

# American Hindu Association

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## HINDU CONNECTIONS

**May, 2009**

### **!! Om Sakthi !! ~ Devotees blessed at AHA ~ Hindu Temple & Cultural Center of Wisconsin**

AadhiParashakti blessed the devotees at the "Sakthi Puja" performed on April 25th at Hindu Temple & Cultural Center of Wisconsin, 2138 S Fish Hatchery



Rd, Fitchburg, WI 53575. This puja is usually done on Amavasya day or Full moon day, irrespective of which day of the week it falls into, hence it was done on Saturday instead of traditional Sunday. In spite of heavy rains, a packed house of 60-65 devotees participated in the puja & performed flower and kumkum archana.

Devotees performed archanas directly on an individual basis which made the difference. Books were provided to follow the proceedings. Sakthi Babu Rao started the puja with a brief meaning, background & importance of sakthi puja and his experiences and miracles on how AMMA has been blessing her devotees during his 20 years of devotion. The puja continued with guidance from Sri Babu Rao and his family followed by "anadhanam" served to devotees. A video was played showing a glimpse of Maruvathur temple at Tamil Nadu which provided an introduction to a better understanding for those who were not familiar with AMMA. The highlight of this puja was a colorful deck decorated with jasmine flowers (ordered from Madurai, India), main garland from Buffalo, N.Y. and KALASAM which provided authenticity & divine grace from AMMA to bless her devotees. I am sure all who participated could feel a sense of peace, satisfaction and divine vibration. It is our sincere desire to continue such pujas for the benefit of the devotees by AMMA's blessings.

This puja would not have been possible without the unhesitating help of Sakthi Shivkumar and his wife Sakthi Jayshree and their little daughter named SAKTHI, who recites Sakthi mantras verbatim when there are no audiences. We sincerely thank those who attended the puja braving the threatening weather and regret those who missed the AMMA's blessing.

Om Sakthi.

Sakthi Babu Rao & Sakthi Komala Babu Rao, Sakthi Shivkumar Iyer & Sakthi Jayshree Shivkumar.

GURU VADI CHARANAM, THIRUVADI CHARANAM

Comments, suggestions, questions, queries are welcome.

### **AHA\_Bala Gokulam presents... Kids Fun Mela & Art Contest!!!**

**Date: June 13th, 2009**

**Day: Saturday 2:00 P.M**

**(Registration for Art contest is free and starts @1:00pm)**

**Place: AHA - Hindu Temple & Cultural Center of Wisconsin ~ 2138 S Fish Hatchery Rd, Fitchburg, WI 53575**

- Does your child love to draw and color?
- Do they enjoy HULA HOOPS and ICE CREAM??
- Do you wish you had a way to teach your children about our Indian culture and the Hindu religion?

If so... **BRING YOUR CHILDREN TO THE BALA GOKULAM KIDS FUN MELA & ART CONTEST!**

Bala Gokulam is holding a Fun Mela & Art Contest for children of all ages. We will provide paper and crayons for the art contest, but feel free to bring your own crayons or markers. There will be lots of games, hula hoop lessons, and stilt walkers! Come and join the fun!!! Please bring a tasty snack to share. Ice cream will be provided by Balagokulam.

If interested in volunteering on the day of event or for any other information, contact Amit Mangar: 772-0858 or Namita: 497-0298

### Getting Married? ~ I DO foundation

Now you can support the American Hindu Association by registering with the **I DO Foundation**. From



h honeymoons to invitations to wedding gifts to charitable wedding favors, the **I DO Foundation** allows couples and their guests to make wedding related purchases that generate donations for the charity. The **I DO Foundation's Charity Registry** service also makes it easy for guests to make donations in lieu of gifts. All of these services are available free of cost at

[www.IDOFoundation.org](http://www.IDOFoundation.org). Check it out today, and be sure to select American Hindu Association as the beneficiary of your charitable wedding. Special Thanks and 'Congratulations' to the newlywed couple **Sarah Sahni and Will Bergerson**, for their donation to American Hindu Association.

### Kindergarten Poem

I like school; it's a lot of fun  
We play outdoors in the sun  
I learn 1 2 3 and A B C  
Sometimes I climb a tree  
I wonder what Mommy packed for lunch  
Peanut butter sandwich, that's my hunch  
I like my teacher; she's nice  
She calls us cute little mice  
After lunch we all lay down  
"Time for a nap," says Mrs. Brown  
I hold on to my blankie and teddy bear  
Mrs. Brown teaches us all to share

### Nine Gems - Essence of the scriptures

1. God, individual Soul and Maya are three eternal entities.
2. Individual Soul is the superior energy of God, while Maya is the inferior energy. Both are governed by God.
3. Due to having its back towards God since time immemorial, the Soul has been under the eternal grasp of Maya.
4. The Soul can attain divine bliss and liberation from Maya only by attaining God.
5. God-realization and liberation from Maya are possible only through God's grace.
6. The grace of God is given to one who engages the mind in exclusive devotion to God.
7. Devotion to God must be equipped with three essential qualities: Unselfishness, Servitude to God and Continuity.
8. The mind can be rendered pure only by focusing on God and shedding tears for Him.
9. Upon becoming purified, the mind will receive 'Svaroop Shakti,' i.e. Divine Energy of God, through the Guru's grace. The soul will then attain God Realization and liberation from Maya, thereby fulfilling its ultimate aim of rendering service to God.

- Jagadguru Shri Kripalu Ji Maharaj

### GEMS FROM THE BHAGVAD GEETA

This is a 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. Its 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 present a few randomly chosen set of couplets and their brief meaning. We hope it enriches your life and helps you find a balance between your material and spiritual journey.

#### Ch6: Couplet # 25

sanaih sanair uparamed buddhya dhrti-grhitaya  
atma-samstham manah kritva na kincid api cintayet  
Gradually, step by step, with mind firmly fixed, he should gradually attain tranquility. Thereafter, fixing the mind in the self alone, he should not think of anything else.

#### Ch6: Couplet # 26

yato yato niscalati manas cancalam asthiram  
tatas tato niyamyaitad atmany eva vasam nayet  
From wherever the restless and unsteady mind wanders away, from there one must restrain it and bring it back under the control of the self.

#### Ch6: Couplet # 27

prashanta-manasam hy enam yoginam sukham  
uttamam  
upaiti santa-rijasam brahma-bhutam akalmasam  
The Yogi with a calm mind, whose passions are subdued, and who is without sin attains great happiness.

**Ch6: Couplet # 28**

yunjann evam sadatmanam yogi vigata-kalmasah  
sukhena brahma-samsparsham atyantam sukham  
asnute

The Yogi who is sinless, thus connecting his soul with  
the Almighty, easily enjoys, the highest stage of  
perfect happiness to the Lord.

**Ch6: Couplet # 29**

sarva-bhuta-stham atmanam sarva-bhutani catmani  
iksate yoga-yuktatma sarvatra sama-darshanah

The impartial Yogi, whose mind is steeped in Yoga,  
observes himself being present in all beings and all  
beings present within his self.

**Ch6: Couplet # 30**

yo mam pasyati sarvatra sarvam ca mayi pasyati  
tasyaham na pranasyami sa ca me na pranasyati

He who always sees me everywhere and sees all the  
world in Me, I am never out of sight for Him and he  
never out of sight for Me.

The world is a dangerous place not because of people  
who do evil, but because of good people who look on  
and do nothing about it. -- Albert Einstein

Amit Mangar ~ Editor  
American Hindu Association

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