



Vanik Voice

Aug 2017

Chairman

Mr Manharlal Mehta

General Secretary

Mahesh Gandhi

Regional Vice Chairmen

(North Region)

Mr. Kiran N..Mehta

(Midlands)

Mr. Rajnikant V. Shah

(Greater London)

Mr. Vijay H. Sheth

(South Region)

Mr. Harkishan D. Mehta

Treasurer

Mr. Jaykumar T. Shah

Deputy General Secretary

Mr. Bharat H. Mehta

Executive Committee

Members

Mrs. Asha Mehta

Mr. Shashibhai Shah

Mr. Virendrabhai Bakhai

Mr. Kirit Batavia

Mr. Ramesh Shah

Mrs. Saroj Varia

e- News Letter :

VANIK VOICE Editor

Mr Anil Parekh

Hon. Auditors

P.S.J. Alexander & Co

EDITOR'S REPORT

In Indian calendar the period between Guru Purnima and Kartik Purnima is known as Chaturmas. This period is normally reserved for spiritual introspection, tapas and religious festivities. Janmastmi, Paryushan, Navratri, Dashera and Diwali are among the most prominent of these celebrations. There is celebrations, worship, swadhyay, tapasya and family gatherings.

It is a time to reflect on ourselves and on our surroundings and many of our communities will be inviting scholars to enlighten us on the basics of our religion, customs and traditions. Individual efforts will be made to engage in various activities and make most of the opportunities that will be presented.

Paryushan is particularly a time and opportunity to make progress on the spiritual path. We wish all those participating in various tapasya to have success in their tapas and healthy completion of tapasya.

Vanik council, take the opportunity and say Micchami Dukkadam to all our readers.

Anil Parekh

CONTENTS

Editors's Report -1

Tapas in Jainism-2

Guru Shishya dialogue-5

Dietary way to reduce blood pressure-6

Caste discrimination-11

Speed Dating – 12

Matrimonial Register - 13

Live Kidney Donation – 20

Jain Funeral Rites – 20

Where to find Guru-21

Affiliated Associations

TAPAS – Jainism

"Practice of Tapa", i.e., observance of austerities is one of the important supplements to Ahimsa-vrata which is considered useful in achieving Samvara, i.e., stoppage of influx of Karmic matter into the soul. These austerities are regarded as essential things for achieving Nirjara, i.e., the shedding of Karmic matter from the soul, which is a necessary condition to the attainment of Moksha, i. e., salvation. The Jaina scriptures distinguish twelve kinds of austerities, as the expedients of Nirjara, grouped together under the two headings of Bahya Tapa, i.e., external austerities, and Abhyantara Tapa, i.e., internal austerities.

Bahya Tapa:

The six external austerities are:

1. Anasana, i.e., periodical fasting,
2. Avamodarya, i.e., eating less than the capacity of the stomach,
3. Vrtti-parisankhyana, i.e., putting restrictions in regard to food, for example, to accept food only if a certain condition is fulfilled.
4. Rasa-parityaga, i.e., daily renunciation of one or more of six kinds of delicacies, viz., ghee, milk, curds, sugar, salt and oil,
5. Vivikta-sayyasana, i. e., sitting or sleeping in a lonely or isolated place, devoid of animate beings, and
6. Kayaklesa, i.e., mortification of the body so long as the mind is not disturbed.

Abhyantara Tapa:

The six internal austerities are

1. Prayaschitta, i.e., expiation,
2. Vinaya, i.e., reverence,
3. Vaiyavrtya, i.e., service of the saints or worthy people,
4. Svadhyaya, i.e., study.
5. Vyutsarga, i.e., giving up attachment to the body, etc., and
6. Dhyana, i.e., concentration of mind.

All these external and internal kinds of austerities are practiced with the object of burning or shedding out all karmic impurities from the soul. These austerities are meant mainly for the ascetics, but it has also been enjoined upon the householders to practice them to the best of their abilities.

Different people undertake tapas for different reasons which are normally divided in three categories:

Dukh garbhit – To relieve oneself of suffering

Live and help to live

Arthgarbhit- To attain some wealth, power or fulfilment of other wishes

Gyangarbhit- To purify the soul and attain moksh.

It is important to have clear understanding of the purpose and benefits of various tapas and have the correct attitude take the advantage of the opportunity that is presented when undertaking tapas. It is better to undertake a tapas bearing in mind the physical ability and circumstances.

The reason for Tapas to be so important is that all our bondages are due to bondage to things which are products of Karma. Karma is performed by body, mind and intellect. Mind is the ultimate initiator of karma. If the mind is not under our control, we are going to be tied to the karmic world eternally. Tapas give us the opportunity to bring the mind in our control and start questioning the purpose of various actions (or inaction). These questions will lead us to develop our intellect and thoughts to differentiate and discrimination of what is really beneficial and what is harmful to our spiritual journey.

The six abhyantara tapas are more important than Bahya tapas. As they bring about change in thinking, control of mind and the attitude, the cause of all karmas. Unless a change is brought in mind control and thinking the spiritual progress will be minimal. Ideally one should endeavour to do both simultaneously.

Types of fasting

There are several types of fasts:

- Upvas: To give up only food for the whole day (starting from previous sunset to 2nd day sunrise - approximately 36 hours).
- Chauvihar Upvas: Like Upvas, but to give up water as well as food.
- Digambar Upvas: One may drink water only once a day, before sunset.
- Shvetamber Upvas: One may drink boiled and cooled water after Porsj, provided this is done before sunset.
- Tivihar Upvas: One may drink boiled water between sunrise and sunset.
- Ekasana: To eat one meal a day at one sitting and drink boiled water as desired between sunrise and sunset.
- Beasana: To eat two meals a day in two sittings and drink boiled water anytime between sunrise and sunset.
- Sudh Ayambil : To eat plain boiled rice (without salt / spices) and have water in 1 sitting. Nothing else permitted. Boiled water can be taken any time during the day 48 mins post sun rise and before sunset.
- Thamb Sudh Ayambil : To eat plain boiled rice (without salt / spices) and have water in 1 sitting only. Nothing else permitted. No water after 1 sitting.
- Ayambil: Eating food once in one sitting. The food contains only cereals and pulses not sprouted and it is spice free and boiled or cooked, without Salt, milk, curds, ghee, oil, oil seeds, or green/raw vegetables, fruits and sugar and its products.

VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

Live and help to live

- Bela/ Chhath: To give up both food and water or only food continuously for two days.
- Tela / Aththam : To give up food and water or only food continuously for three days.
- Aththai: To give up food and water or only food continuously for eight days.
- Navai: To give up food and water or only food continuously for nine days.
- Navkarsi: Food and water is consumed a minimum forty-eight (48) minutes after sunrise. Devout Jains brush their teeth and rinse their mouths only after sunrise.
- Porsi: Taking food and water after 1/4 (25%) of the day passes.
- Sadh-porsi: Taking food and water after 3/8 (37.5%) of the day passes.
- Purimuddh: Taking food and water after 1/2 (50%) of the day passes.
- Avadhhdh: Taking food and water after 3/4 (75%) of the day passes.
- Chauvihar: No food or water after sunset till at least Navkarsi next day. Many Jains practise this daily. Many Jains leave food or water before forty-eight (48) minutes of sunset.
- Tivihar: Like Chauvihar, but one may drink water.
- Navapad Oli: During every year for 9 days starting from the 6/7th day in the bright fortnight until the full moon day in Ashwin and Chaitra months, one does Ayambil. This is repeated for the next four and half years. Ayambils may be restricted to one kind of grain per day.
- Varsitap: To eat on alternate days and Upvas on the rest, for a whole year. Thus this fast is very rigorous since it entails a whole year of "tap" with eating no food on alternate days and eating food on rest of the days, while following the prescribed rules like not eating in the evening after sunset, not eating root vegetables (like potatoes, onions, ginger), and various other rules. In Swetamber Varsitap they do Ekasanu alternate days and Upavas on the rest days.
- Partial fasting (unodar): Eating less than you desire and to simply avoid hunger.
- Vruti Sankshep: Limiting the number of items eaten.
- Rasa Parityag: Giving up favourite foods.
- Great fasts are fasts for months at a time. Masakshaman: To give up food and water or only food continuously for a whole month.

યુવા વિભાગ

(આ વિભાગ અંતર્ગત મુમુક્ષુઓની પૂજ્ય ગુરુદેવશ્રીની સાથે રાત્રિ સમયે થયેલી તત્વચર્ચા આપવામાં આવી છે.)

શ્રોતા :—જે જીવ વસ્તુસ્વરૂપનો યથાર્થ નિશ્ચય નથી કરતો તેને શું થાય છે ?

પૂજ્ય ગુરુદેવશ્રી :—જે જીવ વસ્તુસ્વરૂપનો નિશ્ચય નથી કરતો તેનું ચિત્ત ‘વસ્તુસ્વરૂપ કઈ રીતે હશે !’ એવા સંદેહથી સદાય ડામાડોળ—અસ્થિર રહ્યા કરે છે. વળી સ્વ-પરના ભિન્નભિન્ન સ્વરૂપનો તેને નિશ્ચય નહિ હોવાથી પરદ્રવ્યને કરવાની ઈચ્છાથી તેનું ચિત્ત સદાય આકુળ રહ્યા કરે છે, તેમજ પરદ્રવ્યને ભોગવવાની બુદ્ધિથી તેમાં રાગ-દ્વેષ કરીને તેનું ચિત્ત સદાય કલુષિત રહ્યા કરે છે.—આ રીતે, વસ્તુસ્વરૂપના નિશ્ચય વગર જીવનું ચિત્ત સદાય ડામાડોળ અને કલુષિત વર્તતું હોવાથી, તેને સ્વદ્રવ્યમાં સ્થિરતા થઈ શકતી નથી. જેનું ચિત્ત ડામાડોળ અને કલુષિતપણે પરદ્રવ્યમાં જ ભમતું હોય તેને સ્વદ્રવ્યમાં પ્રવૃત્તિરૂપ ચારિત્ર ક્યાંથી થાય ?—ન જ થાય, માટે જેને પદાર્થના સ્વરૂપનો નિશ્ચય નથી તેને ચારિત્ર હોતું નથી.

શ્રોતા :—વસ્તુના સ્વરૂપનો નિશ્ચય ક્યા પ્રકારે કરવો ?

પૂજ્ય ગુરુદેવશ્રી :—વસ્તુના સ્વરૂપનો નિશ્ચય આ પ્રમાણે કરવો કે—આ જગતમાં હું સ્વભાવથી જ્ઞાયક જ છું; અને મારાથી ભિન્ન આ જગતના જડ-ચેતન સમસ્ત પદાર્થો તે મારાં જ્ઞેયો જ છે. વિશ્વના પદાર્થો સાથે માત્ર જ્ઞેય જ્ઞાયક સંબંધથી વિશેષ કંઈ પણ સંબંધ મારે નથી. કોઈ પણ પદાર્થ મારો નથી, ને હું કોઈના કાર્યનો કર્તા નથી. દરેક પદાર્થ પોતાના સ્વભાવ સામર્થ્યથી જ ઉત્પાદ-વ્યય-ધ્રોવ્યસ્વરૂપે પરિણમી રહ્યો છે. તેની સાથે મારે કાંઈ જ સંબંધ નથી.

જે જીવ આવો નિર્ણય કરે તે જ પર સાથેનો સંબંધ તોડીને નિજસ્વરૂપમાં ઉપયોગને જોડે, એટલે તેને જ સ્વરૂપમાં ચરણરૂપ ચારિત્ર થાય. આ રીતે ચારિત્ર માટે પહેલાં વસ્તુસ્વરૂપનો નિર્ણય કરવો જોઈએ.

શ્રોતા :—ન્યાયથી અને તર્કથી તો આ વાત બેસે છે પણ અંદર જવાની હિંમત કેમ ચાલતી નથી ?

પૂજ્ય ગુરુદેવશ્રી :—એને પહોંચવા જોઈએ એટલો પુરુષાર્થ નથી એટલે બહારને બહાર ભટક્યા કરે છે. અંદર જવાની રુચિ નથી તેથી ઉપયોગ અંદર જતો નથી.



DIETARY WAYS TO LOWER BLOOD PRESSURE

Ms Sarika Gorasia, Dr Saria Khalil & Dr Ameet Bakhai

Abstract:

High blood pressure or 'Hypertension' is one of the most common risk factor for heart disease, kidney failure, stroke and other debilitating diseases. In view of the increasing burden of hypertension and related disorders, efforts to understand ways of reducing blood pressure are warranted, including careful dietary and lifestyle choices.

Evidence based studies indicate that changes that help lower blood pressure include reduced salt intake, weight loss, moderation of alcohol consumption and some dietary supplements such as beetroot. Various diets and lifestyle approaches have emerged, in an attempt to improve and maintain healthy blood pressure levels, of which, the most effective is the DASH diet.

