

Vedanshi

The part of the sacred knowledge

Though engaged in all kinds of activities, My pure devotee, under My protection, reaches the eternal and imperishable abode by My grace.

Chapter 18, Verse 56; Bhagavad Gita

A Monthly Newsletter

Issue No 44: August 2017

Sanatan Hindu Sanskar Kendra

PO Box 80362, Lafayette, Louisiana - 70598
 110, Hapsburg Lane, Lafayette, Louisiana - 70506
 Email: shskendra@gmail.com, Website: sanatanlft.org

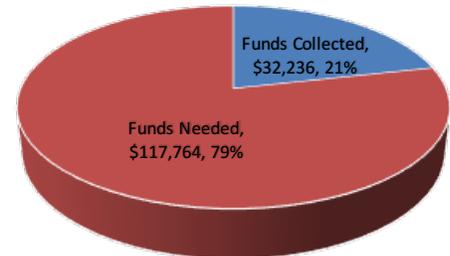


Temple - Fundraising Campaign

Total Estimated Cost: \$1,168,678



Fund Raising Challenge : \$150,000

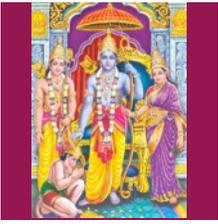


Land Cost	\$200,000
Land Preparation	\$26,745
Architectural and Civil Engineering Services	\$43,433
Temple and Annex Building Construction including Parking Lot	\$548,500
Deities Statues Cost	\$50,000
Shikars (Gopuram) Cost including installation	\$200,000
Lighting, Security and Fencing	\$75,000
Operating 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 \$32,236 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.

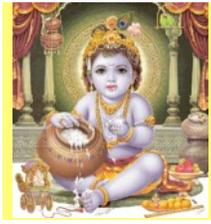
Sita Ram



Ganesh



Krishna



Durga



Shiva



God is in Your Genes!

Sadhguru speaks about the science behind the system of gotras and kulas that were established in Indian culture, which show a deep understanding of genetics.

Indian culture is incredibly complex and may resemble a chaos of mind-boggling proportions. But beneath this seeming chaos is a scientific foundation that is thousands of years old. The series "Why We Do What We Do", will look at the basis behind the various elements of Indian culture, and explain how even the minutest detail was geared towards a human being's immediate and ultimate wellbeing.



Questioner: What is the significance of giving one's name, nakshatra and gotram while doing the abhishekam at Linga Bhairavi?

Sadhguru: These things were very significant and relevant when deities were created in a certain way. Indian culture was created with an understanding of the phenomenal complexity of life, but today this has become one big hotchpotch because invasions in the last 1800 years have seriously disturbed the instruments and institutions which transmitted this from generation to generation. Otherwise, this is a very sophisticated science.

At one time, every temple that was set up was a live temple. It was alive, not a doll that you go and worship. A live force was created of different calibers, categories, and qualities. People did not go to every temple. There were some temples which were for general wellbeing, where everybody went. But for specific purposes, people went only to their Kuladaivam (clan deity). This was a fabulous understanding of genetics and how it functions.

Today, scientists can dig up one little bone of someone who died a hundred years ago, take it to the laboratory, check that DNA and compare it with your DNA and say, "This was your grandfather." You can do this even for someone who died ten thousand years ago. Science gives you this access. Similarly, for thousands of years, people maintained the genetic track in their own way – never mixing it up or doing anything which will disturb the track – so that their progeny come out well. Not only that, you can create a certain energy which travels through the track. Everybody in your kula (clan) need not go to the temple. You go and do the process and everyone benefits because everyone in that kula is connected. Right now, medical science is also heading in this direction. They can find something that works for your DNA, and all the people who have that type of DNA will benefit.

This was understood and genetic lines were maintained so strictly and an energy source was established for that particular DNA and genetic trend. When someone goes to the temple, they are not telling some God up there about their kula. They are just registering, "This is me, I belong to this line, this is my gotra, this is my nakshatra, this is my kula." They are saying, "This is my DNA, do something for me." It is the most scientific way of handling it. It is a wonderful understanding of life.

Source: Isha Blog

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

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.

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

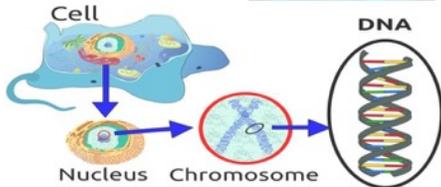
Thank you for your continued support and blessings.

