



Vedanta Society of Toronto

(Ramakrishna Mission)

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Words to Inspire

“One should hear the scriptures during the early stages of spiritual discipline. After attaining God there is no lack of knowledge. Then the Divine Mother supplies it without fail”

- The Gospel of Sri Ramakrishna, page 200

GOD AND DIVINE BLISS

(The Gospel of Sri Ramakrishna – pages 475-476)

Master (to the pundit): “There are many scriptures like the Vedas, But one cannot realize God without austerity and spiritual discipline. ‘God cannot be found in the six systems, the Vedas, or the Tantra.’

“But one should learn the contents of the scriptures and then act according to their injunctions. A man lost a letter. He could not remember where he had left it. He began to search for it with a lamp. After two or three people had searched, the letter was at last found. The message in the letter was: ‘Please send us five seers of sandesh and a piece of wearing-cloth.’ The man read it and then threw the letter away. There was no further need of it; now all he had to do was to buy the five seers of sandesh and the piece of cloth.

“Better than reading is hearing, the better than hearing is seeing. One understands the scriptures better by hearing them from the lips of the guru or a holy man. Then one doesn’t have to think about their non-essential part. Hanuman said: ‘Brother, I don’t know much about the phase of the moon or the position of stars. I just contemplate Rama.’

“But seeing is far better than hearing. Then all doubts disappear. It is true that many things are recorded in the scriptures; but all these are useless without the direct realization of God, without devotion to His Lotus Feet, without purity of heart. The almanac forecasts the rainfall of the year. But not a drop of water will get by squeezing the almanac. No, not even one drop.

“How long should one reason about the texts of the scriptures? So long as one does not have direct realization of God. How long does the bee buzz about? As long as it is not sitting on a flower. No sooner does it light on a flower and begin to sip honey than it keeps quiet.

“But you must remember another things. One may talk even after the realization of God. But then one talks only of God and the Divine Bliss. It is like a drunkard’s crying, ‘Victory to the Divine Mother!’ He can hardly say anything else on account of his drunkenness. You can notice, too, that a bee makes an indistinct humming sound after having sipped the honey from a flower.

“The jnani reasons about the world through the process of ‘Neti, neti’, ‘Not this, not this’. Reasoning in this way, he at last comes to a state of Bliss, and that is Brahman. What is the nature of a jnani? He behaves according to scriptural injunctions.

“Once I was taken to Chanak and saw some sadhus there. Several of them were sewing. (All laugh.) At the sight of us they threw aside their sewing. They sat straight, crossing their legs, and conversed with us. (All laugh.)

“But the jnani’s will not talk about spiritual things without being asked. They will inquire, at first, about such things as your health and your family.

“But the nature of the vijnani is different. He is unconcerned about anything. Perhaps he carries his wearing cloth loose under his arm, like a child; or perhaps the cloth has dropped from his body altogether.

“The man who knows that God exists is called jnani. A jnani is like one who knows beyond a doubt that a log of wood contains fire. But a vijnani is he who lights the log, cooks over fire, and is nourished by the food. The eight fetters have fallen from the vijnani. He may keep merely the appearance of lust, anger, and the rest.

PRESCRIPTION FOR SUCCESS: THE GITA APPROACH (Part II)

By Prof. Narendra N. Bakhshi, University of Saskatchewan

In the Bhagavad Gita, this process has been given the name of 'BUDDHI YOGA'.

Bhagvan Krishna tell us in the second chapter: (II/39-40).

The ideal of sankhya yoga (theory of self-knowledge) has been presented to you. Listen now to the practice thereof. Endowed with it, O Partha, you will break-through the bonds of karma.

"In this, there is no loss of effort, nor is there any adverse effect. The practice of even a little of this dharma (practice of buddhi yoga), protects one from great fear".

Such is the importance and grandeur of buddhi yoga.

Actually, if buddhi yoga is not practiced, practice of other yogas (karma, dyhana, bhakti and Jnana yogas) is almost impossible.

Question is, now that we know what buddhi yoga is, HOW DO WE PROCEED? What is the process? How does one get established in it?

