

August 2011 - Volume og Number 08

日本ヴェダンタ協会ニュースレター

The Vedanta Kyokai Newsletter

NEWS, UPDATES AND MISCELLANY FROM THE VEDANTA SOCIETY OF JAPAN

Monthly Calendar



Birthdays

Swami Niranjanananda Thursday, 13 August

Krishna Janmashtami Monday, 22 August

Swami Advaitananda Sunday, 28 August

Kyokai Events

• August Zushi Retreat •

Krishna Birth Celebration Sunday August 21

Morning Session 10:30

- Vedic Mantra
- Reading Bhagavad Gita
 - Kirtan
- Discourse by Swami Medhasananda "Avadhuta's Twenty Four Gurus"

Lunch Prasad

Afternoon Session 14:45 Reading, Chanting, Q&A, Meditation

All are Welcome!

بأويلويل

$^{\times}$ Thus Spake $^{\times}$

"Even those engaged in worldly activities, such as office work or business, should hold to the truth. Truthfulness alone is the spiritual discipline in the Kaliyuga."
... Sri Ramakrishna

"There are only two mistakes one can make along the road to truth; not going all the way, and not starting."

... Gautama Buddha

2011 Public Celebration Swami Vivekananda 149th Birth Anniversary Embassy of India Tokyo

We continue our coverage of the talks given at the annual Public Celebration of Swami Vivekananda Birth Anniversary held in Tokyo on May 22, 2011 at the Indian Embassy Auditorium, with the address by Mrs. Rie Ueno, Director of Compass, an importer of Indian teas and spices:

Good afternoon friends. I am Ueno Rie, and I live in the city of Tajimi located in the Gifu prefecture. Tajimi happens to be a city noted for ceramics, and in recent years it has also acquired fame as the hottest city in Japan. When I was requested to make a speech at this wonderful gathering, my initial reaction was one of extreme confusion. However, I later decided to accept the invitation in all humility, and to make an effort to speak to you all today as a representative of working housewives.

Before I begin I wish like to express my profound condolences to the many people who have suffered as a result of the recent disasters, and I sincerely pray for the happiness of all who have lost their lives. I was born in the 35th year of the Showa era and raised in the Nakano

[con't page 2]

In this Issue:

- Thus Spake
- ... page 1
- Thought of the Month ... page 5

- Monthly Calendar
- ... page 1
- June and July Great East Japan
 Disaster Relief Update ... page 7
- 2011 Public Celebration
 Swami Vivekananda 149th
 Birth Anniversary

• Relief Update Photos

... page 9

- Address by Mrs. Rie Ueno ...page 1
 - Story to Remember

Mrs. Rie Ueno (from page 1)

prefecture of Tokyo, and I am now 50 years old. I was married at the age of 23, and in that the same year I moved to Osaka, where my husband, who is a banker, was employed. In the succeeding years, due to my husband's work I had to move again to Kyoto and Nagoya, and finally we settled in our present city of Tajimi. We have lived here for the past 21 years. I am currently the manager a firm named Compass. It is a firm dealing with Indian tea and Indian curry powder, and as I do this job, I simultaneously raise my children and carry out the tasks of a housewife.

After graduating from Junior College at the age of 20, I joined a company called Honda Motors. However, at the age of 23 I was forced to leave

the company on account of my wedding, and so I left Tokyo where I had lived so far and moved Osaka, where my husband was employed.

From my very childhood days I had a keen interest in swimming. My dream was to become a swimming instructor, and so, after entering Junior College at the age of 18, I began to work part-time as a swimming teacher. I continued with this job for about 30 years, but I quit the job about three years ago.

