

Vedanshi

The part of the sacred knowledge

*One who is united to cosmic wisdom goes beyond the effects of both virtue and vice, even here in this life.
Therefore, devote thyself to yoga, divine union. Yoga is the art of proper action.*

Chapter 2, Verse 50; Bhagavad Gita

A Monthly Newsletter

Issue No 43: July 2017

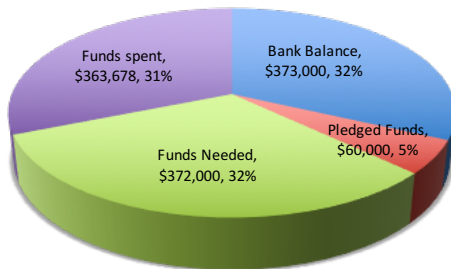
Sanatan Hindu Sanskar Kendra

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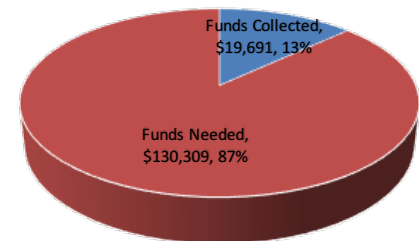


Temple - Fundraising Campaign

Total Estimated Cost: \$1,168,678



Fund Raising Challenge : \$150,000

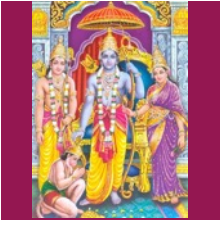


Land Cost	\$200,000
Land Preparation	\$26,745
Architectural and Civil Engineering Services	\$43,433
Temple and Annex Building Construction including Parking Lot	\$548,500
Deities Statues Cost	\$50,000
Shikars (Gopuram) Cost including installation	\$200,000
Lighting, Security and Fencing	\$75,000
Operating Costs (4th Quarter 2017)	\$25,000
Total Cost	\$1,168,678

Challenge Update

For the second year in a row, Mr Ajay Patel put forth another challenge similar to 2016. This challenge was initiated in a Trustee Meeting conducted on March 12th, 2017. For every \$3 that is donated towards SHSK Temple, there will be a \$1 match. The matching contribution will max upto \$50,000 therefore taking the challenge amount to \$150,000. SHSK request all the supporters to fulfill this challenge to obtain the funds needed for the temple to the amount of \$200,000, to get a step closer to the overall funds needed for the Temple project. Thanks to our generous supporters who came forward to contribute \$19,691 so far after initializing the challenge on March 12th, 2017. This challenge excludes already committed \$60,000 donation made prior to March 12th, 2017. This challenge will end on December 31st, 2017. SHSK Board sincerely thank Mr Ajay Patel for his continued support to SHSK Temple Project.

Sita Ram



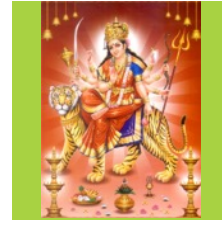
Ganesh



Krishna



Durga



Shiva



Significance of Fasting on Ekadashi

Fasting during Ekadasi as being beneficial to the human organism was written in Vedic literature as part of Charaka Samhita which was written 6200 years ago and Skanda Purana 7000 years ago.

Ekadasi is the 11th day in the moon cycle from the new moon day and also from the full moon day. Ekadasi in Sanskrit means eleven. 'Eka' means "one" and 'dasi' is the feminine form of the word "dasa", which means "ten".

This spiritual practice of observing a fast on these special days is based on consideration that human beings, being part of the universe have to abide with the universal laws of nature to be in harmony for optimized health and well being.

The Sun-Moon-Earth combination is in the orbital path on new and full moon days. Tides in the harbors are highest 3 days after full moon or 3 days after new moon, Conversely eleven days before new moon and eleven days before full moon. High tides are produced in water due to moon's gravitational pull on earth and the air pressure in the atmosphere rapidly changes during this time.

