



SMILE

Issue 4: Sunday, 1 April 2007

Vikram Samvat: Chaitra Sud 14, 2063

SMILE FOUREVER

Inspirator: His Divine Holiness Acharya Shree Purushottampriyadasji Maharaj

Welcome to issue 4 of Smile, our first of 2007 and one which sees some important changes. The first is obvious - Smile has shrunk! "But why?" we hear you despair.

Don't worry, Smile is smaller but we've packed in a bigger punch. This is not a 'less is more' issue, we may have shrunk the format but we've not reduced the quality or quantity of the content. In this day and age, we had to make Smile more environmentally friendly. Likewise we encourage you to do the same.

This edition is a very special issue. The band have been busy entertaining crowds in New Years parades both at home and abroad. There's lots to report on. And we've also had more input from young contributors. In fact, there was so much, we didn't really know if we could fit it all in.

We hope you enjoy this issue. But most of all, we hope to get some feedback from you. We need to know what works and what doesn't;

Is the text too crammed?

Is it better this way?

Are the pictures too small?

Should there be more of them, or less?

We want to hear from you!



London, Nov 12 '06—Acharya Swamishree and Santos pose for SMILE!



2007 promises to be a very, very exciting year for us. For the most part, we are now on the home strait for our Muktajeevan Swamibapa's Shatabdi (Centenary) celebrations in October. Our sanstha has been building up to this momentous occasion with great anticipation over the past ten years.

It is said that all our Mahotsavs are amazing and unique and you may have appreciated many in the last ten years. However, this Shatabdi Mahotsav promises to steal their thunder!

LEFT: Murti of Shree Muktajeevan Swamibapa. Located at the heart of Smruti Mandir



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INSIGHTS!

Witticisms, anecdotes and topical humour. Some thoughts to move your mind.

The following story illustrates a subtle point.

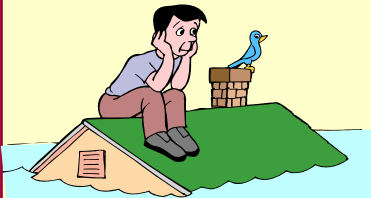
Why Hath Thou Forsaken Me?

The River was flooding its banks and the waters were rising around Magan's house. The waters had gotten to the level of the front porch where Magan was standing. A man in a rowboat came by and called to Magan, "Hop in and I'll take you to high ground."

Magan replied, "No, God will save me!"

The river continued to rise to the second story windows and Magan, looking out, saw a powerboat come up. The man in the powerboat called to Magan, "Hop in and I'll take you to high ground."

Magan replied, "No, God will save me!"



The river had now risen to the roof of the house. Magan was sitting on the ridge at the top of the house, with the waters swirling around his feet. He saw a helicopter fly over and the people inside yelled over a megaphone, "Grab the rope and climb in and we'll take you to high ground."

Magan replied, "No, God will save me!"

The river continued to rise and finally it engulfed the house and Magan was drowned. The next thing he knew, Magan was standing before God. In anger, he asked God, "I put my trust in you. Why have you forsaken me?"

And God replied, "What do you want from me? I sent you a rowboat, a powerboat, and a helicopter!"

Blind faith is an abuse of the wisdom that God has given us. God gave us all minds with which we can make our own choices. It is up to us to make the right choice. In our own life we must ensure our decisions are based on sound thinking, not borne of ignorance.

THE OPTIMIST

There is a story of identical twins. One was a hope-filled optimist. "Everything is coming up roses!" he would say. The other twin was a sad and hopeless pessimist. He thought that Murphy, as in Murphy's Law, was an optimist. The worried parents of the boys brought them to the local psychologist.

He suggested to the parents a plan to balance the twins' personalities. "On their next birthday, put them in separate rooms to open their gifts. Give the pessimist the best toys you can afford, and give the optimist a box of manure." The parents followed these instructions and carefully observed the results.

When they peeked in on the pessimist, they heard him audibly complaining, "I don't like the colour of this computer . . . I'll bet this calculator will break . . . I don't like the game . . . I know someone who's got a bigger toy car than this . . ."