Sincerely,
SHSK Board

DNA

• **Location:** in the nucleus, on the chromosomes

• **Function:** carries the codes for protein synthesis; carries genetic information



September 2017 Dates

Based on Lafayette, Louisiana, US Time

03 Sunday	Onam
19 Tuesday	Sarva Pitru Amavasya
20 Wednesday	Navratri Begins
28 Thursday	Saraswati Puja, Durga Ashtami
30 Saturday	Dussehra, Vijaydashami

For more details please refer

DrikPanchang.com

What are The Upanishads?

Upanishad means the secret knowledge that you learn from a wise and virtuous teacher by sitting near him. You sit near him because the knowledge is secret, and secondly you cannot easily understand it without asking questions and seeking clarifications. In other words, Upanishads are not meant for everyone or for remote learning. We do it nowadays, but it was not the ancient custom. Since the Upanishads contain a variety of ritual and spiritual information which is often clothed in symbolic imagery and archaic metaphors, we need a teacher's help.



You learn from the Upanishads mainly the secret or the hidden knowledge of the Vedas. What is that knowledge? It is the knowledge of the invisible and subtle aspects of creation, namely the Self, the breath, the deities in the body, and the Supreme Brahman. Therefore, when you read the Upanishads, you enter a hidden realm, which is not perceptible to the senses or comprehensible to the intellect. The Upanishads are therefore special. They challenge you to rise above your ordinary thinking and see the world differently with the vision of your inner soul. Since you cannot easily acquire that vision, you need a teacher to guide you and help you until your mind opens and you begin to see the world and its essence with your inner eye.

Even modern science acknowledges that reality is partly visible but mostly invisible. The Upanishads are the first scriptures in the history of the world to affirm this truth. The seers of the Upanishads realized that the essential reality that was hidden in the parts of existence was also present in the entire existence. Thus, they concluded that by making sense of its individual objects and beings one could comprehend the truths of the universe itself.

Following this methodology, the Upanishads use the human personality as the basis to present the idea of the Supreme Being. They focus upon the outer visible body, the invisible inner body, and the hidden Self. The body is the visible aspect of a being. The individual Self, popularly known in the West as the soul is the hidden part. The material universe is the visible part of the creation. The Supreme Self, who presides over this visible universe and who is also hidden in it as its sole support, is the invisible or the hidden part. The Upanishads deal with all these aspects to describe

that nature of the Supreme Self called Brahman, and the individual Self called Atman.

They also speak about the outer aspects of existence (such as the senses, materiality, and the body) in relation to the hidden ones. The body of a living being (jiva) be it human or animal is divided into two parts, the gross body (stula) and the subtle body (sukshma). The gross body is made up of the various individual parts or organs. It is perceptible through the senses. We can identify it by its shape, and we usually give it a name. The Upanishads call it the food body (annamaya kosa) because it is largely or entirely made up of the food we eat.

Inside the gross body is hidden another body, called the subtle body. It is made up of prana (breath), mind (manas), intelligence (buddhi or vijnana), and bliss (ananda). The subtle body is perceived fully only by highly spiritualized people, called the seers. Most of us can partially reach the breath, the mind and intelligence layers and see only parts of the subtle body. We gain a direct and complete knowledge of the subtle body (also called linga sarira), only when we perfect our bodies and purify them fully.

The Upanishads speak about both the gross and subtle bodies, and how they are organized in the human personality. This knowledge is important to understand the true nature of our existence and our connection with the entire universe. The Upanishads thus probe into the mysteries of our existence, and the truth (sat) hidden behind the illusions of the phenomenal world. To understand them, however, you need some introductory knowledge of Hinduism, especially, some familiarity with the ritual-model presented in the Samhita (hymns) portion of the Vedas.

The ritual knowledge (called avidya) is the basis for the spiritual knowledge (called vidya) presented in the Upanishads. Some scholars tend to suggest that the Upanishads were the result of the development of an advanced philosophy. The truth is the Upanishads are an extension of the preceding three parts of the Vedas, just as the subtle body is an extension of the physical body in the spiritual plane. Since they constitute the end part of the Vedas, they are collectively called as Vedanta.

