



# Divya Sandesh

## Holi Edition

March 2011



### Sunahu Sadhak Pyaare (Part 5)

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So the mistakes so far are,

1. Being eternally turned away from God,
2. Hence being under the influence of Maya,
3. Hence considering oneself the body,
4. Hence considering the relatives of the body our relatives
5. Hence being upset for them and with them.



Let us say one has a family of 15 people – father, mother, few brothers and sisters, spouse, children etc. with whom he is naturally attached. What happens next? Someone in the family falls sick with a serious illness like cancer. This person becomes upset and restless. If someone were to ask - Do you have cancer? No. Then why are you upset? Because my oldest son has cancer! Now the second son meets with an accident. As soon as the news arrives, he loses his peace of mind yet again. Thus, within a family of 15, something or the other keeps happening to someone or the other. He is unhappy in the unhappiness of all those. And his own problems are separate from all this. He too falls ill. He too suffers from mental diseases of desire, anger, greed, attachment, pride. He has to endure his own pain and the pains of the others in his family. Human beings suffer from so many problems. It is amazing to see how they can bear so much pain. And still say that such and such is mine.

If you hit a dog, he runs squealing in pain. From afar he will look at you with animosity. However, if you show him a loaf of bread, he will come wagging its tail to eat the bread. Then hit it again; it will again run away squeaking in pain, but when you show him a loaf of bread, it will come back again wagging its tail. In the same way, when our kith and kin disgrace us, we realize they are really selfish. We say to ourselves, Shri Maharaj Ji was right. Then a little while later, when our father comes by and says “Oh son! I’m sorry. I didn’t mean it, please don’t feel bad about it” and gives a hug. We start thinking - my father is very nice. We immediately forget about the true nature of the world!

During the day, we get detached tens of times but again forget everything. And if somebody calls us dim-witted, we feel humiliated. So are you all-knowing! Oh no, God is all-knowing! So if you are not dim-witted and not all-knowing, then what are you? No, I am dim-witted but it feels bad when someone calls me that. Why? If somebody calls you a human being, do you feel bad? No. See there is an ordinary police officer standing on the road. Somebody introduces him saying he is a constable

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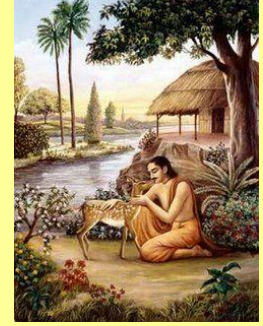
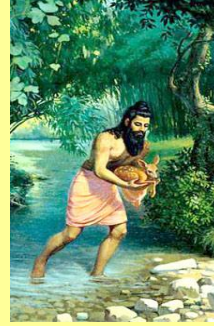
(Policeman). He says yes I am. He does not say call me a superintendent or chief of police. He does not feel bad about being referred to as a constable. So, we are the victims of desires, anger, passion, greed etc. Then what is wrong if somebody says accuses us of having one of one of those vices for e.g. if someone says you are very selfish, improve yourself. You hear this and get really angry!! Why? Think about it. Why are you feeling bad upon being called selfish? Everyone is selfish. Even saints are selfish. The only difference is that their selfish motive is related to God and ours is related to this material world.



So, due to ignorance we forgot our true self and started considering ourselves to be the body and all bodily relatives as our relatives and attached our mind to them. This resulted in us feeling sad in their pain, in addition to our own pain.

After death you attain the object of your attachment. Pay attention. There are 4 areas of attachment, *tamoguni* (evil), *rajoguni* (worldly), *sattvaguni* (good) and divine. If we love any relative affected by evil mode of Maya (*tamoguni*), after death we will attain evil fruits i.e. hellish abodes. If we love a soul of moderate mode of Maya (*rajoguni*), we will roam around in the 8.4 Million life forms. And if we love a soul of celestial or good mode of Maya (*sattvaguni*) and he goes to celestial abodes, we will go there too. If anybody loves God or God-realized Saints, they will go to God's abode and we will go there too.

Jad Bharat was a *Paramhans*. Once as he was sitting on the bank of a river, he saw that a pregnant doe, scared of a roaring lion, miscarried her calf while crossing the river and the calf fell in the river. Out of mercy for the new born calf, he took it home and cared for it, as if he'd for his own child, thereby got attached to it. At the time of death, since his attachment lay in the deer, he thought of the deer. So after death he had to become a deer.



