



आराधना

Aradhana

A Publication of the Hindu Society of Greater Cincinnati
Devdham of North America™

Agrahan/ Paush
Vikram Samvat 2075/ 2076
December 2019



Sai Bhajans Dec 7
Purnima Satya Narayan Puja Dec 12
Jagannath Puja Dec 29



<http://www.cincinnati temple.com>
Email: hindutempleogc@gmail.com
Phone: (513) 528-3714

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।
अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥

*Yada yada hi dharmasya glanirbhavati bharata
Abhythanamadharmasya tadatmanam srijamyaham
Bhagvadgita, 4-7*



General Body Meeting & EC 2020 Election

Sunday, Dec 8, 2019, 12:00 noon (details on Pg. 12)

AGENDA

- President's Report
- Election for EC 2020
- Open discussions

All HSGC Members are requested to kindly participate in the meeting and bring their questions/ concerns/ suggestions to the meeting

EXECUTIVE COUNCIL 2019

President:	Raneshwar Gupta	513-232-3331
	rgupta@tapohio.com	
Vice President:	Asit Saha	513-489-5720
	absaha09@gmail.com	
Secretary:	Anand Konda	732-423-1539
	anand.konda@gmail.com	
Treasurer:	Rajesh Padmanabhan	513-226-4279
	rajeshpadmanabhan@gmail.com	

COMMITTEE CHAIRPERSONS

Puja Committee:	Madhu Sharma	513-807-5081
	madhu2019sharma@gmail.com	
Communications:	Anand Narayana	513-657-8799
	hsgc.communication@gmail.com	
Membership/ Fundraising:	Rani Dhamija	513-324-0606
	shivrani07@gmail.com	
Prop. Management:	Pinakin Bhakta	513-509-9011
	pinobhakta@gmail.com	
Cultural Activities:	Manish Srivastava	513-607-7283
	msrivastavamd@gmail.com	
Religious Education & Youth activities:	Priya Dayal	513-508-8866
	priya_atl@yahoo.com	
Long Range Planning:	Laxmi Srivastava	513-474-0144
	laxmi_srivastava@yahoo.com	

PRIESTS

Chief	Acharya Kailash Sharma	513-652-5382
Priest:	acharyaksharma@yahoo.com	
Priest:	Acharya Chakreshwar Sharma	513-376-2982
	acharyachakreshwar@yahoo.com	
Priest:	Pundit Srinath Bhattar	513-488-2986
	bhattarsrinath@yahoo.com	

RELIGIOUS COUNSELOR

Koti Sreekrishna	513-290-3064	tatachar@aol.com
FAMILY SUPPORT COUNSELOR incl. LAST RITES		
Khush Karamchandani	513-259-4016	karamch@aol.com

Co-Chairs of Committees

Long Range Cmte:	Indra Murthy	513-884-8756
Treasurer Cmte:	Amar Sharma	513-777-5771
Property/ Mgmt Cmte	Kamlesh Singh	513-206-5848

TEMPLE SCHEDULE**Monday-Friday:** 9 AM -12.45 PM and 5 PM -8 PM**Saturday :** 9 AM – 8 PM**Sunday:** 9 AM - 7 PM (Nov - Mar), 9 AM-8 PM (Apr-Oct)

Major Hindu Holidays 9 AM – 8 PM
 (Maha Shivratri, Krishna Janamashtmi, Ganesh Chaturthi, Deepawali and similar)

RELIGIOUS DISCOURSES

Every Sunday:	12.15-12.45 PM
Fourth Sunday:	Upnishads
Second Sunday:	1008 Gayatri Jaap & Children Program
Third Sunday:	Sunder Kand Path
Fourth Sunday:	Shri Ganesh Atharvshirsha Path
Fifth Sunday:	Jagannath Puja