Krishna, the Flute Player, gives us the process in the Tenth Chapter of the Gita. (X, 10-11).
tesam satata yuktanam bhajatam priti-purvakam
dadami buddhi-yogam tam yena mam upayanti te

[To them ever devout and steadfast (constant remembrance), worshipping Me with love, I give the buddhi yoga (yoga of discrimination) by which they come to Me]

Thus, what is needed is constant remembrance of the DIVINE with a sincere attitude of devotion and love, a life of sadhana (spiritual discipline), living a dharmic life. Furthermore, japa (recitation) of the well-known Gayatri mantra helps tremendously in this direction. It acts as a highly efficient catalyst in the promotion of such a life.

How does the buddhi yoga help its practitioner? Bhagvan tell us again:

tesam eva anukampartham aham ajhana jam tamah
nasayamy atmabhava tho jnanadipena bhasvata

[Out of pure compassion for them, dwelling in their hearts, I destroy the ignorance-born darkness, by the luminous lamps of wisdom].

The practice of buddhi yoga makes the sadhka (one who practices this discipline) fit for spiritual wisdom which in turn brings down the

shower of the Grace of the DIVINE (Bhagvat kripa). This spiritual wisdom becomes our guiding star under all situations.

Now, let us come back to the main topic – How to achieve success?

So far, we know what 'buddhi yoga' is and the process to attain it?

As we practice 'buddhi yoga' in our day-to-day life, all our actions are guided by viveka (power of discrimination) and vairagya (non-attachment, absence of any bias). Such a life helps develop certain highly powerful and positive qualities in our personality which are greatly conducive for achieving success, such as:

1. Self-confidence: Not arrogance or stubbornness, but a feeling of confidence in one's inner self' – in one's Divine self. With such an attitude one does not feel overwhelmed by circumstances. One is able to perform actions with a calm and clear mind and with efficiency.

2. Action centered life (Karmanyata): Here all the actions take place in the spirit of selfless actions (as karma yoga). Laziness disappears. The actions are performed in the spirit of the motto of Ramakrishna Mission:

“atmano mokshartham jagad hitaya ca – for one’s own spiritual liberation and for the good of the world.”

The actions are performed such that the society (or the world) does not get afflicted by them. Also, one oneself does not become agitated by the society. Our actions are performed free from mental fever, that is, in the absence of feverish anxiety about the results of one’s action in the present (Gita III/30: yudhyasva vigatajvarah).

3. In addition, such a disciplined life of buddhi yoga develops many divine qualities in one’s personality such as fearlessness, courage, vigour, enthusiasm, energy, compassion, etc. Bhagvad Gita lists 26 such divine qualities (Chap. XVI, 1, 2, 3).

We should be aware that these qualities are neither inherited from parents nor gained through education (may be in some small measure but not in full measure). These qualities are developed only when one lives a disciplined life of ‘buddhi yoga’.

It goes without saying that all these qualities in one’s personality are highly conducive not only in achieving success in life, but they also, ultimately, lead one to realization of the goal of life i.e. moksha (self-realization).

The last verse of the Bhagvad Gita (XVIII, 78) summarizes beautifully the ‘prescription for success’ for us:

Yatra yogesvarah krsno yatra partho
dhanurdharah
tatra srir vijago bhutir dhruva nitir matir mama
[Wherever is Krishna, the Lord of Yoga, wherever is Partha (the wielder of the bow), there are shri (prosperity, virtue, power), victory, happiness and

welfare, and constant justice (sound policy, justice for all), such is my conviction.]

Here Arjuna (Partha) represents a man of action (anyone who is established in buddhi yoga and thus always connected with the DIVINE) and Krishna is the DIVINE. Such a combination leads to success.

Sri Ramakrishna used to say the same thing. Any number of zeros has no value. Add one (1) and zeros have a value.

Thus, the ‘Prescription for Success’ is simple:

Pursue the life of ‘Buddhi Yoga’ by remaining connected to the Divine. Then, everything will be added to us. Success thus achieved is much more comprehensive and all around in nature than that usually thought of.