From my childhood I also felt a deep intimacy towards God and nature, and every night, after I had snuggled into my

blankets, I would fall asleep speaking to God in a world of dreams. When I was in High School, I recall having once gone to Yokohama with a friend. The two of us had gone there to enjoy ourselves, but while walking through a path that we found in a guidebook we unexpectedly found ourselves inside a Christian Church. I can still recall the extraordinary emotion and warmth of feeling I experienced at that time. That was the first time I had set foot inside a Church. Yet the experience was such that it seemed as if a bolt of lightning had run through my mind and body, for I sensed an indescribable feeling of serenity and peace. Since I was unable to forget the place I later visited the Church several times by myself, and spent several hours seated inside. It was in this way that I passed my childhood days. When I reflect back on those incidents now I guess I was probably meditating inside the Church, but in those days I had no such idea. It was just that when I sat alone inside the Church, I experienced a form of cleansing within my heart. An unusual feeling of tranquility and calm arose in me, and my urge to hold on to that feeling was so strong, that I wished I could remain there forever.

Later in my third year as a High School student, the teacher in my philosophy class asked me to write an essay on God. At that time, with no hesitation at all I wrote several pages on Jesus Christ. It was as though Christ himself was present within me, and this was due to the influences I had received in that Church. At that time I had absolutely no knowledge of God, and yet, I

recall even today with crystal clarity, the numerous of pages that I filled up while writing about him.

After that, as I stated earlier I began to work, and later after my marriage I began raising my children. While doing so however, I felt vaguely uneasy at the thought that I might have to spend my entire life as a housewife. Earlier when I was a single woman working for society, people addressed me by my name. Now however, since I was a married woman, I was afraid that my individuality would disappear. I was afraid that I would no longer be known as Ueno Rie, but rather, as the wife of so

for society, people addressed me by my name. Now however, since I was a married woman, I was afraid that my individuality would disappear. I was afraid that I would no longer be known as Ueno Rie, but rather, as the wife of so and so. When I recall the issue now, I realize that it was a very trifling matter to worry about. Swami Vivekananda stated that there was no such thing as mundane or earthly work, because all work was religious and all work was worship. I knew that to work as a housewife and to carry out my domestic duties in a sincere manner

Also, in my youth I had many dreams, but on getting married I was influenced by the general tendency of people in the world, who make re
[con't page 3]

would be an admirable form of worship, because

that would be Karma Yoga, or work that was of-

this, at that time I began to suffer a great deal of

fered to God. Yet, despite my having realized

anxiety and doubt.



Mrs. Rie Ueno (from page 2)

marks such as, "A housewife with dreams? What utter nonsense! Forget about dreams. You should dream only when you sleep. The task of a housewife is to raise children and to protect the house." However, I began to doubt such statements, and I began to ask myself, "Is it really true?"

Actually in my fifth year at Primary school, I made a firm decision to become an air hostess, and since that time I had done all that I possibly could to attain that goal. On entering Junior College, I commuted each night to a training school for air hostesses. To become an air hostess was my sole dream, and until I graduated from Junior College at the age of 20, I did all I could to realize that dream. I also dreamt of becoming a swimming instructor, but my dream of becoming an air hostess was incomparably greater.

Despite having these desires, my husband, whom I was seeing at that time, persuaded me to get married. He said that the life of an air hostess was dangerous because planes often fall to the ground, and I guess I too, being a woman, felt attracted to the wedded life. Hence, I decided to accept a stable job in a company until I was married, and so I renounced all ideas of becoming an air hostess, and settled down to married life.

Nevertheless however, exactly a year later, on the very day I had given birth to a child and returned home from the hospital, my eyes happened to fall on a newspaper article that advertised for air hostesses. On reading the article closely, I found that there were some requirements made of the potential candidates, and one of the requirements was that they had to be unmarried. Another requirement was that they had to be 24 years of age, and that was exactly my age at that time.

The instant I saw that article, I was overcome by remorse over the fact that I had so carelessly abandoned my dream. I was unable to repress my tears, and I wondered what it was that had so thoughtlessly goaded me to discard a dream, that I had so keenly cherished for so many years. I agonized over this fact over and over again, and at one stage, since I knew that this was my last chance, I even thought of sending them a bogus certificate of divorce. However, when I saw the face of the sleeping child I had just delivered I knew that I could never do such a thing, and the

thought evoked from within me an uncontrollable flow of tears.