Jayaram V

www.hinduwebsite.com

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

[SHSK Annual Membership](#)

LAFAYETTE NAVRATRI



GUJARATI SAMAJ OF LAFAYETTE
SANATAN HINDU SANSKAR KENDRA

GARBA & DANDIYA

SEPTEMBER 23rd & 30th
OCTOBER 7th

Heymann Park Center,
1500 S Orange St, Lafayette, LA 70501
Sep 23rd 5.30pm - 12.30am
Oct 7th 5.30pm - 12.30am

Wyndham Garden Lafayette,
1801 W Pinhook Rd, Lafayette, LA 70508
Sep 30th 5.30pm - 12.30am

Lalitha Sahasra Nama Kumkum Archana only on Sep 23rd. Please contact Pallavi Pal in advance to reserve Puja Thali at 337-298-1704 & plan to be there sharply at 4.45 pm.

**Mahaprasad prepared & Served
Courtesy of
Gujarati Samaj of Lafayette**

SHSK Temple Sponsorship Levels - RSVP by
September 15th with Names/Logo for Banner
and Facebook ads

DIAMOND: \$2,000
PLATINUM: \$1000
GOLD: \$500
SILVER: \$250

VIMAL PATEL: 337-303-8985
KIRAN PATEL: 337-349-9339
JAY PATEL: 337-739-2400
SRINIVASAN AMBATIPATI: 518-867-6645
SHSKENDRA@GMAIL.COM
All donations to SHSK are Tax Exempt

Check out SHSK Library for more spiritual articles
<https://sanatanift.org/shsk-library/>



Shri Krishna Janmashtami Celebrations, Lafayette, LA - August 15th, 2017

Why you should drink water from a copper vessel

Growing up in a Hindu household, most of us have definitely consumed water from a copper vessel. Have you ever wondered why?

Ayurveda recommends that water stored and consumed from a copper vessel has the ability to balance all the 3 doshas in your body (Vata, Kapha and Pitta). This happens because the copper positively charges the water.

An Indian saint and philanthropist, Sadhguru, mentioned that keeping water in a copper vessel for at least 4 hours allows it to acquire certain elements that are very beneficial for our liver and general health.

Modern science also supports this Ayurvedic claim as several studies conducted has proven that water stored in copper vessel up to 16 hours is able to considerably reduce the presence of harmful bacteria and decrease the rate of infection by 40%.

Here are many others reasons why water consumed from a copper vessel has many health benefits!

Slows down aging

Scientist has found that copper is a strong anti-oxidant. This reduces aging by activating the production of collagen protein that aids in the formation of new cells and connective tissues.

In addition, coppers help to fight off free radicals. Free radicals do attack other organs but is well known to cause the formation of wrinkles and fine lines.

Help maintains digestive health

Copper has the ability to stimulate peristalsis which is the muscles contractions that move food along the digestive tract. This in return improves your digestive system and is also a fantastic natural remedy for stomach ulcer. Other than that, copper helps to detox your stomach and ensures the proper absorption of nutrients into your body.

An Ayurvedic practice for a stomach detox is to drink a large glass of water early morning on an empty stomach which is stored in a copper vessel overnight.



Heals wound faster

Packed with anti-bacterial properties and the ability to help in the production of new cells, copper is a great tool for healing wounds quickly. However, this healing property only helps the body internally and not externally.

Promotes skin health

We have mentioned that copper contains properties that aids in the production in new cells. This benefits your skin because copper will help repair

the top most layers of your skin. Apart from that, copper helps the production of melanin in the body.

Melanin is a natural dark pigment that gives the color of human hair, skin and eye. The production of melanin helps reduce sun burns, freckles and aging. Ayurveda encourages drinking water from a copper vessel on a regular basis to improve the health of your skin.

Other benefits of consuming water from a copper vessel includes

- Stimulates the brain
- Regulates the functioning of the thyroid gland
- Reduces body fat
- Improves fertility
- Reduces cholesterol

All that needs to be done is to pour water into a copper vessel and keep it overnight. Drink the water early in the morning and several times each day. Do not keep the water in the fridge. Do not also drink the copper rich water in excess as the high level of copper will cause gastrointestinal distress.

In our modern age, many have opted to drink water from a glass, silver cup or even from bottles. Don't you think it is better to follow this traditional practice instead?

www.astroulagam.com/my

Thank you for your support and blessings.

Srinivasan Ambatipati, Editor