In the words of Swami Vivekananda⁴:
“Teach yourself, teach everyone his real nature, call upon the sleeping soul and see how it awakes. Power will come, glory will come, goodness will come, purity will come and everything that is excellent will come, when this sleeping soul is roused to self-conscious activity.” **(Concluded)***

* References

1. The Vendanta Kesari, vol. 95, No. 12, P. 601, Dec. 2008 ‘Gita for Everyday Living’. Sri Ramakrishna Math, Mylapore, Chennai 600 004, India.
2. Sri Vishnu Sahasranama of Adi Shankaracharya. Translated by Swami Tapasyananda, Sri Rama Krishna Math, Mylapore, Madras 600 004, India. Pages 37-38, verses 3-5, 7, (1986).
3. Ramayana by Tulsidas, Gita Press, Gorakhpur, India. Uttarkanda 7/15(2).
4. The Vendanta Kesari, vol. 95, No. 12, Dec. 2008. Back Cover. ‘Gita for Everyday Living’. Sri Ramakrishna Math, Mylapore, Chennai 600 004, India.

MEMORIAL SERVICE FOR SWAMI SARVAGATANANDAJI

As many of you know that Swami Sarvagatanandaji attained Mahasamadhi on May 3, 2009. Besides being a great teacher and senior monk of the Ramakrishna Order, he was closely connected with the Vedanta Society of Toronto.

In recognition of this we are going to hold a memorial service on Thanksgiving Day, Monday, October 12, 2009 at 4pm. SWAMI TYAGANANDA, Head of our Boston Center and SWAMI YOGATMANANDA, Head of our Providence Center will be present and share their reminiscences of Rev. Sarvagatanandaji. Dinner Prasad will be served at about 7:30pm. All are cordially invited to attend.

BELUR MATH NEWS

Narendrapur centre served 2,10,234 plates of cooked food (*khichuri*, rice and *dalma*) and distributed 21,080 kg *chira* (flattened rice), 8005 kg *gur* (molasses), 322 kg sugar, 51 kg biscuits, 1170 kg milk powder, 1520 kg nutritious food for children, 1,05,000 ORS packets, 10,18,000 halogen tablets, 11,500 kg bleaching powder, 3247 water jerry cans, 3980 tarpaulins and 680 hygiene kits (each kit containing 1 antiseptic bottle, 6 soap-bars, 2 soap-boxes, 1 comb, 1 piece of cloth, 12 safety pins, 1 nylon cord, 1 nail-cutter, 1 bucket, 2 cups, 1 jug, 2 matchboxes and 20 candles) to 17,884 families at 63 villages of Gosaba, Kakdwip, Kultali, Mathurapur-II, Namkhana, Pathar Pratima and Sagar blocks in South 24-Parganas district. Besides, the centre treated 437 patients. Itanagar centre celebrated its 30th Anniversary on 10 and 11 May. Sri J J Singh, Governor of Arunachal Pradesh, inaugurated the new Out Patient Department (OPD) block of the hospital. Swami Smarananandaji declared open a new building housing Intensive Care Unit (ICU), Intensive Cardiac Care Unit (ICCU) and eye ward.

Manasadwip centre distributed 10,460 kg *chira*, 1385 kg sugar, 25 kg milk powder, 160 kg biscuits, 9260 ORS packets, 1 lac halogen tablets and 144 bales of used garments to 4338 families at 22 villages of Sagar, Pathar Pratima and Namkhana blocks in South 24-Parganas district.

Rahara centre distributed 12,415 kg *chira*, 2150 kg sugar, 9290 kg rice, 1730 kg *dal*, 1400 kg potatoes, 111 kg salt, 209 kg milk powder, 628 kg biscuits, 30 kg *gur*, 5 kg *batasa*, 174 kg *muri* (puffed rice), 22 kg *chhatu*, 12,362 litre mineral water, 7,00,000 halogen tablets, 824 candles, 2288 matchboxes, 2145 *saris*, 30 *dhotis*, 50 bales of used garments, 2669 mosquito nets and 1125 kg bleaching powder to 10,520 families at 42 villages of Hingalganj, Gosaba, Sandeshkhali I & II blocks in North & South 24-Parganas districts. Besides, the centre treated 7295 patients.

