the UK during the ceremony, saying the Church of England "will seek to foster an The King took the Coronation Oath and be-

came the first monarch to pray aloud at his coronation. In his prayer he asked to "be a blessing" to people "of every faith and conviction."

In what is considered the most sacred part of the ceremony, the King was anointed with holy oil by the Archbishop of Canterbury. He was also presented with the coronation



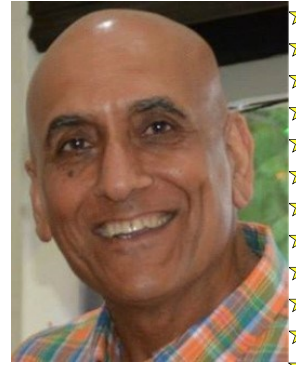
regalia, including the royal Robe and Stole, in what is known as the investiture part of the service.

Then, for the first time in coronation history, the archbishop invited the British public, as well as those from "other Realms," to recite a pledge of allegiance to the newly crowned monarch and his "heirs and successors."

Ahead of the event, some parts of the British media and public interpreted the invitation as a command, reporting that people had been "asked" and "called" to swear allegiance to the King. In the face of such criticism, the Church of England revised the text of the liturgy so that members of the public would be given a choice between saying simply "God save King Charles" or reciting the full pledge of allegiance.

environment in which people of all faiths may live freely."

The ceremony also included a reading from the Bible by UK Prime Minister Rishi Sunak and, in another coronation first, gospel music.



Once the King was crowned, his wife, Queen Camilla, was crowned in her own, shorter ceremony with Queen Mary's Crown – marking the first time in recent history that a new crown wasn't made specifically for this occasion.

Music played a central part in the proceedings, and five new compositions were commissioned for the main part of the service, including an anthem by Lloyd Webber, who is better known for West End musicals.

Charles and Camilla arrived at Westminster Abbey in a splendid coach drawn by six horses, accompanied by the Household Cavalry.

After the ceremony, the newly crowned King and Queen rode back to Buckingham Palace in a much larger parade, featuring 4,000 members of the armed forces, 250 horses and 19 military bands.

The pomp and pageantry concluded with a royal salute and the customary balcony appearance by the King and family members. They and the crowds below watched a flypast of military aircraft, slimmed down because of the poor weather.

Source: Ivana Kottasová, CNN

Membership Renewal

Please renew your membership at the Seniors meeting

हाय री मेरी दाढ़ी-(एपिसोड-2)

हर एक की अपनी पर्सनल अर्थात निजी ज़िन्दगी होती है। आप क्या खाते हैं, क्या पीते हैं, क्या पहनते हैं आदि आदि - आप की मर्जी। लेकिन कुछ चीज़ें पर्सनल होते हुए भी पब्लिक प्रॉपर्टी बन जाती हैं- जैसे कि हमारी दाढ़ी।

अब यह कोई भारत के प्रधान मंत्री नरेंद्र मोदी की दाढ़ी तो है नहीं कि इस पर लोगों का ध्यान जाए और डिस्कशन का विषय बने, कि क्यों रखी है और कितनी लम्बी रखी है। अब काट कर छोटी क्यों कर दी है?

पहले 'टैगोर' लगते थे, अब कुछ और। या फिर राहुल गांधी की वह 'सददाम हुस्सैन' वाली दाढ़ी, जो उन्होंने ने 'भारत जोड़ो' यात्रा में रखी थी। अब भारत जुड़ता है या नहीं, यह तो मैं नहीं कह सकता, परन्तु उन की दाढ़ी जुड़ी नहीं रह सकी और इंग्लैंड जाते जाते वह गायिब हो गयी। अब फिर नये रूप में आई है जो थोड़ी कम 'डरावनी' लगती है।

भई! उन की अपनी दाढ़ी है, रखें या काटें, लम्बी करें या छोटी, उन की मर्जी - परन्तु वे लीडर लोग हैं इसलिए जनता उन की हर चीज़ का ध्यान रखती है और टिप्पणी भी करती है।

