

January 2022

Established 1985

Issue 1/2022

2022 is the United Nations (UN) International Year of Glass to underline its scientific, economic, and cultural role and purpose. Glass supports many vital technologies, facilitates sustainability and a green world, and enriches our lives, yet often goes unnoticed. This year the UN is also looking at Artisanal Fisheries and Aquaculture to Promote Food Security. This is an area that provides jobs to many people and is important for the protection of marine life.

Glass is used in medicine, agriculture, construction and to explore the universe. Today we know about the universe through powerful lens used in telescopes.

Glass is the most recyclable material and thus promotes the circular economy. Glass brings in the sunlight into our homes and keeps the weather out. Glass in fibre enables transmission of data through the internet and thus is a silent partner in assisting us to communicate.

As glass is developed from clear quartz sand and other natural materials that is in abundance on earth, it is apt that we present our first feature article for this year on **Mother Earth**.

We also present to you **Reflections on Mantras** as a way of commencing this new calendar year with a deeper understanding of mantras recited daily.

Our last article is entitled **"Can we be Like God?"**

The articles in this issue are a collective effort of the editorial committee and the writers' collective created by the Veda Jyoti Committee.

We take this opportunity to thank readers for all the positive and constructive comments made on the seven issues of Veda Jyoti that were produced from June to December 2021. In addition, three Veda Jyoti extracts were produced and printed for distribution to households in 2021 through the generous sponsorship of donors.

**Veda Jyoti Editorial Committee.**

Arthi Shanand, Divesh Cassiram, Karuna Mohan, Nishi Bundhoo, Ressa Rambharos, Sudhira Sham, Usha Debipersad.

## Mother Earth can live without us, but we cannot live without her

In this article we share the Vedic views on why the earth is sacred, why it is called mother earth and why we need to protect earth.

Earth is the perfect place for life as we know it.



- ✈ The Earth was formed approximately 4.54 billion years ago.
- ✈ It is the only known planet to support life.
- ✈ Earth orbits our Sun, a star.
- ✈ Earth is the third planet about 150 million km from the Sun.

Earth's atmosphere is 78 percent nitrogen, 21 percent oxygen and 1 percent other ingredients—the perfect balance to breathe and live.

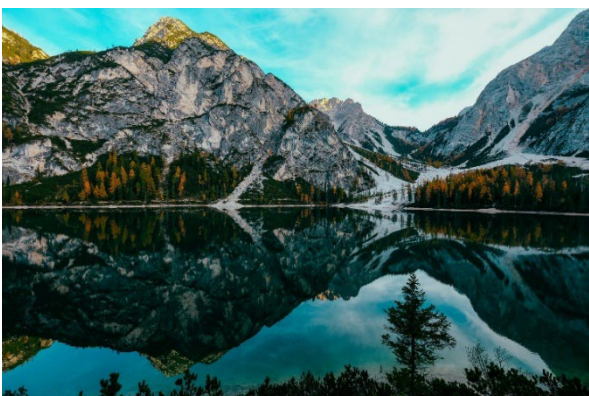


- ✈ Earth is a rocky planet with a solid and dynamic surface of mountains, canyons, plains and more.
- ✈ Our atmosphere protects us from incoming meteoroids, most of which break up in our atmosphere before they can strike the surface.

Atharva Veda 12.1.12:

O Earth! Tremendous energy is conserved in your middle section and in the core. With that energy, calm us and expunge our sins. This earth is my mother. I am the child of the earth. Supporting us with showers of rain on this earth, clouds are likened to represent the father. O Mother Earth! please do sustain us.

Most of our planet, 70% of the Earth's surface is covered in water. 97% of the water is salted. Only 3% of the water on earth is fresh, of this over 2% is frozen in ice sheets and glaciers. This means that less than 1% fresh water on earth is found in lakes, rivers and underground.



Atharva Veda 12.1.11:

O Earth! May your hills and snow-covered mountains as well as forests, be a source of happiness to us. The earth is suitable for cultivation. Its black, slightly reddish, and yellowish soil which sustains us is extremely fertile. Without losing courage or suffering injury, and above all, without defeat, may we always remain its protectors.

Asia makes up 30% of the total earth land area and houses 60% of the world's population. A day on Earth is 24 hours. Earth makes a complete orbit around the sun in about 365 days, considered to be an earth year.

