

PUSHPANJALI



QUARTERLY NEWSLETTER Vol – 21 #3 July 2011

Hindu Temple of St. Louis
725, Weidman Road, St. Louis, MO – 63011
Call: 636.230.3300

www.hindutemplestlouis.org

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Sushmitha (Library), Ranga (Kitchen)

LECTURE (in English) BY SWAMY CHIDATMANANDA

TOPIC : ART OF HEALING (Panchikaranam of Adi Sankara)

Art of Healing is the process of getting better, becoming healthy. Healing lifts us out of the negative energy field and places us in the positive energy field. Events, Situations, Circumstances, Incidents can never affect us, what affects us is our feeling towards them. Please attend this lecture in English, to learn about "Art of Healing".

On Sunday, July 24th, 2011 at 5pm in The Hindu temple basement



Swami Chidatmananda is presently Acharya of Chinmaya Mission Hyderabad and Regional Head of Andhra Pradesh, India. Inspired by Pujya Gurudev, H.H. Swami Chinmayanandaji, he joined Sandeepany Sadhanalaya in Mumbai in 1989 and was initiated into Brahmacharya Deeksha by Pujya GURUDEV SWAMI CHINMAYANANDA JI in 1993, and was initiated into Sannyasa Diksha in 1999 by H.H Swami Tejomayanandaji (the present Spiritual Head of Chinmaya Mission worldwide). Swamiji's trips to North America and Europe were very well received by variety of audiences and his philosophical lectures and meditation sessions were very popular at every gathering.

RELIGIOUS DISCOURSE (in Telugu) BY Dr. MEDASANI MOHAN, Avadhana Samrat

TOPIC : VIRATA PARVAM FROM MAHABHARATA

ALL ABOUT DR. MEDASANI MOHAN, A GREAT AVADHANI

Dr. Medasani Mohan acquired a unique place in the field of "Avadhana" and earned a good name as the most intellectual in India and abroad. He is the blessed son of his parents late Sri Medasani Ayyanna Naidu and Smt. Lakshamma, born on 19.04.1955 in Nadimpalli Village, Chandragiri Mandal Chittoor District, Andhra Pradesh. He took spiritual initiation from his sacred ascetic guru (Avadutha) by name 'SIVA NANDA MOUNI'. While studying, he practiced the Yoga of meditation and gradually improved his power of Retention.

Dates: August 5, 6 and 7 (Friday to Sunday)

Time : 7PM to 9PM

Place : The Hindu temple basement

LECTURE (in English) BY
Dr. CHANDAKA SRI KRISHNA, B.Sc., M.A., Ph. D

TOPIC : YOGA AND SPIRITUALITY



- Theory and Practice of Yoga to attain Salvation.
- Synthesis of different Yogas to accelerate the evolution.
- Yoga and Inner Awakening.
- Principles of Kundalini Yoga.
- Principles of Meditation and Practice.

Recipient of 'Ugadi Puraskaram' for the year 2007. Invited speaker at Eighteenth International Congress of Vedanta at University of Massachusetts, USA.

Date : August 28th Sunday

Time : 5PM to 7PM

Place : The Hindu temple basement

The Hindu religion (Introduction - Part 1 of 18)

Vijaya Kumar Buddhiraju - Chairman

WHEN DID HINDU RELIGION BEGIN?

No specific time for the origin of Hinduism can be traced. It is called *anaadi*, meaning there is no beginning to the Hindu religion. No time can be given as there is no founder. Even when we attribute a specific writing to an individual sage, that specific writing is not considered to be attributable to the time of that sage. The Vedic sages are not called *Grandha kartas*, the writers of the scripture. They are called *Drastas*, the individuals who have seen the ever existing truth. For example, Isaac Newton did not create gravity. The gravity existed all the time; he only saw it and explained the phenomenon. Therefore, the origin of gravity is not from 1642 (the time of Newton) just as America did not come into existence from 1492 when Christopher Columbus arrived. Similarly, Hinduism cannot be attributed to specific time of a seer who saw the nature of splendorous universal phenomena in his quest for the truth of not only the existence of man, but also every object in the universe and the universe(s) itself.

DO THE HINDUS HAVE A HOLY BOOK LIKE BIBLE?