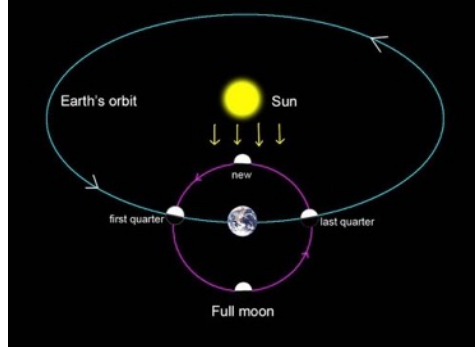
On both of these days, the earth pressure is at its maximum, thus leading to imbalance in everything, including ones thought process. At the same time, the atmospheric pressure is the lowest on the Ekadashi days.

Because human body is 75% water, fasting is done on Ekadashi to reduce the effect of gravity on the body.

Autophagy

Mr. Yoshinori Ohsumi from Japan won noble prize in Physiology or Medicine in 2016 for his discoveries of mechanisms for autophagy. The word autophagy derives from the Greek auto (self) and phagein (to eat). How is this process of autophagy triggered? through intermittent fasting.

Autophagy is a process in which human cells degrade and recycle their molecular trash. Autophagy of the body means it cleanses itself of damaged and dead cells. It's a natural process where good cells create membranes that hunt out scraps of dead, diseased, infectious cells and clean them up. The good cells strip these diseased cells into parts and use the resulting molecules for energy. When the body is on a fast mode it signals



the brain that there is not enough food available and the body then goes back to stored foods.

Autophagy is closely linked to many human diseases. This is due in part to its role in digesting the unfavorable material in cells that has the potential to cause problems. By removing this junk in cells, autophagy serves as the garbage disposal and recycling system to keep bodies healthy.

Intermittent fasting changes the function of cells, genes and hormones. The body initiates important cellular repair processes and changes hormone levels. When you fast the body's hormone level shoot up 5 times, and this facilitates instant cell repair. Insulin levels drop and human growth hormone increases. The body induces important cellular repair processes, such as removing waste material from cells. There are beneficial changes in several genes and molecules related to longevity and protection against disease.

The period of fasting is meant for prayer, meditation and introspection. There can be no violence, ingratitude, dishonesty and ungraceful behavior during these days.

When the body has used up glucose stored during fasting, it burns fat for energy, resulting in weight loss. Fasting also stimulates growth hormone which help the body to renovate.

Dysfunction of the autophagy process is life-threatening from birth through old age. For example, autophagy is disrupted in Alzheimer's disease, when toxic protein aggregates are not properly discarded.

During fasting we must breathe in clean air, drink plenty clean water and eat small portions of fruit or drink milk to keep the stomach acids at bay. People used to fasting can go without food but water is a must, lemon can be added to the water to make it alkaline. Traditionally it is said to avoid beans and grains and eat light if sustaining on just water cannot be done.

Source: Journey To The Center Of You

Activities in Lafayette

SHSK Sunday School - Contact Dinesh
Deoras: 337-296-6576

Purna Vidya - Vedic Heritage Teaching
Program for Children - Contact Pallavi Pal:
337-988-3928

Telugu Language Class - Mana Badi - Contact
Kiranmai Bandaru: 270-320-5906

Tamil Language Class - Valluvar Thamizh
Palli - Contact Senthil Thavamani:
337-296-1340

Bharatanatyam - Classical Indian Dance -
Contact Suchandra Hazra: 512-644-9948

Tennis League - Contact Pranav Sharma:
337-255-0468

Volleyball League - Contact Prasanth
Buchireddy: 662-491-3111

Acadiana Badminton Club - Contact Praveen
Choudry: 414-491-1720

Acadiana Indian Association - Contact
Prabhakar Vemavarapu: 337-212-6277

Lafayette Gujarati Samaj - Contact Nimesh
Patel: 337-515-4177

You can become a member of SHSK
by following the link below:

[SHSK Annual Membership](#)