The current challenge is to raise people's awareness regarding the impact of unhealthy diets and lifestyles on blood pressure, and the importance of maintaining **a healthy, balanced diet to help prevent and control this silent killer.**

Introduction

It is estimated at present, that 16 million people in the UK have high blood pressure, making them three times more likely to develop heart disease or stroke and twice as likely to die from these as people with normal blood pressure. Approximately 62,000 unnecessary deaths from stroke and heart failure occur due to hypertension. ^[1]

Although, the occurrence of hypertension is on the rise, there are many **effective ways currently available to lower blood pressure, including medications, breathing techniques, new pacemakers or behavioural and lifestyle modifications. However, one of the most effective and simplest ways of controlling blood pressure is by maintaining a healthy, balanced diet.**

Background

Hypertension is a condition where the arterial blood pressure is persistently higher than expected. ^[2] The higher the pressure, the more resistance to blood-flow and the harder the heart has to pump to circulate blood around the body, resulting in added strain on the heart. High blood pressure is present, if readings on separate occasions consistently show blood pressure to be at, or higher than, 140/90mmHg in a relaxed state.

Hypertension can be divided into two categories, primary (essential) hypertension or secondary hypertension. About 90-95% of cases are those of primary hypertension, where the high blood pressure has no obvious single, underlying cause. The remainder of cases are diagnosed as secondary hypertension due to other conditions affecting the body, such as problems with the kidneys (example blood supply problems, infections or tumours), heart or endocrine system (such as overproduction of hormones from the adrenal or pituitary glands).

Lifestyle and blood pressure control

One thing that all experts agree on is that making healthy dietary and lifestyle choices can reduce the risk of high blood pressure. This includes: following a healthier, low-salt diet; avoiding harmful foods and substances; reducing stress; exercising and maintaining normal body weight.

Dietary foods that raise blood pressure

Salt intake has a direct impact on blood pressure, by acting on the kidneys to retain water in the body. The excess water raises pressure in the arteries, and to cope with this extra pressure, arterial walls become thicker, narrowing the channel inside the arteries and thereby raising blood pressure even higher. As the cycle of increasing blood pressure continues, it ultimately leads to arteries becoming so narrow that they clog up entirely, damaging the organs of the body in which the reduced flow occurs, such as kidneys, eyes, brain, leg muscles and heart itself.

Health professionals recommend that adults take no more than 6g of salt a day, about one full teaspoon ^[3], but the majority of people consume much more. Nearly, 80% of the salt ingested is hiding in processed foods like breads, biscuits or cereals; 20% comes from added salt while cooking or dining. To reduce salt intake, consumers should choose foods low in salt, checking labels for hidden salt, and limit the amount added to food. Salt levels of 0.3g salt or less per 100g of food is low, while 1.5g or more per 100g of food is considered high salt content. Some labels may only show sodium content, which is the main chemical in salt, 1g of sodium is equivalent to 2.5g of salt (0.6 sodium or more per 100g of food is high). ^[4]

Clinical studies show that increasing the intake of potassium to a healthy extent helps to balance out the negative effects of salt, and lower blood pressure. ^[5] The kidneys use a delicate balance of sodium to retain water, and potassium to remove excess water from the bloodstream for excretion, thereby restoring the balance and returning blood pressure back to normal levels. Low potassium levels can affect the heart, causing abnormal and potentially dangerous heart arrhythmias.

Those with hypertension should consume at least 4.7 g/d (120 mmol/d) of potassium per day. Some good examples of potassium rich foods include bananas, beans, spinach, dried apricots, potato, salmon, soya beans, avocados and wheat bran. ^[6]

Maintaining a low fat diet also helps to keep blood pressure under control, as well as maintaining a healthy body weight or avoiding weight gain. Eating too many saturated fats increases cholesterol levels in the blood, also blocking arteries and raising the risk of heart disease and stroke additionally. Saturated fats are found in red meats, butter and palm oil. However, more recent studies have shown that Polyunsaturated and monounsaturated fats, such as olive or sunflower oil actually reduce blood pressure, and cholesterol levels, among other health benefits. While butter and ghee are saturated fats, it is recommended however, for those with hypertension to include some grass-fed dairy products in their diet, as these contain vitamin K2. Preliminary data suggests K2 may be one of the most important nutrients to include in a dietary plan, as it is protective against osteoporosis, cardiovascular disease, cancer, and more. Thus, it is essential to have a balanced diet and eat the right amount of the right type of fat. When buying products, it is important to check the saturated fat content: where less than 3g total fat or 1g saturated fat per 100g of food is considered low, and more than 20g total fat or 5g saturated fat per 100g of food, is high.

Those with hypertension should take care to avoid consuming certain foods that increase blood pressure, such as black licorice. The glycyrrhiza in licorice root causes a condition known as pseudohyperaldosteronism, which results in fluid retention in the body from increased sodium retention and potassium loss, which in turn raises blood pressure.

Live and help to live

The intake of sugar-sweetened beverages should be kept to a minimum, as although excess sugar is often associated with diabetes, it has been linked to high blood pressure levels as well. Ready to eat meals and processed foods, particularly processed meats are also to be avoided, as the sheer amounts of sodium and other chemicals used to produce and preserve them are enough to make blood pressure levels soar. The same goes for canned and frozen foods. It is best to prepare fresh foods from home, where one can control the amount of salt that goes in, and be sure that there are no potentially harmful additives.

Alcohol contains a lot of calories, which causes weight gain and this in turn increases blood pressure. The current recommended limits are **3-4 units for men, and 2-3 units of alcohol per day for women.** [7]

Dietary foods that lower blood pressure

Additionally, there are a number of specific foods recommended for high blood pressure. Beetroots are high in nitrates and reduce blood pressure by improving vasodilation (widening of blood vessels). Diluted beetroot juice in particular has been shown to lower blood pressure in multiple studies when consumed on a regular basis. Other foods high in nitrates include celeriac, fennel, kohlrabi, leek, parsley, celery, cress, lettuce, spinach, and rocket.

Dark chocolate (at least 50% cocoa) is another food item that has been proven to lower blood pressure, notably in those with hypertension, also by vasodilation.