Tiptoeing across the corridor, the parents peeked in and saw their little optimist gleefully throwing the manure up in the air. He was giggling. "You can't fool me! Where there's this much manure, there's gotta be a pony!"

A pessimist sees only the dark side of the clouds, and mopes; a philosopher sees both sides, and shrugs; an optimist doesn't see the clouds at all - he's walking on them.

Leonard Louis
Levinson



To the optimist, the glass is half full. To the pessimist, the glass is half empty. To the project manager, the glass is twice as big as it needs to be.

Anon.

"Our attitude towards others determines their attitude towards us." Earl Nightingale

Whether interviewing for a job, hagglng for a discount or attempting to influence colleagues. It is fact; if you don't have a positive attitude towards others, your chances of success are greatly diminished.

There are ways of addressing people that will elicit mutual respect and more importantly, engaging dialogue. It is up to all of us to cultivate this skill, because only by learning to get on with our fellow brothers and sisters, that we can move on to achieve bigger and better things. Petty bickering and one-upmanship are all too familiar to us, but they serve absolutely no purpose than to feed our egos. Far more fruitful is the ability to accept and allow for others views, to remain polite, to listen and understand, and to collaborate rather than confront.

I challenge you to try it. Approach someone new with a positive attitude. You won't need much convincing to see it work. What is the easiest way to improve your attitude to people around you? Easy! Just say 'Jay Swaminarayan', and flash a winning Smile!

FUNDRAISER

Bolton Arts Gallery (mandir) successfully applied for a grant from the Youth Opportunities Fund (Central Government Funded) to set-up a project for the temple youth and managed by the youth.

Amit Lalji Khimji with help from Bolton Youth Service prepared a bid around an unusual and exciting idea called 'I know I'm British and I know I'm Indian, but how did I get here?'

The purpose of the project is to interview the elders (first generation immigrants) from the Asian community. People came over in the mid sixties and experienced and endured a variety obstacles and barriers when the first arrived in England.

It is the intention of this project to document the first hand experiences of the first generation before we lose all our elders. The current generation of young Asians do not know what their grand parents and parents went through for them to provide a stable and secure life for their families.

The project is multifaceted and we hope to develop a short play (life story) to be aired in October 2007 (Black History month), DVD and possibly a booklet. This is meant to be a permanent record of the Kachhi exodus for future generations to recognise the sacrifices of their ancestors.

The grant awarded is **£6,300** to cover capital, training and production costs.



Shree Muktajeevan Pipe Band members and volunteers help with Marie Curie's Daffodil day collections in Brent Cross shopping Centre 17 March 2007.

£6,136.41

Amount of money raised for Marie Curie Cancer Care By our volunteers in 2006

£3,965.40

Amount raised for Mandir youth Activities as part of MCCC partnership by our volunteers in 2006

£3,045.19

17 March 2007—Helped raised by Band members for Marie Curie Daffodil Day whilst playing to crowds in Brent Cross Shopping centre. *"This is the most raised at any collection in London"* - Liz Allen MCCC North London Fundraising manager



VEDIC TIMELINE

You may have come across words like Dvapara-Yuga and Kall-yuga. Bapa often uses them in his Ashirwad. You may also have an appreciation that they are related to time. But what really is a Yuga? In this article, we delve into Hinduism's unique concepts of time.

BRAHMA, THE CREATION

In traditional Hinduism (based on the Vedas), Time starts at the appearance of Brahma and ends with the dissolution of Brahma. Brahma is an entity that exists for 100 of His years. This is equal to 311 trillion and 40 billion Earth years (see box).

Each day (Kalpa) of Brahma is divided into 14 periods called Manvantaras, each Manvantara is subdivided into 71 Divya-Yugas and each of these is further subdivided into 4 Standard Yugas. This is quite complicated and we really don't have the space to go into this into any great depth here—however, the chart below maps this out in a more digestible form..