2019 Puja Committee & Religious Activities Members

Madhu Sharma(Chair)	513-807-5081
Kiran Dayal (In-charge: Temple Events)	513-474-4051
Meena Sondhi (In-charge: Scheduling Private Puja)	513-290-7541
Acharya Kailash Sharma	513-770-0705
Acharya Chakreshwar Sharma	513-376-2982
Pandit Srinath Bhattar	513-528-3714
Swarna Choudhury	513-232-2343
Raj Bodalia	513-504-6328
Jyoti Desai	513-885-1318
J.S. Karthikeyan	513-382-2575
Sangita Patel	513-791-0855
Mangala Namade	513-234-8373
Jaya Selvakumar	513-779-5298
Padmaja Patkar	513-847-1918
Vasundhara Dasari	513-777-3353
Suchitra Mishra	513-573-9775
Rajan Odavar	513-336-6843
Vilas Patel	513-226-2154
Purabi Dey	513-688-1721
Triveni Dave	859-371-9645
Latha M. Gowda	513-891-4184
Saravanan Sakthivel	513-376-3050

Temple Manager's Committees

Manager:	Laxmi Srivastava	513-474-0144
CFO:	Raj Bodalia	513-504-6328
Legal Advisor	Pavan Parikh	
Office Manager:	Mohan Chopra	
Swami Lectures:	Vinay Kumar, Meena Mehta, Koti Srikrishna, Ganesh Yadlapalli	
Adult Education:	Meena Mehta, Ganesh Yadlapalli, Koti Sreekrishna, Rama Rao Pappu	
Temple Database:	Nandkumar Khemchandani, Raj Badolia, Greg Smith	
Community-Relations:	Mina Karamchandani, Meena Mehta	
E-Mail Data:	Pradeep Goyal, Nandkumar Khemchandani	
Gift Shop:	Meena Sondhi, Vina Bajaj	
Security:	Greg Smith, Kailash Sharma	
(Dial One)	Khush Karamchandani	
Financial Data:	Nand Kumar Khemchandani, Raj Bodalia, Laxmi Srivastava	
Project Manager:	Vithal Nemade	
Temple Website:	Bharat Vala, Greg Smith, Murali Annamalai	
Temple:	Meena Mehta, Ashvin Mehta,	
Calendar:	Acharya Kailash Sharma	
Volunteer Services:	Mohan Chopra, Rajan Odavar, Kedarnath Nambori	
	Vijay Sharma, Khush Karamchandani	
Temple - Photographer:	Greg Smith, Naba Mishra, V G Ramaswamy, Mardav Bakshi,	
Mela Committee:	Deepak Dixit, Raneshwar Gupta, Jyoti Desai	
Ramleela Cmte:	Kamlesh Singh	

SPECIAL PROGRAMS ON WEEKENDS

9.15 - 9.30 AM	Suprabhatam
9.30 - 11.00 AM	Daily Puja of Temple Dieties
11.00-11.30 AM	Sponsored Puja
11.30-12.15 PM	Bhajans
12.15-12.45 PM	Religious Discourse
12.45-1.00 PM	Birthdays, Anniversary Puja & Announcements
1.00 PM	Aarti & Prasad