यं यं वापि स्मरन् भावं त्यजत्यन्ते कलेवरम् ।  
तं तमेवैति कौन्तेय, सदा तद्भाव भावितः ॥ गीता ८.६

In the Gita, Shri Krishna says to Arjun, after death you attain whoever you think of at the time of death. Like this we have roamed around in the 8.4 Million life forms. We have had uncountable father, mother, brother, sister. But we never realized that we are not this body.

We are the soul. God and Guru are our only relatives. This world is not our relative. Once you attain this knowledge firmly, you will start progressing on the path of your welfare.

Continued...

## Perfect Play of Holi

This is a translation of a Holi-Bhajan written by Jagadguru Shri Kripalu Ji Maharaj, compiled in His book "Prem Ras Madira". Here, Shri Maharaj Ji describes the perfect way of playing Holi with beloved Shyam Sundar.

An eternally God-realized soul in the form of a gopi, is explaining to another Gopi – who has recently attained this privilege and is going to experience this rarest fortune of playing Holi with Shyam Sundar for the first time, the most authentic way of playing Holi.



*Laal sang kheliya hilmil phaag.*

*Chalu ri sakhi! Bhava nisha sirani, bhaee bhor gayee jaag*

*Keshar ghol bhaav ki gori, Pichkaari Anuraag.*

*Paani taani mariya drig baanan, sahaj piya rasa paag.*

*Rati ras rang sarbori gori, lakhu apano bara bhaag.*

*Imi "kripalu" kari ura pata bandi, karu nij amar suhag.*

The first Gopi says, "O my friend! Get ready to play Holi with your beloved Shyam Sundar. It means the time of expressing your love to your beloved has come. The night of ignorance has passed and you have woken up in the dawn of true awareness. "

She further explains that the way of playing Holi with the divine beloved is different than the way of playing Holi with material beings. In the world, people play Holi by spraying fragrant saffron colored water from their water guns. But, a devotee should prepare the color of sweet sentiments of love and fill it in a gun made of love.

Then, instead of spraying water color using the piston of the water gun, spray the sentiments of love with full force towards beloved Shyam Sundar using long side-ways glances and drench Him from head to toe, in an irremovable hue of love. (Although sentiments reside in the mind, yet eyes are the only means of exhibiting one's sentiments. No other part of the body can express one's internal feelings).

Hence, through the Gopi, the poet Shri Kripalu Ji Maharaj suggests to express one's love sentiments towards Shyamsundar through your side long glances. Lord Krishna has said in Gita:

ये यथा माम प्रपद्यन्ते तास्तथैव भजाम्यहम् ।

As per his vow, seeing you drench Him with pure divine love, He will reciprocate in exactly the same manner, emotion and intensity. Being drenched in the hue of

Shyam Sundar's divine love bliss, you will become the most fortunate soul in the entire world!! Do not miss this golden opportunity and accomplish your ambition of millions of lives.

And this is not all. As soon as he gives you a glance filled with divine love bliss, grab the opportunity to trap and lock Him in the cage of your heart and make him your eternal husband.

For an aspirant of Divine Love bliss, this is the perfect way of playing Holi.

## Happy Indian New Year



The Western calendar also referred to as the Gregorian calendar is a Solar Calendar, in which a year is the time required for the earth to complete one orbit around the Sun. This precisely measures 365 days 5 hours 48 minutes and 46 seconds.

The Indian calendar also called as "Vikram Samvat" is a Luni-Solar calendar, ingeniously based on both the sun and the moon. It uses a solar year and divides it into 12 lunar months. A lunar month is precisely 29 days 12 hours 44 minutes and 3 seconds long. Twelve such months constitute a lunar year of 354 days 8 hours 48 minutes and 36 seconds. To help the lunar months coincide with the solar year, the practice of inserting an intercalary (extra) month arose. So 60 solar months = 62 lunar months. Hence an extra month, called the *Adhik Maas*, is inserted every 30 months i.e. every 2 ½ years.