Today with industrialisation and rapid urbanisation our world is changing faster than anyone predicted. Already, freshwater supplies are shrinking, agricultural yields are dropping, our forests are burning, and rising oceans are more acidic—all, in part, due to a warming climate as well as human lifestyles.

As our natural world changes around us, so does our way of life.

Early civilisation societies lived in small scale, family-based communities close to nature and respected the earth as a divine mother.

Atharva Veda 12.1.15:

O Earth! All life on this earth emanates from you. All creatures live their lives on your surface. You sustain and support all: two-legged and four-legged. O Earth! The human body is composed of your five elements – earth, water, fire, air, and ether. God infuses the light of knowledge in mortal human for the immortal soul.



Being pre-existent, God creates the universe, including the earth, from pre-existent, primordial matter. God then infuses life into the universe. God pervades over all of creation and is also omnipresent. There is no place that does not have God's presence (Rig Veda 10.121.1; Yajur Veda 13.4; 31.5; Atharva Veda 10.7.28)

NASA (National Aeronautics and Space Administration), a United States government agency has proven the existence of the sound vibration and resonance of AUM.

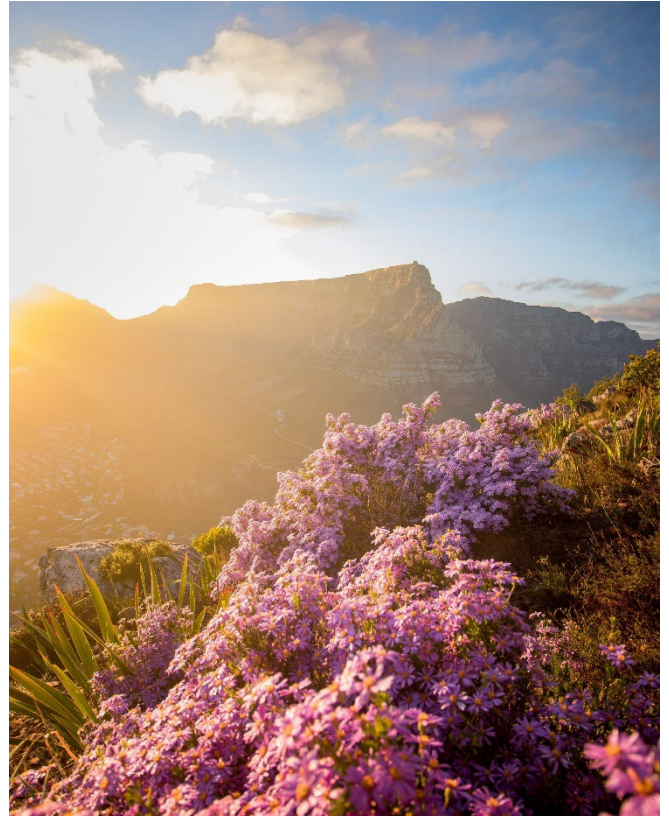


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A Japanese scientist has proven that there is a reaction in water according to the way we communicate with it.



There is orderliness, harmony, and natural peace in the universe. The Shaanti (Peace) mantra (Yajur 36.17) alludes to peace in every part of creation... *Aum... Prithivi Shaanti:* may the earth be at peace. *Prithivi* refers to vastness.



A creation that is unique (uni-versal and creative), has the presence of the Divine Creator is sacred. In life, any entity that carries, bears, upholds, sustains, endures, or produces, such as mothers, vehicles, ships, planes are referred to in the feminine as she and her. So too, earth performs all these functions, and is present, pervaded and sustained by God. Earth is thus mother - *Dharthi Ma.*

*Aum ...bhoomna prithiveeva varimnaa... prishte agnim annadam... yaadadhe:* (Yajur Veda 3.5) Remember and thank God for the bounty and abundance produced from and by the earth e.g. food.

*Aum aham bhoomim adadam aaryaayaa* (Rig Veda 4.26.2) The earth and all of nature's bounty are sustained by God. All of nature is addressed as mother nature.

*Maata bhoomi, putro aham prithivyaah* (Atharva Veda 2.1.12) Earth is our mother, we are her children.

- Once we learn to crawl and walk the EARTH carries us for the rest of our lives.
- EARTH accepts our final mortal remains.