PUJA INFORMATION

RATES FOR PUJA & PRIEST SERVICES

SERVICES	IN TEMPLE	OUTSIDE TEMPLE
Abhishekam (All Deities)	\$101.00	—
Aksharabhyas	\$101.00	\$151.00
Anna-Prashanam	\$101.00	\$151.00
Ashta Prakari Puja (Mahavir)	\$101.00	\$151.00
Ashtottharam (108) Archana	\$ 11.00	—
AyushyaHomam/B'day Celeb.	\$101.00	\$151.00
Ground Breaking Ceremony	—	\$151.00
Griha Pravesh (House Warming)	—	\$151.00
Griha Pravesh w/SatyaNarayan Puja	—	\$201.00
Kalayana Uthsava	\$151.00	\$201.00
Kesh Khandan/Mundan/Churakrn	\$101.00	\$151.00
Naam-Karan	\$101.00	\$151.00
Navagraha Puja	\$101.00	\$151.00
Nischitartham (Engagement)	\$151.00	\$251.00
Nitya (1 Day) Kaikaryam (Seva)	\$101.00	---
Poolangi Seva (With Flowers)		
(Only During Off Winter Season)	\$101.00	---
Sahasranama (1008) Archana	\$ 51.00	---
Sathyanarayana Puja	\$101.00	\$151.00
Sathyanarayan Puja w/Havan	\$131.00	\$201.00
Seemantham(Baby Shower)	\$151.00	\$201.00
Mata Ki Chauki**	\$251.00	\$301.00**
Akhand Ramayan Paath	\$251.00	\$501.00
Shashti Poorthi (60th B'day)	\$201.00	\$251.00
Anniversary celebration	\$151.00	\$201.00
Suprabhat Seva	\$ 21.00	---
Unjal (Swing) Seva	\$ 31.00	---
Upakarma (Thread changing)	\$ 51.00	---
Upanayam/Brahmopadesham/		
Thread Ceremony	\$151.00	\$251.00
Sunderkand Path	\$101.00	\$151.00
Vahan Puja	\$ 51.00	----
Yearly Shradham (Barkhi)	\$101.00	\$151.00
Wedding (\$ 251.00 Advance Deposit required)	\$301.00	\$501.00
Funeral (Last Rites)		\$ 201.00

Priest Dakshina

The rates for Puja and Priest services **DO NOT** include Priest Dakshina. Sponsors (devotees) are encouraged to provide Priest Dakshina of their own volition and satisfaction. The dakshina goes directly to the Priest. A reimbursement of travel expenses for the Priest during outside puja is required at 0.50 cents/mile.

** Rates of Mata Ki Chauki performed at another temple will be 50% of the money collected at the temple or a minimum of \$701.00.

Rates are subject to change without notice. Rates of Pujas not listed above and requiring less than four hours of priest's time will normally be \$ 101.00 (inside the temple) and \$ 151.00 (outside of temple). Rates of Pujas/ wedding out of Greater Cincinnati area are as follows:

- a) Up to 50 miles - \$151.00, b) 50 - 80 miles - \$251.00
c) 80 - 110 miles - \$351.00, d) More than 110 miles - \$501.00.
e) Wedding - \$1,001.00

TEMPLE RENTAL - LOWER FLOOR ONLY

	Full day	Half day
Monday -Thursday (except holidays)	\$ 401.00	\$ 225.00
Friday, Saturday & Holidays	\$601.00	\$401.00
<u>Sunday after 3PM only</u>	not rented	\$401.00
Use of Kitchen	\$ 201.00	\$101.00
Use of Kitchen w/paper products	\$251.00	\$ 151.00

Full Day: 8.00 am-11.00 pm

Half Day: 8.00 am-2.00 pm or 4.00 pm—11.00 pm

Note:

All Temple rentals require a \$ 200.00 security deposit. It will be forfeited if the basement hall, upstairs, bathrooms and the kitchen area are not cleaned by the party renting the space.

CONTACTS

To Schedule Puja or To rent Lower Level

Meena Sondhi 513-831-9788

meena.sondhi@gmail.com

PUJA COMMITTEE ANNOUNCEMENTS

[If you have any question or suggestion about temple activities contact **Madhu Sharma** 513-807-5081, or any **EC Member** or the **Temple** at 513-528-3714]

1. **Archana** performed during temple hours by sponsoship.
2. **No Archana** on Sundays between 11 a.m.-1 p.m.
3. **Outside Pujas** and other religious services will be conducted by appointment only.
4. To **schedule any Puja** please contact Meena Sondhi at least one week in advance.
5. **Food and Prasad** : To bring to the temple please contact Puja Committee chairperson .
6. **Pujas performed outside** the temple will be rated according to the number of Pujas performed
7. **Puja Samagri**- for convenience of devotees, the temple can provide Puja Samagri for a donation of \$ 21.00 for any Puja, and \$ 31.00 for any puja including Havan/Homam
8. **Cancellations of Puja should be done 3 days in advance**, otherwise full fee for the Puja will be charged.