Sikra-Kulingram centre served 1,48,835 plates of *khichuri* (cooked food) and distributed 4783 kg *chira*, 1655 kg *gur*, 5200 kg rice, 1950 kg *dal*, 100 kg soya-bean, 30 kg *chhatu*, 260 kg milk powder, 2878 kg biscuits, 750 kg *muri*, 64 kg other snack items, 21 kg nutritious food powder, 9730 ltr. mineral water, 8 lacs halogen tablets, 1125 kg bleaching powder, 22 ltr. Zeoline, 2253 candles, 2120 matchboxes, 992 soap-bars, 100 ltr. phenyl,

3785 *saris*, 2142 *dhotis*, 1150 *lungis*, 250 vests, 445 assorted garments, 350 bales of used garments, 100 towels, 100 mosquito-nets, etc to 17,207 families at 65 villages of Sandeshkhali I & II blocks in 24-Parganas (N) district. And, 6881 patients were treated.

Saradapitha centre distributed 31,650 kg rice, 150 kg *dal*, 50 kg potatoes, 4 kg milk powder, 432 candles, 400 notebooks, 400 pencils, 400 erasers, 100 lates, 100 bowls, 4657 *saris*, 4568 *lungis*, 700 tarpaulins, 2800 mosquito nets and 40 bales of used clothes to 9085 families (including treatment of 6288 patients) at 41 villages of Sandeshkhali I & II, Hingalganj, Gosaba and Minakhan blocks in North and South 24-Parganas districts.

Dhaka centre distributed 15,220 kg rice, 6000 kg *dal*, 7998 oral saline packets, 1010 *saris* and 4229 sets of utensils (each set containing a bucket, a plate, a cooking pot and a water-storing pot) to 7263 cyclone-affected families of 79 villages in Khulna and Satkhira districts.

Sargachhi centre served 82,164 plates of cooked food (rice and *dalma*) and distributed 914 kg *chira*, 516 kg *gur*, 13,510 kg rice, 113 kg *muri*, 1198 kg biscuits, 2364 kg baby food, 10,320 litre mineral water, 8 lacs halogen tablets, 1000 kg bleaching powder, 7000 kg lime, 160 candles, 38 litre Zeoline, 250 bales of old garments and 3 bags of utensils to 4373 families at 22 villages of Hingalganj block in North 24-Parganas district.

Bankura centre helped 15 families at Ashram Para locality to reconstruct their huts affected by Aila with bamboos and roof tiles under *Build Your Own House* scheme.

Baranagar Mission distributed 1636 kg rice, 200 kg *dal* (lentils), 36 kg biscuits, 804 litre drinking water, 7 kg milk powder, 400 *saris*, 3424 textbooks, 1249 sets of school uniforms and 155 bales of used clothes to more than 477 families at 18 villages of Sandeshkhali-I & II and Hingalganj blocks, North 24-Parganas district.

Swamiji's Ancestral House distributed 3445 kg *chira*, 216 kg *gur*, 279 kg sugar, 486 kg rice, 56 kg *dal*, 110 kg biscuits, 6 kg salt, 60 kg potatoes, 14 kg *muri*, 300 litre drinking water, 25,000 halogen tablets & 7170 assorted clothes to 560 families at 7 villages of Sandeshkhali I block in North 24-Parganas district.

SUMMARY OF PAST EVENTS

Annual Seminar was held with Swami Ishtananda, Minister, Vedanta Center of St. Petersburg, Florida as the Chief Guest on Saturday, September 05, 2009.

Spiritual Retreat on Bhagavad Gita was conducted by Swami Sridharananda, Minister & President of Vedanta Centre, Sydney, Australia, from Friday September 18, 4:30 pm to Sunday, September 20, 5:15pm. The theme on the retreat was "TO PERFECTION AS TAUGHT IN THE BHAGAVAD GITA".

Durga Puja was held on **Saturday, September 26, 2009 at 11am**. The programme consisted of bhajans, reading, homa and flower offering followed by prasad distribution.

Vijaya Dashami was celebrated on **Monday, September 28, 2009 at 6.30 pm**. The programme consisted of bhajans, reading, shanti jal and flower offering followed by prasad distribution.