- ✈ EARTH produces food for ALL life.
- ✈ EARTH receives and delivers water to ALL life.
- ✈ Earth carries water WITHIN itself.
- ✈ EARTH provides the raw materials directly or indirectly for most of our needs such as buildings, vehicles, furniture, clothes, and food.
- ✈ EARTH produces minerals and other resources – oil and gas for our progress and prosperity.

The minerals and other resources are non-replenishable resources. They will run out some day. How our generation uses and extracts this will impact on future generations.

Gold, coal, platinum, diamonds, and other minerals as well as oil and gas have been extracted and used over the past 100 years has caused difficulties for the current generation.



We have experienced the exploitation of workers, the growth of greed and consumption, unequal power relations and economic and social inequalities. The way we treated mother earth has harmed her and we have also been responsible for the heating of the earth's atmosphere, and the extinction of some species.



The results of the behaviour of our generation led to a millennial, Greta Thunberg, a Swedish teenage environmental activist, who mobilised youth in 200 countries across the globe, who engaged in strikes calling for adults to act and stop ruining the planet's future. This was the youth's collective response to the worldwide alarm regarding global warming. This is in sharp contrast to the image of youth in generations gone by where they were expected to be seen and not heard.



The world leaders met at COP26 in November 2021 but have not managed to agree to have all countries mitigating climate change. Many countries are still using coal to produce energy.



*Aum pra daivo daaso agnirdevo...anu maataram prithiveem... (Saama Agneya Dec. 5.7 (51)). The light of knowledge residing in God... spreads itself over MOTHER EARTH...*

We need to go back to basics, to the revealed knowledge that will guide us to live in harmony on earth.

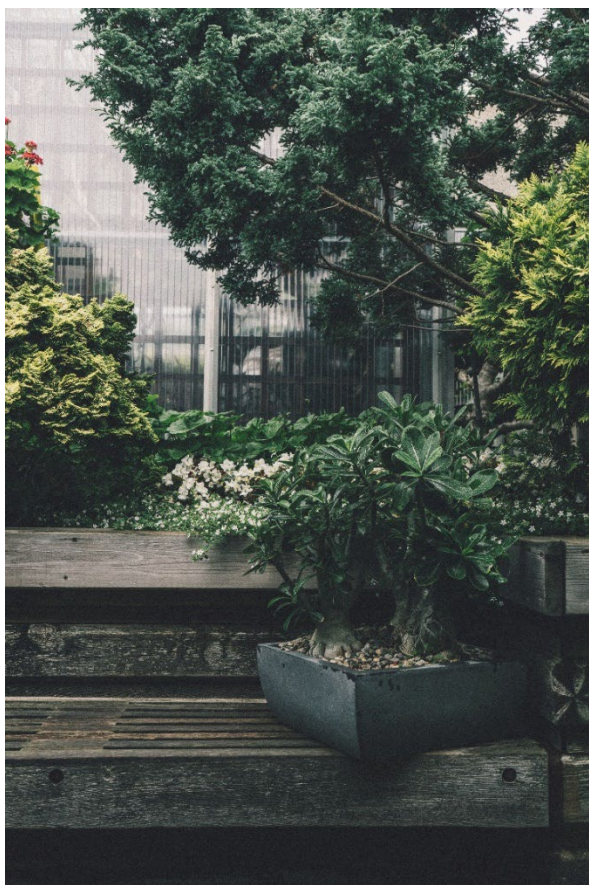


However high we may rise in life – reach for the stars, we must ultimately come down – EARTH levels the playing fields, making us all equal.

Having legal ownership of a piece of land, we are 'landlords;' but Who is the LORD of the land?

How many say thank you to the earth, or even to God for the earth? We must not feel shy, ashamed, or dirty to touch earth.

Our gardens, even just a potted plant, must be kept and maintained as a microcosm of earth and the universe. Plants and trees, sustained by Earth, produce oxygen for ALL life.



### Maha Upanishad: Vasudhaiva kutumbakam

Between the ONE EARTH below (vasudha – earth as a repository, producer of wealth) and the ONE sun above, we are all ONE family (kutumb ekam) of ONE God.

Human beings are social by nature: we are to live not just for and by ourselves, but with each other and for each other.