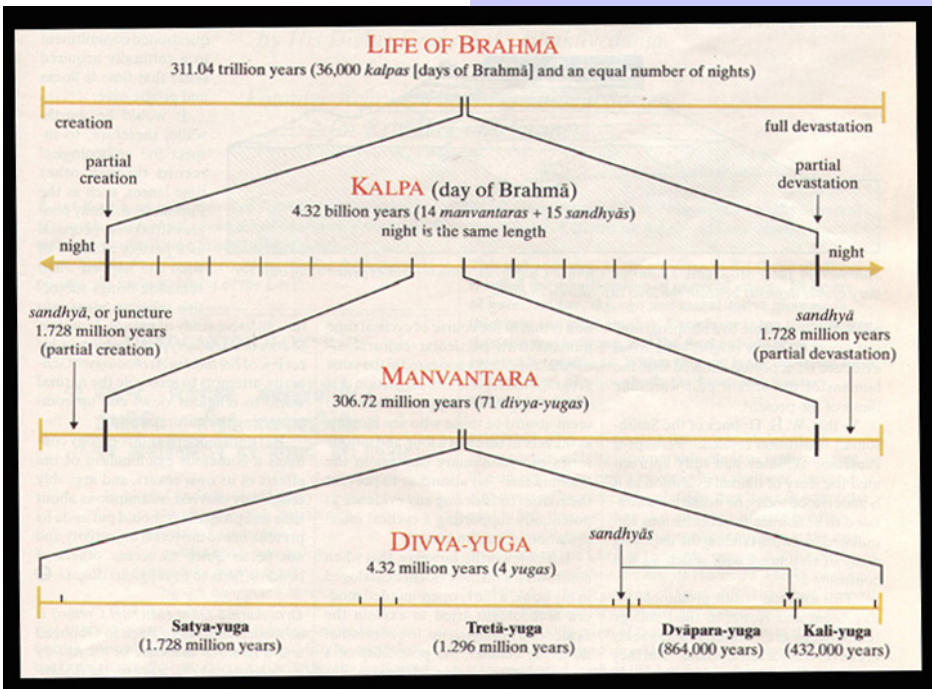
If we were to correlate this with our present notions of time, then one Brahma day (12 hours) is equal to 4.32billion earth years. The earth itself has only been in existence for this long. Indeed, the known universe has only existed for about 36 Brahma hours.

To illustrate further; there is Paleantological evidence of upright walking hominids at the start of the last Satya-yuga 4.4 million years ago. The last Treta-yuga saw the emergence and separation between apes and humans.

The last Dvapara-yuga is said to have ended with the ascension of Krishna Bhagwan, approximately 35 years after the Mahabharat war. The ascension marked the start of the 432,000 year period known as the Kali-yuga.

So what is the meaning of all this I hear you ask? How can all this be real? Agreed, it is a real mindbender and just like all mindbenders, we have to appreciate that there are some concepts that are just beyond the reach of our naturally scientific mind frame.

The Hindu concepts of time have been handed down to us from ancient history. It is postulated that in the past, ancient civilisations did indeed possess advanced technologies, and may indeed have had significantly advanced appreciation of such concepts. The challenge to you dear reader is to prove to yourself through your own research whether you can discard this as irrelevant and artificial; or whether Brahma is indeed an entity that lasts for the duration of billions of universes. A word of warning though; the best scholars on Earth have still not figured it all out..



OF KALIYUGA AND CALENDARS

In Bapa's Ashirwad, there are often references to the Mahabharat and the Pandvas. Although these references are not central to the Swaminarayan faith, they remain relevant to us. Specifically, as we're exploring the Kaliyuga here, it helps if we can understand the starting marker of this theological age.

THE MAHABHARAT WAR

Some time in the 4th millennia BCE, two great armies assembled on the battlefield of Kurukshetra in Northern India. The forces of good (led by the Pandavas) had come to reclaim their rights from the forces of evil (led by the Kauravas). What ensued was the great 18-day conflict known as the Mahabharata war.

The Mahabharat war was waged between two massive armies, each with allies drawn from a great many kingdoms of the time. As such it was apocalyptic in scale and resulted in unimaginable carnage on both sides. Such colossal loss of population in antiquity caused unprecedented change and affected all predominant cultures of the time.

Imagine a world war where whole armies go to fight but no one returns. The period after the Mahabharat war would have been dark indeed. The resulting lack of communications and isolation make dating the war a difficult and much contested subject. It is for this reason that we cannot precisely say for sure on what date the war started.