Later when I was 29 years of age we were transferred to Nagoya, and since the house where we lived was close to the airport, every day I heard the sound of planes. At that time, for some reason or other, those old feelings of remorse that I had suppressed for so long, abruptly arose again within my mind. Filled once more with regret and frustration I shed many bitter tears at my inability to return to the past, but at the same time I had to show a happy face to the other housewives of the vicinity, who spent their days in a mood of liveliness and cheer.

There were times when I felt I could never continue in this way, and there were times when I felt a real regret for the past. At all such times I imitated the routine followed by the other housewives of the locality, who led lives of vivacity and cheer. One day however, I developed the firm conviction, that regardless of the fact that I was a housewife, and regardless of the fact that I had children to raise, I could still realize my dreams. It was with this feeling of certitude that I decided to start a business.

When I tried to start a new business I was faced with numerous hurdles. My first hurdle was my husband, who was opposed to the idea of housewives working, but after several years of effort I was ultimately able to persuade him. Although with my husband's salary our family was able to lead a life of relative ease, yet, we were financially unable to invite his parents to spend a few days with us at a good hot spring resort. Also, since I lived in Tajimi, I could not afford to pay many annual visits to my parents who lived in Tokyo, and as a result, my parents were denied opportunities of seeing my son, who was also their grandchild. I repeatedly shared these issues with my husband in my efforts to persuade him, for I firmly believed that if by my own efforts I was able to attain my goals, the profits would not be mine alone. I knew that it would lead to the wellbeing of all around me, and so, with this strong feeling of certitude, I firmly resolved to convince my husband and go ahead with my plans.

There were friends who viewed me with suspicion. They asked why a housewife like me should start her own business, rather than work parttime. To all such people I made the following reply, "If you think I am going to sacrifice my dreams simply because I am a housewife, you

Mrs. Rie Ueno (from page 3)

are wrong." I also said the following, "If you have a dream, you can definitely realize it. Indeed, you should by all means realize it."

Because of my business I once had to relocate and live in another area, and the neighbors there at first viewed me with doubt. However, over a period of ten years, through my attitude and effort, I was able to win their trust. Now there is none among them who has any fears about me, for they have come to know that in desiring to start a business. I was not motivated by avarice or greed. Our neighborhood has become like a family, and not just elders but even little children come to my house, for our relationship is like that of kinsfolk. Now, when I look back on the past, I see that the hostility I faced, the slurs that people uttered against me, my refusal to guit in the face of failures, and my firm resolve to continue, were all things that turned out into something good.

Swami Vivekananda insisted that we should believe in ourselves. He also said, "Never mind failures. They are quite natural. These failures are the beauty of life. What would life be without them? It would not be worth having if it were not for struggles. Where would be the poetry of life? Never mind the struggles, the mistakes. I never heard a cow tell a lie, but it is only a cow—never a man. So never mind these failures, these little back-slidings. Hold on to the ideal a thousand times, and if you fail a thousand times, make the attempt once more." When I think about it now I feel within me a desire to communicate this message to everyone, through my own work and experience.

When we begin something new, we are definitely going to be stalked by barriers or hurdles. They may appear like a kind of a good wind. When we stop moving we do not feel the wind, but when we begin to move we feel it, and as we move faster we feel it even more. I realized that to feel an increase in the sensation of the wind as we moved faster was something normal to human beings, and so I too began to look upon the obstacles that came before me in the same way. That is to say, I began to look upon them as something normal.

Similarly, the business I started is also like a wind. I began to look upon this wind that I had personally created as a 'pursuing wind,' that is, as a wind that chases other people. What I mean is, there are many women living around me, and like me those women have sacrificed their

dreams in order to become housewives and mothers. What I wish to say to those women is this: "Do not give up on your dreams. You can definitely realize them. Let us all work at it together." It was with this type of an attitude that I started my business.