We all belong to the human race and our FIRST religion is humanity.

## Message from the APS President Pt Arthi Nanakchand Shanand

### NAMASTE DEAR READERS

I bring you warm wishes for a bright, blessed, and prosperous New Year.

For those of us who have survived the onslaught of the Pandemic, the unrest and destruction of parts of our beautiful country, we bow our heads and clasp our palms in gratitude to the Almighty Paramatma, the Creator of this beautiful Universe.

As occupants of this Planet, Earth, we need to ask ourselves: What are we here for? What is our destiny? Are we heading for dissolution? When God created this Universe, he made us custodians of his gift to us.

In a mantra of the Rigveda, 4.26.2, the text reads **Aham bhuumin adadam Aaryaya. I have bestowed this Earth on an Arya (noble person), who is charitable, religious and a diligent person.**

This Arya may be fair or dark complexioned, of any country, class, or religion. God has not decreed that He has given this Earth to any particular race or any particular country, but for all mankind. – “Shastra Navanitam” by Pandit Nardev Vedalkar

Why then, can we not live happily and in harmony with each other? Has technology become such a huge part of our lives that we have forgotten nature and the reason we are here? Our mantras show us that when science partners with religion it leads to respect for and the preservation of earth. On the other hand when it partners with technology, we see mayhem and destruction on earth.

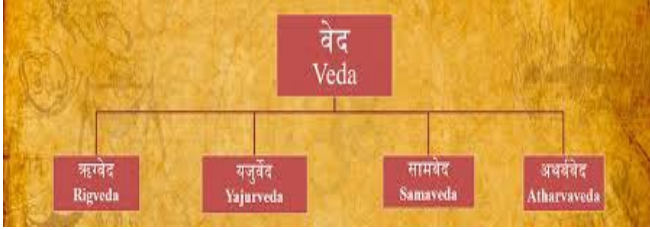
When we pray, we ask God to deliver us from evil and to show us the path to righteousness. This, dear readers, can be accomplished once we get rid of the Ahankar (Ego) and reach out to everyone with love and compassion.

Let us cultivate this feeling of brotherhood amongst all beings and contribute to a peaceful and a happy planet.

Our resolution for this New Year should be to bring about harmony and to work together to save our beautiful Earth.

## Reflections on Mantras

Vedas mean knowledge. The four Vedas: Rig, Yajur, Saama and Atharva are the most ancient, supreme, foremost, eternal scripture (*Shastra*) given by GOD as a 'Manual' for humanity, covering all aspects of life and is relevant for all time and all places.



The Vedas are '*Apaurusheya*,' - they are not of any human origin. They were revealed at the beginning of creation to Rishis of the purest minds. This is Sanaatan in its purest sense. They are eternally relevant. God gives only one set of knowledge.

The verses of the Vedas are called mantras – given by God. *Man-tra* – mind, to think, and act accordingly. Verses of the Gita are *slokas*, while in the Ramayana verses are *dohas and chaupais*. 'Prayer:' from the Sanskrit term '*Pra-arthana*:' is a positive request or entreaty to God.

God has given the knowledge of the Vedas for the wellbeing, benefit, and progress of every human being. There must be no discrimination in the learning, teaching and application of the Vedas.

## Gayatri Mantra is Beyond All Religions: Madras High Court Judgement<sup>1</sup>

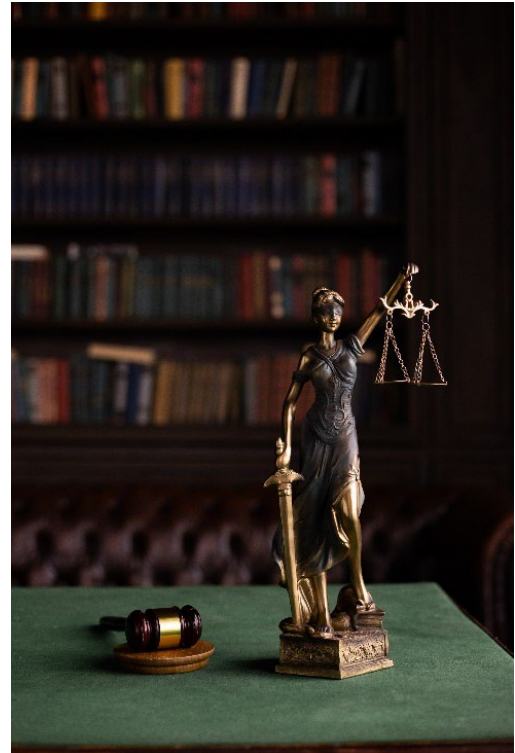
This is an important verdict given by Justice D. Raju of the Madras High Court on 30 August 1992, upholding the secular nature of the Gayatri Mantra and its universality.

