

Vedanshi

The part of the sacred knowledge

My dear Arjuna, O winner of wealth, if you cannot fix your mind upon Me without deviation, then follow the regulative principles of bhakti-yoga. In this way develop a desire to attain Me.

Chapter 12, Verse 9; Bhagavad Gita

A Monthly Newsletter

Issue No 16: March 2015

Divine Experience

"Close your eyes, hold the book in your hands and tell me". She was in bliss for a few minutes and couldn't speak out. When I asked her again, "What happened?". Then, she replied that she had a glimpse (darshan) of Shri Swami Samarth.

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SHSK Upcoming Event

Second Annual General Body Meeting
April 25, 2015

11:00 am to 2:00 pm
Pizza for Lunch

Lafayette Public Library
South Regional Branch
6101 Johnston St, Lafayette

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Hindu Rituals and Routines - Part II

1. Why do we do Namaste?
2. Why do we prostrate before parents and elders?
3. Why do we wear marks on the forehead?

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Sri Rama Navami

March 28th, 2015

Puja Muhurta = 12:00 to 14:46

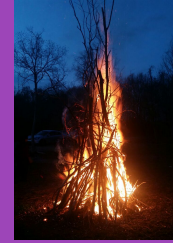
Duration=2 hours 26 min

Madhyana Momemt = 13:13

Timings for Lafayette, LA

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Makar Sankranti Update and Holi Fire Ceremony Update



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SANATAN HINDU



SANSKAR KENDRA
OM TAT SAT ITI

PO Box 80362,
Lafayette, LA - 70598

shskendra@gmail.com,
www.sanatanlft.org

Mahalakshmi Ashtakam

Part - 1

Namastestu Mahaa-Maaye Shrii-Piitthe Sura-Puujite |
Shangkha-Cakra-Gadaa-Haste Mahaalakssmi
Namostute |1|

1.1: (Salutations to Devi Mahalakshmi) Salutations to the Mahamaya (the Great Enchantress), Who is Worshipped by the Devas in Sri Pitha (Her Abode).

1.2: Who has the Conch, Disc and Mace in Her Hands; Salutations to that Mahalakshmi.

Namaste Garudda-Aaruuddhe Kola-Aasura-Bhayamkari |
Sarva-Paapa-Hare Devi Mahaalakssmi Namostute |2|

2.1: (Salutations to Devi Mahalakshmi) Salutations to the One Who Rides the Garuda, Who is the Terror to Kolasura,

2.2: The Devi who Removes All Sins; Salutations to that Mahalakshmi.

Sarvajnye Sarva-Varade Sarva-Dusstta-Bhayamkari |
Sarva-Duhkha-Hare Devi Mahaalakssmi Namostute |3|

3.1: (Salutations to Devi Mahalakshmi) Who is All-Knowing, Who is the Giver of All Boons, Who is the Terror to All the Wicked,



3.2: The Devi who Removes All Sorrows; Salutations to that Mahalakshmi.

Siddhi-Buddhi-Prade Devi Bhukti-Mukti-Pradaayini |

Mantra-Muurte Sadaa Devi Mahaalakssmi Namostute |4|

4.1: (Salutations to Devi Mahalakshmi) The Devi who Gives Success and Intelligence and Gives Wordly Enjoyment and Liberation,

4.2: The Devi who Always abides as the Embodiment of Mantra; Salutations to that Mahalakshmi.

Aady-Anta-Rahite Devi Aadya-Shakti-Maheshvari |

Yogaje Yoga-Sambhuute Mahaalakssmi Namostute |5|

5.1: (Salutations to Devi Mahalakshmi) The Devi who is Without Beginning and End, Who is the Primal Energy, and the Great Goddess,

5.2: Who is Born of Yoga, Who is United with Yoga; Salutations to that Mahalakshmi.

Sthuula-Suukssma-Mahaaroudre Mahaa-Shakti-Mahodare |

Mahaa-Paapa-Hare Devi Mahaalakssmi Namostute |6|

6.1: (Salutations to Devi Mahalakshmi) Who is both Gross and Subtle and Most Terrible, Who is With Great Power and Prosperity,

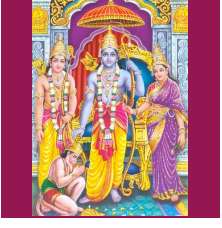
6.2: The Devi who Removes All Sins; Salutations to that Mahalakshmi.

