

# American Hindu Association

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## HINDU CONNECTIONS

### American Hindu Association

Cordially invites you & your family for a Celebration of  
Maha Shivratri Puja, Conducted by Priest on March 16, 2008



~ Free Program ~

*Maha Shivratri, the night of the worship of Shiva, occurs on the 14th night of the new moon during the month of Phalgun. It falls on February night, when Hindus offer special prayer to the lord of destruction. Shivratri is the night when Lord Shiva performed the Tandava Nritya or the dance of primordial creation, preservation and destruction.*

**Venue:** Shorewood

Community Center  
901 Swarthmore Court, Madison, WI 53705

**Puja:** 4:00 PM – 6:00 PM.

Puja Rudram recitation Abhishekam (Milk, Panchamirtham,  
and Rose water) Bhajan, Arati & Prashad

**Potluck Dinner:** 6 PM – 8:00 PM (Bring your own choice of  
vegetarian food to share with others)

**For more information, please contact:**

Rita: 848-9046 Kumar: 209-0652  
Dr. Bala: 848-6780 Badri: 467-1598  
Naveen: 833-8832 Dr. Prabhu: 268-0240  
Amit: 772-0858 Bahee: 234-8634

Let's come together to celebrate the Love & Glory of Lord  
Shiva.

**AHA\_Bala\_Gokulam**

**Organized by American Hindu Association**

*American Hindu Association is proud to announce the start of Bala~Gokulam program in Madison. This program is designed to expose young children to the rich Hindu culture and traditions, and provide various learning opportunities such as learning shlokas, their meaning and related stories.*

## March, 2008

*craft activities based on the theme. Kids will work together or work with the volunteers to complete these themed activities.*



*Kids will learn bhajans, songs and some forms of classical and folk dance.*

**Start Date:** March 8<sup>th</sup> 2008, Sat. 2:00  
P.M

**Place:** Memorial High School  
201 South Gammon Rd, Madison WI  
53717

Registration form is available at  
[www.americanhindu.net/AHA\\_Bala\\_Gokulam\\_REGISTRATION\\_For\\_m.pdf](http://www.americanhindu.net/AHA_Bala_Gokulam_REGISTRATION_For_m.pdf)

**Age Group:** 5 years and above

*Younger siblings welcome, if accompanied by adults*

*A nominal fee of \$10 will be charged every quarter to cover expenses. If interested in volunteering or for any other information, please contact:*

*Rashmi: 831-0321 rashmisat@yahoo.com*

*Namita: 497-0298 namitabasavatia@yahoo.com*

**To join the Aha\_Balagokulam E group for Children ~ Go to**  
[http://groups.google.com/group/AHA\\_BalaGokulam](http://groups.google.com/group/AHA_BalaGokulam)

**Children Using Yoga to Help Prepare for NY Math Exam**

[http://www.9wsyr.com/news/local/story.aspx?content\\_id=5a846039-59d1-4ba4-9115-e3f35cd8fdb4](http://www.9wsyr.com/news/local/story.aspx?content_id=5a846039-59d1-4ba4-9115-e3f35cd8fdb4)

*SAYRATCUSE, NY, USA, February 28, 2008: New York State's math testing for 3rd through 8th graders begins next week. Some classrooms have found a way to calm students nerves, and teachers are using yoga moves to reduce stress.*

*Ms. Cathy Weeks' class at Wheeler Elementary has her fifth graders trying to relax by doing asanas, or postures. "If they're frustrated or upset about something, they can calm themselves down," the teacher says. When students are caught day dreaming, Ms. Weeks has the whole class do a specific pose to re-focus. To curb sleepiness, she asks the students to get in an energizing downward position.*

*"When students come back in from recess, I can see them starting to do the yoga poses on their own. They're starting to realize how it impacts them and how much it helps them re-focus to the point where they want to do it even if not directed to do it," says another teacher, Kristine Gupitill.*

**GEMS FROM THE BHAGVAD GEETA**

We are starting a new series of extracts from the Sri-Bhagavada Geeta (The Divine Song). The Bhagavada Geeta is said to be the essence of all the Vedas and Upanishads. It's teachings are as relevant today as they were when the Lord, Sri Krishna, expounded to prince Arjuna on the sacred battle field of Kurukshetra thousands of years ago. While it is impossible to do justice to a profound work such as this in a newsletter, in each edition we will present a few randomly chosen couplets and their

brief meaning. We hope you find it helpful in finding a balance between your material and spiritual journey.