The petitioner contended that the Gayatri Mantra was a religious prayer confined to certain sections of people and any reference to that by a public sector

organisation would violate the principle of secularism as enshrined in the Indian Constitution.

In 1983, the Chairman of the United India Insurance Company, a public sector undertaking based in Madras (now Chennai), got 5000 Deepavali greeting cards printed for the Company. The greeting card, bearing the name and logo of the Insurance Company, had the symbol 'OM' printed prominently in Sanskrit on the outer cover. Printed inside in Sanskrit was the Gayatri Mantra and its English translation. In addition to the usual message of greetings, the card urged the addressee to chant the Gayatri Mantra five times a day, giving a description explaining its significance and how the chanting should be done.

The Dravida Kazhagam, a rationalist organisation based in Tamil Nadu, filed a suit in the Madras High Court alleging that since the Chairman of the Insurance Company had spent the money from a public sector organisation for promoting a Hindu religious concept, he had violated the norms of secularism to be followed by the government organisations.



The Chairman of the Company, the petitioner claimed, had misused the government funds by propagating a

<sup>1</sup> R K Madhukar: "GAYATRI the Profound Prayer." New Age Books, New Delhi. First Ed. 2014

religious mantra. The petitioner contended that the Gayatri Mantra was a part of Brahmanical Orthodoxy and was strongly associated with upper caste Hindus. In fact, Brahmanical scriptures expressly forbid women and the lower caste persons from reciting this mantra.

The Dravida Kazhagam argued that using the funds of the government to promote a religious concept was unconstitutional and hence the Chairman must be constrained from misusing public funds.

The petition was dismissed in 1992.

The learned judge, Justice D. Raju, in his trend setting judgment, held that the act of printing the Gayatri Mantra on the greeting card was not a violation of secularism. Dismissing the writ petition filed by the Kazhagam, Justice Raju upheld the action of the Chairman of the United India Insurance Company.

Based on his own study of the relevant scriptures, the learned judge made some very pertinent observations on the Gayatri Mantra and the ancient Hindu scriptures.

Disagreeing with the petitioner's contention that the Gayatri Mantra had Brahmanical associations, the Judge explained how "it was the key to Vedic wisdom," had relevance to the whole of mankind and was "not limited to any particular religion, race, caste or community." The Judge emphasized the universality of the Gayatri Mantra and the Vedas where the mantra is mentioned.

Justice D. Raju said: "The Gayatri Mantra is said to be 'Shabda Brahma' (God in the form of Word), and it appears in the Rig Veda and is said to be the key to Vedic wisdom. It will be anachronistic for anyone to contend that it signifies or relates to any particular religion. The Vedas have always been considered to belong to all mankind and are not limited to any particular religion, race, caste or community."

The Judge observed that the argument that the Gayatri Mantra was the privilege of the Brahmins was basically fallacious. "There is nothing on record to demonstrate that the Gayatri Mantra is the privilege of any community. Even ancient texts and scriptures will belie such blasphemous claims, if any, of any vested

interest. Saints and philosophers of world repute who stood above the barriers of religion had commended the recitation and chanting of the mantra."

Justice Raju further noted, "The Vedas constitute mysticism, the perennial philosophy of spirituality and a practical guide for human conduct and have their aim to make man divine." Commenting on the issue of secularism, the Judge said that secularism does not mean anything irreligious or the absence of religion. It meant that the State or government should not identify itself with any particular religion and should give equal treatment to all religions.

The Judge noted that a close scrutiny of the greeting cards showed no involvement of religious tenets, nor did they constitute any teaching or propagation of any religion in the sense of undermining secularism.

## The Gayatri Mantra<sup>2</sup>

Gayatri Mantra is also known as Guru Mantra, Savitri Mantra and Maha Mantra – the Greatest.