हमें दाढ़ी रखने पर कुछ परेशानियां तो ज़रूर हो रही हैं।

जैसे I-phone पर कुछ apps, चेहरा पहचान कर काम करती हैं, यानी पासवर्ड की आवश्यकता नहीं होती, वह अब खोलने में दिक्कत हो रही है, क्योंकि face-id ठीक ढंग से पढ़ नहीं पा रही।

हमारे पड़ोसी तक कंप्यूटर हो जाते हैं। केवल पड़ोसियों के कुते हैं, जो हमें पहचानने में गलती नहीं करते, क्योंकि वे पहले की तरह हम पर जोर जोर से भौंकते हैं।

एक और गंभीर समस्या है कि बहुत छोटे बच्चों की, जो पहले गोदी में उठाने पर हँसते खेलते थे, पर अब रोना शुरू कर देते हैं कि जैसे उन्होंने ने कोई भूत देख लिया हो।

हमारे भी कुछ शुभचिंतक हैं जिन्हें हमारी दाढ़ी देख कुछ कहने को मिला। कल हमारी पिकनिक थी, वहां पर तो कई मित्रों ने हमें पहचाना तक नहीं। कई दूर से घूर से रहे थे। कुछ एक को हम ने टोका, कि भई कोई 'दुआ

सलाम' नहीं, कोई 'हेलो-हाई' नहीं, तो जवाब मिला कि "अरे आप हैं बजाज साहिब! आप ने तो अपनी शक्ल ही बदल ली है, हम तो बिलकुल पहचान नहीं पाए।"

दूसरे बहुत से कमेंट्स कुछ इस तरह के थे। "अच्छी लगती है।",

"जच रहे हो"

"भाई साहिब, बिलकुल बेकार है, निकाल दो।"- ये तो खासतौर पर बहुत सी देवियों के कमेंट थे।

"ओ बुजुरगो ! क्या हाल है?", एक और मित्र ने मज़ाक किया।

"क्या सूट बनाई है?" "क्या इरादा है? मोदी जी के स्वागत की तैयारी है?".. आदि आदि

वैसे आप की जानकारी के लिए बता दूं कि कुछ वर्ष पहले भी हम ने दाढ़ी रखी थी और ऐसी ही समस्याएँ आई थीं और ऐसी ही टिप्पणियाँ सुनने को मिली थीं। हालांकि हम से पूछो तो बिलकुल राजपूती दाढ़ी लगती थी।

किन हालात में उस को त्यागना पड़ा, इस पर मैं ने एक लेख भी लिखा था।

संक्षेप में थोड़ा बता देता हूँ।

हमें अचानक भारत जाना पड़ा और एरपोर्ट पर समस्या खड़ी हो गयी, क्योंकि पासपोर्ट पर लगी फोटो से हम मैच नहीं कर रहे थे। सिक्क्यूरिटी वालों ने हमें डबल चैक किया यहाँ तक कि कुत्तों को बुला हमारे सामान को सूँघ सूँघ कर देखने के बाद क्लियर किया।

दिल्ली पहुंचकर और भी सख्ती देखने को मिली। ऑफिसर ने अपने सीनियर को बुला, कई तरह के ऊटपटांग सवाल पूछे। बड़ी मुश्किल से बाहर निकल पाए।

एअरपोर्ट लेने आये रिश्तेदार भी नहीं पहचान सके, उन की हमारी दाढ़ी की बारे में बातें भी सुननी पड़ीं।

परन्तु सब से बड़ी मुसीबत उस समय आई, जब हम ट्रेन द्वारा दिल्ली से कानपुर जा रहे थे।