Yes. Hindus have not just one book, but several. Eighteen books are the religious authorities. They are the four Vedas, Six Angas (branches), four Upangas (secondary branches) and four Upavedas. The four Vedas are

called, *Rigveda*, *Yajurveda*, *Samaveda* and *Atharva Veda*. These four are roots of knowledge. In addition, there are six angas called Vedangas. They are *Siksha*, *Vykarana*, *Chandas*, *Nirukta*, *Jyotisha* and *Kalpa*. Four Upangas are *Mimamsa*, *Nyaya*, *Purana* and *Dharma* sastra. These fourteen texts are referred to as *Jnana Sthanas* (The source of intellect). The Vedas can be conceived as the Vedapurusha, or as a divine person. He has six limbs and four secondary limbs. One can also view the source of knowledge as a tree with six major branches and four sub branches. In addition to these fourteen Holy books, which kindle the human mind to the ultimate levels, there are four more books called Upavedas (secondary roots). The Upavedas prepare a human to achieve the skills for survival and live as an accomplished social being. The Upavedas are, *Ayurveda* (Medicine), *Dhanurveda* (Defense), *Gandharvaveda* (Arts) and *Arthaveda* (Law). These are called *Vidya Sthanas* (the source of skills). Each of these 18 Holy texts of the Hindus cannot be viewed as individual books. Each book consists of several subtexts of considerable length. For example, when we say purana, it is not one book but 18 puranas and 18 upapuranas (sub texts). Suffice for now to say that the Hindus have 18 Holy books for the sake of simplicity.

IS HINDUISM MONOTHEISTIC OR POLYTHEISTIC?

The Hindus believe in one universal power of ultimate intellect and thus it is as much monotheistic as any religion of Middle Eastern origin. But then often the question is asked as to why so many Gods exist in the Hindu religion? The Hindus believe that God is not confined to a small mountain or a tree or even a planet alone. God by definition is infinite, omnipresent, omnipotent and omniscient. While these definitions are accepted by all religions, Hindus are the only ones who conform to this definition. Consequently they stress that, He can not only manifest in infinite forms but also does manifest in various forms for various purposes. Every festival of the Hindus has connotation to his manifestation in one or the other forms to vanquish the evil and establish justice. These events are celebrated as festivals. The form He takes is immaterial, as for Him no form is lower or higher. As humans, we meditate upon and worship on His manifestation, without which we cease to exist. Thus showing reverence to nature and humanizing the nature is also a part of the religion. Worship is an expression of reverence.

WHAT ARE BASIC CONCEPTS OF HINDU RELIGION?

The word "Hinduism" came into existence some time later to the people living in the land which was called Aryavarta which was from the Eastern borders of Persia to the Western borders of Indonesia and as far into the north of China to as far south as Java and Sumatra islands. They were

the people who were called the followers of Sanatana Dharma. The word Dharma refers to a principle or a rule that one should live by. The religious texts prepare one to lead the life in a righteous path. These Dharmas or may even be called the commandments are 24 in number divided into two categories called Yamas and Niyamas.

Yamas : *AHIMSA* (nonviolence), *SATYAM*(truth) , *ASTEYAM* (non-stealing), *BRHAMACHARYAM* (controlling the desires), *APARIGRAHAM* (not accepting more than needed), *HREE* (being ashamed), *ASANCHIYAM* (no hesitation), *AASTIKATA* (trust in God), *MOUNAM*,(silence) *STIRATVAM* (stability), *KSHAMA* (forgiveness) AND *ABHAYAM* (fearlessness).

Niyamas : *SOUCHAM* (Cleanliness), *JAPAM* (prayer), *TAPAM* (meditation), *SRADDHA* (diligence), *ATHIDHISEVA* (reverence to guest), *VAIDIKAM* (performing religious rituals), *THIRTHA PARIBHAMANAM* (pilgrimage), *PARARTHADEHAM* (selflessness), *SANTOSHAM* (being happy), *GURUSEVA* (respect to the teacher), *DAANAM* (charity) AND *SWADHYAM* (study of Vedas). Preaching of these principles makes them Sutras. Practicing these principles makes them into Yogas. [Paropadese Panditrym Sarvesham Sukarm Nrunam – Dharme Sweeya Manushardham Kasyschittu Mahatmanah (Persons who preach or make rules for others are plenty, but the Mahatmas who follow any of them are rare)]

A DEVOTEE

Puran Luthra - President

In Ramayan, answering a question from Narada, Lord Rama says “a devotee (Bhakta) is like a two year old child for me and I take care of him/her all the time just like a mother watches her kid. On the other hand a saint (Gyani or Rishi) for me is like a sixteen year old child, who has attained knowledge and strength and mother does not have to watch her all the time and leaves her alone to do the things. A true devotee is he/she who chants my name, accepts everything in the life, good or bad, as given by me, and respects priest and Rishi (Gyani) and has respect for other human beings.”