The Gayatri is the universal prayer enshrined in the Vedas.

It is possible to live a righteous, enlightened, and spiritually guided life with just this one mantra.

Endeavour to start and end the day by reciting, contemplating, and meditating on the Gayatri; and keeping it mind at all times for guidance.

Learn, understand, and live its meaning, intention, and application.

This mantra is relevant for anyone at anytime, anywhere and under any circumstances – the 'go to' mantra.

It is the best source of attaining pure enlightenment or a bright intellect.

Reciting Gayatri with a sincere sense of commitment and reverence endows one with enduring inner peace of mind and true bliss of God.

<sup>2</sup> Pandit Nardev Vedalankar: 'Spiritual Teachings of Hinduism,' Book 4, 1985; Veda Niketan, Arya Pratinidhi Sabha, Durban &

Deen B Chandora et al: 'Glory of Gayatri,' 2001, Publ. Govindram Hasanand, New Delhi.



***Aum Bhur Bhuvah Swah, tat Savitur Varenyam, Bhargo Devasya dhimahi, dhiyo yo nah prachodayaat.***

(Rig Veda 3.62.10; Yajur Veda 36.3; Saama Veda 1462)

We meditate on the glory of the ONE Who has created the universe, Who is worthy of worship, Who is the Embodiment of knowledge and peace, the Remover of all sorrows. Just as the splendid sun eradicates darkness each day, so may God guide us to dispel our vices, weaknesses, and ignorance; and enlighten our intellect, thoughts, intelligence, desires, and intentions on the path of truth and righteousness.

The best way to learn Gayatri Mantra is to first listen to its recitation attentively. Rather than just cramming it (rote fashion), one must learn its meaning by heart and try to seek the real pleasure of invoking God.

Maharshi Vaalmiki, original author of the Ramaayan, was so inspired by the Vedas, that he acknowledged this in his work (4.3.28): "Na Rig Veda vineetasya, na Yajur Veda dhaarinah; na Saama Veda vidushah, shakyam evam prabhaashitum" **Meaning:** "Without reflecting on the light and wisdom of the Rik, Yajur, Saama and Atharva Veda, it would not have been possible to accomplish this work."

To this extent, he structured the entire Ramaayan on the ONE most well-known and universal mantra from the 20 358 hymns of the 4 Vedas:

The Gayatri, which comprises 24 alphabets in Sanskrit, as follows: He wrote the Ramaayan in 24 units or sections, each comprising 1000 verses - in total 24 000 verses.

He placed the 1<sup>st</sup> letter of the Gayatri mantra as the 1<sup>st</sup> letter of the 1<sup>st</sup> unit of 1000 verses. The 2<sup>nd</sup> letter of the Gayatri was placed at the beginning of the 2<sup>nd</sup> set of 1000 verses, and so he continued the entire Ramaayan until he placed the 24<sup>th</sup> (last) letter of the Gayatri at the beginning of the 24<sup>th</sup> (last) set of 1000 verses.

Therefore, whenever the Vaalmiki Ramaayan is read and studied, so is the Gayatri.

Meaning of the words in the mantra:

***Aum:*** Symbol of Brahman; the primordial, eternal, all-pervading, omnipresent sound of creation (Proven by NASA).

***Bhur:*** Physical plane (earth); Giver of life

***Bhuvah:*** Astral plane, atmosphere, Remover of pains and sorrows

***Swah:*** Heavenly / Celestial plane, Giver of happiness

***Tat:*** "That" which is beyond description, the Ultimate Reality – Paramatma

***Savitur:*** The Creator, the Divine life-giving power, as embodied in the sun.

***Varenyam:*** Most Adorable, worthy of worship

***Bhargo:*** Pure and Radiant

***Devasya:*** Most Divine and luminous

***Dhimahi:*** we meditate

***Dhiyo:*** our intellect – mind, thoughts, intentions, desires

***Yo:*** on You

***Nah:*** our

***Prachodayaat:*** Guide, impel in the righteous direction

Dr Howard Steingril, an American scientist, collected mantras, hymns and invocations from all over the world and tested them in his Physiology Laboratory for their strength. The Gayatri mantra produced 110 000 sound waves per second. This was the highest and found to be the most powerful hymn in the world. Through the combination of sound or sound waves of a particular frequency, this mantra is claimed to be capable of developing specific spiritual potentialities.