OPERATING ACCOUNT FINANCIAL SUMMARY

1/1/2019 to 10/31/2019

Total Revenues:	\$ 404,328.80
Total Expenses:	\$ 394,339.15
Net Revenue:	\$ 9,,989.65

HSGC LOAN BALANCE:

As of 1/1/2019:	\$ 626,733.74
As of 9/30/2019:	\$ 523,789.10

MONTHLY LOAN PAYMENT (P&I): \$ 7,587.11
Add'l voluntary principal Payment: 17,714.20

HELP TEMPLE BECOME DEBT FREE
WITH A TAX FREE DONATION

Regular Weekly & Monthly Events at the Temple

Monthly Navgrah Puja

Every first Saturday of the Month
Sponsors needed for Puja \$51.00
For Details call

Madhu Sharma 513-807-5081 ; Temple priests: 513-528-3714



Monthly Murugan Abhishekham / Puja

Normally on 2nd Saturday of the month
Refer to Page 5 for Abhishekam Schedule

Pandit Bhattar 513-488-2986,
Saravanan Sakthivel 513-376-3050
Jeya Selvakumar 513-795-9868
Madhu Sharma 513-807-5081
Temple Priests 513-529-3714



Monthly Satya Narayan Puja

On Every Purnima of the Month
6:30 pm

Sponsorship \$ 51.00

To sponsor Puja call

Madhu Sharma 513-807-5081
Temple priests: 513-528-3714

Shri Ganesh Puja & Shri Ganesh Atharvshirsha Path

Every 4th Sunday of the month 10:30AM

This Puja is dedicated to each month's
Sankashti Chaturthi to Lord Ganesh.

For more information & To Sponsor the Puja please call

Padmaja Patkar 513-847-7918, Madhu Sharma 513-807-5081

Temple Priests: 528-3714 504-6328

SAI BHAJAN

Every First Sat. of month 6pm to 7:30pm

For details pl. call Dr. Ganesh 857-719-1500 ,
Rajan 331-2058.



Weekly Hanuman Chalisa Path

Every Tuesday at 6:30 p m To sponsor call

Madhu Sharma 513-807-5081 or
Temple Priests 513-528-3714



Monthly ABHISHEKAM/KALYANOTSAVAM FOR LORD SRI VENKATESWARA

4th Saturday of each month -10:30 AM-12:30PM.

To sponsor and details please call any of the following:

Anand Konda 732-423-1539; Vasundhara Dasari 513-827-5160/777-3353; Suseela Paturi: 513-867-8591; Sunitha Manukonda: 513-900-0605/770-0255; Pandit Sri Srinath Bhattar: 513-488-2986.

1008 Gayatri Jap

Second Saturday of each month at 9.30AM

For details please contact temple priest 528-3714 or
Madhu Sharma 513-807-5081

Weekly Shlv Mahlman Stotram

Every Monday at 6:30 pm



Sunder Kand Path

Every 3rd Sunday of the month 10:30AM - 1:00 PM

Contacts: Sangita Patel 513-791-0855

Pt. Kailash Sharma 513-652-5382



Shri Jagannath Puja

Every 5th Sunday of the month 11:00AM

Contacts: Suchitra Mishra 513-573-9775 or
Temple 513-528-3714



Weekly Vishnu Sahasranaam Parayana

Vishnu Sahasranaama Parayana (chanting) will now take place Every Thursday at 7:00 pm . Please join us for the chanting.
Please contact Ganesh Sundaresan 513-752-4025

Weekly Venkateswar Puja

Every Friday at 6:30pm

To sponsor Puja please call Madhu Sharma 513-807-5081 OR
Temple priests: 513-528-3714

PURUSHOTTAM NAAM STOTRA PARAYAN

Every 2nd Wed. of each month

6pm to 7:30pm

For details please call

Mina Mehta 513-574-6763



Hindu Society Presents new a program

SATSANG-SUDHA

सत्संग-सुधा

With **Acharya Kailash Ji**

Sat means truth and sang means to be with. Satsang provides an opportunity to keep themselves engaged in divine centered thoughts and actions and remain focused on their respective . Satsang can generate powerful, cleansing, inspiring and purifying thought vibrations which can uplift the people who participate in them and also sanctify the place in which they are organized.