उन दिनों कुछ आतंकी हमलों के कारण ट्रेनों में पुलिस कुछ ज़्यादा ही स्टर्क थी। टिकिट चैकर के साथ भी गन वाले सिपाही रहते थे। उनहोंने ID मांगी और हम ने अपना पासपोर्ट दिखाया। अब आप तो जानते ही हैं कि उस में लगी फोटो हमारी होते हुए भी उन की नज़रों

में हमारी नहीं थी।

"ऐसा है साहिब, आज कल सरकार की ओर से बहुत सख्ती है, वैसे तो शक्ल से आप शरीफ लगते हैं परन्तु वह जो कहा है किसी ने, 'भोली भाली शक्ल वाले होते हैं जल्लाद भी', - कोई दूसरी ID है आप के पास?"

"जी नहीं, पर ठहरिये", कह हम ने अपने बैग में हाथ डाला ही था कि पुलिस वाले ने हमारा हाथ झटक दिया और गरजदार आवाज़ में बोला, "ठहरो, हम चैक करते हैं।"- उस ने सोचा कि हम कोई हथियार निकाल रहे हैं, जबकि हम अपना शेवर निकाल रहे थे।

हम ने उसी समय उन के सामने अपनी दाढ़ी को 'अलविदा' कह पासपोर्ट वाली फोटो से मैच किया। तब जाकर उन की तसल्ली हुई और 'सॉरी' कहे बिना ही केबिन से बाहर निकल गये।

...तो भाई लोगों, आप ज़रूर पूछेंगे कि अब हम दुबारा यह पंगा क्यों ले रहे हैं।

तो ऐसा है कि अब हालात बदल गये हैं। अब दाढ़ी एक फैशन बन चुकी है, जैसे कटी-फटी जीनज़।

उस समय तो केवल अमिताभ बच्चन एक छोटी सी रखते थे, जो आजकल की दाढ़ियों के सामने टिक नहीं पाती। (हालाँकि वह फिर भी डटे हुए हैं, और उन का ब्रैंड भी चल रहा है)।

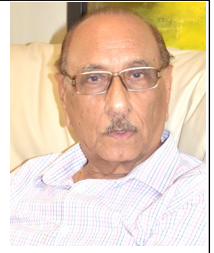
अब तो चारों ओर दाढ़ियों की भरमार है। हर क्रिकेट खिलाड़ी 'full fledged' दाढ़ी लिए फिरता है कि पहचानना मुश्किल हो जाता है कि यह 'विराट कोहली' है या 'रविन्द्र जडेजा'।

तो, भाई लोगो, इरादे तो नेक हैं और हौसले बुलंद, परन्तु भविष्य में क्या होगा, कह नहीं सकते।

अभी तो, वह जो अंग्रेज़ी में कहते हैं ना !

'The Jury is still out'- अर्थात, उस मशहूर फिल्मी गाने की तरह "मार दिया जाए या छोड़ दिया जाय- बोल तेरे साथ क्या सलूक किया जाए।"

...संतराम बजाज



Renu Sabharwal and Sushma Ahluwalia visited our seniors on Tuesday 4 April, 23 at their residence

AHIA is planning to meet up with those members at their homes who are not able to attend the Seniors Meeting.

This initiative is part of AHIA's way of keeping in touch with all members.

Last month, 4th April, 23, Mrs. Sushma Ahluwalia and Mrs. Renu Sabharwal made the home visit of Mr. and Mrs. Ramdev, Mr. and Mrs. Yadav and Mr. Sood at their place of residence. The visit was very much appreciated by their Families.

There will be such more visits in the near future.



AHIA PICNIC – 7/5/2023

PARRAMATTA PARK MANA SHELTER

As planned AHIA Held this year's picnic in Parramatta Park. About 125 AHIA members attended the picnic. Biggest thanks go to all the attendees who despite of the weather, joined in good spirit to have fun with friends.

Picnic is the most relaxing way to connect with nature as well as with friends in carefree environment. This picnic exactly achieved that.