We are family people and cannot be sanyasi and are not expected to be sanyasi since we have responsibilities towards our families. We have some greed to earn money for worldly affairs, have affection for our kids and have some ego. There is no one who does not have little ego or little anger or little greed (at all). The excessive ego, greed, and anger are our enemies and only prayer and chanting His name can help us to control our behaviors. We can be good devotees and need not to worry about rituals but simply follow the path of dharma and truth, and fulfill our

responsibility towards our families just like Lord Rama has shown by His actions in the Ramayan. Ramayan does not have much lecture or “updesha” and Lord Rama has shown the path to us by his actions - what an ideal person should be and that is why He is called “Maryada Purushottam Ram” – the ideal person.

Appeal to Devotees –

1. Parking is one of the concerns, not only on festivals but also regularly. We must follow the parking rules at temple the same way we would when we go to schools, work, and shopping. Some people park in fire lanes, taking more than one spot, behind other car, park car in the middle of road while picking or dropping something from temple in hurry, park cars close to temple door while they are waiting for their families to come, restricting passage for others. We need everyone’s cooperation for the safety of the people.
 2. Please do not leave your shoes on the stair steps.
 3. Please respect other people’s right by maintaining silence and take care of your children by not allowing them to run in the pooja place.
 4. Please try not to cut across in front of people when they are standing in front of a deity and doing prayer.
 5. Please maintain silence when priests are doing pooja or chanting.
 6. Please keep the pooja books at the proper place after use.
 7. Please do not leave cups, plates or napkins on the table after eating downstairs.
 8. Your donations and support is essential for the temple growth and operations. This temple is our spiritual home and let us maintain it and keep it clean.
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HEALTH FAIR REPORT

Sudha Pai, Humanitarian Committee

The annual health fair sponsored by the Hindu temple of St Louis was held on May 7th 2011 at the Gandhi center. It was an event that was well attended by people of all ages from the St Louis community. This year there were more registrants than the previous years. Various services that were offered were general physical exams, basic screening lab tests like cholesterol, sugar levels, PSA, hemoglobin etc, EKGs, bone density measurements, dental checkups, eye checkups and many other specialty consultations.

This is an event organized and participated by Physicians and non physicians of our community entirely on a voluntary basis. The lab tests

were sponsored by St Anthony's Medical center and the cost of the fair was borne by the Humanitarian committee of the Hindu Temple.



Registration and health
checkup

BUILDING COMMITTEE

Chair – G.V. Naidu

North/South Expansion of the temple: The contract was signed with OSM Inc. Minor suggestions were received from Sthapati Selvanathan of Chennai. With some modifications revised plans are submitted to St. Louis County Commission. Pending their approval we have asked for extension of starting construction which is supposed to start June. We hope to get the approval soon. Bhoomi Pooja was done for the buildings of Ayyappa and Kannikaparameswari temples on May 5th. It was attended by large number of devotees.

Plans for the new building: You are aware of the objections raised by the neighbors which was also published in St. Louis Post-Dispatch on 5.21.2011. One of the contentious issues is regarding the retaining wall giving them privacy to their houses-its height, greenery, decorative wall. A few of us met with our District Councilman, Colleen Wasinger, on April 12th and expressed our view points. She is a member of Public Improvements Committee whose recommendations to St. Louis County Commission are important. Meanwhile negotiations are going on with our neighbor to buy his property including the house. Hopefully we can resolve the price difference and settle the matter soon. Acquiring that property will make a positive difference in the construction of new building. These are major expensive issues and we have to proceed cautiously. As you know haste makes waste.

