



► *Maharaj Ji is honored at the Hindu Temple of North America.*

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► *May programs in Naperville, IL included a Mother's Day celebration.*

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► *Visitors at the meditation center in Amityville were greeted by Maharaj Ji.*

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► *Three new DVDs in high definition are now available from the SK Video Service.*

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SCIENCE OF SPIRITUALITY



focus

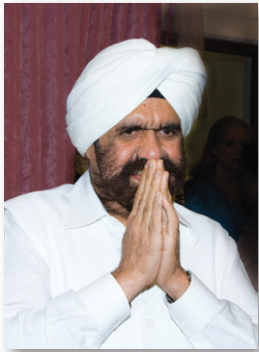
● JUNE 2009

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Five-day New York Tour to Amityville and Queens

April 30 - May 3, 2009

TOURS AND ACTIVITIES OF



SANT RAJINDER SINGH JI MAHARAJ

A 32-PAGE FEATURE IN THE *SOUTH ASIAN TIMES* heralded the tour of H. H. Sant Rajinder Singh Ji Maharaj to New York. It focused on Maharaj Ji's mission, his awards, talks, publications, and the history of Science of Spirituality/Sawan Kirpal Ruhani Mission.

Prior to the start of the public programs, the sangat hosted a wedding anniversary celebration for Maharaj Ji and Mata Rita Ji at the Amityville meditation center. An international vegetarian buffet preceded a unique evening program. World-renowned Indian singers Jaspinder and Mickey Narula

entertained the special couple and the audience with Sufi songs. They were accompanied by an accomplished band from Pakistan.

The public program began at the Science of Spirituality Center in Amityville on April 31, with a talk in Hindi.



Satsangs and meditation programs were held each day and culminated on May 3 with a discourse by Maharaj Ji at the Hindu Temple in Flushing. There, Sant Rajinder Singh Ji Maharaj was honored by several dignitaries and representatives from the State of New York in celebration and appreciation of his efforts toward global peace and harmony, and for his contributions to the human unity movement.

Attendance was beyond capacity during the tour, with regular members relinquishing their seats in order to make room for newcomers. Throughout the program, the New York

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Dr. Padmanabhan, representing Dr. Uma Mysorekar, president of the Hindu Temple of North America, welcomed Sant Rajinder Singh Ji Maharaj with a shawl.

MEDITATION CENTERS IN NORTH AMERICA

Meditation meetings are held throughout the USA and Canada. In addition, seven centers offer special programs, workshops, and classes.

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○ | BOWLING GREEN, VA

Located north of Richmond. 804.633.5798; skmcbg@sos.org

○ | AMITYVILLE, NY

On the south side of Long Island. 631.691.7100; NYInfo@sos.org.

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Throughout May 2009, Sant Rajinder Singh Ji Maharaj held satsangs, question and answer programs, and meditation sessions at the Science of Spirituality Center in Naperville, Illinois.

May 2009

Highlights

AT A SPECIAL SATSANG IN HONOR OF Mother's Day, Maharaj Ji said, "We are nurtured by our mothers, and it is through them that we learn our first lessons in life." He recalled the words of Sant Darshan Singh Ji Maharaj who said children are like a blank sheet of paper on which you can write anything. He spoke of how the Lord nurtures our soul through the inner Light and Sound of God—also called the Holy Word, the Kalma, Naam, or Shabd. Just like a mother would sacrifice her life for her child,

God loves us, but with even

more than a mother's love. Maharaj Ji recited a poem that Sant Darshan Singh Ji Maharaj wrote for his own mother, a line from which translates as, "You taught me this golden principle that love is the panacea of all ills."

On another occasion, Maharaj told the audience that we spend time worrying about our physical appearances, yet we do not cleanse ourselves for God.

God does not care about our physical appearance but whether we are leading an ethical life, one full of compassion and nonviolence, he said.

