



AARATI

April 2007

NEWSLETTER OF SADHU VASWANI CENTRE, UK

Vol 12.4

Dada Jashan finds Light and Optimism in Humanity's future - Peace Within, Peace between Nations and Peace with Nature

Dada departed from London on 31st January en route to Chicago where he was to undergo a minor cardiac procedure. The procedure included the checking of the pacemaker that had been implanted several years ago – pacemaker batteries have a life of 7-10 years and need replacing. The procedure was scheduled for 2nd February. For good measure a new pacemaker was implanted. It was agreed amongst the Sadhu Vaswani Centres around the world that the Maha Mrityunjaya Mantra would be chanted continuously for 100 hours between 31st January and 3rd February to invoke the benedictions of Lord Shiva for beloved Dada's continued good health. The London Centre was allocated the hours between 9.00 a.m. to 11 a.m.

It was reported that the procedure was very successful and lasted no more than half an hour. Dada had been administered a local anaesthetic and was totally alert and awake. The doctors were conversing with Dada throughout and apprising him of what they were doing.

Dada has time and again reminded us of the immense power of prayer which according to him is the greatest and the most unused power. It is believed that the combined efforts of all the devotees from centres around the world had the desired effect! We are ever thankful to the ever merciful Lord for answering our prayers.

Dada's visit to the United States, Central America and the Caribbean is now drawing to a close and he will again be in our midst from 16 to 23 April. However, before he arrives in London his latest book entitled "Peace or Perish – there is no other choice" will be launched at

the world renowned Ivy League Princeton University, Princeton, New Jersey under the auspices of The Princeton University Office of Religious Life & the Princeton Hindu Satsangam on 10th April. Dada will discuss why it is important, nay vital, for everlasting peace to exist or else face the consequences of conflict. Dada will also, as he always does, give valuable pointers on how to achieve

everlasting peace. The distinguished speaker will be Mr Shashi Tharoor, Under Secretary General, United Nations and best-selling author. Mr Tharoor has written the foreword to the book. His Holiness the 14th Dalai Lama Nobel Peace Laureate says about the book ".....readers will find much here that will inspire them to create greater peace within themselves and thereby contribute to peace in the world at large."

We wish Dada and our colleagues in New Jersey a successful book launch. Dada's devotees across the pond have worked tirelessly and diligently towards making the launch a memorable one. A preview of the book has convinced me that this book must become compulsory reading in all educational and political institutions around the world.

The centre in London has arranged a number of programmes for Dada's visit including the European launch of the book. This programme has been sponsored by the Hinduja Foundation under the auspices of Asia House and Sadhu Vaswani Centre, London.

Invitation cards with details of all the programmes will be sent and it is hoped that you all will take the opportunity of blessing us with your presence and being blessed. ■



"PEACE OR PERISH - THERE IS NO OTHER CHOICE"
- J. P. Vaswani

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There is an air of excited anticipation. Dada Jashan will be with us again. The building committee of the Sadhu Vaswani Centre, UK have been working overtime to ensure that the dining room, referred to in the last edition of the Aarati newsletter (January 2007), is fit for use by the time Dada arrives. The final touches will be put shortly after Dada departs for Dubai on 23 April.

Whilst the vision and the inspiration came from Sadhu Vaswani, the tremendous growth and dynamism of the multifarious activities of the Mission and Centres around the world is entirely due to the spiritual leadership of Dada Jashan. The Managing Committee, under the guidance and blessings of Dada Jashan, has been looking at ways in which the services of the Centre will bring the maximum benefit to the community. A range of activities have been discussed and provided that there is a healthy demand for them they will become part and parcel of the services rendered. The main activities, as you are all aware, are regular *satsangs* (fellowship meetings), celebration of auspicious days, *sewa* (feeding and provision of bare essentials to the homeless) and publication of Aarati newsletter. Subsidiary to the above the following activities are contemplated:

- Bhajan classes
- Sindhi classes
- Book club
- Seminars
- Activities for the over 60s
- Gurukul for children—age group 5 to 14
- Annual mela
- Day outings
- Community fun day for the disabled
- Vegetarian cooking classes
- Children holiday camps
- Yoga and meditation classes
- Fitness and well-being classes
- Bridge building - bringing youngsters together

The list above is not exhaustive and there will be a number of other activities that may be more essential and appropriate.