The Hamburg University has initiated research into the efficacy (effectiveness) of the Gayatri mantra both on the mental and physical plane of creation.

The Gayatri mantra is broadcast daily for 15 minutes from 7pm over Radio Paramaribo in Surinam, South America; and in Amsterdam, Holland.

**How spiritually rich, inspiring, and wonderful are the Vedas!**



**Aum asato maa sadgamaya; Tamaso maa jyotir gamaya; Mrithyor maa mritam gamaya.**  
(Shatapath Braahman 14.3.30)

“O Supreme Spirit (Aum), may we be guided every day to realise and progress from UNTRUTH to TRUTH, from darkness of fear, superstition, blind faith & ignorance of truth. Only then can we achieve eternal (immortal) peace of the soul after death.”

Asath or untruth in any context leads to darkness (tamas) of pride, ego, anger, greed, corruption, crime, violence, even harming good relationships.

Sat (pronounced sath) or truth results in light (jyoti) of happiness, progress, and peace - individual *and* collective.

**Satyam eva jayate na anritam satyena.** (Mundaka Upanishad 3.1.5) Ultimately, Truth always prevails, not falsehood.

**Aum sarve bhavantu sukhinah. Sarve santu niraamayaah. Sarve bhadraani pashyantu, maa kashchit dukkham aapnuyaat.** (Rishi Ved Vyas).

O Lord, in Your care and protection, may all beings be happy. May all beings be free from misery and difficulties. May all realise goodness and may none suffer pain.

**Aum udvayam tamasapari swah, pashyanta uttaram. Devam devatraa suryam aganma jyotiruttamam.** (Yajur 35.14)

In seeking and realising the eternal truths of God, may we (vayam) always endeavour to become free from the darkness (tamas) of ignorance.

The SOUL, that divine light within us (Swah Agni), is greater than material, physical (aadhibhautik) body.

Whilst the SUN (surya) is the natural (aadhidaivik) source of light (jyoti) energy, warmth, and

direction in our solar system, it is God Who has created the sun and gives it its light.

GOD (Aum, Devam) being Self-Enlightened and Most Divine, is the Spiritual (aadhyaatmik) source of all knowledge and enlightenment, the highest, purest, most excellent Light (Jyotir uttamam).

**Aum dyauh shaanthir-antariksham shaanthi; prithivi shaanthir aapah shaanthir-aushadhayah shaanthih. Vanaspatayah shaanthir-vishwedeavaah shaanthir-brahma shaanthi sarvam shaanthi; shaanthir-eva shaanthi saama shaanthir edhi.** (Yajur Veda 36.17)

**Aum shaanthi shaanthi shaanthi.**

May there be peace in the heavenly region and the atmosphere; may peace reign in / on the earth; may the waters and medicinal herbs be peace-giving. May there be peace in the plants and trees; May there be harmony and peace in the celestial objects and perfection in divine, eternal knowledge; may everything in the universe be peaceful; let there be peace everywhere. May that peace that is in the universe abide in each of us.

May there be peace, peace, peace.

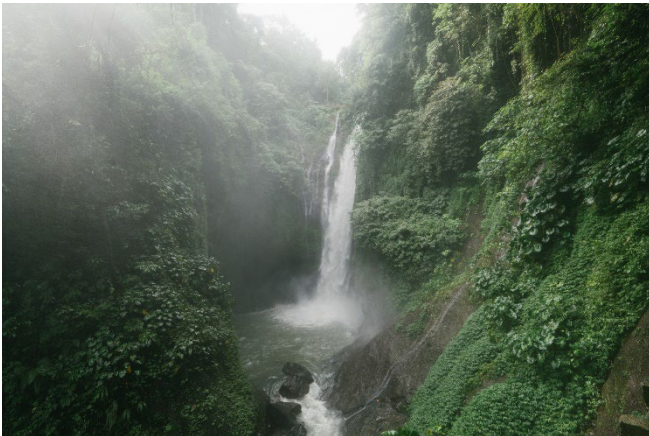


## 'Can we be like God?'

*"Aum Ritan cha satyan cha abhiddhaat tapaso dhya jaayata, tato raatrya jaayata, tatah samudro arnavah."* (Rig Veda 10.190.1)

This world was brought into being (dhya jaayata) by the luminous God, Who is the First Impeller of all action in accordance with the eternal unchanging laws of creation (rtam), truth (satyam) and arduous penance (tapas).