### Ch3: Couplet # 1

Arjuna uvaca  
jyayasi cet karmanas te mata buddhir janardana  
tat kim karmani ghore mam niyojayasi keshava  
Sri Arjuna said:

O Janardana! O Keshava! If you mean that knowledge is better than action then, why are you convincing me to do this dreadful act (of war)? If according to you, performing my duty is less important than knowledge and desertion of work than why are you, by giving me encouragement, urging me to act?

### Ch3: Couplet # 2

vyamisreneva vakyena buddhim mohayashiva me  
tad ekam vada niscitya yena sreya 'ham apnyam  
With Your praising of both Action and Intelligence at the same time seems to bewilder my mind. Therefore, please decide and tell me one of these, by which I may attain the highest good.

### Ch3: Couplet # 3

sri-bhagavan uvaca  
loke 'smin dvi-vidha nistha pura prokta mayanagha  
jnana-yogena sankhyanam karma-yogena yoginam  
Sri Bhagavan said:

O Sinless Arjuna! In this world, two type of paths of Sadhana (spiritual discipline) to achieve equanimity, have already been explained by me before. The two paths are the path of Sankhyayoga (Knowledge) for the men of renunciation and the path of Karma yoga (Action) for the men of Action.

### Ch3: Couplet # 4

na karmanam anarambhan naishkarmyam purusho 'snute  
na ca sannyasanad eva siddhim samadhigacchati  
Man does not attain freedom from action (culmination of the discipline of Action) without entering upon action; nor does he reach perfection (culmination of the discipline of Knowledge) merely by ceasing to act.

### Ch3: Couplet # 5

na hi kascit ksanam api jatu tisthaty akarma-krt  
karyate hy avasah karma sarvah prakriti-jair gunaih  
Definitely, no one can remain, for even a moment, without doing something. Due to the qualities endowed from the modes of nature, everyone is helplessly coerced to perform some action.

### Ch3: Couplet # 6

karmendriyani samyamya ya aste manasa smaran  
indriyarthan vimudhatma mithyacara sa ucyate  
One who restrains the senses of action like hands and feet etc but remaining thinking in his mind about sense objects deludes himself and is called a hypocrite.

### Ch3: Couplet # 7

yas tv indriyani manasa niyamyarabhate 'rjuna  
karmendriyaih karma-yogam asaktah sa visisyate  
But, on the other hand, person with wisdom, by controlling the five sense organs, engages himself in the path of action without any attachment, is superior.

### Ch3: Couplet # 8

niyatam kuru karma tvam karma jyayo hy akarmanah  
sarira-yatrapa ca te na prasiddhyed akarmanah  
So, you perform your allotted duty as doing something is better than not doing anything. By not doing anything, one cannot maintain the activities of the body.

### Ch3: Couplet # 9

yajnarthat karmano 'nyatra loko 'yam karma-bandhanah  
tad-artham karma kaunteya mukta-sangah samacara  
O Arjuna! This whole world is bound by the actions except to the actions done as a sacrifice to the Lord. Sacrificing all your actions onto the Supreme Lord, without being bounded in it, becomes the reason for the benediction of the deer.

## **YOUTH EDITOR NEEDED**

We need a youth volunteer for our editorial board of this monthly newsletter to give today's youth perspective. This gives a very rewarding experience in gaining knowledge in Hinduism and improving writing and editorial skills. If you are interested please send us an email at [whindu@yahoo.com](mailto:whindu@yahoo.com)

Editorial Board ~ American Hindu Association

**Disclaimer: Views of readers/column writers are that of their own and not of the AHA - [www.americanhindu.net](http://www.americanhindu.net)**  
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