Once the dining hall is completed it is the intention of the Sadhu Vaswani Centre to make the facilities available for hire for religious and social events. We would like to remind you that the Centre is for the benefit of our community and you are welcome to take full advantage of the amenities available.

For further information on the Centre and its activities please contact the above numbers and email address. Additionally, you may contact:

Mr Deepu Mirpuri (Weekly *seva*): 07836 565383

Miss Sonia Moorjani (Youth wing): 07956 284386

Mrs Gitanjali Mirpuri (General): 07957 129810

Mr Lal Lalwani (Treasurer): 020 7722 2501

Anyone wishing to volunteer their services to the Centre are welcome and should contact any of the above. ■

Don't look back

As you travel through life there are always those times
When decisions just have to be made,
When the choices are hard, and solutions seem scarce,
And the rain seems to soak your parade.

There are some situations where all you can do
Is simply let go and move on,
Gather your courage and choose a direction
That carries you toward a new dawn.

So pack up your troubles and take a step forward-
The process of change can be tough,
But think about all the excitement ahead
If you can be stalwart enough!

There might be adventures you never imagined
Just waiting around the next bend,
And wishes and dreams just about to come true
In ways you can't yet comprehend!

Perhaps you'll find friendships
That spring from new things
As you challenge your status quo,
And learn there are so many options in life,
And so many ways you can grow!

Perhaps you'll go places you never expected
And see things that you've never seen,
Or travel to fabulous, faraway worlds
And wonderful spots in between!

Perhaps you'll find warmth and affection and caring
And somebody special who's there
To help you stay centred and listen with interest
To stories and feelings you share.

Perhaps you'll find comfort in knowing your friends
Are supportive of all that you do,
And believe that whatever decisions you make,
They'll be the right choices for you.

So keep putting one foot in front of the other,
And taking your life day by day...
There's a brighter tomorrow that's just down the road-
Don't look back! You're not going that way!

Beloved Community

*A new Community is the cry of many hearts today.
The richest treasure of the New Community will be integrity
of character. And in the New Community the struggle will be
not for money, not for power, but individual freedom and co-
operation in doing good.
The New Community will be a Fellowship - and this Fellow-
ship will be deeper than a democracy. It will be a Community
of Life and Love.
And this Life will, I profoundly believe, be, one day, shared
by every bird and beast, every saint and sinner.*

- Sadhu Vaswani

Prostrate cancer: know the risks

More than 32,000 are annually diagnosed with prostrate cancer in the UK. One of the major problems with prostrate cancer is a low level of awareness of the disease and what the prostrate is, combined with a reluctance among many men to seek treatment because diagnosis involves a digital rectal examination (DRE) where a doctor slides a lubricated, gloved finger in to the rectum to feel for any swelling or hardening of the prostrate.

The prostrate is a small gland just under the bladder. It is responsible for producing much of the fluid found in serum and surrounds the urethra, a tube through which urine is passed out of the bladder to the penis. It starts off just the size of a pea but grows throughout a man's life to reach roughly the size of a walnut. If it grows too much, or if a tumour develops in it, the resulting pressure on the urethra can lead to problems urinating.

These can include an irregular flow of urine, difficulty in beginning urination, pain when urinating as well as an increased need to keep popping back to the toilet, particularly during the night. A swollen prostrate can also cause problems with ejaculating by reducing the amount of serum ejaculated or not allowing it to pass to the penis. Instead a blockage can cause it to reverse in the bladder and be passed, painlessly, in urine.

Whatever the symptoms, the sooner a man books an appointment with his doctor, the better; not just because the symptoms can hopefully be alleviated but also because if prostrate cancer is detected, the sooner treatment starts, the higher the chances of long term survival.

A doctor will typically take a blood test as well as ask permission to conduct a DRE. The blood test monitors levels of prostrate specific antigen (PSA). This is a protein-like substance found in the prostrate and if there is swelling in the prostrate, cells on the lining can become disrupted which allows PSA to leak out in to the blood supply. Hence a high level of PSA in a blood sample can signify prostrate problems. As for the DRE, the best thing that can be said is it is painless, although obviously not particularly comfortable, and that if a problem is discovered a moment's embarrassment can help prolong your life substantially and if a problem is not discovered, a moment's embarrassment can bring great peace of mind.