Swami Vivekananda has said that no life will be a failure. There is no such thing as failure in the universe. A hundred times a man may hurt himself, a thousand times he may tumble, but in the end he will realize that he is God. To acquire such awareness an equal amount of time is also needed, but before this awareness arises within us, I believe we should orient our lives in a positive direction and pinpoint what needs to be done, without any fear of failure. To refuse something because we are afraid of failure is the worst choice we can possibly make.

In this regard Swami Vivekananda has also said that practice is absolutely necessary. He said, 'You may sit down and listen to me by the hour every day, but if you do not practice, you will not get one step further. It all depends on practice. We never understand these things until we experience them. We will have to see and feel them for ourselves. Simply listening to explanations and theories will not do.'

Regardless of whether we raise children, run a business, or live our daily lives, failures and drawbacks are bound to appear. It is precisely when things do not go well that a person encounters God, even if that person has no faith. However, since it is only through such failures and drawbacks that we human beings are able to grow, I believe we should look upon them all as precious gifts given to us by God. This is a truth I conveyed to all people I met in the course of my work, but I communicated it to them not through words, but through actions. Swami Vivekananda once said, "Believe first in yourself, and then in God. This is something I feel I have all along been doing, even though I had no idea at all that I was doing so.

However, let me return to my original story. When I first began my business, it did not flourish. I was frequently faced with defeats, but by following the advice of some senior people who ran successful businesses of their own, I too in course of time began to manifest signs of success, and gradually companions began to gather around me. These companions were housewives like myself, who also cherished a desire to actualize their dreams and lead vibrant lives. Around [con't page 5]

Mrs. Rie Ueno (from page 4)

that time, through the introduction of a friend I was able to make the acquaintance of a Bible study group, and on entering the group I read the Bible every day. I picked up numerous hints from the Bible that were related to human life. For example, we have in the Bible the following sentence, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." Although what is stated here may seem like obvious truths, they served as a great stimulus for me.

When I was a child, my mother often used to say to me. "There is absolutely nothing that you cannot do." Even when things did not go well for me she would laugh and say, "You can certainly do it." Thanks to my mother, from my very childhood days I came to develop the conviction that there was absolutely nothing that I could not do. Since I too have raised my own children in this way, my son of 27 years of age has, like me, also come to develop and live with the belief that there is nothing that he cannot do. Thanks to my mother, he too now leads the type of life that makes sense to him. Thanks to the efforts of my mother, I came to develop the assurance that anything was possible for me, if I only tried to do so. Yet. when I went out into the world, several people gathered around me and kept repeating over and over again statements such as, "Stop that at once!" and "It will be too much for you." I must confess that I was greatly surprised when I heard them speak that way.

If people hear the same negative opinions uttered around them too many times, they will slowly arrive at the false belief that those negative opinions are true. If in the course of my work I received too many negative comments from others, I would remind myself that the deep belief that lav in my heart, namely the belief that 'I could do it if I tried.' was also found in the Bible. This would evoke within me an incredible feeling of joy, because even though the words used in the Bible are different, the meaning was the same. Even Swami Vivekananda had this to say about those words of Christ. He said that even if those words may seem like a fabrication, still they are not lies. These words are literally true, not figures, or fiction.

Later, the friend who introduced me to the Bible went to live in Zushi, and that was when I became acquainted with the Nippon Vedanta Kyokai. This happened 9 years ago, and I was

charmed. There was a monk residing at the Kyokai, there were rooms for meditation, and I could read as many books on spirituality as I desired. Since I found the place absolutely enthralling I resolved to go there, and in this way my association with the Nippon Vedanta Kyokai began.

It was precisely at this stage, when my business had prospered to a certain extent, that the socalled economic bubble burst. It was a time when people began to turn away from the visible material world and focus their eyes upon invisible and spiritual realities, namely, on things that were true. At the time I started my business, the socalled new religions, that is, groups of people with faulty notions of God-worship were popular. and so whenever I spoke of God, people around me would make a cynical face. With the passage of years however, there arose a desire for some kind of healing and so we entered a period when people wanted an awareness of God. This was also the time when my attitude to my business began to change.