Garlic should be encouraged into the diet of those with high blood pressure, as researchers have concluded "People with high blood pressure who took garlic supplements daily for up to five months saw their blood pressure levels drop significantly". [8]

Daily drinking of herbal teas may also help reduce blood pressure. One study of more than 1,500 subjects showed that drinking one to two and a half cups of green tea on a daily basis lowers a person's risk of hypertension by 46%. Hibiscus tea has been demonstrated to reduce blood pressure in those with early stage high blood pressure and hawthorn tea is an antioxidant-rich tea that helps dilate blood vessels and improve blood flow.

Olive leaf tea extract was seen to make a difference in lowering blood pressure amongst a study of twins. [9] Chlorogenic acid, the major vasoactive ingredient in green coffee bean extract has also been reported to lower blood pressure. [10] It is important to appreciate that many of the trials undertaken to reduce blood pressure are by product manufacturers and often without an active placebo so that people often know what they are being given and this can bias results. Also many of the nutrients have shown benefits when taken together with lifestyle change of increased exercise, reduced alcohol and sugar intake all of which improve weight and fitness.

Antioxidants are natural substances that exist as vitamins, minerals and other compounds in foods are believed to help prevent disease by fighting substances that harm the body causing cellular damage when left unchecked. Part of this cellular damage leads to one of the major known factors in the development of heart disease, oxidation of cholesterol. Oxidation contributes to the build up of fatty plaques on artery walls (atherosclerosis), which eventually slows or blocks blood-flow to the heart. [11] Examples of good antioxidants, which have been proven to help lower blood pressure, include vitamin C (citrus fruits) and vitamin E (nuts, wholegrain, wheat germ, soybeans and sweet potatoes). Beta-carotene is another antioxidant, which is found in coloured vegetables and fruits such as carrots and beetroot. [12]

VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

Live and help to live

Vitamin B is also important in the prevention of heart disease. Evidence suggests that homocysteine, an amino acid in the blood, may promote atherosclerosis by damaging the inner lining of arteries and promoting blood clots. Folic acid and B-6 and B-12 vitamins have the greatest effects on lowering homocysteine levels.^[13] Dietary sources include broccoli, brussel sprouts, asparagus, spinach, chickpeas and brown rice.

Another important vitamin that lowers blood pressure is vitamin D. Studies suggest vitamin D helps reduce the thickening of arterial walls, inflammation and arterial calcification. Vitamin D is found in eggs and oily fish, such as salmon, sardines and mackerel. However, most of our vitamin D comes from skin exposure to direct sunlight.

Diet control

One of the most successful and effective ways of keeping blood pressure under control without medication is the DASH Diet (Dietary Approaches to Stop Hypertension),^[14] developed in 1997 by the United States Department of Health and Human Services (National Heart, Lung, and Blood Institute).

The approach is based on following a dietary plan of 2,000 calories per day, mainly fruits, vegetables, whole grains and low-fat or non-fat dairy. It emphasizes whole grains as opposed to refined grains and the minimal intake of red meat, sweets, and sugar-laden beverages (Table 1).



Table 1: The DASH diet plan

Type of food	Number of servings for 1600 - 3100 Calorie diets	Servings on a 2000 Calorie diet
Grains and grain products (include at least 3 whole grain foods each day)	6 - 12	7 - 8
Fruits	4 - 6	4 - 5
Vegetables	4 - 6	4 - 5
Low fat or non fat dairy foods	2 - 4	2 - 3
Lean meats, fish, poultry	1.5 - 2.5	2 or less
Nuts, seeds, and legumes	3 - 6 per week	4 - 5 per week
Fats and sweets	2 - 4	limited

Live and help to live

Rich in potassium, magnesium, calcium, vitamins, and fiber while scarce in sodium, saturated fat and cholesterol, the DASH diet lowers blood pressure, reduces cholesterol, and improves insulin sensitivity. Therefore, the diet reduces risk of many diseases, including some cancers, stroke, heart disease, kidney stones, and diabetes. It is also an effective way of losing weight and maintaining a healthy body weight.

Additional information on blood pressure can be found in the, comprehensive and up-to-date, Special Health Report from Harvard Medical School on “*Controlling Your Blood Pressure*”.^[15] The report provides details on how to measure blood pressure, invaluable insights and tips on how to conquer unhealthy salt cravings, and recommendations for lifestyle, dietary and medication management, whereby blood pressure can be controlled.

LIFESTYLE CHANGE	WHAT TO DO	POTENTIAL REDUCTION IN SYSTOLIC BLOOD PRESSURE
Lose weight	Reach and maintain a normal body mass index	5–20 mm Hg for every 22 pounds lost
Adopt the DASH diet	Eat plenty of fruits and vegetables, choose low-fat dairy products, and reduce total fat consumption	8–14 mm Hg
Reduce salt	Consume no more than 2,300 mg of sodium a day (about 6,000 mg of salt)	2–8 mm Hg
Exercise regularly	Get at least 30 minutes of moderate aerobic exercise on all or most days of the week	4–9 mm Hg
Limit alcohol	Have no more than two drinks per day if you’re male, or one drink per day if you’re female	2–4 mm Hg
Quit smoking	There is no safe amount of cigarette smoking; if you smoke, try to quit	2–8 mm Hg*

*Estimate based on clinical experience.

Source: Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure.

CASTE DISCRIMINATION –CONSULTATION

Government to conduct a public consultation on the issue of caste and the Equality Act 2010.

The government is to undertake a full public consultation on the issue of caste and the Equality Act 2010.

A key aim of the consultation will be to obtain the views of the public on whether additional measures are needed to ensure victims of caste discrimination have appropriate legal protection and effective remedies under the 2010 Equality Act.

The changes in the legislation can have a far reaching effect on many communities and organisations and employers making it mandatory to keep records of the caste of employees or beneficiaries of various services. It is important for our communities to understand and participate in these consultations so that unnecessary and unjustified restrictions are not imposed on our communities and organisations.

It is necessary to clear in our minds what caste system is about.

It is generally believed that caste system is prevailing among the Hindu community and is part of the Hindu religion. This is a misunderstanding of the Varna system described in Shrimad Bhagwad Gita. The Varna is a system of classification of all mankind in four distinct groups prevailing at any one time: Workers (Sudra), Traders (Vaisya), Administrators (Khsatriy) and Researchers and developers (Brahmins). It is made very clear that this is a result of karmas and karmas can change this classification of the individual. There are many examples in our Purans that a person born in a Brahmin family may end up as a warrior, or worker depending on his/her engagement of various karmas. This will apply to all mankind all over the world whether they are aware of it or not.