We had drizzle, some rain and sunshine all in span of 4 hours. People pulled their chairs out of the shelter when sun was out & brought them back in the shelter when it started to drizzle. Shelter was noticeably big and accommodated everyone.

Most of the people arrived around 11AM – Samosa, Pakora and garama chai was served at 11.30am. These snacks complimented the weather. At midday, the sun came out and everyone pulled out their chairs and made a big circle to play pass the

parcel game.

Almost eighty people joined in the circle to play this game, and few watched and enjoyed the game from outside the circle.

Pravesh ji controlled the music & we all had fun. With her sharp judgement, Santosh ji was the winner.

Rajma, Kadhi, Palak Paneer, Aloo Gobhi, Nan, Salad & Raita was served in lunch.

No meal is completed without dessert, so Jalebi was distributed.

Big thanks to Ajay Raj ji, owner of Maya Da Dhaba, for delicious catering.

Singing & dancing is the key to Indian enjoyment. Hence so we organised the session of Antakshari. Everyone enjoyed singing Bollywood songs.

Lastly, everyone's favourite Bingo session was conducted by Nardev ji. Everyone participated and prizes were given to all winners.

3 cheers to all the attendees for making this picnic a gala day!

मीता शर्मा

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May Birthdays/Anniversaries

Happy Birthday

Vikas Kalra	Jagdish Dua
Sohan Grewal	Sneha Manchanda
Prem Lata	Chander Kanta Arya
Nirmal Malhotra	Basant Lal
Shashi Malhotra	Kewal Sajdeh
Nupur Kuba	Rajinder Kaur Chawla
Shyam Malhotra	Padmja Tandon

Happy Anniversary

Mr. and Mrs. Jaya and Rajinder Malaviya
Mr and Mrs Pishp & Kiran Ralhan
Mr. & Mrs. Eisha and Reema Mehta

विश्व की सबसे अधिक जनसंख्या वाला देश-एक विचार

हम सब जानते हैं कि सन 1947 में भारत स्वतन्त्र हुआ था। स्वतंत्रता से पूर्व (स्वतन्त्रता के संघर्ष के दौरान) के दो गाने हमेशा मुझे याद आते रहते हैं, जिन्हें हमारे परिवार के बड़े सदस्य- भाई और बहनें प्रायः गाया करते थे।

इस में पहला गाना था -

बुझा दूँ हंस कर जीवन दीप, देश पर होना है बलिदान,
वतन पर होना है कुर्बान।

और दूसरा गाना था -

चालीस करोड़ है, जिस की आबादी,

उस पर छाई है क्यों उदासी।

आज मैं भारत के स्वतन्त्रता के संघर्ष की बात नहीं कर रही। मैं बात कर रही हूँ स्वतन्त्रता से पूर्व भारत की कुल आबादी की। यानि स्वतन्त्रता से पूर्व भारत की कुल जनसंख्या 40 करोड़ थी। भारत का विभाजन हुआ। देश दो देशों में बट गया -भारत और पाकिस्तान (पाकिस्तान में - आज का पाकिस्तान और बंगलादेश)। उस समय

पाकिस्तान की आबादी थी 12 करोड़ और भारत की 28 करोड़ थी।

कहने का अभिप्राय:यह है कि 75 वर्षों में भारत की आबादी 28 करोड़ से बढ़कर 140 करोड़ हो गई। और अनुमान है कि यह संख्या और भी तेज़ी से बढ़ेगी।

आश्चर्य की बात यह है कि भारत की भूमि में कोई बड़ोतरी तो हुई नहीं लेकिन जनसंख्या का इतना बढ़ जाना, दुनिया का सबसे अधिक जनसंख्या वाला देश बनना - उन्हें रोटी, कपड़ा, मकान देना ही कठिन है साथ ही देश की उन्नति की रफ़्तार बनाये रखना,