-www.greenmesg.org

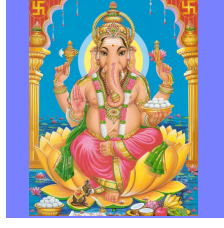


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SHSK updates

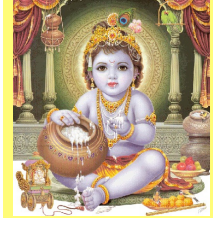
Sita Ram



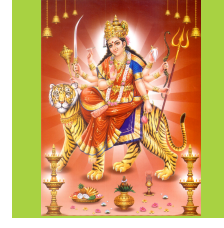
Ganesh



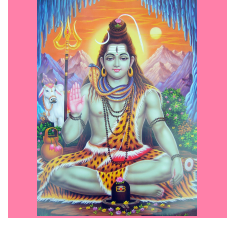
Krishna



Durga



Shiva



Sanatan Hindu Sanskar Kendra

PO Box 80362, Lafayette, Louisiana - 70598

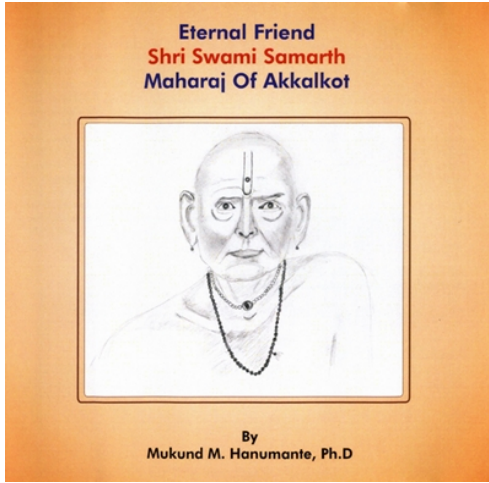
Email: shskendra@gmail.com, Website: sanatanlft.org

Tax Id: 46-2580905

Divine Experience

by Mr. Nandkumār Pradhān

March 22nd, 2015 - 879th manifestation
day of Śhrī Swāmī Samarth of Akkalkot



The book "Eternal Friend" is full of miracles. The Author, Mr. Mukund Hanumante is a devotee and a messenger of Śhrī Swāmī Samarth (incarnation of Lord Dattātreya). The creation of this book is a pure grace of Śhrī Swāmī Samarth. When Mukund gifted me this book, I received with both of my hands, with my heart full of gratitude. The moment I received it in my hands, a strong wave of bliss swept through my whole body. After a while, I opened my eyes. My eyes were still "transfixed" on the cover picture. Later, I read the story of Dr. Minu. It was purely through the grace of Śhrī Swāmī, that this picture was created through Dr. Minu, who had never even thought of painting!

The book is full of real, personal experience of many devotees of Śhrī Swāmī Samarth. Here, I remember a Sanskrit Śhloka.

मूकं करोति वाचालं पुंगुं लंघयते गिरीम् ।

यत्कृपा तमहं वंदे परमानंद माधवम् । ।

Mūkaṁ Karoti Vāchālāṁ Puṅguṁ Langhayate
Gīrīm ।

Yatkrupā Tamahaṁ Vande Paramānanda
Mādhavam । ।

This is NOT an exaggeration, but a real fact.

Yesterday (Saturday, Jan 24th, 2015), I took the book after a time gap and I was instantly transferred into a much greater blissful trance! Such is the Krupā! (grace of Lord Dattātreya). Not just this, once a sincere sādhak girl came to meet me. She was curious about this book. So, I said,

For more information about the book, please visit: <http://akkalkotswamisamarth-usa.org/eternalfriend.html>

For obtaining the book, please contact:

Dr. Mukund M Hanumante:
mukund@juno.com

"Close your eyes, hold the book in your hands and tell me". She was in bliss for a few minutes and couldn't speak out. When I asked her again, "What happened?". Then, she replied that she had a glimpse (darśhan) of Śhrī Swāmī Samarth.

SHSK Upcoming Events

**Second Annual General
Body Meeting
April 25, 2015 (Saturday)**

11:00 am to 2:00 pm

Pizza for Lunch

Lafayette Public Library
at South Regional Branch

6101 Johnston Street, Lafayette, LA 70503

March & April 2015 Dates

Based on Lafayette, Louisiana, US Time

13 Friday	Basoda, Sheetala Ashtami
14 Saturday	Meena Sankranti
16 Monday	Papmochani Ekadashi
19 Thursday	Surya Grahan
20 Friday	Gudi Padwa, Ugadi Chaitra Navratri
22 Sunday	Gauri Puja, Gangaur
25 Wednesday	Yamuna Chhath
28 Saturday	Sri Rama Navami Lafayette Holi Fest
30 Monday	Kamada Ekadashi
03 Friday	Hanuman Jayanti
04 Saturday	Chandra Grahan
14 Tuesday	Puthandu, Mesha

For more details please refer DrikPanchang.com

Ugadi, Gudi Padwa
March 20th, 2015 (Friday)
Manmatha
The name of the year 2015-2016

Hindu Rituals and Routines

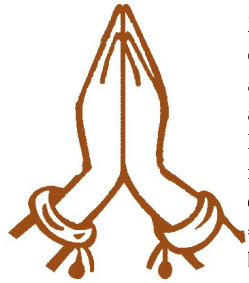
Why do we follow them? - Part II

Hinduism is not a religion but a way of life. Unlike other religions, Hindu dharma has many specialties. This is not known as a religion, it is known as the dharma; Sanaathana Dharma. Sanaathana means, according to Bhagavath Geetha, which cannot be destroyed by fire, weapons, water, air, and which is present in all living and non living being. Dharma means, the way of life which is the 'total of all *aacharaas* or customs and rituals'.