One evening Maharaj Ji spoke by live transmission to everyone participating in a senior retreat of people 55 and older being held at the Sawan Kirpal Meditation Center in Bowling Green, Virginia. They were invited to ask questions which were answered by Maharaj Ji. To a question



Above: Sant Rajinder Singh Ji Maharaj and Mata Rita Ji during the Mother's Day celebration. Below: Daughter Rimjhim joins the Mother's Day cake-cutting ceremony; Greeting some of the sangat at the Center in Naperville.



ON MEDITATION:

Meditation is the way back to God. Put in more time—as much time as you can snatch away from your busy life.

Sant Kirpal Singh Ji Maharaj

May Programs, *continued*

on aging, Sant Rajinder Singh Ji Maharaj said that as we age, we realize that what is truly important is our spiritual development. Although physical and emotional difficulties are bound to arise, if we relate to our soul rather than to our body and mind, we will pass through these perceived difficulties more easily.

To a question on undergoing trauma, he said that we all have karma associated with our soul. There is individual karma as well as group and collective karma that we all need to pass through. He explained that we cannot understand this world through our intellect. Instead, we should live by the four words, "This too shall pass," to retain our equilibrium during the ups and downs of life.

When asked about the development of our soul, relating it to the number of years it has journeyed on the spiritual path, Maharaj Ji replied that our soul is immortal and conscious and is therefore beyond time and space. Those who journey on the spiritual path

and focus on their spiritual lives will realize their goals more quickly. As to the age to retire, Maharaj Ji responded that this is different for everyone. When our financial needs are met, we can then focus all our energies on our spiritual life. However, he said, we need to give time to our spiritual practices today and not wait until we retire.

On May 17, Maharaj Ji opened his talk by lovingly remembering the life of Sant Darshan Singh Ji Maharaj who left this physical world on May 30, 1989. He reminded everyone that the Gracious Master had coined the term "positive mysticism," which means we should give time to our spiritual practices and realize God in this very lifetime while fulfilling all our worldly obligations. "We need to realize what is important in life," said Sant Rajinder Singh Ji Maharaj, "and focus on it. If we do so, we are sure to fulfill our true purpose in this lifetime."

5 WEBSITES TO CONNECT YOU

You can now download full discourses by Sant Rajinder Singh Ji, order books and DVDs, read news accounts of his activities, and check upcoming schedules online.

○ | www.sos.org

This is the public website for Science of Spirituality. Learn more about the teachings, publications, activities, FAQs, vegetarian recipes, and more.

○ | www.sos.org/spanish

North and South America: en español

○ | <http://skrm.sos.org>

This site focuses on activities in India and is published in English and Hindi.

○ | www.jyotimeditation.org

Daily webcasts are available: WMV (Windows Media) MP4 (video for iPods) MP3 (audio for iPods and MP3 players)

Archives of full discourses are also available.

○ | <http://sangat.sos.org>

Website for members of Science of Spirituality. Log-in required.

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At the Science of Spirituality Meditation Center in New York



When we empower the soul and drink of its blissful nectar, we still face life's pains and problems, but a current of intoxication supports us from within.

—Sant Rajinder Singh Ji Maharaj

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**CONTACT US FOR DETAILS
ON PROGRAMS AND TOUR
ACTIVITIES OF SANT RAJINDER
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Five-Day Tour to New York, *continued*

group served free vegetarian meals to everyone.

Maharaj Ji talked about the stress of the current economic downturn. Ups and downs, he said, are a part of our existence, but as long as we focus our attention in the right direction we can continue to be happy. He highlighted the reasons we are unhappy: our attention is focused on the world outside, and we seek happiness in activities and relationships that are not lasting. Our true existence, he said, is at the level of the soul, not the body.

Maharaj Ji added that we do not realize that all spiritual riches are within us. We just need to learn to open the gateway to these riches.



New DVD Releases

HD 165 One World, One Humanity, One Love

Maharaj Ji's moving talk at the Holiday Program 2009 (bonus video included).

HD 166 Peace Begins with You and Me

Excerpts of the Humanitarian Award ceremony in Mexico City; full discourse. Exceptionally vivid color and clarity.

HD 167 Sweet Remembrances 2006-2009

A must-see collection of heart-moving music videos of Sant Rajinder Singh Ji Maharaj from around the world.

Available from the SK Video Service



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