

Vedanshi

The part of the sacred knowledge

Arjuna said: My dear Krishna, O infallible one, my illusion is now gone. I have regained my memory by Your mercy. I am now firm and free from doubt and am prepared to act according to Your instructions.

Chapter 18, Verse 73; Bhagavad Gita

A Monthly Newsletter

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Sanatan Hindu Sanskar Kendra

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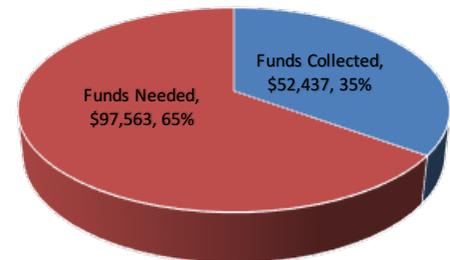


Temple - Fundraising Campaign

Total Estimated Cost: \$1,168,678



Fund Raising Challenge : \$150,000

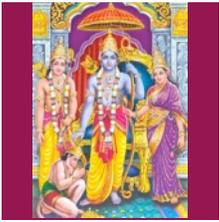


Land Cost	\$200,000
Land Preparation	\$26,745
Architectural and Civil Engineering Services	\$43,433
Temple and Annex Building Construction including Parking Lot	\$548,500
Deities Statues Cost	\$50,000
Shikars (Gopuram) Cost including installation	\$200,000
Lighting, Security and Fencing	\$75,000
Operating 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 \$52,437 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



What is the meaning of OM

We've all heard about this word called "OM". But, what is it? What does it mean? Can it be translated into English? Not exactly. If you chant it does it somehow change you or your religion? Absolutely not.



Let's dispel some of the mysteries and misunderstandings about Om / Aum so we better understand its meaning.

Om is an ancient Sanskrit "word" that was first felt by rishis as they meditated. It was more about the essence of Om than the chanting of it. Eventually as the experience was shared the word came forth and people started chanting it to get the experience of it. So, you ask, what is the experience of Om?

It is somewhat difficult to describe with words but Om represents everything. It is said to be the seed of all of creation. Just like an acorn seed has the immense power and beauty of a mighty oak tree. This seemingly small word contains all the power of the universe. It is the beginning, middle and the end of it all or the past, present and future. Chanting Om brings into your awareness the physical reality of this world and your body, the subtle impressions of the mind and emotions and the thoughts and beliefs of your life and this world.

As the Mandukya Upanishad tells us the perfect state or super conscious state and all that precedes it are a part of Om. The sound can also be displayed in its more complete form of **Aum**. When written this way it appears as if the sound has three parts. In actuality it has four.

The A (aahhh) sound represents the creation aspect of the universe and all of the gross objects within it. Ahh is the beginning of all sounds. This is the most common letter that starts alphabets. It connects us to our sense of self, the ego. With this syllable you

experience the existence of the world through the activity of the senses. When you chant this sound notice that it is produced in the throat and back of the mouth where the tongue is rooted and resonates in the lower abdomen. The first sound embodies "Sat", the sound that starts to bring you back to unity, to the truth of your existence.

The U (oooh) sound signifies the maintaining energy of the universe and the subtle impressions of the mind. It connects us to an inner sense of something greater than that which we can see and feel with our senses. Oooh lets in lightness, clarity, balance and goodness. When you chant this letter the sound moves forward between the tongue and the palate up to the lips and vibrates in the solar plexus. The sound denotes "Chit", an illumination of knowing, pure wisdom.

The M (mmmm) sound characterizes the transformative energy of the universe and the thoughts and beliefs of your being. This sound unites you to the awareness of oneness. It allows you to slow down in order to feel the connectedness of all that is. The sound "mmmm" is produced by closing the lips and it vibrates the crown of the head. The sound symbolizes "Ananda", to be at one with bliss everywhere with all things.

The fourth sound is silence or anagata. It is the vibration which is beyond verbal pronunciation. It is pure consciousness of the Self or the Atman. The unity of Sat Chit Ananda (I exist, I know, I am blissful) is experienced here.

As you can see the experience of Om is multifaceted. It truly is an experience of all in everything. It is said that the sound of **Aum** includes the entire process of sound and all other sounds are included within it. Therefore, Om is called the seed sound (bija), the original sound from which all other sounds and worlds come from. This is why Om is said to represent God, Bhraman, Source, Universal Consciousness. Because it has the power to create everything.

When chanting Om aloud, the sound will naturally evolve through the tree phases corresponding to

the three letters **A-U-M**. Like the experience of Om as a sense of completeness and pure consciousness, the three syllables are not distinct or separate phases, but a continuous motion of the body, breath and awareness.

Now, the true power of Om lies in the experience of Om. Reading this can help the mind understand but it cannot give you the experience. Chant this, by yourself, with your friends, in your community. Allow the experience of all the words above to soak into your being. Feel the power each syllable has as the sound vibrations move from the low abdomen, up through the solar plexus and chest all the way to the tip top of the head. Let the vibrations clear and cleanse your energy system and chakras. Find wholeness and healing in this easy to remember mantra.