कितने आई. आई. टी. खोलना, स्कूल - कालेज खोलना, अस्पताल बनाना, सड़कें, हाई-वे, रेल लाईन आदि आदि साथ ही विदेशों में रहने वाले भारतीयों का ऊँचे पदों पर पहुँचना आदि, यह सब दूरदर्शिता, परिश्रम और अच्छे नेतृत्व के कारण ही सम्भव हो पाया है।

आशा करती हूँ कि यह प्रगति की रफ़्तार यूँ ही बनी रहे
शारदा शर्मा



The Following are brief notes from Maha Rishi Patanjali Muni ji's Yog Darshan (Yog Sutras for daily life, part of Ashtang Yog):

Non-violence,
Truthfulness,
Non-stealing,
Celibacy or sense control,
Non-greed,
Purity of thought, word, and deed,
Contentment,
Austerity or renunciation,
Study of scriptures, and
Surrendering to God with faithful loving devotion

The Eightfold Noble Path of Buddhism:

Right view

Right thought

Right speech

Right deeds

Right livelihood

Right effort

Right resolve and

Right meditation.

In addition to the above paths, abstinence from all evil, performance of good acts, and purification of the mind is the doctrine of Buddha. (Ref. Ramananda Prasad, Gita Society)

नरिंदर जलपोटा



Fun and Interesting Facts About India That Might Surprise You

- Cows are considered sacred
- India is the wettest inhabited place on Earth
- India has over 300,000 mosques and over 2 million Hindu temples

- Chenab Bridge is the highest rail bridge in the world
- Rajasthan has a Temple of Rats
- The popular game "Snakes and Ladders" originated in India
- India was the first country to mine diamonds

भारतीय संस्कृति के मूलधार

भारतीय संस्कृति के कुछ मुख्य आधार हैं —

- मनुष्य हृदय में ही ईश्वर का निवास है।
- कर्म का सिद्धांत।
- पुनर्जन्म।

मनुष्य के हृदय-मंदिर में ही ईश्वर बसते हैं। वह हमें अच्छे काम करने और बुरे काम न करने की प्रेरणा देते रहते हैं। लेकिन हम अंतःप्रेरणा को अनसुनी करके अपनी इच्छा से ही कुछ भी करते रहते हैं। उसी कारण से हमें अच्छे बुरे अनुभवों में से गुजरना होता है। हमें सदा सातधान रहकर, मन की आवाज पर ध्यान देकर व्यवहार करना चाहिए।

हमारे कर्मों से ही हमारा भविष्य बनता है। तभी तो कहते हैं कि — 'जैसा करोगे वैसा भोगे।' यदि दूसरों की भलाई के लिए काम किया जाए तो हमें उसका फल आश्चर्यचकित बनकर मिलता है। किसीके कारण ही दुःख देने पर हमें किसी न किसी रूप में दुःख उठाना ही पड़ेगा। बहुत सोच-समझ कर किए गए कर्म हमारे अच्छे कामों के खाते में लिखे जाएंगे।

हमारा जीवन हमारी इच्छाओं और विचारों की प्रक्रिया से बनता है, तथा अंतर्गत की तीव्र इच्छाओं से अगले जन्म का निर्धारण होता है। हम जीवन में देखते हैं कि कोई राजा है कोई भिखारी, किसी का बेटा आदर करता है किसी का अनादर, किसीके हर काम में सफलता मिलती है किसी के कामों में विघ्न-बाधाएं ही आती रहती हैं। ऐसे अनेकों उदाहरण देखे जा सकते हैं। यह सब हमारे कर्मों के ही फल हैं।