August 2017 Dates

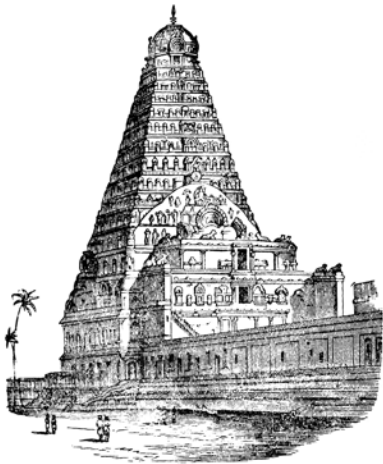
Based on Lafayette, Louisiana, US Time

04 Friday	Varalakshmi Vrat
07 Monday	Shravana Purnima
14 Monday	Janmashtami
21 Monday	Surya Grahan
24 Thursday	Ganesh Chaturthi
25 Friday	Rishi Panchami

For more details please refer
[DrikPanchang.com](#)

What is Consecration?

Sadhguru describes the nature of consecration and what makes this life-transforming science so relevant to humanity.



Sadhguru: Consecration is a live process. It is like this – if you transform mud into food, we call this agriculture. If you make food into flesh and bone, we call this digestion, integration. If you make flesh into mud, we call this cremation. If you can make this flesh or even a stone or an empty space into a Divine possibility, that is called consecration. Today, modern science is telling you that everything is the same energy manifesting itself in a million different ways. If that is so, what you call the Divine, what you call a stone, what you call a man or a woman, what you call a demon, are all the same energy functioning in different ways. For example, the same electricity becomes light, sound and so many other things, depending upon the technology. So it is just a question of technology; if you have the necessary technology, you can make the simple space around you into a Divine exuberance; you can just take a piece of rock and make it into a God or a Goddess; this is the phenomenon of consecration.

An enormous amount of knowledge about this dimension of life was perpetuated particularly in this culture, and this was held as the most important thing. Because it does not matter what you are eating, how you are or how long you live, at some point, a need will come that you want to get in touch with the source of Creation. If that possibility is not created across the planet and is not available to every human being who seeks, then society has failed to provide true wellbeing for a human being. It is with this awareness that in this culture, every street had three temples; because even a few meters should not pass without there being a consecrated space. The idea was not to create one temple versus the other, the idea was that nobody should walk in a space which is not consecrated; nobody should live in a space which is not consecrated. The temple was always built first, and then houses were built.

The whole state of Tamil Nadu is built like this. Every significant town in Tamil Nadu had a grand

temple and around that, a little town. Because the kind of dwelling you live in is not important. Whether your house is 10,000 square feet or just 1000 square feet is not going to make an ultimate difference in your life, but being around a consecrated space is going to make a phenomenal difference in your life. With this understanding, they built human habitations like this: if there are 25 houses, there must be one temple. Whether you go there or not, whether you pray or not, whether you know the mantra or not, is not the point. You must be in a consecrated space every moment of your life.

Source: Isha Blog

Eat on a Banana Leaf for Healthier Immune System

Banana leaves contain a polyphenol called EGCG also found in green tea. They fight off free radicals which cause ailments like cancer and heart disease. It cleanses blood, stimulates appetite, helps digestion, aids good skin, cures ulcer, treats bladder related diseases and boosts immunity. They also contain Vitamin A, Calcium, Carotene and Citric acid.

Throughout South-east Asia, Banana leaves are used extensively to cook, serve food and as a decorative tool. Especially in South India, food is extensively served in banana leaves as it is considered hygienic, environmental friendly and known to provide health benefits.

But have you ever wondered why and how a simple leaf came to dominate the meal time? Well, here's your answer.

Why Are Banana Leaves Healthy?



Banana leaves are packed with plant-based compounds called polyphenols. Especially a specific kind of polyphenol called **epigallocatechin gallate, or EGCG**. Polyphenols are natural antioxidants found in many plant-based foods. Epigallocatechin gallate actually belongs to the family of catechins. It contains 3 phenol rings and has very strong antioxidant properties. Epigallocatechin gallate is the main active component of green tea leaves as well.

There are many claims about the health benefits of Epigallocatechin gallate mostly due to the potent antioxidant activity. It is believed this protects our

cells from oxidative damage from free radicals. Free radicals are produced by the stressors that our modern life puts on our bodies. A number of chronic diseases have been associated with free radical damage, including cancer, arteriosclerosis, heart diseases and accelerated aging.