3. Why do we do Namaste?

Indians greet each other with *namaste*. The two palms are placed together in front of the chest and the head bows whilst saying the word *namaste*. This greeting is for all - people younger than us, of our own age, those older than friends, even strangers and us.

There are five forms of formal traditional greeting enjoined in the *shastras* of which *namaskaram* is one. This is understood as prostration but it actually refers to paying homage as we do today when we greet each other with a *namaste*.



Namaste could be just a casual or formal greeting, a cultural convention or an act of worship. However there is much more to it than meets the eye. In Sanskrit *namah* + *te* = *namaste*. It means - I bow to you - my greetings, salutations or

prostration to you. *Namaha* can also be literally interpreted as "*na ma*" (not mine). It has a spiritual significance of negating or reducing one's ego in the presence of another.

The real meeting between people is the meeting of their minds. When we greet another, we do so with *namaste*, which means, "may our minds meet," indicated by the folded palms placed before the chest. The bowing down of the head is a gracious form of extending friendship in love and humility.

The spiritual meaning is even deeper. The life force, the divinity, the Self or the Lord in me is the same in all. Recognizing this oneness with the meeting of the palms, we salute with head bowed the Divinity in the person we meet. That is why sometimes, we close our eyes as we do *namaste* to a revered person or the Lord - as if to look within. The gesture is often accompanied by words like "Ram Ram," "Jai Shri Krishna", "Namo Narayana", "Jai Siya Ram", "Om Shanti" etc - indicating the recognition of this divinity.

When we know this significance, our greeting does not remain just a superficial gesture or word but paves the way for a deeper communion with another in an atmosphere of love and respect.

4. Why do we prostrate before parents and elders?

Indians prostrate before their parents, elders, teachers and noble souls by touching their feet. The elder in turn blesses us by placing his or her hand on or over our heads. Prostration is done daily, when we meet elders and particularly on important occasions like the beginning of a new task, birthdays, festivals etc. In certain traditional circles, prostration is accompanied by *abhivaadana*, which serves to introduce one-self, announce one's family and social stature.

Man stands on his feet.

Touching the feet in prostration is a sign of respect for the age, maturity, nobility and divinity that our elders personify. It symbolizes our recognition of their selfless love for us and the sacrifices they have done for our welfare. It is a way of humbly acknowledging the greatness of another. This tradition reflects the strong family ties, which has been one of India's enduring strengths.



The good wishes (*Sankalpa*) and blessings (*aashirvaada*) of elders are highly valued in India. We prostrate to seek them. Good thoughts create positive vibrations. Good wishes springing from a heart full of love, divinity and nobility have a tremendous strength. When we prostrate with humility and respect, we invoke the good wishes and blessings of elders, which flow in the form of positive energy to envelop us. This is why the posture assumed whether it is in the standing or prone position, enables the entire body to receive the energy thus received.

The different forms of showing respect are :

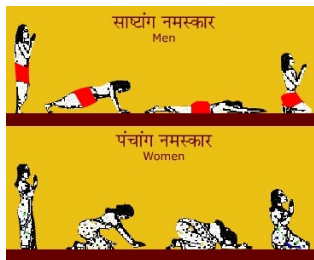
Pratuthana: Rising to welcome a person.

Namaskaara: Paying homage in the form of namaste

Upasangrahan: Touching the feet of elders or teachers

Shaashtaanga: Prostrating fully with the feet, knees, stomach, chest, forehead and arms touching the ground in front of the elder.

Pratyabivaadana: Returning a greeting.



Rules are prescribed in our scriptures as to who should prostrate to whom. Wealth, family name, age, moral strength and spiritual knowledge in ascending order of importance qualified men to receive respect. This is why a king though the ruler

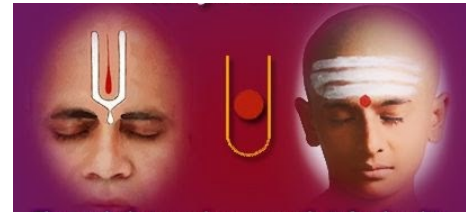
of the land, would prostrate before a spiritual master. Epics like the *Ramayana* and *Mahabharata* have many stories highlighting this aspect.