यह सब यों ही नहीं होता, इन सबका भी अपना एक नियम है, जो बीज हम बो आते हैं उन्हीं पौधों का ही आनंद उठाएंगे। किया की प्रतिफल होती ही। सभी को अपने तीन जन्मों का पता होता है। हमारे पिछले जन्म के फल से ही हमें यह जन्म मिला है, इस जन्म में जो कुछ घट रहा है वह हमारे कर्मों का ही परिणाम है, उसी के आधार पर हम समझ सकते हैं कि अगले जन्म में हमें किस माता-पिता के पास जाना है, कैसी शिक्षा मिलेगी, सुखपूर्ण जीवन होगा या दुःखपूर्ण। दौड़ से दौड़, बड़े से बड़े सारे कर्म हमारे भाग्य का निर्माण करते हैं।

इसीलिए सोच-समझकर मन-वचन-कर्म तीनों में एकता रखकर व्यवहार करना चाहिए। जो सोचें वही बोलें, जो कहें वही करें। सबके साथ प्रेम का व्यवहार, नैतिकता से वाद और ईश्वर की प्रार्थना ही जीवन का आधार होना चाहिए।

ग. आशा गुप्ता

HUMAN BODY AND SOUL

The mystics inform us that the human being is not simply a physical body, but a collection of three bodies that constitute various density of matter, from the gross elements to the most subtle layers of the mind. Behind these bodies resides our true self, the soul. These three bodies are not bodies in the ordinary sense, but rather different types of encasements for the soul. The three bodies are: The Casual Body –the Magnetic Sphere of the Soul; The Astral Body; The Physical Body.

SOUL

The soul possesses three basic powers – life (jiva), light (jyoti) and love (prem) - from which arise the ability to perceive, move and feel. The magnetic force of the soul generates life, love and consciousness. The relationship between God and soul is that of love; the soul is always attracted towards God and can merge into its own source through the love and devotion of God. Love is the most powerful magnetic force of creation. It is the very power of attraction. Nothing else serves so strongly to bring creatures together and unite them at a heart level.

These three powers of life, light and love are the soul's reflection of Being- Consciousness (Sat-Chit-Anand). That means God is Truth, Consciousness and Bliss.

God is the Knowledge of Light, the Knowledge of Nectar, of unstruck music and the Word. The experience of Divine Light can be gained by doing meditation regularly and by following the technique and teachings of a Perfect Master and concentrating the mind at the

Third Eye or Shiv Netra. The Divine Light or Jyoti is within every one of us. We can also listen the Anhad Nad , Shabd Dhun or unstruck music within our own body by doing meditation or Bhajan and Simran regularly as taught by a Perfect Master. He not only guides us, his Radiant Form accompanies the soul, region by region, till it merges with its own source, the Lord and

attains Sat-Chit-Anand. A Perfect Saint has said that the Word (Shabd) clears our karmas and the Shabd helps the Shabd (soul) to merge into Shabd.

St. John has said that "In the beginning was the Word and the Word (Shabd) was with God and the Word was God." He was referring to the Energy which was with God, with the Creator, because a creator cannot create until he has the power to create.

Guru Nanak Dev has said: "Jeevat Marariye, bhav Sagar taryee (Die to live and cross the worldly ocean)."

Casual Body

The casual body is the field of super consciousness beyond form, a purely ideal field of perception. The casual body endures throughout the entire cycle of rebirth and keeps all the account of our sinchit, pralabdh and kriyaman karmas. All the record of karmas is cleared when the soul of a Truth seeker during its journey reaches Trikuti and the mind merges into its own source, Brahm.

The Astral Body

The magnetic sphere of the soul gives rise to an electrical field that creates the subtle or astral body, the sphere of our life energy. Out of the soul or heart arise various electricities that sustain activity on all lev-

els of our nature. The soul generates the force that creates and motivates the mind, senses and body. This electric force is called vidyut Shakti or lightening. As an electrical field, it is highly active, moving and ever changing and, dancing with all fluctuations of the sense organs and mind that are never restful even for a second.