**RTAM:** Universal law; orderliness; right procedure; rites and rituals; righteousness because falsehood is anrta (untruth). The **right** conditions for life have been set in place by God at the beginning of creation for the sustenance of all life: air, water; food is 'ritubhi' because it is produced in an orderly manner according to the seasons (ritu). God is the **FIRST PRODUCER** of all that we **NEED**, nature is His **FACTORY**, and we are the **CONSUMERS**. Mankind has yet to manufacture a single drop of water, a drop of milk or blood, a grain of salt or sand, or a ray of sunshine.



**SATYAM:** Truth – all our work, efforts, fame, glory, progress, and prosperity (material and spiritual) must be achieved only based on truth; and we must be ever committed to cherish and uphold the truth.

**TAPAS:** Austerity, penance, strenuous voluntary effort and discipline, spiritual and moral effort - deep

thought must be applied in all our work whilst keeping God in mind to guide us.



God has brought about, sustains, and dissolves this universe based on these 3 principles. He is not above His own laws or principles but also abide by them. The result is 'Lakshmi' – uniqueness and beauty in every part of the universe: planets, stars, suns.



No two places on earth are the same. Similarly, no two people, their voices, (more about this in another issue) animals, plants, even two snowflakes – each is perfect, precise, and beautiful.

God is constantly creating only one of each – there is no duplication of anything that comes from God. Therefore He is called creator, because he is creative, and his work is creation.

The ancient saints, sages and seers contemplated and meditated on all aspects of the universe and life. Their realisations are written in secondary scriptures called Upanishads; one of which (Taittiriya Upanishad, Ch. 9) simplifies these 3 principles: Rtam, Satyam and Tapas, applicable to us:

“One should study and teach (the scriptures) with righteousness, truth and austerity, curbing all the senses and the mind from all evils. So too should the performance of prayer, controlling the mind and senses from all distractions and evil.”

Every meal and every day's salary and income (material wealth and prosperity) must be taken with thanks and respects to Him, and with a clear conscience that it has been earned with righteousness – within law and order and due procedure, truth (honesty) and our own due effort.

This applies also to our studies, achievements, fame, and positions in life. In doing so, as we progress, contributions must also be made for the well-being of all life, for man is a social being by nature. We cannot live only by and for ourselves, but with and for others, unselfishly and peacefully.

Our attitude to and relationships with all people, animals and the environment be it family, friends, guests, colleagues, children, and learners; pets and wildlife, the fauna and flora must also be based on truth, righteousness, love, equality, and mutual respect, ensuring that we all act within the bounds of law and order.

If we apply and live by these three principles and values every day in all our undertakings, then we can be like God, as is expected of us.

**“Mitrasya Chakshusha... samikshamahe”**

May we Look at All with an Equal and Friendly  
Eye

(Yajur Veda 36.18)

Hindu greeting: **NAMASTE, NAMASKARAM, VANAKAM.**

(Yajur Veda Ch. 16; Atharva Veda 13.4.48; Uttar Ramcharita; Bhagavad Gita 11. 36 - 40)

**MEANING:**

With the divine soul within me, I offer my respects to the divine soul within you. I honour the light, love, truth, beauty, and peace within you, because it is also within me. With all the love of my heart, with all the intelligence of my mind, with all the power of my arms, I humbly offer my respects to you.

In sharing all these, we are united, we are the same, we are all one and equal before God.

***This is the most hygienic, respectful, spiritual, universal greeting of peace, applicable at anytime, anywhere with anyone. And it is way of keeping social distance with reverence!***

**"Krinvanto Vishwam Aryam" - Make the world  
noble**

(Rig Veda 9.63.6)

Please send your comments and  
suggestions to [admin@aryasamajsa.org](mailto:admin@aryasamajsa.org)

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***Veda Jyoti Founding Editors were Pt Nardev Vedalankar (1913-1994) and the late Manohar Somera.***

***Veda Jyoti is only possible through Deep Daan. We thank all donors for their generous contributions.***



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PBO No. 18/11/13/2971

