

Pujya Acharya's Visit to China

Spreading the fragrance of the teachings of Hinduism to the other side of the Himalayas, Pujya Acharya Sri Prem Siddharth graced the lands of China on the 6th of September. As a part of this trip, Pujya Gurudev toured cities like Hong Kong, Shenzhen and ancient Buddhist sites like Xin Xing to deliver lectures on spirituality and visiting various monasteries.

Vinayaka Chaturthi Pravachanam

As a blessing on the Indian families for Vinayaka Chaturthi – on the 11th of September, Pujya Acharya conducted a Satsang in Shenzhen. The programme commenced with some bhajans glorifying Lord Ganesha. Pujya Swamiji chanted Sri Ganapathy Upanishad from Atharvana Veda. Then he gave a Pravachanam on the different types of Puja.



Quoting slokas from Srimadbhagavata and other scriptures, Pujya Gurudev explained that there are three kinds of Puja classified according to the attitude of the devotee –

- **Satvika Puja**
- **Rajasa Puja**
- **Tamasa Puja**

When a person, out of jealousy or anger, prays for the destruction of another, he performs Tamasa Puja. He wishes for evil to befall his enemy and for that, takes to worshipping God. In the Mahabharata, King Drupada performs Yagna for a progeny to destroy Drona – who he considers an enemy.

Many of us worship the Lord for the fulfillment of our desires. We seek his blessings for success at our work. When we invoke the blessings of God for our personal benefit, we worship God as a means for our materialistic end. This materialist devotee performs Rajasa Puja.



The Gopikas loved Krishna for the sake of loving him. They wanted nothing from him. They enjoyed loving him, thinking about him and worshipping him because they felt a sense of belongingness to Lord Krishna – even when he was physically away from them. From such purity of thought and depth of devotion is born - Satvika Puja. When we understand the ever-existing relationship between “Me” and God and realize that across all our births, it is this relationship alone that has remained unchanged, we will worship the Lord with a sense of gratitude and enjoy the act of worship – thus there is no wait for the Puja to fructify and give result. The Bhaktha offers his life as a flower at the feet of the Lord. Satvika Puja bestows Chittasuddhi and motivates us in the pursuit of Jnana and we advance in our spiritual pursuit.

Shastra instructs us to cease from being Religious materialists and love God as we love ourselves, not as a means for wish-fulfillment.



Soaked in the divinity of Pujya Acharya's words on Vinayaka Chaturthi, the devotees offered their prayers to Lord Ganesha to mark a beginning of a life rededicated to the spiritual pursuit.

After the pravachanam, the Devotees were offered mahaparasada which they partook along with the divine blessings of Pujya Acharya.

Meditation Camp at Shenzhen

Pujya Acharya was happy with the love and respect that the Chinese showed towards our teachings and conducted a meditation class on 12th afternoon at Jingyuan Yoga Club, Shenzhen for the benefit of Chinese and others. The event was also referred by the Chinese print media (<http://paper.sznews.com/szdaily/20100909/ca2937135.htm>).

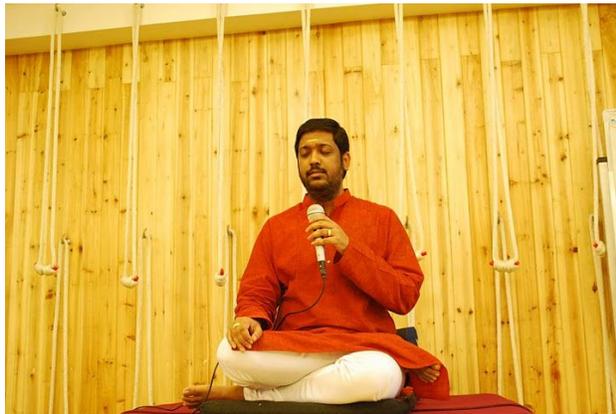


After Sri Suresh introduced Pujya Acharya to the Chinese participants as a teacher of Vedanta and his activities, Pujya Gurudev commenced the camp with a short lecture on the importance of meditation. Many of us fall prey to the misconception that creativity is best tapped when under some stress or duress – be it deadlines or competition. The truth is, stress can only give rise to more stress and never to

a creative release. To unlock the creativity in us, we need to stay peaceful – this is when the creativity will be of use to us. **We require - a Lightened mind, a Peaceful mind, and a Creative mind.** Meditation is one of the techniques that help us reach this end and improve the creative thought in us. Pujya Acharya also insisted that Meditation is never an end in itself; it should culminate in the pursuit of Wisdom in the form of Sravana, Manana and Nidhidhyasanam. One of the organizers, Ms. Song interpreted Pujya Gurudev's talk into Chinese for the benefit of the non-English speaking participants.



The talk was followed by a 30 minute practical meditation class where the participants practiced meditation under the astute guidance of Pujya Gurudev to unlock their mental capacities.



The participants were happy to have understood the benefits of such meditative techniques and departed after partaking Prasadam.

HARI H OM