Satsang will be based on Bhagwad Gita ,Shrimad Bhagwatam , Ramayan, Upnishad, with music and Bhajans for two to three hours in Hindi or English .

In temple or at Devotees' Homes

To schedule please call Temple 513-528-371 Acharya Kailash Ji 513-652-5382, Madhu Sharma 513-807-5081 for more videos and content please subscribe to Youtube.com/c/AcharyaKailashSharma



Temple needs Computer/ Printer Donation solicited

Our temple computer has grown very old and we need to replace it with a new and faster one with latest technology capable of running latest versions of software. This will enhance temple work efficiency including publication of the News letter, Aradhana, and other informational materials. It is estimated to cost less than \$1,500. Your generous contribution is requested to fulfill this important temple need. Please Mark "computer" on your donation check.

Temple Calendar of Events

December 2019

Dec	1st	Sun.	1008 Gayatri Jaap 9:30am
Dec.	7th	Sat.	108 Hanuman Chalisa Path 8am
Dec.	7th	Sat.	Sai Bhajans 6pm
Dec.	8th	Sun.	Gita Jayanti Celebration whole Gita Path 10am
Dec.	12th	Thurs.	Purnima Satya Narayan Puja 6:30pm Sponsorship \$51
Dec.	14th	Sat.	Murugan Abhishekam 4pm Sponsorship \$101, Archana \$21
Dec.	15th	Sun.	Sunderkand Path 10:30am
Dec.	15th	Sun.	Sankashti Chaturthi Puja 6pm
Dec.	16th	Mon.	Dhanurmas Begins
Dec.	22nd	Sun.	Ganesh Puja & Atharvashirsh Path 11am
Dec.	28th	Sat.	Venkateshwar Kalyanam Sponsorship \$51
Dec.	29th	Sun.	Jagannath Puja 11am
Dec.	31st	Tues	Hanuman Chalisa 6:30pm New Year's eve .

January 2020

January	1st	Wed.	Ganesh Puja and Ganapati Homam/Havan Sponsorship \$51 . Archana \$21 Temple Hours 9am to 8pm
January	4th	Sat.	Mata Ki Chouki 3:30pm Sponsored by-Dr. Prem Shankar & Kiran Verma family.
January	4th	Sat.	Navgrah Puja 3pm Sponsorship \$51
January	4th	Sat.	Sai Bhajans 6pm
Jan	5th	Sun.	Sunderkand Path 10:30am
Jan	8th	Wed	Purushottam Sahashranaam Parayana 6pm
Jan	6th	Mon	Vaikuntha Ekadashi 10am Sponsorship \$51 , Archana \$21
Jan	10th	Fri	Purnima Satya Narayan Puja 6:30pm Sponsorship \$51
Jan	12th	Sun	1008 Gayatri Japam 10am
Jan	13th	Mon	Sankashti Chaturthi 6pm Sankat Chauth
Jan	13th	Mon	Lohdi Celebration 7pm
Jan	15th	Wed	Makar Sankranti/Thai Pongal /Uttarayan
Jan	19th	Sun	Thai Pongal Celebration /Murugan Abhishekam 10am
Jan	25th	Sat.	Venkateshwar Abhishekam 10am Sponsorship \$51
Jan	26th	Sun	Ganesh Puja and Atharvashirsh Path 11am
Jan	29th	Wed	Vasant Panchami Puja 10am.actual day.

108 Hanuman Chalisa Path

Saturday, 7 December 2019

8 AM-1PM



We will recite HANUMAN CHALISA 108 times from 8am to 1pm followed by Aarti prasad & Lunch.

Devotees are encouraged to be present from the beginning to the end.

Sponsorship for Puja \$51, Archana \$21

Contacts:

Temple 513-528-3714, Madhu Sharma 513-807-5081.