The Mahabharat itself, the epic poem of the events leading up to the war and immediately after has close to a hundred thousand verses. It describes the time of the war in a month where both solar and lunar eclipses occurred within 13 days of each other. It also has various other observations which potentially indicate the season. Most astrologers in ancient times have pitched the date around 3139BCE. Modern astronomers using advanced software concur with this but also suggest other times, up to two millennia earlier (around 5000 BC), and 600 years later (2500BC).



Lord Krishna commands Arjuna's chariot in the war.

3139BCE— Candidate date for the Mahabharat War
3102BCE—Ascension of Lord Krishna, Kaliyuga starts
2129-2001BCE—Pradyot Dynasty
2001-1641BCE—Shishunag Dynasty
1541-1241BCE— Maurya Dynasty,
1241-784BCE—Shung and Kanau Dynasty
784-328BCE-Andhra Dynasty
326BCE—Alexander invades India
321-270BCE—Kingdom of Ashoka the Great
102BCE-15CE—Vikramaditya (Vikram Era starts 57BC)
25-85CE-Shalivahan (Shalivahan era starts 78AD)

HINDU CALENDARS

Contrary to popular belief, there is not one Hindu Calendar but many. The Indian Calendar Reform Committee, appointed in 1952, identified more than thirty well-developed calendars in systematic use across different parts of India. The two most popular being the Vikrama calendar followed in North India and the Shalivahana or Saka calendar which is followed in South India and Maharashtra.

A variant of the Shalivahana Calendar was reformed and standardised as the Indian National calendar in 1957. However, most northern Indian texts, scriptures and cultures had so pervasively used the Vikrama calendar that it continues to remain the calendar of choice for most of northern India.

Both the Vikrama and the Shalivahana eras are lunisolar calendars, and feature annual cycles of twelve lunar months, each month divided into two phases of the moon: the 'bright half' and the 'dark half'. These correspond respectively to the periods of the 'waxing' and the 'waning' of the moon.

The names of the 12 months and their sequence, are the same in both calendars; however, the new year is celebrated at separate points during the year and the "year zero" for the two calendars is different. In the Vikrama calendar, year zero corresponds to 56 BCE, while in the Shalivahana calendar, it corresponds to 78 CE. The Vikrama calendar begins with the month of Kartika (Oct/Nov) and the Diwali festival marks the end of the year. The Shalivahana calendar begins with the month of Chaitra (March/April) and the Ugadi/Gudi Padwa festivals mark the new year. To illustrate the variations Gregorian year 2000 AD corresponds, respectively with:

Year 5101 in the Kaliyuga calendar;

Year 2057 in the Vikram Samvat calendar;

Year 1922 in the Shalivahan Saka calendar;

STREET SMART

Keeping safe on public transport

Shashi Vagadia of the Metropolitan Police shares his experiences on safety and security.

Do you travel to work or school by train? Fed up with delays when they occur? You're probably not bothered why they occur, you just want to get to your destination as quickly as possible.

Take a simple train journey, you wake up, get ready go to the station and take the train. You may have done it everyday for many years, but, how safe are you really?

I would like to share with you what I do on these simple journeys. I am constantly thinking about my safety, who's around me, who's walking behind me, how close is the driver behind me. You may think of this as paranoia, that's fine, but because of what I see at work I recognise dangers and react to them. All of my colleagues also think like this, a state of permanent awareness of our surroundings.

When I use the trains, I always stand with my back against the wall, if there is no wall then I stand with my back against a platform sign or solid post etc.. I never stand near to the edge of the platform. I wait for the train to pull up, stop, and then I walk forwards to board. If the train is crowded and people push in front then I let them. If the train then goes I step back up against the wall and wait for the next one. This may sound tedious but in reality, I have only ever missed two trains this way over the past few years. I also never run for the train on the platform. Maybe walk swiftly but never run.

The police and train staff refer to people fallen on the tracks as "One under's". I used to count how many One unders I'd been to. I stopped counting after 30. That's not just a number, that's 30 people, aged 14 to 80 who have lost their lives. It's absolute madness. So many people in the morning standing right at the edge of the platform waiting for the train. It just takes one person to accidentally fall and push maybe 3 to 4 people in front of that train. If the train doesn't kill you then the 640

volts of electricity definitely will. I want to pass on a few simple tips to you...