5. Why do we wear marks (tilak, potty and the like) on the forehead?

The *tilak* or *pottu* invokes a feeling of sanctity in the wearer and others. It is recognized as a religious mark. Its form and color vary according to one's caste, religious sect or the form of the Lord worshipped.

In earlier times, the four castes (based on varna or color) - Brahmana, Kshatriya, Vaishya and Sudra - applied marks differently. The brahmin applied a white chandan mark signifying purity, as his profession was of a priestly or academic nature. The kshatriya applied a red kumkum mark signifying valour as he belonged to warrior races. The vaishya wore a yellow kesar or turmeric mark signifying prosperity as he was a businessman or trader devoted to creation of wealth. The sudra applied a black bhasma, kasturi or charcoal mark signifying service as he supported the work of the other three divisions.

Also Vishnu worshippers apply a chandan tilak of the shape of "U," Shiva worshippers a tripundra of bhasma, Devi worshippers a red dot of kumkum and so on).



The tilak cover the spot between the eyebrows, which is the seat of memory and thinking. It is known as the Ajna Chakra in the language of Yoga. The tilak is applied with the prayer - "May I remember the Lord. May this pious feeling pervade all my activities. May I be righteous in my deeds." Even when we temporarily forget this prayerful attitude the mark on another reminds us of our resolve. The tilak is thus a blessing of the Lord and a protection against wrong tendencies and forces.

The entire body emanates energy in the form of electromagnetic waves - the forehead and the subtle spot between the



eyebrows especially so. That is why worry generates heat and causes a headache. The tilak and pottu cools the forehead, protects us and prevents energy loss. Sometimes the entire forehead is covered with chandan or bhasma. Using plastic reusable "stick bindis" is not very beneficial, even though it serves the purpose of decoration.



Makar Sankranti Celebrations on January 17th at Sanatan Hindu Sanskar Kendra Location 110, Hapsburg Lane, Lafayette, Louisiana

Makar Sankranti Update

Hello friends,

On the cold and damp morning of the 17th of January, 2015, the air of Acadiana filled with the musical and divine chants of Mrutyunjaya and Gayatri mantras, as about a hundred people joined in performing the celestial Mrutyunjaya and Gayatri havans. These homams were performed at the site of the proposed temple on 110 Hapsburg Lane, under the able direction of Mr. and Mrs. Mukund Hanumante. The sight of couples, joined by their children, performing havans by offering ghee into the havan, while chanting divine mantras was one to treasure and behold.

As the energy from the havans heated the air, it seemed that the clouds parted and the day warmed, paving the way for fun and frolic. Patangs (kites) - especially imported from India for this occasion - dotted our skies while reverberations of matras were quickly replaced with sounds of "Kai Po Che" or "Kaat Diye!"

A great time had by one and all! For a brief moment in time, we were transported back to the alleys and rooftops of India. While still under development, the temple served its important mission of bringing together families and friends in a spirit of divinity and community!

Best Regards,

Ramesh "Hon. Cajun" Kolluru

Vice President for Research
University of Louisiana



Sri Rama Navami

March 28th, 2015 (Saturday)

Timings for Lafayette, Louisiana

Puja Muhurta = 12:00 to 14:46

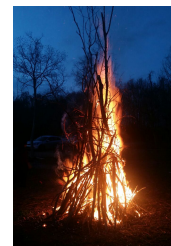
Duration = 2 Hours 26 Mins

Madhyana Moment: 13:13

Holi Fire Ceremony

Dear All,

Our First Holi Fire Ceremony of 2015 was held Wednesday on March 4th and Nature had a perfect slide show of Full Moon, Light Blue Sky in the background, quickly moving white clouds with



temperature of 80 F and almost no wind inspite of multiple severe weather warnings. Holi was lit at sunset at 6:08 pm. In few minutes, flames were burning about 10 foot high. Was attended by approximately 50 folks from our Lafayette community to include many Gujarati families.

Environment was filled with recital of Omkaram....., Shlokas, Hanuman Chalisa, singing Dhuns and doing pradakshina with a Kalash full of water with coconut on top, ending with an Aarati and putting coconut in the fire. Puja was done and small patch of colors of Abilam, Gulalam and Sinduram was applied by few to folk's faces as a token of God's victory and beginning of Colorful Dhuleti Festival Ceremony the very next day according to our Indian tradition.

Please watch the short video summarizing the event on youtube.

https://www.youtube.com/watch?v=NH_6tqbFk0

Our Thanks goes to Lord Shree Vishnu for making this a very successful event.

O...M...Namo...Narayana....

Jay Patel

Thank you for your support and blessings.
Srinivasan Ambatipati, Editor