With the success of my business, my dreams were fulfilled. I could now get anything I desired, and I could travel to my home in Tokyo whenever I pleased. However, I soon came to realize that once our dreams get fulfilled, we develop a tendency to crave for more and more. I realized also that this type of a craving slowly turns into attachment, and attachment in turn leads to confusion of the heart. Because of my success I was now able to do a great deal for other people, and I was now able to do a great deal more for my parents than I did in the past. However, I began to have some doubts about this pursuit of materialistic goals, and it was around this time that the teachings of the Vedanta Kyokai gave me some of the answers I had been looking for.

On viewing the matter from a different angle, I must confess that I was urged to see things in the way I mentioned earlier, because of the teachings I had received from the Vedanta Kyokai. However, when I looked around me, I noticed that those teachings were realized around me in a very frightful way. There were some people who had started a business with the sole intention of serving others. Yet, when their business did not flourish, those very same people ended up in exploiting and using others.

There are people who do not hesitate to exploit others for the sake of their business. That is to say, they choose material rather than spiritual realities, as the goal of their efforts. When we [con't page 5]

Mrs. Rie Ueno (from page 5)

view the world through their eyes, we see that when people are unable to achieve their goals they become avaricious, and they refuse to give up what they have gained. This made me wonder in what way these two groups of people differed from each other.

Once people lay their hands upon an object, they get the false idea that it is their own and they become afraid of losing it. Then, in order to keep that object for themselves they move further and further along the path of evil, and ultimately they end up in a vicious circle. This is a fact I wanted others to be aware of.

Swami Vivekananda said that human life was short and that the vanities of this world were transient. I however felt sad because people had no idea at all about the trivial nature of the things of this world, and of the fact that once they laid hands on them, they would overcome by greed.

I also realized that however splendid an idea the founder of a company might have had, yet when the situation changes, as for example when the founder died and others took over the company, there was a distinct possibility that its level might fall. After seeing many situations such as these, I came to the conclusion that there existed only one Eternal Entity, and that was God. This was something I learned from the teachings of Sri Ramakrishna and Swami Vivekananda.

In the 1980s, before the explosion of the economic bubble, Japan felt drawn to the capitalistic mentality of the USA. It was a time when Japan pursued dreams of materialism, and people were enamored by foreign travel and brand names. However, when the bubble burst and the economy began to decline, people lost their vitality, and incidents like that of the Sarin gas attacks, the Kobe earthquake, and the terrorist incident of September 11, occurred in steady succession. Owing to the high value of the yen production bases were moved overseas, and phenomena such as illegal restructuring and deflation caused the Japanese to lose their vigor even more. Hence, their sense of values tended to shift away from material prosperity.

That was a time when doubts arose within my mind, and that was also the time when I encountered the Karma Yoga of Swami Vivekananda. When I read his books on Karma Yoga and Bhakti Yoga, I realized that ever since my childhood days I had indeed lived in accordance with

his teachings, and I was convinced also that if I continued living in this way, I would never go wrong.

Swami Vivekananda insisted that what America needed most was not bread but spirituality, and that what India needed most was bread. I believed that if a way of life could be evolved in which spirituality and materialism were united, then a new sense of values would arise among the Japanese people. Since the friend who introduced me to the Vedanta Kyokai also had the same belief, the two of us started the company called 'Compass,' a company where spirituality and materialism were integrated. I had learned that God was the only Eternal Being, but Swami Vivekananda said that we should first believe in ourselves, and only then in God.

I may describe myself in this way. From my childhood I strove to live an ideal life, and I firmly believed in the existence of God. However, I also spent many days suffering deep mental anguish, because I was unable to realize my dreams. Later, in order to fulfill those dreams, I started a business, but I was not much concerned about the profits. I unpretentiously dedicated all the profit to God, and because of that I was able to continue my business without any hardship or worry, and I was able at the same time to fulfill my duties as a wife and mother. This is a truth I wish to convey to everyone, through my business. It is a truth that Swami Vivekananda has taught us, and a truth that all people desire. It was with this frame of mind that I began my company named Compass.