Lunar days in the Indian calendar are called *tithis*. They are calculated using the difference of the longitudinal angle between the position of the sun and moon. Because of this, *tithis* may vary in length. Consequently, the *tithi* may or may not have changed by the time the day has changed at sunrise. And that is why we find at certain

times a *tithi* being omitted, and at certain times, two consecutive days sharing the same *tithi*.

In the Indian calendar, seasons follow the sun; months follow the moon; and days, both the sun and the moon. The era in the Indian calendar is called the Vikram Era, or the Vikram Samvat, which began in 57 BCE. To calculate the corresponding year of the Common Era, 57 years should be subtracted from the Indian year if the date falls between the beginning of the Indian year and the end of the Western year i.e. between Kartak Sud 1 and 31 December. If the date falls between the beginning of the Western year and the end of the Indian year i.e. between 1 January and Aso vad 30, then only 56 years should be subtracted.

Vikram Year 2067 starts on first day of the month of Chaitra. This is also the day that Brahma starts the new creation. This year this day falls on the Monday Apr 4, 2011. In various parts of India, this day is called by different names. **Navreh** in Kashmir, Karnataka and Andhra Pradesh call this day **Ugadi**. The Marathas call it **Gudi Padwa**, and the Sindhis call it **Cheti Chand**.

On this occasion, Didi Braj Banchary Ji from Shri Kripalu Kunj Ashram, Houston, Texas, wishes everybody a very Happy New Year!!



## Ram Tattva

You are chanting Ram's name. It is essential to know "Who is Ram". If you understand who is Ram then you won't need to say "Ram", "Ram" several times.

रामं विद्धि परं ब्रह्म सच्चिदानन्दमद्वयम् ॥ अ.रामा.

**Ram is Brahm. Who is called Brahm?**

बृहत्वात् बृंहणत्वाच्च तद् ब्रह्मेत्यभिधीयते । वेदव्यास

One who is the biggest and makes others big is called Brahm.

So what is big? There are several big things. You have a 6 feet tall object and you place a 7 feet tall object next to it. The 7 feet tall object is bigger than the 6 feet. Being Big is relative. If you keep an object larger than the first, the second is called bigger and if you keep an object larger than the second, the third is called bigger. There is a whole sequence of things that are growing in size. So how big is Brahm?

सत्यं ज्ञानमनन्तं ब्रह्म । तैत्त. २.१



He is unlimited in size. For if He was limited, how could He contain innumerable universes at the time of complete dissolution?

न तत्समश्चाभ्यधिकश्च दृश्यते । श्वेता.६.८

Nothing in the entire universe is even equal to Him. How then could anything be bigger than Him? His size cannot be described in words! He has infinite names, infinite attributes, infinite pastimes, infinite powers, infinite creations, and infinite saints! You might say, well, God is like that! It is comprehensible.

But here we are talking about Ram, the son of King Dashrath the ruler of a small kingdom called Ayodhya.

**The Brahm that you are talking about is different.**

भृगुर्वैवारुणिः वरुणं.....तैत्तरीयोप.

Bhrigu Ji Maharaj asked his father "Who is **Brahm**"? His father replied,

तत् होवाच । यतो वा इमानि भूतानि जायन्ते, येन जातानि जीवन्ति । यत्प्रयन्त्यभिसंविशन्ति । तद् विजिज्ञासस्व ।



The One, who is the origin of infinite creations, is *Brahm*. He does not have to create His creations, nor does He have to say a word or drop a hint to anyone to make it happen. He thinks about it and it happens i.e. His decisions come true (*satya sankalp*).

OK, but we are talking about Ram. Ram was not like that! Ram had to bring together a large army to kill Ravan, He lived like an ordinary human being. How can Omnipresent God live in a human body? Further still, how can the All-knowing God, become so ignorant that He has no idea about the whereabouts of his wife Sita!! How can a self-complacent personality feel hungry and thirsty? Not only that, He had to ask His mother Kaushalya to give Him a piece of bread!! **In addition to the above, there is one more question that arises in the minds of material beings - If you say He was an 'Avatar' (descension) of the Supreme God, then why does that Brahm descend on earth? That is a good question.**

In the Gita, Lord Krishna gave a very amusing answer:

परित्राणाय साधूनां विनाशाय च दुष्कृताम् ।  
धर्मसंस्थापनार्थाय संभवामि युगे युगे ॥ गीता ४.८  
यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।  
अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥ गीता ४.७

Meaning, there are 3 reasons for the descension of God:

- To kill demons,
- To protect saintly souls
- To establish religion

*Really!! You just said that God is "Satya Sankalp" i.e. His resolutions automatically come true. When innumerable cosmic universes dissolve merely by His resolution, then why does He have to descend to kill ordinary demons like Ravana and Kumbhakaran? Why did He have to take the*

*pain of being born as the son of King Dashrath, walk all the way from Ayodhya to Sri Lanka and so on?*



And Ram also told Sugreev, "You want to know who I am, let me tell you"

पिशाचान् दानवान्यक्षान्, पृथिव्यान् चैव राक्षसान् ।  
अंगुल्यग्रेण तान्हन्यामिच्छन् हरि गणेश्वर ॥

I can kill all demons in all creations by a mere decision. I won't need to pick up any weapons; I don't even need to say "all shall die". And forget about Me -

जग मँ सखा निशाचर जेते । लछिमन हनहिं निमिष  
मँ तेते ।

Lakshman can kill all the demons in all universes in a moment. But I have descended on the earth to show people how to behave. I am a practical example of how humans should behave. I have demonstrated what kind of behavior you should have towards your mother, father, brother and wife. I am a living example of all that. And being a human, I am doing and practically demonstrating all that. I am not showing you My Divinity. See in this world too when a father who is a highly qualified PhD scholar, teaches his little child, he does not demonstrate his scholarly abilities. He simply says, "Son say c", son says "c", "Son say a", son says 'a', "Son say t", son says't'. "Now son say c, a, t cat". This is how he teaches. Do we use an atom bomb to kill a mosquito? Likewise, God does not demonstrate all His powers during His descension.

He hides all of them. Still the concept that He had to descend to kill all the demons does not take root! Establishing religion is done by saints and they are always present on earth for performing that job! All scriptures say that. In the next edition we will hear the second reason for God's descension:

*Continued in the next edition...*

## Greatest Service

Shrimad Bhagwat says Lord Shiva is the supreme most devotee of Lord Ram. Lord Shiva descended as Hanuman Ji. Hence Hanuman Ji is an ardent devotee of Shri Ram.

As per the Hindu calendar (Vikram Samvat), Hanuman Ji's birthday falls on April 18, this year. The best way to glorify Him on His birthday is to share with you His love and devotion for His master Lord Shri Ram. Hearing this amusing story about Hanuman Ji's matchless wit and His way of pleasing Lord Shri Ram, we too can learn the true meaning of "service". That may help us to offer our selfless services to God and Guru to please Them and get Their grace.



When the Supreme Lord Shri Ram descended on earth, Hanuman Ji used to perform all services to Lord Ram, thereby getting His association all the time. Hanuman Ji was very diligent in His job. He performed all services very efficiently and effectively. As a result other devotees, who also wanted to offer their services to Lord Ram, did not get an opportunity to serve Him. This made them discontented and jealous of Hanuman Ji. They approached Lord Shri Ram and complained to Him about this.

Lord Ram put forth the complaint to Hanuman Ji and asked Him to resolve the matter in the interest of everyone. Hanuman Ji readily agreed to do so and came up with a plan that was unanimously accepted by everybody. He asked all the devotees to select the services that they wanted to perform. He agreed to do

only that service that nobody had selected. All the devotees took this as their opportunity to outsmart Hanuman Ji and perform all services to the Lord depriving Hanuman Ji from performing any services to Shri Ram.

All devotees divided all the services amongst themselves, leaving nothing at all for Hanuman Ji. Bhagwan Ram, called Hanuman Ji and asked, "Hanuman all My services from morning to night have been taken by other devotees. There is nothing left for you to do. What will you do now?" Hanuman Ji replied, "Prabhu, the service of snapping fingers in front of your mouth when you yawn is still available. With your permission, I would like to perform that service". Ram Chandra Ji smiled and permitted Him to do so.

Now, all other devotees started performing their respective duties with great love and devotion. However, they noticed something that disturbed them. They noticed Hanuman Ji was present with Shri Ram all the time-24 hours a day, even when Shri Ram slept, ate, drank, took bath, went for a walk, met others.... This made them jealous of Hanuman Ji and they complained about this to Shri Ram saying, "Hanuman Ji has no services to perform and He still follows you everywhere. That is not fair".