Epigallocatechin gallate can protect the DNA in the human cells from ultraviolet and visible radiation-induced damage and is effective in promoting fat oxidation and lowering body weight. So the banana leaf being packed with Epigallocatechin is a very beneficial ingredient in a skin rejuvenation treatment.

Of course, if it's so healthy, why don't they eat the leaves too you may ask. But banana leaves are not easy to digest if eaten directly for humans. In fact, since in ancient India many people had cows in their homes, they would eat the food and give the leaves as food for the cows. This was nutritious to both parties and made good economic sense too.

You may ask if one is not eating the banana leaf, how can it be nutritious. Well, the warm food stimulates the polyphenols in the banana leaves which gets absorbed in the food. Additionally they also have anti-bacterial properties and contain Vitamin A, Citric acid, Calcium and Carotene.

Benefits Of Eating Food On Banana Leaves

Eating food in banana leaves is very healthy because when hot food is served in banana leaves, the various nutrients mix with the food.

- The chlorophyll in the leaves prevents intestinal ulcer and skin disease.
- It cleanses the blood.
- It stimulates appetite and helps digest food.
- Eating food on a banana leaf can benefit your skin health.
- It soothes the mucous lining in the stomach and cures ulcer.
- It is a good remedy for kidney stones and other bladder related diseases.
- It boosts Immune system.

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SHSK Temple Upcoming Events

Krishna Janmashtami - August 15th

Ganesh Chaturthi - August 25th

Navratri Garba - September 23rd

More details of the event will be emailed

Check out SHSK Library for more spiritual articles

<https://sanatanift.org/shsk->



SHSK Temple

Why Eat Food on a Banana Leaf?- Continued



1. Imparts Great Flavor

Banana leaves have a waxy coating on them which has a subtle but distinct flavor. When hot food is placed on the leaves, the wax melts and lends its flavor to the food, making it taste better. Steaming or cooking food in banana leaf also adds a sweet flavor and imparts astringency to the food.

2. Environment Friendly

People use plastic and Styrofoam plates as disposable plates which cause great harm to our environment and the animals. Banana leaves are eco-friendly and can be eaten by other herbivorous animals.

3. Clean And Hygienic

Banana leaves do not require a lot of cleaning – they just need to be rinsed with a little water and they are ready to use. If you are eating at a place

where the hygiene standards are questionable, you are much better off eating from a banana leaf than from a plate that has not been cleaned properly.

4. Chemical-Free

Even with a dishwasher, if you are using chemical soaps and detergents which are environmentally damaging, they can affect you too. These traces of toxic chemicals may still remain on your plate and cause havoc. Banana leaves carry no such harm.

5. Waterproof

Because of their waxy coating, banana leaves can be used to serve gravy, curries, and slightly soupy preparations without turning soggy. They are also a great alternative to aluminum foil and can be used to pack lunches for picnics.

Other Benefits Of Banana Leaves

Apart from using it as an eco-friendly plate to eat your meals, it can be used to treat various other ailments.

1. Use juice of a fresh banana leaf to treat minor skin wounds and other skin disorders such as dandruff, eczema, and sunburn.
2. Soak banana leaves in cold water and apply it on the sunburnt area.
3. Banana leaves have medicinal properties that can relieve poisonous insect bites, bee stings, spider bites, rashes, skin irritation.

www.curejoy.com

Dear All,

As we are moving towards our temple construction process, we need your support to spread the word to your friends and family for temple fundraising. To facilitate the fundraising we have created a gofundme link <https://www.gofundme.com/shskfundme>, we request each one of you to be an active voice in raising funds for our dream temple project. You can share the gofundme link through your Facebook, WhatsApp and email to your friends and family.

You will also find the latest update on the funds needed and the details of the temple layout and deity information in the gofundme link <https://www.gofundme.com/shskfundme>.

We hope with your collective effort we would be able to reach our target before end of this year.

Thank you for your continued support and blessings.

Sincerely,
SHSK Board

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