

HERITAGE/CULTURE

Clean thoughts are key to a happy marriage, happy life, Swami Ramdev tells newlyweds



Houston businessman Ramesh Bhutada (left) with son Rishi, Swami Ramdev, daughter-in-law Shraddha Rathi and wife Kiran at the wedding of Rishi and Shraddha in Silvasa, Gujarat, on Feb 12.

Swami Ramdevji, the Yoga maestro who has taken India by storm and who is scheduled to hold a five-day Yoga camp in Houston in July, was a special invitee at the wedding last month of Houston's Rishi Bhutada and Shraddha Rathi of Nashik, India. The wedding took place in Silvasa, Gujarat, on Feb 12. Swami Ramdev was urged to give a few words of advice to the newlyweds.

Here are excerpts from

Swamiji's advice to the couple:

"Hindu tradition and culture has 16 prominent sanskaras (sanctifying ceremonies) that one has to go through in one's lifetime like namakarana, annaprasana, jaata karman, naam karman, nishkramana, yagnopavtia, vidyarambha, etc. The marriage ceremony, the 13th sanskara, is known as Panigrahan. These sanskaras have a deep relation to creation.

"We Hindus, maybe we are lagging the West in certain traits like, discipline, punctuality, following the law of the land, etc. But we are far ahead in many areas. We imbibe the golden qualities of maryada, abide by our traditions (parampara), we live by a high value system, idealism and faith in the almighty. The ceremony of marriage, in which two souls who have never known each other decide to embark on the path of

life together, is a bond that is going to last seven lifetimes. That is a marriage meant to our ancestors.

"I have tried to look up in our scriptures for an equivalent of the word 'divorce'. It just doesn't exist. That is because marriage is such a sacred union - a Brahma Sambandha - that it is unthinkable to break it. The marriage did not just happen by chance.

"Rishi and Shraddha have been brought together by God almighty who decides where one is born, where one gets education, where one lives — it is all predetermined by a hidden force that propels our actions.

"Man experiences five different kinds of joys. The joy of food, the joy of (clean) thought (vichar), the joy of fair dealings with others (vyavahar), the joy of give and take (vyapaar) and the joy of sleep.

"Good, clean thoughts are the key to a good life. They are a driving force in our lives. One's thoughts lead him to the zenith of success or they may lead to despair and destruction. One's thinking leads him to become a patriot, another to become a terrorist. One's thoughts can lead one to become a tycoon, another to become a pauper.

"The Grahastha ashram has a preeminent place in life. A happy and fruitful life is the result of a lifelong commitment to the sacred boundaries that must be observed. Be watchful of your thoughts. Never allow a shred of doubt, jealousy or bitterness enter your mind. May your love grow strong as you grow older.

"Win and strengthen one another's love with trust in all matters small and large. May your marriage become a true union of two souls — Ek Vichar/ Ek Bhavana / Ek Sankalp /Ek Lakshya /Ek Dhyeya — total Ek Akaar."

Swami Ramdev congratulated the parents of the newlyweds — Ramesh and Kiran Bhutada and Ramnivas and Shantadevi Rathi on holding a very traditional three-day wedding. He also mentioned his forthcoming visit to Houston where a Patanjali Yog Peeth has been planned.

Swamiji said the Patanjali Yoga Center was taking strong strides in taking good health care to the people. He said nearly 25000 patients visit the centers looking for free medical treatment and advice. At least 500 doctors have been trained in Yoga and have been helping Patanjali in treating the sick. India suffers chronically from poor sanitation and polluted water, he said.

Against all odds, Patanjali health clinics are trying to take healthcare to millions of Indians, he said. "But we have to aim high and never lose faith," he affirmed. "We are firm in our resolve that over time — and it will take a long time — we will attain our goal of a healthy, clean and prosperous India."

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