



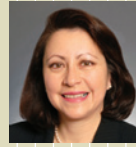
► Maharaj Ji's keynote addresses are the highlight of Veggie Fest 2010.

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SCIENCE OF SPIRITUALITY



focus

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Sant Rajinder Singh Ji Maharaj is keynote speaker at Veggie Fest 2010

Naperville, Illinois:

By the time H. H. Sant Rajinder Singh Ji Maharaj arrived on the grounds of Veggie Fest on Saturday August 7, the event was packed with thousands of people, many of whom were coming to the Science of Spirituality Meditation Center for the first time.



Record crowds of more than 22,000 attended this year's event.

Visitors attended talks, a variety of food demonstrations, and checked out the many vendor booths that shared new products and information in support of vegetarian health and nutrition; the food court and live bands were also popular. (See photos, page 4.)

The large main tent where Maharaj Ji spoke overflowed with visitors each day. For the first keynote address, "Spiritual Wellbeing and the Vegetarian Diet," the spiritual Master spoke on verses by the great poet-saint of India, Sant Darshan Singh Ji Maharaj, that emphasized having compassion and mercy toward animals. On the following day, the topic was "Healthy Body, Healthy Mind." Meditation sessions followed each of these discourses. Maharaj Ji pointed out that through meditation we realize our oneness with all of creation. This understanding encourages us to cause the least destruction to life and our fellow creatures.

TOURS AND ACTIVITIES OF



H. H. SANT
RAJINDER
SINGH JI
MAHARAJ

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

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During July 2 - 8 of this year, Maharaj Ji traveled to northern and southern California to meet with the sangat and new seekers, offering public talks and holy Initiation.



Visits to San Francisco and Los Angeles



ON FRIDAY JULY 2, A JOYOUS ASSEMBLY WELCOMED SANT RAJINDER SINGH JI MAHARAJ AND MATA RITA JI to the San Francisco Bay area with flowers and a garland of smiles. A Meet and Greet session was held at the Marriott in San Ramon, where all programs took place. In Maharaj Ji's talk on Sunday, he compared the celebration of July 4th or Independence Day in the United States with the soul's desire for independence from the shackles of karma. He explained that once we experience the Reality within through meditation we can begin our journey toward freedom. Following this talk, the city council of San Ramon honored Sant Rajinder Singh Ji Maharaj with a plaque recognizing his efforts toward world peace.

The next day's public talk was entitled, "Blissful Spiritual Love through Meditation." Maharaj Ji discussed the difference between bliss and happiness. "Happiness is a feeling that originates from our mind and emotions," he said, "but bliss is a state that is eternal. It comes from our soul." Whereas happiness has its opposite state of sorrow, the state of bliss is perpetual and can be experienced when we journey within through meditation. That afternoon, a wonderful picnic was held at the beautiful Lake Chabot.

On to Los Angeles!

On July 6, the ballroom of the Los Angeles Hilton Hotel filled with guests who eagerly awaited Maharaj Ji's presence. The young adult group provided a special welcome for Sant Rajinder Singh Ji and Mata Rita Ji, offering tributes for the service and sacrifice they demonstrate in their lives.

Maharaj Ji spoke about the inner qualities that we all must inculcate on the spiritual journey. Rather than focus on outer beauty, he said, we need to develop inner beauty by inculcating the ethical virtues of nonviolence, truthfulness, purity, humility, and selfless service. Through meditation we discover the purpose of our life which is to experience oneness with the Lord.

Then next day, Maharaj Ji met the sangat for a walk in the gardens of the Getty Museum in Los Angeles. Later, he spoke about the joy we can experience through meditation on the inner Light and Sound of God. A picnic at a secluded beach in Los Angeles was held Thursday afternoon. After a delicious vegetarian meal, the sangat enjoyed spending informal time with Maharaj Ji. During his final discourse that evening, he compared life to a movie. Just as a movie is not real, so too, our life is an illusion, he said, and like a movie it will one day end. He also explained that just as some movies talk about taking journeys to other worlds by discovering hidden doorways or passageways, likewise, we can explore the true Reality when we enter these regions through our third or single eye.

ON UNITY IN CREATION

All souls are a part of God. All souls are connected by a deep bond. The soul in us is the same soul that is in all other forms of life.

—Sant Rajinder Singh Ji Maharaj

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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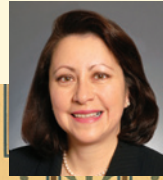
Minneapolis, Minnesota welcomes Maharaj Ji

Events during a weekend tour in Minneapolis included talks at a Hindu temple and the Crowne Plaza Riverfront Hotel, plus a special message from State Senator Patricia Torres.

On July 9, Sant Rajinder Singh Ji Maharaj traveled to Minneapolis, returning after 14 years. His public talk on Saturday entitled "Lasting Happiness and Peace" was held at the Hindu Temple of Minnesota, in Maple Grove. After touring the beautiful temple, Maharaj Ji cut a ribbon, formally inaugurating the "H.H. Sant Rajinder Singh Ji Maharaj Meditation Hall." Dr. Shashikant Sane, founder of the temple, spoke of the special bond of friendship between the Science of Spirituality and this temple, referring to the spiritual Master as "a liberated soul living in this world."

In his talk, Maharaj Ji spoke of the individualistic society we live in today, and how we have forgotten our roots and our homelands. Likewise, he said, we have also forgotten that we are children of God, and that we must find our way back to our True Home. He encouraged all to embark on their own spiritual journeys and to dedicate daily time for their spiritual practices: "Let us not live on the periphery of spirituality; let us dive into the spiritual life." State Senator Patricia Torres delivered the concluding remarks of the afternoon.

On Sunday, Maharaj Ji spoke at the Crowne Plaza Riverfront Hotel in St. Paul. He focused on the inner dimensions of the spiritual path, and also talked about the illusory roles and identities we assume in life: our ethnic heritage, our religious traditions, our roles within the family—roles we take on as actors in the transient movie of life. He said our true identity as soul, a drop of the ocean of all-consciousness, lies behind all these guises and roles. This realization of our true nature, and finding our way back Home, is at the heart of the spiritual journey we must all undertake.



State Senator
Patricia Torres:

*"The Minnesota Senate,
House and public welcome
you back and hope that you
return to our state soon."*



Greeting visitors in the dining area of the Science of Spirituality Center, Naperville, Illinois.

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ON PROGRAMS AND TOUR
ACTIVITIES OF SANT RAJINDER
SINGH JI MAHARAJ**



Science of Spirituality
45175 N Naperville-Wheaton Rd.
Naperville, IL 60563
630.955.1200
info@sos.org



Veggie Fest 2010

Clockwise, from right:

Free children's activities were offered throughout the festival; Alan Roettinger, author of Speed Vegan, conducted one of many cooking demos; Lively music was played on the stage; Naperville's Mayor Pradel enjoyed an afternoon at Veggie Fest; close to 100 vendors offered vegetarian food, or related services and products.



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45175 Naperville Rd.
Naperville, IL 60563 USA