On one occasion, by the grace of God, I came into contact with Indian tea, and since it was delicious and of a high quality, it became popular throughout the country. Now, as a result of my work I have grown in spirit. Both spiritually and materially I offer my work to God, and I wish to create a road whereby all people could lead sincere and affluent lives. Swami Vivekananda said that all religions have the same ideal, namely the attainment of freedom and the cessation of pain, but through my own life experiences, I have arrived at the following conclusions:

When we are young, we can have real freedom in order to have a diversity of experiences, but when we become adults, there are many factors that will constrain our lives. When you marry and start to live with your husband your time gets curtailed, and the moment children are born, you have to renounce your personal life completely.

[con't page 7]

Mrs. Rie Ueno (from page 6)

You have to spend all your time caring for your children and serving your family, and here, if you take up a temporary job, the time you will have for yourself will decrease even more. You will then begin to worry as to how long such a situation will last, and as the situation continues, your peace of mind will gradually begin to disappear.

However, thanks to the teachings of Swami Vivekananda, I have now come to acquire some certitude in my lifestyle. Since I am a housewife I duly carry out the daily tasks of cooking, laundry, and cleaning, but I do so with the attitude of offering all these activities to God. Children are a gift from God. Hence, I raise my children in order to imbibe from this activity a spirit of selfless service, and for my overall spiritual growth. Also, I am not unduly obsessed with my children, since I leave all such matters to God.

Regardless of whether you are a housewife or mother you should have a dream, and for the sake of your personal growth you must make all efforts to actualize that dream, and offer all you get from that dream to God. On doing so, you will find that you have not only have realized your dream, but that both spiritually and materially you have gained prosperity, freedom, and peace of mind, in abundance. I feel each of us has a role to play, and that is to communicate this mode of thinking to as many people as we can, through this type of activity.

I too am still growing. However, by using the words of Swami Vivekananda I look upon every day as a period of study, and I put in what effort I can. Now, before I end this talk, I would like to give you some words of Swami Vivekananda. I

offer them to all those who have the same frame of mind as myself:

"The remedy for weakness is not brooding over weakness, but thinking of strength. Teach men of the strength that is already within them."

"Count your blessings, and not your problems. Also, think about how you may be of use to your unfortunate brothers and sisters in your beloved homeland."

"The ideal of faith in ourselves is of the greatest help to us. If faith in ourselves had been more extensively taught and practiced, I as sure a very large portion of the evils and miseries that we have would have vanished."

"Faith! Faith! Faith in ourselves and faith in God."

Thank you very much for the precious time I spent with you today. I convey my deepest gratitude to Swami Medhasananda for having kindly granted me this opportunity, and I am grateful also to Sri Ramakrishna, Holy Mother, and Swami Vivekananda.

• Thought of the Month •

"Anyone who doesn't take truth seriously in small matters cannot be trusted in large ones either."

Albert Einstein

Disaster Relief Summary Update - June - July 2011 東日本大震災復興支援アップデート7月2011年

With a generous financial grant from Ramakrishna Mission Headquarters in Belur Math, India, and the many donations received from various quarters, the Vedanta Society of Japan is very thankful to you all for allowing us to continue and expand our Disaster Relief activities. The following is a brief recap of activities for June and July:

June

Acting upon consulations with local officials, on June 20, the Society sent 80 1kg boxes of laundry detergent, 150 400ml containers of dishwashing liquid and 2000 pairs of cooking and serving gloves to APIO Iwate Industrial Cultural Center, a Relief Resource Depot in Iwate Prefecture. Much of Iwate Prefecture's 280km coastline suffered the worst of the tsunami devastation with several villages and towns (con't page 8)

Disaster Relief (from page 7)

washed away and port city facilities severely crippled. The Society purchased these items directly from a store in Zushi.