UPCOMING EVENTS

Sri Sarada Devi Birth Anniversary will be celebrated on **Sunday 13th Dec 2009 at 11.00 am**. The programme will consist of bhajans, puja, homa, flower offering followed by prasad distribution.

Christmas Eve will be celebrated on **Thursday 24th Dec 2009 at 6pm**. The programme includes devotional songs, carols, reading from the Bible, worship, offering of lit candles by the devotees followed by prasad distribution.

REGULAR PROGRAMMES

SCRIPTURE CLASS: **Friday Scripture Classes** begin at **7:30 pm**, following the regular evening prayer at 6:00 pm. The class, held at the centre, is open to all interested persons.

VIGIL: On **Saturday, October 10, 2009**, a vigil consisting of japa and meditation will be observed, from 6:00 am to 6:00 pm. To participate, please call the centre at 416-240-7262.

RAM NAM: **Sunday, October 11, 2009 at 5:00 pm.**

INTERVIEWS/INSTRUCTION:

Swami Kripamayananda will be happy to give interviews to those interested in knowing more about Vedanta and meditation. Individual interviews are also given for spiritual instruction. Appointments for interviews should be made in advance with the Swami at 416-240-7262.

DAILY MEDITATION: Meditation is observed at the Centre every morning from

6:00 am to 7:00 am. Devotional singing and meditation is held in the evenings from 6:00 pm to 8:00 pm.

DAILY BREAD FOOD BANK: Many less fortunate families are dependent on the food bank for their daily nutrition. Please help us by contributing non-perishable food items that we may pass along to the Daily Bread Food Bank.

SOUP KITCHEN: The Soup is cooked at the Vedanta Society and now served four days a month at Roncesvalles Food Sharing, 263 Roncesvalles Avenue, Toronto M6R 2L9. Please contact the Centre, if you are interested in participating. *Donations for the Soup Kitchen will be highly appreciated.*

BOOK STORE: The Book Store is open after Sunday Services and special programmes, and arrangements can be made by phone for weekday and Saturday visits. We carry selected titles from the Ramakrishna-Vivekananda literature, as well as other Vedantic materials.

Vedanta Society of Toronto

Minister and Teacher- Swami Kripamayananda,
Ramakrishna Order of India

CALENDAR OF EVENTS

October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<u>1</u>	<u>2</u> 7:30pm Scripture class: 'Gospel of Sri Ramakrishna'	<u>3</u>
<u>4</u> 11 am Talk: 'Liberation, Now' VVM 1:30 pm	<u>5</u>	<u>6</u> 10 am Soup Kitchen	<u>7</u>	<u>8</u>	<u>9</u> 7:30pm Scripture class: 'Vivekachudamani'	<u>10</u> VIGIL 6am to 6pm
<u>11</u> 11 am Talk: 'Practice of Austerities for Householders'. RAM NAM 5:00 pm	<u>12</u> 4 pm Memorial Service	<u>13</u> 10 am Soup Kitchen	<u>14</u>	<u>15</u>	<u>16</u> 7:30pm Scripture class: 'Gospel of Sri Ramakrishna'	<u>17</u> 6:30 pm KALI PUJA
<u>18</u> 11 am Guided Meditation	<u>19</u>	<u>20</u> 10 am Soup Kitchen	<u>21</u>	<u>22</u>	<u>23</u> 7:30pm Scripture class: 'Vivekachudamani'	<u>24</u>
<u>25</u> 11 am Talk: 'An Example of Simple Living' VVM 1:30 pm	<u>26</u>	<u>27</u> 10 am Soup Kitchen	<u>28</u>	<u>29</u>	<u>30</u> 7:30pm Scripture class: 'Gospel of Sri Ramakrishna'	<u>31</u>

ANNUAL GENERAL MEETING

The Vedanta Society of Toronto's Annual General Meeting will be held on Sunday, November 22, 2009 at 11:00 am. Any member wishing to nominate an active and willing member of the Vedanta Society for the Executive Committee may do so by writing to the Society. All nominations must be received by November 8, 2009 and be duly proposed and seconded, and approved by Swami Kripamayananda. All our members and friends are requested to attend the meeting. If you are unable to attend, please fill in the proxy form and send it so that it reaches us before November 22.