Don't stand at the edge of the platform, no matter how keen you are to get to work, if you get pushed under that train, the person next to you will only be annoyed at you for inconsiderately losing your life and inconveniencing them on their journey.

Just imagine that you are standing at the edge of a huge cliff and you have hundreds of strangers standing directly behind you. How safe is that? You won't find me standing at the edge of a cliff with strangers behind me.

Be extra careful in the evenings, many people have alcoholic drinks before going home, especially on Fridays. You're innocently standing at the edge of the platform, a drunk comes along and stumbles and pushes you over the platform. The drunk won't even remember what happened when they wake up in the morning. Drunken tramps prefer going on the trains because it's a shelter for them out of the cold.

If you're using trains late at night, then try and sit in the front cab where the driver sits, sit at close to the front as you can, so if something does happen you can shout for the drivers help.

When you walk out of train stations be vigilant. Street thieves expect you to open your handbag and put your pass away, you're looking into your bag, you can't see the thief rushing towards you, and you will only see the back of the thief as he is running away with your handbag.

Street thieves expect you to open your handbag as soon as you leave the train station. It is likely that your phone signal will come back and you'll probably have a text message. I see so many women open their handbags when they come out of stations and be targeted by street thieves. As soon as I arrest one thief there are many waiting to take his or her place at "Their" patch.

Don't place everything in your handbag, have a little change in different pockets. If you do get mugged then at least you will have some loose change to make an urgent call to your partner or parents. Although the police will try to get to you quickly, they could also be dealing with another emergency and may not be able to get to you for a while.

Next time I will be talking about driving safety, road rage, what to do in if you're involved in an accident etc.. If you have any related experiences then email the SSSSmile team and we may feature them in the next issue.



A SHOUT FOR MUSICAL TALENT

Shree Muktajeevan Arts and Culture Group

Kirtan Bhakti is very dear to our Holiness Jeevanpran Shree Muktajeevan Swamibapa. He always looks to inspire others through this type of devotion.

The talents within are sabha are displayed each year. We are extremely fortunate that His divine Holiness Acharya Swamishree has graced us with his presence to preside over these occasions.

We know there are many talented singers and musicians amongst us. Therefore, we are looking for both girls and boys, ladies and gents in our sabha to support these events. There is no age limit, however you must be very disciplined, dedicated, committed and have good time keeping skills.

We are looking to have performances throughout the year and would welcome any ideas to enhance these events.

INTERESTED? Please put your name forward and help put London firmly on the map as the most musically talented sabha!

Point of contact - **Harivadan Varsani** - Shree Muktajeevan Arts and Culture



MINDBENDING FUN

SAMURAI SUDOKU

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Samurai sudoku puzzles consist of five overlapping sudoku grids. The standard sudoku rules apply to each 9 x 9 grid. Place digits from 1 to 9 in each empty cell. Every row, every column, and every 3 x 3 box should contain one of each digit.

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WORD SEARCH

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W	M	V	R	A	G	N	A	H	I	S	O	F	T	H
A	I	D	I	S	Q	T	R	V	L	M	O	N	Y	I
R	N	H	T	I	S	H	W	A	R	R	E	P	A	S
T	J	O	U	N	T	S	O	R	A	Z	X	A	D	H
H	E	T	R	U	P	S	I	T	K	A	H	B	R	T
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ANADI ARTH ASHIRWAD AVTAR BHAKTI BHRAM DHOTI GNAN ISHWAR
JEEV MAHAMANTRA MAYA PRADIKSHINA VARTMAN VISHISHTADVAIT

SHREE MUKTAJEEVAN PIPE BAND

'THREE WISE MEN' CELEBRATIONS ON THE STREETS OF MADRID

The 'Three Wise Men' parade is held annually in many Spanish cities at the beginning of each year. This year was a special treat for our Pipe Band as it was the first time they had been invited to play in Spain. Dharmendra Gami recounts the joys of taking part.