If a problem is discovered a biopsy of the prostrate can confirm if it is caused by cancer.

Fortunately, the majority of prostrate problems are not caused by prostrate cancer but rather benign prostatic hyperplasia (BPH) which, as the name suggests is benign rather than malignant. Nearly half of all men aged over 65 are affected at some stage by BPH giving the classic prostatic urinary problems of frequent trips to the toilet and difficulty in passing urine in a constant, steady stream. Treatment can include surgery but normally starts with drugs therapies which smooth and relax the muscle

within the prostrate to stop it pressing on the urethra or block the hormones responsible for the growth of the prostrate. A less common problem of prostatitis, which still affects one in five men (young and old) can also be treated with drugs, normally a course of antibiotics.

If prostrate cancer is diagnosed, as with any cancer, the earlier the disease is caught the better. Tumours can be 'localised', and so confined to the prostrate, 'locally advanced', where they have reached a short distance outside the prostrate, or 'advanced' where they spread beyond the prostrate in to neighbouring tissue or organs.

If a tumour is small, restricted to the prostrate and growing at a low rate, doctors may well offer the patient the option of being kept on active surveillance.

This puts off surgery and radiotherapy until it is needed and will see the patient given regular scans and blood tests to check on the tumour's progress.

Locally advanced or advanced tumours cannot be treated with surgery but the good news is that hormone treatment that reduces the size of prostrate tumours have improved greatly over recent years when combined with radiotherapy which has also advanced greatly.

MEDIA PLANET

Oncology: A special report about cancers

PROSTRATE CANCER FACT BOX

- **Prostrate cancer is the most prevalent form of cancer diagnosed in men in the UK**
- **Nearly half aged over 50 will suffer from BPH (enlarged prostrate not caused by Cancer)**
- **1 in 14 men in the UK will develop prostrate cancer**
- **90% of the UK population do not know what the prostrate does, 10% think women have one**
- **66% of men are unaware a healthy diet and lifestyle could reduce their chance of getting cancer (more leafy greens, less or preferably no red meat)**
- **The anti-prostate cancer effects of eating tomatoes and broccoli are more pronounced when these foods are combined in a daily diet than when only one or the other is eaten**

Secret of Health

You are a child of God. Within you flows the Life of God!

Within every cell of your body, this Life is at work, healing you, renewing you, making you strong!

Evoke this Life through prayer and affirmation - and all sickness will vanish as mist before the rising sun!

- J. P. Vaswani

Sadhu Vaswani: His nature was to love

To say Sadhu Vaswani gave his love to one and all, is not just in a manner of speaking. He loved everyone, every created being – man, woman, child, bird, animal, trees, flowers, rocks, rivers, seas and the woods. Love was indeed the light of his life.

What of those who treated him badly, those who spoke ill of him and vilified him? He gave them his love too, for he did not know what it was to hate.

Once a man came to him. He was in a bitter and frustrated state of mind. He vented all his bitterness and frustration in harsh words upon Sadhu Vaswani.

Sadhu Vaswani listened to him patiently and spoke kind, sweet words to the stranger. But the man was unmoved, his manner continued to be harsh and rough. After venting his ill feelings in an acerbic outburst, the man left, as embittered as he had arrived.

Some one asked the Master, “Dadaji, why do you show so much kindness to such a man? He was so rude and harsh with you.”

Sadhu Vaswani replied, “Each one gives what he has. I have nothing but love in my heart.”

The vibrations we feel in a saint’s presence are so powerful that we are momentarily transformed by the experience of meeting him. Not all of us can exchange words with the great one. Not all of us can obtain his blessings directly by word or touch.

Sometimes, we are not even certain that he has seen us, and yet we feel cleansed, purified, exhilarated.

Love flows out from men of God in an endless, ceaseless stream. It touches all of us, leaving us with the ennobled feeling that we are loved, we are valued as human beings, that there is One who cares for us is a child of God, that Our Heavenly Father loves us dearly.