Shri Ram called Hanuman Ji and asked him to explain why? Hanuman Ji explained saying, "There is a time for every activity for e.g. there is a time to eat, sleep, bathe etc. But there is no fixed time for "yawning". Lord Ram can yawn at any time of the day. And even at night, He may just wake up from sleep just for a minute, yawn and go right back to sleep. If I am not there to snap my fingers then I won't be performing my duty diligently. So I stay close by and watch Your face, so as soon as You yawn, I can offer my services to You".

Shri Ram smiled and asked everyone, if they had any doubts. Everyone lowered their heads in shame and realized their ignorance. They understood the fact that the essence of offering service is to fulfill your Master's wish. All services are equally important, when offered with the objective of pleasing one's master. No service is more significant than the other.



# Kidz Corner



## Saint And Sinner

Anastasias was the abbot of a monastery in Egypt. The monastery had a large collection of spiritual books. One of those books was a very precious, rare old volume, worth a fortune.

One day a monk visiting the monastery saw the book and succumbing to temptation made off with it. The theft was discovered the same day and it was not hard for Anastasias to guess the culprit. However, He refused to send anyone after the monk to inquire about the book; for fear that the monk might refuse having taken the book and add the sin of perjury to that of theft.

Meanwhile, the monk tried selling the book and found an interested buyer - a rich man who asked him to leave the book with him for a day so that he could get it evaluated. When the monk left, the rich man hastened to the monastery and showed the book to Anastasias. The abbot instantly recognized the book but did not say anything. The rich man said, "A monk wants to sell this book to me. He's asking for a gold sovereign. You are very knowledgeable about books. Is this book worth that much?"

"This is a very fine book. It's worth at least a gold sovereign," said the abbot.

The rich man thanked the abbot and left. The next day when the monk came, he informed him that he would like to buy the book and was prepared to pay the price he had mentioned. The monk was overjoyed. "Who did you show it to?" he asked.



The rich man said - "Anastasias, the abbot."  
His visitor turned pale. "A-And what did he say?"  
He said the book was worth a sovereign."

"And what else?"  
"Nothing"

The monk was both amazed and touched. He realized that the abbot had refused to reclaim his lost treasure so that he, "the thief" would not get into trouble. Nobody had ever shown him such love or had ever behaved so nobly towards him.

"I've changed my mind, I don't want to sell it," said the monk and took the book from the rich man.

"I'll give you two sovereigns", said the rich man.

The monk walked away without answering. He went directly to the monastery and handed the book to the abbot, tears brimming in his eyes.

“Keep it,” said Anastasias. “When I learnt you had borrowed it I decided to gift it to you.”

“Please take it back, else I shall never have any peace” pleaded the monk, “please also let me stay here and gain wisdom from you.”

His wish was granted. He spent the rest of his years in the monastery modeling his life after that of the saintly Anastasias.

## HOLI QUIZ

We constantly endeavour to clarify doubts and provide answers to “why” in the inquisitive little minds and thus enhance their faith in God. We celebrate Holi with gaiety, frolic and colors etc. Here is a quiz, which will take a step deeper and shed light on the message of Holi. Please have you children answer these questions and email the answers to [skkasecretary@gmail.com](mailto:skkasecretary@gmail.com), along with the name and age of the child.

Please remember to mail in your entries by 30 Apr, 2011.

1. Holi falls on (a) full moon night (b) no moon night (c) fifth day of the Vasant month of Hindi calendar.
2. Name of the son of Hiranyakashipu was \_\_\_\_\_
3. Hirnyakashyapu wanted all people of his kingdom to worship \_\_\_\_\_
4. \_\_\_\_\_ wanted to kill \_\_\_\_\_ because he used to worship God.
5. Holika was the sister of \_\_\_\_\_.
6. She sat down in the fire pit with \_\_\_\_\_ in her lap to \_\_\_\_\_
7. Hirnyakashyapu hit the pillar with a \_\_\_\_\_
8. Lord \_\_\_\_\_ appeared from the pillar.
9. Lord Vishnu placed Hiranyakashipu on His \_\_\_\_\_ and killed with His \_\_\_\_\_
10. Thus God proved He \_\_\_\_\_ everywhere all the time.