Importance of Hanuman Chalisa

Hanuman Chalisa is a very powerful devotional work that has been left to posterity by Goswami Tulsidas. **Hanuman Chalisa** has been found to be highly effective in controlling the negative effects of Saturn Shani transit. Those who are under such influences will get benefitted by chanting the Chalisa for 108 times on Saturdays. **Hanuman Chalisa** praises Lord Hanuman the Foremost Devotee of Lord Shri Rama. Shri Hanuman is the epitome of Selfless Service, Courage, Humble disposition, and Bhakti all rolled into one. Venerating that noble Devotee of Rama is sure to benefit us.

New Year's Celebration

Wednesday, 01 January 2020



11:00 AM Ganpati Puja,
Havan/ Homa
1:00 PM Aarti

Sponsorship:
Puja & Havan \$51
Havan \$21, Archana \$21

Evening Program
5 - 7 PM Bhajan Sandhya
Followed by Mangal Aarti

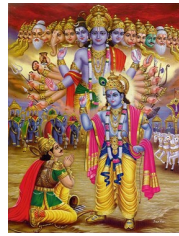
Note: Temple Operating Hours for Jan 1, 2019
9:00 Am to 8:00 PM

Evening Aarti 7:00 PM

Geeta Jayanti Celebration

(Geeta Path)

Sunday, 8 December 2019



10:00 am Shri Krishna Puja
10:30 am-12:30 pm: Whole Geeta Recital
12:30 pm Pravachan on Geeta
1:00 pm Aarti & Prasad

Sponsorship for Puja \$51

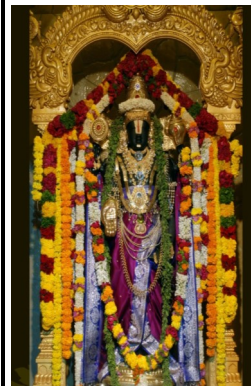
Opportunities open to sponsor this event.
Lunch/Prasad sponsors needed

For details Contact:

Acharya Kailash Sharma 652-5382, Koti Sreekrishna 290-3064, Madhu Sharma 513-807-5081, Temple 513-528-3714

Vaikuntha Ekadashi Celebration

Monday, 6 January 2020



9:30 - 11:00 AM

(During regular temple hours)

- Suprabhatam
- VaikunthaDwara Puja
- Mantra pushpam,
- Archana. & Aarti

Archana all day

Sponsorship: \$51, \$21

For details contact:

Temple 518 3714, Madhu Sharma 513-807-5081
Sri Srinath Bhattar 513-488-2986
Vasundhara Dasari 513-777-3353.

Mata ki Chowki

Saturday, 4 January 2020



3:30 PM Devi Durga Puja
4:30 PM First aarti
5:00 PM Mata Bhajans
/Bheten
7:30 PM Bhog, Aarti. Followed by Prasad(Dinner)

Sponsored by: Dr Prem Shankar & Kiran Verma family Anyone who like to sing Bhent/Bhajan of Mata in Chowki please communicate with Acharya Kailash Ji in advance at 513-652-5382

Lohri Celebration

Monday, 13 January 2020



6:30 PM Shiv Puja/ Abhishekam
7:00 Bonfire

Sponsored by Manju & Raneshwar Gupta

Celebrating 1st Lohri with their grandson
(son of Shalini & Chetan Gupta)

Rani Dhamija 513-984 -5777

Acharya Kailash Sharma 513-652-5382

Madhu Sharma 513-807-508

Temple 513 528 3714

Significance of Lohri

Lohri is an agricultural festival, filled with merry-making. It is celebrated in the state of Punjab on the 13th of January, which falls one day before Makar Sankranti. Lohari is celebrated to denote the last day of the coldest days of winter. The festival of Lohri is celebrated outdoors, a bonfire is lit, and friends and relatives gather around. Singing and dancing form an intrinsic part of the celebrations. People wear their brightest clothes and come to dance the *bhangra* and *gidda* to the beat of the *dhol*. The prasad comprises of five main things: til, gazak, gur, moongphali (peanuts), and phuliya or popcorn. An offering is also made of this Prasada to the sacred fire. Lohri is celebrated throughout the country in different forms, as a harvest festival. It is called Pongal in the South, Bhugali Bihu in Assam, Bhogi in Andhra Pradesh and Sankranti in the central part of the country.