Many yoga classes begin and end with the chanting of Om three times. This mantra allows the energy of the group to begin the process of harmony by breathing together and sharing in this mantra. It tunes each person into themselves and reminds the body and mind to set aside worldly concerns and to turn your attention inward to the everlasting joy yoga can bring. Repeating Om at the end of a session, together with the traditional "Namaste", is a declaration of respect for the practice and each other. It also allows you to carry forth the inspiration of yoga to everyone and encourage growth in yourself and others through your presence alone.

Om is an amazing tool that all people of all faiths can utilize to bring focus and awareness to the greater meaning of life.

www.yogitimes.com

October 2017 Dates

Based on Lafayette, Louisiana, US Time

08 Sunday	Karwa Chauth
15 Sunday	Rama Ekadashi
16 Monday	Dhanteras
18 Wednesday	Diwali, Narak Chaturdashi, Lakshmi Puja
20 Friday	Govardhan Puja
31 Tuesday	Devutthana Ekadashi

For more details please refer
DrikPanchang.com

Om in Various Scripts



The symbol om in the Tamil Grantham script The symbol om in the Gujarati, Marathi, and Hindi script The symbol Om in the Tamil script The symbol Om in Telugu and Kannada script The symbol Om in Oriya, Assamese and Bengali script. The Balinese Om symbol The symbol Om in Tibetan script

Ayurvedic Health Benefits of Sesame Oil

From nasal drops to enema, from babies to elderly people, Sesame oil forms an incredible part of the Ayurvedic regimen. Experts say that about 90% of the herbal oils in Ayurvedic treatment are prepared with a base of Sesame oil.

Celebrated for its rich presence of nutrients, this oil is used as a nourishing cooking oil in most parts of India, especially the southern parts of the nation where Ayurvedic system of healing has its roots deeply vested with.



Known as Tila in the Ayurvedic world, Sesame oil is extracted by pressing the seeds of the plant *Sesamum indicum* (syn. *Sesamum Orientale*). Sesame oil has been used for its innumerable benefits to mankind and the most touching thing is that the seed hulls left after pressing the oil can be fed to livestock as a wholesome food.

Historical importance of Sesame Oil:

This invigorating oil has the longest history of more than 5,000 years just like the ancient Ayurvedic system. This was the main oil crop and was cultivated during the times of Indus valley civilization, the oldest civilization of the world. Sesame was the first crop used for extracting oil.

Before 600 BC, Sesame oil was used as a salve, medicine and in food by the rich Assyrians community. From times immemorial, this oil has been an important part of the world of Complementary and Alternative Medicine. Various traditions like Chinese, Korean, Japanese, Southeast Asian and Middle Eastern used Sesame oil as a flavor enhancer and natural health stimulant.

Most of the Ayurvedic therapies have registered the use of Sesame oil for its ability to strengthen the system, detoxify the body and ensure the proper functioning of all the vital organs. Sesame seed oil is considered as a sacred oil in many parts of India and is used in votive lamps and other ceremonies of religious importance.

Among the seven chakras or the vital points of human energy, sesame oil is said to benefit the heart chakra responsible for unconditional love for others and self, compassion, emotions and all kinds

of relationships with the world, root chakra responsible for dealing with the challenges of the world and the spleen chakra responsible for the right to think, self-confidence, self-control and intellect.

Therapeutic properties and nutrients of Sesame oil:

Sesame oil is rich in vitamin E (potent antioxidant), iron, omega-6 fatty acids, vitamin B6, magnesium, calcium, zinc, copper, dietary fiber and flavonoids phenolic antioxidants.

All these enriching nutrients make Sesame oil as a powerful antioxidant with antibacterial, antifungal, anti-inflammatory, antiviral, immune-stimulant, restorative, anti-rheumatic, carminative, tonic, anti-diabetic, anti-atherogenic, cardiac, dermatologic, laxative, emollient, warming and anti-depressant properties.

Ayurvedic health benefits of Sesame oil:

Ayurvedic encyclopedias like Charaka Samhita and Sushruta Samhita have listed enormous health benefits of Sesame oil. Practicing Ayurveda is a sure shot remedy for self-improvement as it involves a systematic life-style along with essential oils, herbal medications, yoga, meditation and physical exercises that keep you fit and fine even in your late 60s.

Human body is made up of 3 energy elements known as doshas in Ayurveda. They are vata, pitta and kapha. The predominant energy element determines your personality, character and behavior. Sesame oil has the potent to balance excess vata along with kapha and pitta deficiency.

Let's take a look at the Ayurvedic health benefits of Sesame seed oil in terms of various ways of administration.

1. Oil Pulling:

This is a simple Ayurvedic therapy that helps in eliminating the harmful toxins from the body and enhances immunity and is known as Gandusha in Sanskrit. It is nothing but swishing 1 tablespoon of sesame oil in the mouth for 20 minutes in empty stomach in the morning and spitting out the toxins-filled remains. This process helps in protecting the dental health known as Dantya Swasthya in Ayurveda.