## Answers/Winner of 2011 New Year Edition

1. What is the significance of yellow attire of a saint? **Signifies purity like that of fire**
2. Which flower is popular with most of the deities? **Lotus**
3. What is the key point of the Geeta? **poorna sharnagati. ananyata, complete surrender**
4. What is the highest path of God realization? **Bhakti, Devotion**
5. Water of which river is best? **Ganga**
6. Write any three main qualities of God. **sat chit anand, any other quality of God is also acceptable**
7. What is best out of Heaven, Baikunth and Golok? **Golok**

## Winners



Winner: Isha Sekhon (7 years old, 6.5 correct)

Runner's up: Shravya Sankaran (13 years old, 5.5 correct)

## At SKKA

### Shlok Recital Contest

Shri Kripalu Kunj Ashram in Houston, Texas is committed to increasing the awareness of Indian culture and religion amongst the young Indian children being raised in the West. As part of the ongoing effort to promote a deeper understanding of God amongst Children, SKKA conducts regular Satsangs and special classes for kids, where they are taught about God and religion in many different fun ways to keep them engaged.

In this series, a Shlok (scriptural verses) competitor was held in the Ashram on January 30'2011. Many children enthusiastically took part in the event. Participants came all the way from San Antonio. Children recited the Shlok with closed eyes and folded hands. They also explained the meaning of those Sanskrit verses. Prior to the competition Didi Braj Banchary Ji gave a short lecture on the need and importance of practising earnest devotion to God in addition to reciting verses, hymns and songs.



Mere knowledge of verses, without true devotion to God, would only result in augmentation of the ego, which is a great barrier for spiritual progress.



The competition was followed by an interactive question answer session between Didi Ji and the devotees. One of the devotees asked Didi Ji as to why even after spending several hours every day in spiritual arena, we do not seem to be progressing well on the path of spirituality? Didi ji answered the question saying, it is because one does not know “who should worship” and “who should be worshiped”. Due to ignorance one engages the physical body in the acts of worship (singing bhajans, performing arti , visiting holy places etc) while the mind is indulged in worldly people and things. To progress on the path of spirituality, one must engage the mind in God, while performing worldly activities with the physical body. And one should worship God alone. One should not worship the celestial gods and goddesses for they are also under the control of Maya. They cannot bestow unlimited peace and divine bliss upon us.

The event not only encouraged the children to learn some of the Shlokas, it was also a great opportunity for the parents to learn and understand practical ways of imbibing devotion in children.

The winners of the competition were

**Age 9 – 15 years:**

Winner: Meghna,

1st runners-up: Saurendro Gosh and Shravya Sankaran

**Below 8 years**

Winners - Sharanya(5), Vikram(7) & Mohan (4)



All 3 performed very well and were awarded 1st prize.

**Children said:**

*It was fun. I was happy. I sang well. I got a prize. I liked it...Vikram 6y*

*I liked the competition because it gave me a chance to get in touch with God and also because overall it was a fun event. Neil, 13y*

*It was fun. It was challenging. We learnt new shlokas. It got me close to God. I was touched...Aditya, 14y*

*The shlok competition was a great opportunity, a good chance for kids to show their "bhakti" to God. It was great to hear kids especially little ones say shloks. Good prizes were given to the winners, I like the prize I got of baby Krishna surrounded by a garland of flowers, it was neatly carved from marble...Shravya, 13y*

*The shlok competition helped me learn more about a shlok that I recited often but never truly understood. While memorizing the verse I learnt what each word meant and how it was significant to the complete meaning of the line.*

*The competition not only gave us a unique opportunity to show what we had learnt, but also a chance to hear other children recite shlok lines that many of us had never heard before...Saurendro, 15y*

**Youth Devotional Song – Contest**

In modern times, when bollywood style musical contests are very popular, Shri Kripalu Kunj Ashram, Houston Texas organized a very unique contest. It was a contest of devotional music and songs, for both children and youth in the 5- 15 year age group. The contest was held on the occasion of Basant Panchami, in the premises of **Shri Kripalu Kunj Ashram** on Saturday Feb. 12, 2011, after the regular satsang service.