"It was my first time performing with the band abroad so I was very excited about going. My excitement grew as we got closer and closer to the departure time. We were quite anxious at Heathrow because of the combined weight of all of our luggage. There were about 40 of us with large amounts of luggage, food and band equipment, yet we managed to bring all of it onto one flight with us. We landed safely in Madrid on a crisp and cold evening.

On the day of the parade we had some time to spare after breakfast so we went to a local shopping centre near our hotel. It was quite funny watching the band members, none of whom spoke any Spanish, describe to the shop assistants the things they wanted to buy.

Back at our hotel, we put our uniforms on and then got on to the coach to get to our position in the parade.



Just like the New Year's Parade in London, there were horses in this parade too. This meant one thing, horse droppings. I was relieved to find out that we were going to march in front of the horses rather than just behind them.

The people that came to see the parade were great and gave us much encouragement and appreciation. Even the geese behind us supported us by copying when we

marched in zigzags! It was exhausting at the end of the day for all of us, but at the same time exhilarating. We had played in front of about a million spectators and tens of millions across the world had watched the parade on television.

During our free time we visited many places in the city such as the Las Ventas Bull fighting ring and the Bernabeu, the stadium of the Real Madrid Football Club. It was the first time I had entered a football stadium. It seemed huge from the outside, but it was really gigantic from the inside!

On the last day, everyone did some last minute shopping before packing our suitcases and equipment. During our final meeting in the hotel we gave thanks to the organisers for providing the matching jackets and t-shirts with the band name on them. We were also grateful for the food, the transport and the helpers that came along with us.

There weren't many times where I got bored because there were quite a lot of us so I made conversations and got to know more of the members of the band and the helpers us from mandir. It was a very enjoyable experience and I can't wait until my next trip with the band."

Dharmendra Gami, Age 17



PICTURE FEST

HIGHLIGHTS OF THE PAST SEASON IN PICTURES



Guess the number of sweets in the jar to win it!!



Prizes on Parade—OMG is there a Sony PS 2 in that lot!



Small person being hugged by very big cuddly thingummy.



Muks Rabadia—looking rather tired (or is it smug) after winning a prize.



ABOVE: Band playing in London's New years parade.



RIGHT: Presentation of cheque for £6136.41 to Marie Curie Cancer Care for the amount raised in 2007.

2006 NETBALL CUP

The 2006 Netball cup was played last December. It seems such a long time ago that we were in two minds about whether to cover the event in this issue of Smile. However, the following two accounts are so enthusiastically infectious, we just had to print.

The 2006 Netball tournament was by far the best yet. It seems year on year more and more sporting interest and talent is generated. The 17th of December was an opportunity for the girls and ladies of the community to

The eventual winners, Team Delhi, captained by, Pretal Varsani, claimed their right to lift the spectacular SMSA 2006 Netball trophy, by scoring 2 goals to 1 in the final penalty shoot out.

The runners up, Team Kheda, captained by, Daxsha Kabaria, were so close to winning thanks to an amazing goal by Anjuli Gopal who at just 1.45m, scored into a goal post 3.05m high! A very well done to the participants, let us hope 2007 is bigger and better!

"On the 17th December 2006, my mum and I went to play netball at JFS. I was looking forward to playing as it was the first time playing in a tournament. We started with exercises, then we went straight into our games. I was in team Mumbai and we won four of our first five games. My team went all the way to the final.

"The score at the end of the final was 0 - 0. So it came to a penalty shoot out. My team captain Daxsha, put me in the top five to shoot. Both



socialise and interact through a "friendly" netball tournament. Seven teams played each other in a round robin to culminate in what can only be described as a nail biting final.

Each team showed a remarkable level of team spirit that truly had the hall buzzing with anticipation.

Many special thanks to the Organisers, Referees, Caterers and Administrators who helped to make this such a successful event.

Netball training sessions are currently running every Sunday from 10.00am to 12.00pm at JFS School, Kingsbury. Please come and join us!

Jaz Rabadia

teams missed the first net... then it was my turn to shoot. I was very nervous. I shot and got the ball in. Everyone cheered. Unfortunately for us, the other team managed to claw back and win the trophy. Everyone enjoyed the tournament and I thought the food was delicious.

By Anjuli Patel, Aged 11