Charaka Samhita (Charaka Samhita Ch V-78 to 80) quotes the act of oil pulling as "It is beneficial for strength of jaws, depth of voice, flabbiness of face, improving gustatory sensation and good taste for food. One used to this practice never gets dryness of throat, nor do his lips ever get cracked; his teeth will never be carious and will be deep rooted; he will not have any toothache nor will his teeth set on edge by sour intake; his teeth can chew even the hardest eatables". The best oil recommended for

oil pulling by Ayurvedic texts is organic cold pressed Sesame oil.

Sesame oil has sesamol, sesamolins and sesamin components along with the presence of polyunsaturated fatty acids and Vitamin E that make this oil as a rich natural antioxidant. This property helps in preventing decay and degeneration of cells in the body and blocks the absorption of negative cholesterol in the liver.

A popular study on "Effect of Oil Pulling on Plaque and Gingivitis" by Dr. HV Amith proved that 45 days of methodical oil pulling showed a significant decrease in plaque and gingivitis.

The antibacterial and antifungal properties of this oil help in treating halitosis or bad breath, plaque, gingivitis and dental cavities.

One more study conducted in 2008 on "The Effect of oil-pulling on dental caries causing bacteria" proved the in-vitro antibacterial activity of Sesame oil against dental caries causing bacteria, especially *Streptococcus mutans* and *Lactobacillus acidophilus*. This study also witnessed the considerable reduction of the total count of bacteria after oil-pulling.

Oil pulling with Sesame oil is also effective in treating cracked lips, eczema, sinusitis, heart disorders, psoriasis, obesity, dry skin, headache, kidney problems, rheumatic pain and inflammation, dry throat and tooth decay.

Continued on page 4

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

Check out SHSK Library for more spiritual articles

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



Ganesh Visarjan Celebrations, Lafayette, LA - September 2nd, 2017

Benefits of Sesame Oil

2. Abhyanga, the art of Ayurvedic massage therapy:

Abhyanga or Ayurvedic massage with Sesame oil is a significant part of the Ayurvedic treatment to relieve muscular pain and tension, make the skin healthy and glowing, regularize the breathing pattern, improve blood circulation, relax the nervous system, revive the mind and relieve stress and sleeping difficulties. These benefits are mentioned in Ayurvedic texts as Twachya, Balya and Keshya.

(i) Balya (benefits for children):

Known as the King of Oils, Sesame oil is completely safe for the use of children and is known to strengthen the bones, joints and muscles by penetrating deeply into the muscles and the bone marrow. It is because of this property, every Indian family massage their new born babies and toddlers with Sesame oil before bath and leave them under sunlight for few minutes allowing the body to absorb vitamin D and nourish the skin cells naturally.

(ii) Twachya (benefits for the skin):

The presence of vitamin E and zinc in this oil helps in augmenting the elasticity of the skin; repairs damaged skin cells and promote the production of collagen. Massaging your skin with this nourishing natural emollient aids in preventing the symptoms of aging, wrinkles, acne, psoriasis, wounds, burns and other skin infections. Sesame oil also protects your skin from dangerous ultra-violet rays.

(iii) Keshya (benefits for the hair):

Massaging your head with warm Sesame oil stimulates hair growth, controls dandruff, nourishes the scalp, kills the infestation of lice, and eases anxiety and fatigue.

It is a long time tradition of Indians to massage their head and body with Sesame oil once in a week and take bath with the herbal powder known Shikakai to reduce the body temperature and enliven the nerves and cells. This oil kills the dandruff causing bacteria and protects the skin and scalp from the harmful effects of chlorine in swimming pool water.



3. Nasya, nasal cleansing:

Nasya is one important methodology among the 5 methods of Ayurvedic Panchakarma therapy. It is the method of administering herbal oils and medicines through the nostrils. According to Ayurveda, nose is the entrance to the brain. Applying a few drops of Sesame oil in the nostrils as nasal drops helps in treating illnesses above your shoulders. This aids in removing the toxins

from the body, alleviate stress, sinusitis, allergies, headache, cold and wrinkles.

4. Pathya, daily diet:

When used as cooking oil in daily diet, Sesame oil is highly beneficial for the entire system from head to toe. Ayurveda suggests the daily use of this oil and is said to grant Vranashodhana (healing and cleansing internal and external wounds), Agni janana (augmenting the power of digestion and metabolism) and Medha janana (enhancing intelligence).

Regular use of Sesame oil helps in fighting cancer with its antioxidant properties, guards the body from DNA damage due to radiation, treats rheumatism, improves digestive health, supports respiratory wellness, aids in preventing diabetes, lowers blood pressure and improve the health of the cardiovascular system.

Disclaimer:

Consult your Ayurvedic physician before using Sesame oil for your individual constitution. This article is only for informational purpose and is not meant to replace your prescribed medicines or the advice of your healthcare professional.

www.ayurvedicoils.com

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

[SHSK Annual Membership](#)

Thank you for your support and blessings.

Srinivasan Ambatipati, Editor