Many children from different parts of Houston participated in the contest with great enthusiasm. It was heartening to see that the children had put in a lot of time and effort, practicing for the event. Everybody's performance was highly commendable. The performance of Mukta Nair (12) in the senior youth segment and Sharanya Sharma (5) from St. Antonio and Vikkram Sankaran (6) from Sugarland in the junior youth segment was particularly impressive. Mr. D. Hajra and Mrs. V. Verma were the honourable judges.

The winners in the 9-15 years age group were,

**Mukta Nair** (12) - First prize (She received a beautifully framed picture of Shri Radha Krishna with a certificate of achievement)



**Saurindro Ghosh** (15) – First runners Up (He received a beautiful picture of Shri Krishna on wooden plate and a certificate of achievement)

**Aditya Sonthalia** (14) - Second runners Up (He received a framed picture of Shri Radha Krishna and a certificate of achievement).

All other participants were also given an award and a certificate of achievement for their participation and performance. In the junior youth segment (under 9 years), all children performed particularly well. To encourage and acknowledge their wonderful performance, all participants were presented with a

picture of Shri Radha Krishna, a T shirt and a certificate of achievement.

On this occasion, Didi Braj Banchary Ji, a foremost disciple of Jagadguru Shri Kripalu Ji Maharaj and the founder of Shri Kripalu Kunj Ashram addressed the participants and explained the meaning and purpose behind these events. In brief, Didi Ji said that the purpose of these contests is to:

1. Enhance devotion in children.
2. Develop interest in singing spiritual songs.
3. Familiarize Indian children being raised in the West with Indian culture, language and music.
4. Provide new & interesting, fun activities for children.
5. Reveal and further advance their innate talents.

Didi Ji admired the spirit and efforts of the parents in inspiring and helping children prepare for this event. She also explained how parents also realized spiritual benefits from these programs.

All awards and certificates were presented by the holy hands of Didi Braj Banchary Ji along with her blessings to increase our devotion to the lotus feet of God and Guru.

## News From JKP

**3-days Yoga Camp, Saturday, 29-Jan-2011**

Shyama Shyam Dham (name of a JKP ashram) in the state of ORISSA, India.



Shri Maharaj ji explained that one cannot worship God without a relatively healthy body. Hence to keep the body healthy, Jagadguru Kripalu Chikitsalaya organized three

days yoga camp. Shri Maharaj ji inaugurated the event.

### **Blood Donation Camp, Sunday, 13-Mar-2011**

Charity Hospital, in MANGARH a small village in the state of Uttar Pradesh, India



A blood donation camp organized by Jagadguru Kripalalu Chikitsalaya.

### **Gopika Prem Divas , Monday,14-Feb-2011**

NEW DELHI, Golok Dham

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**Shri Kripalu Kunj Ashram**

**2710 Ashford Trail Drive Houston TX 77082 USA**



Or Call us At: **(713) 344-1321**

Or Email Us At: [divyasandesh97@gmail.com](mailto:divyasandesh97@gmail.com)

Or Register At: [www.shrikripalukunj.org](http://www.shrikripalukunj.org)



Shri Maharaj ji explained the true meaning of the word LOVE (*prem*). He explained that "love means to give, give, give. Still not be proud or complacent about it. The feeling that I have not given enough yet". The highest ideal of such love was established by Maidens (Gopika) in Holy land of Braj in India for Shri Krishn. Hence Shri Maharaj ji has renamed this day as Gopika Prem Divas.

## **Bhakti Yoga Retreat**

in Cobourg, ON, Canada in July 2011

### **Rejuvenate your Spirit**

in beautiful serene surroundings guided by Didi Braj Banchary Ji

### **Where?**

795 Northumberland Hts. Rd, Cobourg, ON, K9A4J8  
(905) 372 7500

### **Activities:**

Yoga, Soul Stirring Keertans & Bhajans, Enlightening Talks by Didiji, Q&A sessions, Spiritual Videos, Picnic, Outdoor games and Bonfire, Cultural Programs and Kids Talent Show

### **Contacts**

Raj Sekhon: (905) 910-0427 or [r\\_sekhon@yahoo.com](mailto:r_sekhon@yahoo.com)

Ritesh Patel: (905) 796-2238