Once, a man came from afar to see Sadhu Vaswani. He lived abroad and had come especially to seek his Master’s blessings. He met Sadhu Vaswani and sat in his presence for some time. No words were exchanged between

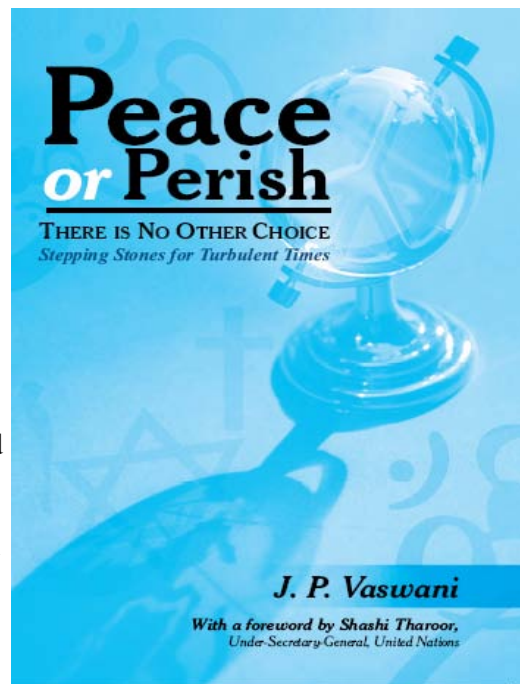
the two of them. When he left the Master’s room, his eyes were touched with tears. “I cannot describe to you in words the experience I have felt,” he told us. “I feel that I have bathed in an ocean of love.”

Such was the magic of Sadhu Vaswani’s love!

J. P. Vaswani

Editor’s note:

Dada Jashan will be with us from 16 April to 23 April. Details of programmes organised by the Sadhu Vaswani Centre, London have been circulated. You, your family and friends are warmly invited to attend all the functions. You will experience the same emotions as those described in the article above by the gentleman who came to seek Sadhu Vaswani’s blessings. Dada Jashan under the loving tutelage of Sadhu Vaswani has only love in his heart and he gives it to all those he meets – liberally and unconditionally. Discover the magic of love through his loving words! Experience the quality of love that encompasses Heaven and Earth, God and Saints, human beings and all creation alike! ■



DEDICATION

*To my Guru and Guide,
Master and Mentor
SADHU VASWANI*

*An Apostle of Peace and Non-violence,
A Picture of Love and Compassion,
Of Simplicity and Service,
Of Self-effacement and Sacrifice-
I give back to you what already belongs to You
- J. P. Vaswani*

Maha Mrityunjay Mantra

*Om Tryambakam Yajamahe
Sugandhim Pusti – vardhanam.
Urva - rukamiva Bandhanan
Mrtyor - muksheeya Ma - amritat.*

The **Maha Mrityunjay** is a mantra that is said to rejuvenate, bestow health, wealth, a long life, peace, prosperity and contentment. The Mantra is a centuries old technique of connecting one to pure consciousness and bliss. Known as the Moksha Mantra of Lord Shiva, Maha Mrityunjay evokes the Shiva within and removes the fear of death, liberating one from the cycle of death and rebirth.

Meaning : Om! We worship the Three-Eyed Lord Shiva who is fragrant and who increasingly nourishes the devotees. Worshipping him may we be liberated from death for the sake of immortality just as the ripe cucumber easily separates itself from the binding stalk.

Try to treat with equal love all the people with whom you have relations. Thus the abyss between “myself” and “yourself” will be filled in, which is the goal of all religious worship.- Anandamayi Ma

Love is a skill, a precious skill that can be learned. There are many other skills that are useful, even necessary, but in the end, nothing less than learning to love will satisfy us.

The saints and mystics tell us that life has only one overriding purpose: to discover the source of infinite love and then to express this love in daily living. Without love, life is empty; without love, life is meaningless. The only purpose which can satisfy us completely, fulfil all our desires, and then make life a gift to the whole world, is the gradual realisation of the Self within, which throws open the gates of love. We cannot dream what depth and breadth of love we are capable of until we make the discovery that this divine spark lives in every creature.

Ek Nath Easwaran - “Words to live by”