Thai Pongal / Makar Sankranti Celebration

Sunday, 19 January 2020

10 AM -12:30 PM



10:00 AM

Murgan Abhishekam

11:30 AM

Alankaram

12:00 PM

Archana

1:00 PM

Aarti & Prasad

Sponsorship:

Abhishekam \$101 Archana \$21

For Details please call:

Temple 528-3714,

Madhu Sharma 513-807-5081

Saravanan Sakthivel 513-376-3050

Sri Srinath Bhattar 513-488-2986.

Temple Bulletin - New Priest



Priest Muthu Meenakshi Sivachariyar, also known as **Arun Gurukkal**, has just arrived to join the ranks of other illustrious priests at the Hindu Temple. Let us all welcome him and make him feel at home.

He has been the Chief Priest of Sri Bruggannayagi Ambal Temple and Sri Meenakshi Ambiga temple, his ancestral temples in Melmangalam (Theni). He completed **Sivagama Vidyavidhi** (First Class) degree from Veda Agama Samskrutha Maha Patashala, The Art of Living International Center, Bengaluru, Karnataka, followed by **MA/Acharya** (First Class) degree in **Saivagama** from the prestigious Sri Venkateswara Vedic University, Thirumala, Andhra Pradesh. He is a well-respected and sought after Saivite Priest in Tamil Nadu, and has been invited to officiate in more than twenty Kumbabishekam (Pran Pratista) ceremonies by various temples including Shiva, Ayyappan, Murugan, Ganapathy.

He is fluent in Sanskrit and in several South Indian Languages, and can understand English and Hindi. He can also recite ancient holy hymns in Sanskrit and Tamil. and Durga temples. He was also invited by Mahamariamman Temple, Bangkok, Thailand to serve as a visiting Priest.

He has ample experience to perform variety of pujas and ceremonies that our community would need. We wish him all success.

'Rang Rasia' enthralls the audience at Diwali Celebration



It was all fun and frolic at the Diwali function; thanks to the Bollywood group Rang Rasia, whose choice of popular songs sprinkled with amusing jokes and one-liners literally brought the audience to their feet. Swaying and singing, following the performers' lead, the performance hall crowd soon morphed into a jolly bunch.



This entertainment group headed by Sanjay and Shreya Morey, the artist couple, was supported by a group of versatile singers and musicians. These performers mingled with the audience encouraging them to sing and dance. To the great delight of the viewers, they sang Gujarati and Punjabi songs in addition to the famous Hindi songs. Parting gifts were offered to the group on behalf of the Hindu Society.



Patanjali Yoga Darshana - Part 4

by Dharendra Sharma

[Continued from the Nov. 2019 Aradhana]

In our recent past study sessions, we have learnt that, due to our past and recent bad *Karmaas*, our mind is too busy with *Vrittis* (thought waves) such as *Pramaana* -factual proof, *Viparyaya* -false knowledge, *Vikalpa* -wrong imagination, *Nidra* -sleep, and *Smrti* -memory. They lead us to the impurities in us, such as ignorance (*Avidya*), attachment, aversions, ego and fear of death. These impurities, are the cause of our attachments to the repeat cycles of rebirths and re-deaths, in various body formats. To be free of these impurities and hence the cycles of rebirths and re-deaths, we have to "practice detachment".

In today's study session, we will learn on the meaning and how to "practice detachment".

Question: What is the way to restrain all the five *Vrittis* (thought waves) that originate in our mind?

Chapter 1, Sutra 12: *Abhyaasavairagyaam tannirodhah.*

Sutra Meaning: The restraint of these activities of mind, is achieved through the practice (*Abhyaasa*) and detachment (*Vairagya*).

Description: The two most important tools for controlling the mind are 1) Consistent practice (*Abhyaasa*) and detachment (*Vairagya*). Through "detachment", the natural, outward flow of the mind is blocked and through "practice", the internal self-ward flow is stabilized.