In all parts of the world, people form groups to for common goals, common customs, common food etc. and work together for the benefit of the whole group. This may be given various descriptions and names such as caste, tribe, class, nationality and so on. The underlying reason could be to protect, develop and spread a particular belief, custom, language, tradition, skill, art, craft or something similar.

By definition, a person belonging to one group will be excluded from another formed for the same purpose. The group will have their own traditions, ways and resources and rules for all within the group to follow. The person will then be identified with that group.

In one lifetime, a person may be identified with several groups simultaneously and over the time some of them are discarded and new ones are taken depending on changing circumstances in terms of geography, beliefs, professions, language, marriage etc.

It is unfortunate that jealousies, rivalry and superiority and inferiority complexes have been rife over the ages and people in power and politics have exploited this situation to divide and rule the

Live and help to live

various communities. Similar groupings have emerged in western world also: Upper class, lower class, white collar worker, blue collar worker, royalty and non royalty. Similar manipulation and exploitation have arisen in those societies also.

Some secret groupings and clubs have also been established with its own private networks promoting only their members to key positions of power such as free masons. The list goes on and some of these practices and groupings are still prevailing and flourishing.

The government is rightly concerned that though caste system can prevail in some communities, the spirit of Equality Act 2010 should prevail and people should be protected against discrimination. While the concern is justified, it is highly questionable if the insertion of the wording 'on grounds of caste' will be of any benefit and on the contrary it will be a great burden on organisations, institutions and government departments to keep comprehensive data, implement systems and ensure that all precautions are taken to avoid discrimination. The collating, storing and using the caste details of employees and service beneficiaries in government departments, various clubs, institutes would not only burden them enormously but it may be bringing the issue of caste to a prominence it does not deserve.

Moreover, the law enforcement and judiciary will find it difficult or impossible to interpret any legislation on caste whose definition is vague changing all the time.

The concern can be addressed simply by using a case by case situation and establishing if any discrimination has wilfully taken place and the grounds of the discrimination is covered in existing legislation which covers race, colour, gender, ethnic origin and religious beliefs.

It is very important to point out that caste systems even in India are now fading away and if you ask many people from our own community about his/her caste, most likely he/she is not aware of it and has no relevance in his/her life. Changes in the legislation may become detrimental to the various castes it seeks to address.

I think it will be wiser for the government stick with the existing legislation and spend its time and resources in something more important and save our employers and government departments from unnecessary and irrelevant paperwork.

Anil Parekh

P. S. The views expressed in this article are those of the author and not necessarily of Vanik Council U.K.

VANIK Council(UK) Speed Dating

For the last 25 years, Vanik Council has organized speed dating events, usually having them once or twice a year. There have been many successful marriages that have started with a meeting at our speed dating events. This year the event was held at Navnat Centre, with a record turnout of 226 participants.

The aim of the event is to provide an opportunity for young Jains and Hindu to meet and find a partner. We did this by ensuring that the majority of participants had a 3-minute date with around 40 to 60 people, all around a similar age.

This was enough time for people to learn a little about each other and then to decide if they want to meet again. If they did, they would make a note on a form we have given them, and we pass on the contact details. On average, each participant thought that 10 people they met could be the one for them.



This year we had to close for boys nearly two weeks before closing date and had to turn away many boys. The demand for spaces for boys was the highest we've ever seen it, and it likely to grow in future events.

This year lunch was freshly made pizza etc donated by Late Babubhai Ratanshi Mehta's grandson Punir who is son of Mr Rohit and Mrs Purnima Mehta. As well as serving the community by providing a speed dating service, we aim to help members of our community who have a business by giving them an opportunity to show their products.

Next Event

On Sunday 20 May 2018 11am to 4pm at Navnat, Printing House Lane, Hayes, UB3 1AR.

To ensure participation in this event, please send your e mail address to Speed.dating@vanikcouncil.uk

We have kept the prices low and if you book before the end of February 2018 you will just pay £15, but if you delay to the last minute you will have to pay £25. No booking will be taken after 30 April 2018. Please visit web for latest information.

For more information, please use the booking form at the bottom of this page, or contact:

Ramesh Shah	07742 045 154	ramesh.shah@vanikcouncil.uk
Mahesh Gandhi	07801 718 293	mahesh.gandhi@vanikcouncil.uk
Manhar Mehta	07775 523 233	manhar.mehta@vanikcouncil.uk

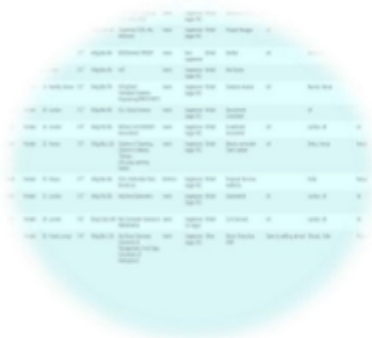
VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

Live and help to live

Matrimonial Register

Vanik Council have a professional, anonymous structure in place to help you meet your possible soul mate. The list is organised so that the reader can obtain the height, qualifications, age and reference number of each member. However, they cannot see the name and other details.



The matrimonial register is administered by Jayman Mehta on behalf of Vanik Council (UK). Please see below candidates who have registered.

Registration and payment can be done online. Please visit www.VanikCouncil.uk to register. Once registered, more details of your selected member can be obtained by emailing, jayman.mehta@vanikcouncil.uk.

VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

Live and help to live

Matrimonial Register – Males

<u>Ref.No.</u>	<u>Age</u>	<u>Birth</u>	<u>Height</u>	<u>Qualifications</u>	<u>Diet</u>	<u>Occupation</u>
M 839	26	Mumbai	5'7"	MBA	Vegetarian (eggs OK)	Trader
M 838	30	Mancheste	5'9"	BA (Hons)	Vegetarian (eggs OK)	Accountant (Financial)
M 837	28	London	5'8"	BSc (Hons)	Vegetarian (eggs OK)	Marketing Executive/Manager
M 836	36	Anand, Indi	5'10"	B Sc	Non-vegetarian	Business Manager
M 835	34	Kent, Unite	6'0"	LLB (Hons)	Non-vegetarian	Lawyer
M 834	34	Luton	5'3"	MA	Vegetarian (eggs OK)	
M 833	30	Leicester, L	5'4"	ACCA	Non-vegetarian	Accountant (Management)
M 832	30	London	5'6"	MBBS	Vegetarian (eggs OK)	Doctor
M 831	28	Milton Key	5'4"	ACCA	Non-vegetarian	Accountant
M 830	34	Tooting uk	6'0"	BSc	Vegetarian (eggs OK)	Analyst
M 829	26	Mombasa,	5'6"	MBBS	Vegetarian (eggs OK)	Doctor
M 828	26	Mumbai	5'11"	BSc(Hons) Business Management from University of Warwick	Vegetarian (eggs OK)	Business Intelligence Analyst
M 827	29	London	5'11"	BA(Hons) business management	Vegetarian (no eggs)	Company Director
M 826	25	Birminghar	5'4"	Medical Doctor (MBChB) Clinical sciences (BSc)	Vegetarian (eggs OK)	Doctor
M 825	33	Ahmedaba	5'6"	M.SC. ELECTRONICS	Vegetarian (eggs OK)	IT Consultant
M 824	27	Ahmedaba	5'8"	M.Eng. (Aerospace) Queen Mary, University of London, UK	Vegetarian (eggs OK)	Aeronautics and Aerospace Engineer
M 823	27	London, Uk	5'6"	BSc IT and Business	Vegetarian (eggs OK)	Business Analyst Banking
M 822	32	London	5'9"	BA (Hons) History	Non-vegetarian	Enterprise Sales
M 821	36	Ilford	5'6"	Masters in Aerospace Engineering (MEng)	Vegetarian (eggs OK)	Teacher
M 820	28	London	5'8"	BDS Dentistry	Non-vegetarian	Dentist
M 819	37	London	5'7"	B.Arch	Vegetarian (no eggs)	Architect
M 818	34	London, Uk	5'8"	ACA, BSc (Hons) Accounting & Finance (LSE)	Vegetarian (eggs OK)	Own Business
M 817	42	Leicester	5'8"	MBA, BA (hons) DMS DIPSW NLP	Vegetarian (no eggs)	Director/Consultant
M 816	33	Sudan	5'9"	Chartered Certified Accountant	Vegetarian (eggs OK)	IT Support Analyst
M 815	28	Milton Keynes	5'4"	2.1 BSc Hons degree in Finance & Accounting. I am also a part qualified	Non-vegetarian	Tax Accountant with top 4 accountancy firms
M 814	32	Leicester	6'0"	2:1 Degree in Business Information Systems	Non-vegetarian	Data Analyst
M 813	29	Leicester, L	5'7"	BSc (Hons) MCOptom	Vegetarian (no eggs)	Optometrist
M 812	33		5'6"	BA Business Studies and CIMA PQ Association of Project Management	Vegetarian (eggs OK)	Business Change Project Manager
M 811	27	Gondal, Inc	5'6"	MSc Finance; BSc Maths and Economics (LSE) Banking/Finance Professional	Vegetarian (no eggs)	Finance analyst
M 810	29	London	5'8"	BMBS, Bsc (Hons) Bachelor of Medicine, Bachelor of Surgery	Non-vegetarian	Doctor

VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

Live and help to live

				Bachelor of Sciences with Honours in Pharmacology		
M 809	30	Mutare, Zlr	5'11"	Actuarial Science,with Economics, Masters in Finance. LSE	Vegetarian (eggs OK)	Investment banking, Vice President
M 808	27	Nairobi	5'10"	MBBS, BSc	Vegetarian (eggs OK)	Doctor
M 807	26	Surat	5'7"	ACCA Student. Nearly qualified.	Vegetarian (eggs OK)	Accounts Assistant
M 806	30	Rajkot	5'9"	HND-Diploma	Vegetarian (no eggs)	Regional sales manager
M 805	32		5'11"	MSc Statistics	Vegetarian (eggs OK)	Business Analyst
M 804	27	Rajkot	5'8"	BA (Hons) Management/Administration	Vegetarian (eggs OK)	Administration
M 803	36	Mumbai, Ir	5'8"	BSc (Honours) Business Information Systems	Non-vegetarian	CAD (Design Technician)
M 802	27	Harrow	6'0"	BSc (Hons) MSc ACMA, CGMA	Vegetarian (no eggs)	Management Consultant
M 801	28	UK	5'7"	BSC ENTERTAINMENT TECHNOLOGY	Non-vegetarian	Claims Assessor
M 800	29	London	5'7"	Bsc In Physics and Maths Masters in Robotic Engineering Soccer Coaching level 3	Vegetarian (eggs OK)	Owner of a 1v1 Soccer Academy
M 799	36	London	5'6"	Masters Aerospace Engineering 2.1 M.Eng	Vegan	Maths Teacher(Secondary School)
M 798	37	Kenya	5'9"	PGCE (Teaching) ACCA	Vegetarian (no eggs)	Accountant
M 797	31	London	5'9"	Bsc Software Systems (degree)	Non-vegetarian	Software Engineer
M 796	35	UK	5'8"	BA (Hons) Media Production Management	Vegetarian (eggs OK)	Personal Assistant
M 795	32	London	5'7"	MSc Management BSc Statistics	Vegetarian (no eggs)	Area Manager
M 794	31	London,UK	6'4"	Masters in soft ware engineering	Non-vegetarian	IT securities
M 793	27	Harrow Lon	5'11"	MBBS ; BSc Hons, Imperial College, London.	Vegetarian (eggs OK)	Medical Doctor
M 792	27	Mancheste	5'8"	Medical Doctor currently specialising i BSc (Hons) Optometry	Vegetarian (eggs OK)	Optometrist
M 791	28	London	5'9"	B.Sc (Maths & Economics) ACA (Chartered Accountant) CPA (Chartered Financial Analyst)	Vegetarian (eggs OK)	Trading Assistant in Investment Bank
M 790	36	Mumbai (Ir	5'7"	Bsc Hons Business IT	Vegetarian (no eggs)	Customer Advisor
M 789	25	Mumbai	6'2"	BSc Honors in Computer Science (Undergraduate)	Vegetarian (eggs OK)	Service Desk Agent
M 788	28	UK	5'10"	BEng	Vegetarian (eggs OK)	Manager
M 787	42	London	5'11"	BSc. Hon., MBBS, MRCP, FRCP, London.	Vegetarian (no eggs)	Hospital Consultant
M 786	32	Malaysia	5'10"	Bachelor of IT	Vegetarian (eggs OK)	PMO Manager
M 785	27	Mancheste	6'2"	BA(Hons)(Economics & Social Studies	Vegetarian (eggs OK)	Financial Analyst
M 784	28	London	6'0"	ACCA	Non-vegetarian	Accountant
M 783	26	Birmingham	5'10"	BA Hons Architecture Architecture Part Two - Final Year	Non-vegetarian	Architect
M 782	31	Mancheste	5'7"	BSc Hons (ISE)	Vegetarian (eggs OK)	Director (Consulting)
M 781	32	London	6'2"	BA ACCOUNTING	Vegetarian (no eggs)	Investment Bank
M 779	28	Kenya	5'10"	MPharm	Vegetarian (eggs OK)	Pharmacist
M 778	30	London	5'9"	BSc (Hons) Computer Science	Vegetarian (eggs OK)	CEO / Operations Manager
M 777	32	Luton	5'3"	BSc Communications and Media MA Sports Broadcast Journalism	Vegetarian (eggs OK)	Video Editor
M 775	32	London	5'5"	MB/ChB (Medicine) FRCPath Microbiology	Vegetarian (no eggs)	Doctor

VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

Live and help to live

M 774	31	India	5'7"	Msc Microbiology Bsc (Hons) Business Information Technology	Vegetarian (eggs OK)	IT Manager
M 773	35	Harrow	5'7"	PHD	Vegetarian (no eggs)	Trader
M 772	41	Kenya	5'10"	BSc Actuarial Science (LSE)	Vegetarian (eggs OK)	Hedge Fund manager
M 771	29	Omdurman	6'0"	BSc in Computer Science and Business Administration, currently	Vegetarian (eggs OK)	Customer Service
M 770	37	Dar es Sala	5'9"	ACCA, CPA	Vegetarian (no eggs)	Audit Manager
M 769	30	UK	5'10"	MSc Mathematics	Non-vegetarian	Family Business
M 768	33	Park royal	5'6"	Degree (hons) Travel & Tourism Management	Vegetarian (eggs OK)	Chil Service
M 766	29	Ahmedabad	5'6"	B.Com, ACCA (Part Qualified), Diploma in Networking Microsoft & Cisco Certifications (MSCE, CCNA, etc.)	Vegetarian (no eggs)	IT System Analyst
M 765	31	Nairobi, Ke	5'8"	NONE	Vegetarian (eggs OK)	ADMIN
M 764	29	Kenya	5'6"	M pharm	Vegetarian (eggs OK)	Pharmacist
M 752	33	India	5'8"	BA Hons, Accounting & Finance	Vegetarian (no eggs)	Case Manager
M 745	32	Bahon	5'9"	BA (Hons) Journalism MA Politics	Vegetarian (eggs OK)	TV Producer
M 739	40	Moshi	5'7"	ACA	Vegetarian (eggs OK)	Senior Manager
M 738	28	Lusaka, Zan	5'11"	Degree in Accounting and HRM, Masters in Accounting, Qualified Financial Adviser	Vegetarian (eggs OK)	Banking
M 734	34	Dhuvoran I	5'11"	Diploma in Electrical Engineering	Vegetarian (no eggs)	Engineer

VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

Live and help to live

Matrimonial Register – Females

Reference	Age	Place of Birth	Height	Qualification	Diet	Occupation
F1028	25	UK	5'5"	BSC (Hons)	Vegetarian (eggs OK)	Auditor
F1027	29	London	5'5"	BSC (Hons)	Vegetarian (eggs OK)	Marketing Communications
F1026	36	London	5'5"	BA (Hons)	Vegetarian (no eggs)	Administrator
F1025	29	Nairobi, Kenya	5'3"	BSC (Hons)	Vegetarian (eggs OK)	Banker
F1024	29	London	5'2"	BDS	Vegetarian (eggs OK)	Dentist
F1023	27	Diu India	5'0"	BSC (Hons)	Vegetarian (eggs OK)	Civil Service
F1022	39	Kenya	5'2"	BEng Computer Systems Engineering.	Vegetarian (eggs OK)	Software Engineer
F1021	34	Vadodara, India	5'2"	LL.B M.Sc (HR)	Vegetarian (no eggs)	Project Co-ordinator - Banking
F1020	40	London	5'0"	MAAT PQA ACCA	Vegetarian (eggs OK)	Management Accountant
F1019	28	Jamnagar- India	5'3"	AAT LEVEL 3 PASS	Vegetarian (eggs OK)	Account Assistant
F1018	38	UK	5'4"	ACA	Vegetarian (eggs OK)	Accountant
F1017	23	Harrow UK	5'6"	BDS	Vegan	Dentist
F1016	29	Manchester, UK	5'6"	Bachelors (Hons) in Business Management	Vegetarian (eggs OK)	Business Analyst
F1015	32	London	5'2"	MSc Finance	Vegetarian (no eggs)	Risk Analyst
F1014	23	London, UK	5'0"	MSc Mathematics Part qualified actuary	Vegetarian (no eggs)	Actuary
F1013	26	Khartoum	5'5"	BSc Economics MSc Finance	Vegetarian (no eggs)	Financial Associate
F1012	25	Ahmedabad	5'4"	Md.physician Currently studying psychology at east london	Vegetarian (no eggs)	Student
F1011	36	UK	5'3"	LL.B Law - Postgraduate	Vegetarian (no eggs)	Solicitor
F1010	24	London	5'3"	MBChB BSc (Hons)	Vegetarian (eggs OK)	Doctor
F1009	35	UK	5'2"	Degree	Vegetarian (eggs OK)	Project Management
F1008	27	Leicester	5'6"	ACCA Chartered Accountant	Non-vegetarian	Assistant Financial Accountant
F1007	36	Wembley	5'3"	BSC Business computing	Non-vegetarian	Accounts Assistant
F1006	36	Brent	5'1"	BA hons Modern Languages (Spanish/German)	Non-vegetarian	Civil servant
F1005	28	London	5'6"	MPharm	Non-vegetarian	Pharmacist
F1004	36	Harare	5'3"	Masters Business Administration	Vegetarian (no eggs)	Senior Manager
F1003	26	UK	5'6"	MEng(Hons) Chemical	Vegetarian (no eggs)	Chemical Engineer
F1002	31	London	5'2"	BA	Vegetarian (eggs OK)	IT Configurator
F1001	26	Harrow, UK	5'5"	BA LLB ((Oxford)	Vegetarian (eggs OK)	Solicitor
F1000	33	London	6'1"	Bsc Mathematics Msc Mathematics Part Qualified Accountant	Vegetarian (eggs OK)	Human Resources Consultant
F 999	27	India	5'0"	BSc Computing	Vegetarian (no eggs)	Operational Staff
F 998	34	Sudan	5'8"	ACCA Bsc - Applied Accounting	Vegetarian (no eggs)	Business Analyst - Ernest & Young
F 997	26	Singapore	5'3"	Master of Architecture (M. Arch)	Vegetarian (eggs OK)	Architect
F 996	27	Faridabad	5'4"	B.Sc Nursing	Vegetarian (no eggs)	Nurse
F 995	29	U.K.	5'9"	MBBS and ENT consultant	Vegetarian (eggs OK)	Doctor
F 994	29	London	5'7"	BSc Economics & Accounting Part Qualified CIMA	Vegetarian (no eggs)	Assistant Management Accountant
F 993	27	London	5'5"	BA (Hons) Post-Graduate Certificate	Non-vegetarian	Teacher
F 991	33	London	5'3"	BSc (Hons)	Vegetarian (eggs OK)	Marketing Consultant
F 990	29	London	5'5"	Degree in economics and management Working for avivainvestors	Vegetarian (eggs OK)	Assistant portfolio manager
F 989	26	London	5'1"	BA (Hons), CFA	Vegetarian (eggs OK)	Trader

VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

Live and help to live

F 988	37	India	5'6"	Optometry BSC(Hons)	Vegetarian (no eggs)	Optometrist
F 987	30	Rajkot	5'1"	Bsc	Vegetarian (no eggs)	IT Analyst
F 986	26	Nairobi	5'2"	MBChB	Vegetarian (eggs OK)	Doctor
F 985	29	kenya	5'7"	MPHARM	Vegetarian (no eggs)	Pharmacist
F 984	26	London	5'3"	BSc (Econ) Geography	Vegetarian (no eggs)	Teaching Administrator
F 983	28	UK	5'7"	BA (Hons) Law with Business	Non-vegetarian	AML Compliance Officer
F 982	34	London	5'4"	Mechanical engineer with Economics	Non-vegetarian	Hoteller
F 981	32	London	5'6"	Information Systems /IT degree	Non-vegetarian	Hoteller.
F 980	33	London	5'3"	Bsc (Management) / Cima	Vegetarian (eggs OK)	Accountant
F 979	34	Ratlam	5'4"	Chartered Accountant	Vegetarian (no eggs)	Job
F 978	31	Rajkot	5'1"	AAT(accounts) London B.Com Mumbai University	Vegetarian (no eggs)	Accounts Assistant
F 977	36	United Kingdom	5'2"	LLB Honours Law	Vegetarian (eggs OK)	Lawyer - Investments
F 976	31	Antwerp	5'3"	Bachelors in Marketing, Post graduate in Business	Vegetarian (no eggs)	Marketing consultant
F 975	29	London,UK	5'7"	BSc in Paediatric Nursing	Non-vegetarian	Paediatric Nurse
F 974	43	London,UK	5'1"	BSc Hons Psychology/Biology	Vegetarian (eggs OK)	Pharmaceutical Project Manager
F 973	34	Pune	5'4"	Masters of Commerce	Vegetarian (no eggs)	Animal welfare charity volunteer
F 972	31	Uk	5'4"	Acca qualified accountant	Vegetarian (eggs OK)	Accountant
F 971	37	london	5'2"	MSc Science	Vegetarian (no eggs)	Regulatory and Compliance

Live Kidney Donation

“Live Kidney Donation” is a new initiative by the Vanik Council(UK) . Vanik Council is campaigning for organ donation; particularly donation of a kidney by living people. The project concentrates on live kidney transplants within the Jain community of North West London. It is funded by NHSBT via NBTA.

In raising awareness within the community, Vanik Council will produce a leaflet showing need within the Jain community for donation of kidney and giving details of sources of information to those who may decide to donate.

We will also produce a video of people who have donated their kidneys to save someone’s life and medical personnel talking of benefits of live kidney donation.

The leaflet is being printed and will be distributed within the community during this Paryushan. The project also includes raising awareness by giving talks to the community members. We have held talks at various gatherings of our community. Around 700 people have attended these talks. **These talks have resulted in around 25 people showing interest in donating their live kidney.**

A Health seminar will soon be arranged where kidney specialist doctors and nurses will give talks on kidney disease, its prevention and treatment including dialysis and transplants.

Funeral rites for Jains ... Whether in the UK or abroad

Vanik Council, as part of their Spiritual Health Care of Jain patients have been conducting Funeral rites at deceased person’s home and at the crematorium for many years. This is a free service. We have volunteers in some parts of London and Leicester. Volunteers are needed in all areas of the UK. Training will be provided.

Modern technology helps to take our services in other parts of the world. Recently we performed funeral rites in Australia with the help of WhatsApp / Skype / FaceTime.

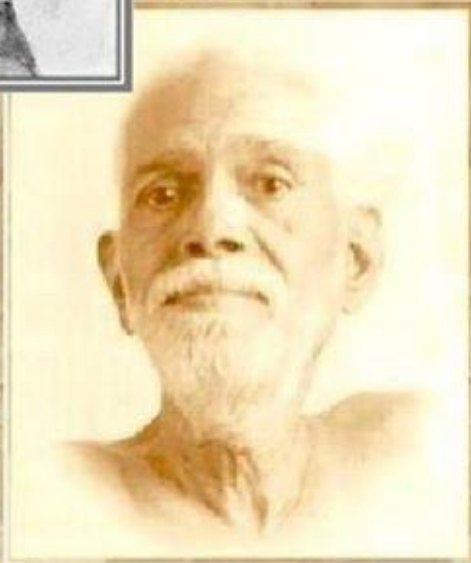
Our Chairman and the Funeral Rites coordinator Manharbhai Mehta recited the ceremonial procedure at 5.00 am in the morning and the family in Australia performed the Vidhi. We sent full instructions which enabled them to make preparations and follow the instructions from the UK.

If you are interested in volunteering for this cause, please register your name and full contact details at secretary@vanikcouncil.uk

VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

Live and help to live



The greatest guru is your inner self.
Truly, he is the supreme teacher.
He alone can take you to your goal and
he alone meets you at the end of the road.
Confide in him and you need no outer guru.

~Nisargadatta

D.: I am always at your feet. Will Bhagavan give me some upadesa to follow? Otherwise how can I get the help, living six hundred miles away?

B.: The Sad-Guru is within.

D.: The Sad-Guru is necessary to guide me to understand that fact.

B.: The Sad-Guru is within you.

D.: I want a visible Guru.

B.: That visible Guru says that he is within.

~Talk 434.

~Sri Ramana Maharshi