July

- 1) With the warmer days of summer, another need became evident. As the quake and tsunami had struck in the cool days of early spring in the North, many people escaped with little more than the clothes on their backs, and little else. The Society was made aware of the need for warm weather clothing and a wholeseller was found. The Society purchased 800 polo shirts and 400 T-shirts from this wholeseller, who, when he learnt of the purpose of the purchase, donated another 100 polo shirts. On July 4, the Society sent 400 polo shirts and 400 T-shirts to the Iwate Prefecture Disaster Countermeasures Office in Rikuzentakata City, via a parcel delivery service.
- 2) The following day the swami and three Society volunteers drove up to Iwate Prefecture and visited the Disaster Countermeasures Office. The party left the Society's Zushi Centre in Kanagawa Prefecture in the early morning hours for the 600km/8hr drive north. After consultations with staff at the Disaster Countermeasures Office we hand-delivered an additional 500 polo shirts to the Rikuzentakata Municipal Hirota Elementary School, which has been designated an official Hirota Town Area Disaster Countermeasures Office. The party visited the temporary housing units erected on the elementary school grounds and enjoyed the opportunity to talk with the local people and their children.



3) On Sunday July 10, the Vedanta Society of Japan and Spice Magic Calcutta restaurant of Tokyo teamed up to serve lunch at a shelter for Fukushima area evacuees in Saitama Prefecture.

The facilities of the former Kisai High School in Kazo town was selected by the prefecture to serve as a shelter for some 900 residents of the community of Futaba-cho in Futaba-gun, Fukushima Prefecture. Although damage to Futaba-cho was minimal from the earthquake and tsunami, residents and city government itself were forced to vacate their homes and offices as they were within the government designated 20-kilometer nuclear fallout radius from the damaged Fukushima Daiichi nuclear power plant.

(con't page 10)





The Vedanta Kyokai Newsletter - August 2011 Vol. 09 No. 08

Disaster Relief (from page 8)

Just before lunchtime Swami Medhasananda was greeted by Futaba-cho Town Vice Mayor, Mr. Inoue, who thanked the Society on behalf of the residents for providing this lunch and welcomed break from routine.

The lunch menu was curry with chicken, saffron rice and coleslaw salad. In all between 550 and 600 meals were served, with many returning for second servings. While some ate in the large former school cafeteria, most loaded makeshift trays made from box-tops or -bottoms with servings for family members and returned to their living quarters. By all accounts the delicious lunch of authentic Indian-style curry was much appreciated. •

• A Story to Remember •

RESPECT FOLLOWS SERVICE

A dervish was once sitting alone, meditating in a patch of desert. A ruler passed by. The dervish, being free from the cares of this world, neither lifted his head nor paid any attention. The ruler, with the violent pride of power, was furious and said: "These dervishes in their patched cloaks are no better than animals!"

His minister scolded the dervish and said: "The great ruler of all the world passed by and you did not stand and bow: why were you so rude?"

The dervish replied: "Tell your king to expect those people to bow who hope for some reward from him. Tell him that rulers are there to protect their people. The people were not created just to obey rulers. The ruler is the watchman of the poor, though he has greater wealth and glory. The sheep are not made for the shepherd, rather the shepherd is there to serve the sheep. Look around you: today you see one man carefree and successful, the other struggling sore-hearted to survive. Wait a day or two, and see how the earth devours the brain once troubled with so many foolish thoughts! When the irresistible decrees of Fate are issued, neither king nor slave remain. Open up the tomb and and search these dusty bones: can you tell which was the rich man or which was the pauper?"

The ruler was struck by the words of the dervish. He said: "Ask me a favor!"

The dervish replied: "I would ask you to never disturb me again."

The king begged: "Give me a word of advice!"

The dervish replied: "Now that wealth is in your hands, realize before it is too late, that this wealth and this power pass from hand to hand."

Afghan Stories of Wisdom ... afghan-web.com

Issued by: The Vedanta Society of Japan 4-18-1 Hisagi, Zushi-shi, Kanagawa-ken 249-0001 Phone: 81-46-873-0428 Fax: 81-46-873-0592

> Website: http://www.vedanta.jp Email: vedantajapan@gmail.com