Question: What is the form of "practice" as a means of restraining the *Vrittis* (thought waves of the mind)?

Chapter 1, Sutra 13: *Tatra sthitau yatnoabhyaasah.*

Sutra Meaning: Practice (*Abhyaasa*) is the effort to keep the mind in a peaceful state, free of all the waves of *Vrittis* (thought waves).

Description: The peaceful state, when the activities of the mind are stopped, is called *Sthiti*. The effort, persistence and enthusiasm to attain this peaceful state is called practice (*Abhyaasa*).

Question: The eternal and powerful impressions

(*Samskaars*), are hostile to the concentration of mind. How will a mind, besieged by them, will be able to attain the state of concentration?

Chapter 1, Sutra 14: *Sa tu diirghakaalanairantaryasatkaaraasevito drdhabhuumih.*

Sutra Meaning: The practice of keeping the mind completely free, from the waves of thought waves (*Vrittis*), as explained in the previous *Suutra*, if continued or a long time with dedication, enthusiasm and sincerity, becomes firm and a strong base.

Description: The impressions (*Samskaars*) created by the enjoyment of worldly pleasure and desires are getting accumulated birth after birth, which do not let the mind stabilize. One need not lose heart, in the face of this unstable state of mind. Instead, he / or she must keep trying to firm up the practice of stabilizing the mind, over a long period of time, with complete dedication, sincerity and enthusiasm.

Question: What is the form of the second means, "*Vairagya*" to restrain the *Vrittis* (thought waves)?

Chapter 1, Sutra 15: *Drshtaanushravikavishayaviitrshnasya vashikaarasamjnnaa vairagyaam.*

Sutra Meaning: *Vairagya* means complete detachment of all the *Gyaanendriyaas* (sense organs) from the true sensory objects, that are seen or felt or read or heard.

Description: Sensory objects are of two types – *Drista* and *Aanushravika Visaya*.

1. *Drista Visaya*: They are the universal sensory objects such as wealth, property, food, sexual pleasure, power, opulence, luxuries etc., seen or felt by sense organs.
2. *Aanushravika Visaya*: They are the true universal objects, read or heard by sense organs.

This feeling of disciplined independence is known as "*Vairagya*". When this feeling develops, the *Saadhaka* (*Yogi*) gets freed from all feelings of attachment and detachment to the *Indriyaas* objects. When the mind attains this state, it prevents the birth of all the thought waves in the mind.

[TBC in the next issue of Aradhana]

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General Body Meeting & EC Election Sunday, Dec 8, 2019, 12:00 Noon

NOMINATIONS SOUGHT for Executive Council 2020

The term of the Current Executive Council expires on Dec 31, 2019, and the elections for the 2020 Executive Council will be conducted during the **General Body Meeting on Sunday, December 08, 2019 at 12:00 Noon**. The **Election Commission** invites nominations for the following positions:

- | | |
|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• President• Vice-President• Secretary• Treasurer | <ul style="list-style-type: none">• Religious Education and Youth Activities• Puja and Religious Activities• Communications• Membership & Fund Raising• Property Management and Maintenance• Cultural• Long Range Planning |
|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Nominations are also invited for the positions of Chairpersons for the following committees:

All nominations must include the following information:

- * Candidate(s) name and phone no.
- * Name and phone no. of the person proposing
- * Name and phone no. of the person seconding

HSGC Election Commission:

Mohan Chopra, Chairperson	859-331-2416
Meena Mehta	513-574-6763
Amar Sharma	513-777-5771

Nomination(s) can be submitted on plain paper, or phoned in to any member of the election commission.

All candidates must be members of the Hindu Society of Greater Cincinnati in good standing for at least 12 months prior to Dec 1, 2018. For the position of the President, a candidate must have actively served the Hindu Society in an executive capacity for at least one year.

In addition, **youth group** is requested to nominate a Youth representative (22 yrs max.) to serve on the Executive Council. This nomination must be endorsed by at least ten youth members.