The casual and subtle bodies are closely related. A new subtle body is manifested out of the casual body with each birth and becomes the basis for the physical body entering it in the womb. The casual body therefore is the seed or manifest form of the subtle body. The subtle body is the manifest form of the casual body. All the potentials of the subtle body are inherent in the casual body. The subtle body has the form similar to that of a physical body. The subtle body energizes and vitalizes the physical body, which it encompasses through the nervous and respiratory system.

The Physical Body

The casual body generates magnetic energy that gives rise to the electric force of the subtle body. The electric force of the subtle body becomes the life force in the physical body. The physical body develops from the subtle and casual bodies. The subtle body's mind, pranas, sense and motor organs shape the corresponding faculties of the physical body. The physical body encases the mind, senses and pranas in the denser medium of the bodily tissues.

The three bodies relate to the three state of consciousness of waking, dream and deep sleep. The physical body functions during the waking state, in which we live in a world of physical objects with specific



form and location in time and space. Without the continual support of food, the physical gross body perishes.

The astral body functions during dream and inspired thoughts, in which we live in the world of our impressions. It is sustained by impressions, the subtle elements which are its food, our positive and negative thoughts and our activities in life.

The casual body functions during deep sleep and profound meditation, during which we live in our own consciousness. The three states of consciousness reflect the process of death and rebirth. At death the physical body is withdrawn and the astral body comes into function just as in sleep and dream. The pranas or life force leaves the physical body and start to function in the astral body. The impressions gathered in life get revealed and through them one experiences happy or unhappy astral states, which in the extreme forms can become heavens and hells.

Human body is the only door in which we can clear our heavy load of karmas and keep clean the chamber of our heart by worshipping and through the love and devotion of God. As Saint Paltu has said: No body should be proud of his caste or creed; In the durbar of the Lord, only His love and devotion counts."

रोशन लाल गखर



प्रातः काल प्रकृति के साथ !!

प्राचीन काल से ही ऋषिमुनिमें ने ब्रह्ममुहूर्त के समय को बहुत महत्वपूर्ण बताया है, तो ये ब्रह्ममुहूर्त है क्या ? शनि के अन्तिम प्रहर के बाद और सूर्योदय से ठीक पहले का जो समय है - मानि सुबह के चार बजे से साढ़े पाँच बजे तक का समय ब्रह्ममुहूर्त कहलाता है जिसे अमृतवेला/जीवमुहूर्त या विधाता का समय भी कहते हैं। इसके बारे में

सुना तो सभी ने है - चाहे बचपन में या फिर बड़े होकर, पर इस ओर कभी ध्यान नहीं जाता या जीवन की व्यस्तता में जैसे पहले शिक्षा फिर व्यवसाय, परिवार इत्यादि-इत्यादि धीरे-धीरे समय बीतता गया व देखते-देखते हम सीनियर सिटिजन की श्रेणी में आ गए तो फिर अपने लिए, स्वयं के लिए थोड़ा समय मिलने लगा और इस ओर ध्यान देने लगा कि स्वयं के साथ रहना कितना महत्वपूर्ण है। विवेकानन्द जी के कथन के अनुसार : — "Talk to yourself at least once in a day otherwise you may miss a meeting with an excellent person in the world."

स्वयं के साथ रहने के लिए प्रातः काल से अच्छा कोई और समय नहीं हो सकता क्योंकि इस समय बाहर का Traffic भी कम व अन्दर का मतलब मस्तिष्क का प्रकृति में शान्ति होती है। प्रातः काल का मतलब यह नहीं कि ब्रह्ममुहूर्त में ही उठ जाना है, पर सूर्योदय से जितना पहले मन व शरीर दोनों से जाग जायें तो अच्छा है।

पक्षियों का ही उदाहरण ले लीजिए जो हमें हर दिन सुबह होने का सहसास कराते हैं अपने विभिन्न प्रकार के संगीत के धुनों से, और ऐसा लगता है जैसे उस अज्ञात संगीतकार का musical band बज रहा है।

झूमते वृक्षों को देखकर ऐसा लगता है कि वे हमसे हमारा हाल-चाल पूछ रहे हैं कि — NOW ARE YOU ? भला बताइए ऐसे दृश्य किसी और पहर में देखने को मिल सकते हैं क्या ? यदि आप किसी पानी के झील के पास से गुजर रहे हैं तो एक अलग ही कलकल ध्वनि साथ-चलती है मानो कह रही हो कि मेरी तरह हमेशा चलते रहो, चलायमान रहो क्योंकि जैसे पानी बहर गया तो उसको शुद्धता में कमी आ जाती है वैसे ही हमारे जीवन में भी गतिशीलता आवश्यक है शारीरिक भी व चैचारिक भी। शारीरिक गतिशीलता से शरीर स्वस्थ रहेगा व विचारों में गतिशीलता से generation gap को समस्याओं का प्रभाव कम होगा।

कमलेश चोबे

AHIA celebrates Diwali on 4th November, 2023

Soil Guide: Everything You Need to Know About Soil Types (Part 2)

Types of soil



There are three basic types of soil – **Sand, Silt and Clay**, but most soils are composed of a combination of the different types. The mixture determines the texture of the soil, or in other words, how the soil looks and feels.

In addition to the three basic soil types, gardeners can benefit from **peat** and **saline soils**. And, of course, the **loam soil**, which we consider a type of soil, even though it is really a combination of sand, silt and clay. The soil that will fit best your needs is determined by the type of plants that you're growing.

Sandy Soil



Sandy soil is greyish-brown in colour. It is very dry, and it's also one of the soil types that are hardest to grow in. It consists of small, weathered rocks and because of this, it can't retain water well. Sand is fairly coarse and loose so water is able to drain through it easily. While this is good for drainage, it is not good for

growing plants because the sandy soil will not hold water or nutrients.

In fact, sandy soil is used to improve the drainage for other soils. Sand warms up much quicker than other soil types and it can be used as a way to warm up the ground after winter.

colour.

Silty Soil

Silt is another type of soil, which is commonly found next to riverbeds. It's transported by the moving currents of water, and it's one of the most fertile natural types of soil out there. Silty soil retains water well and it's even used to fertilize



other types of soil.

Silt can be thought of as fine sand, and it will hold water better than sand. If you



were to hold a handful of dry silt in your hand, it would feel almost like flour. If you add water to the silt in your hand, it would do a fair job of holding the water and feels slick and smooth.

This type of soil has a fine texture and fine quality. Because silt soil retains water so well the soil retains lower temperature year-round.

Clay Soil

Clay soil is brown in colour. It has the finest particles among other soils. The downside of clay soils is that they retain too much water. Because of the dense and fine texture of clay, water can't drain.

Clay is very fine-grained soil. Its particles are even smaller than silt, so there is very little space between the fine grains for air or water to circulate. Therefore, clay does not drain well or provide space for plant roots to flourish. Clay isn't the best pick for farming. However, if you are potting, clay soil is the one to pick.

When moisture is added to clay, it can be moulded into shapes, such as a pottery bowl or a building brick.

Loam Soil

The type of soil all gardens and gardeners love. **Loam soil is a combination of the three basic soil types – sand, silt and clay, it also contains hummus.** This soil has a higher pH and calcium levels because of its organic matter content.

The fertility of the loam soil will vary depending on how much of each component is present, but generally, if you are a gardener, this is the type of soil you want



because **loam retains moisture, but also allows for good drainage.**

Loamy soils could be moulded into a ball, but the ball should easily crumble when disturbed.

This soil is the ideal material to work with, but you can't have an even amount of all present particles. So don't despair if you don't have it in your garden. There are many ways to condition your soil—adding beneficial soil inoculants, covering your soil with compost, or simply spraying leaves and soil with compost tea.

Compiled by राज बत्रा

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AHIA Picnic on 7th May, 2023



Seniors meeting on 8th April, 2023 ↓