POOJA COMMITTEE

Chair – Rao Ayyagari

Both Chandramana and Souramna Ugadi were celebrated with the traditional Ganesha Puja in the month of April as per Lunar and Solar calendars. After the puja, the attending devotees listened and took note of the major events and happenings of the year during the rendering of the interpretation of the panchangam. Bus transportation was provided for additional parking at an area church.

In spite of being a weekday, several hundreds of devotees attended Sri Rama Navami festival's Sita-Rama Kalyanam on April 12th.

The long awaited 'Bhoomi Puja', the ground breaking ceremony, was initiated in an auspicious manner on May 5th at 6 am. This event was well attended by devotees of Sri Ayyappa and Sri Kanyaka Parameswari. Two teams of priests performed the sacred rites for breaking the ground at pre-marked sites (in the center of the proposed Garbha Gudi of both the shrines) of the extensions on North and South sides of the existing main temple. Once the building permits are approved, construction will start on these shrines. Hindu shilpis will complete the Indianization prior to the Prana Prasthishta (Installation of the Idols) once the building shells are completed.



Similarly, the long awaited Adhivasas were performed with great reverence and sanctity for the prasthishta of the Kouthuka Murthy of Sri Venkateswara on May 20-22. Once having finished this essential puja, now everyday temple is being opened with Melukolupu (awakening) Nitya Puja and being closed with Pavalimpu (sleep ritual) Ekanta Seva for Sri Bhoga Srinivasa and the main Vighram of Sri Balaji.

Because of this additional Ekanta Seva, each day's last services for archana and vehicle pujas will have to be 15 and 30 minutes before closing time of every day respectively.

Mother's Day was celebrated on May 8th with Sri Kanyaka Parameswari Devi's Puja. Several children participated by reading the story of Sri Vasavi Mata and singing bhajans of the deity. Tyagaraja Aradhana was once again well attended by many music-loving devotees. Similarly, Hanuman Jayanti was celebrated with great enthusiasm and Lord Hanuman looked divine with his many Vadamalās along with flower malas and appeared ready to give blessings to all who attended. On June 13th Vakasi Visakham was celebrated with the traditional Kavadi and Palkudams. Devotees participated in the Utsavam with a grand procession in the main worship hall of the temple. A special Shanti Homam was performed in the Yagashala on June 26th at 11am for the peace and well-being of all devotees, priests, and the management.

Reminder: Devotees are urged to take advantage of the opportunity of participating in the monthly Satya Narayana Puja with special sponsorship. Check with the manager or a Priest for details.

Important time change for the summer: From this year onwards, temple hours will change during the summer. (Between Memorial Day and Labor Day)

Temple Hours (Memorial Day to Labor Day)

Monday-Friday 9AM – 12:00 noon, 5.30PM – 8.30PM
Week-ends & major Festivals 9AM – 8.30 PM

UPCOMING TEMPLE FESTIVALS & EVENTS

VARALAKSHMI VRATHAM	August 12th Friday Satyanarayana Pooja – 5PM Varalakshmi Vratham – 6.30 PM
SRAVANA POORNIMA YAJURVEDA UPAKARMA	August 13th Saturday – 6M
SRI KRISHNA JANMASHTAMI	August 21st Sunday – 6.30 PM (TEMPLE OPEN ALL DAY UNTIL MIDNIGHT)
SWARNA GOWRI VRATHAM	August 31st Wednesday Teej Festival/Haritalika – 7PM
SRI GANESH CHATHURTHI	September 1st Thursday Ganesha Pooja – 5.30 PM & 7.00 PM (TEMPLE OPEN ALL DAY)
SATYANARAYA POOJA	September 11th Sunday 6.30 PM
DEVI NAVARATHRI PRARAMBAM	September 27th – October 6th Sri Chakra Pooja – 9AM, 6.30 PM

Temple Hours (Memorial Day to Labor Day)

Monday-Friday	9AM – 12:00 noon, 5.30PM – 8.30PM
Week-ends & major Festivals	9AM – 8.30 PM
Daily Services	9:00AM – Nitya Pooja 8.15PM – Ekantha Seva

Other scheduled Services

Sunday, Monday	Rudra Abhishekam
Tuesday	Parvathi Abhishekam Durga Puja Hanumaan Puja Ramayan Paath
Wednesday	Dattatreya Abhishekam
Thursday	Shri Saibaba Abhishekam & Sai bhajans
Friday	Shri Mahalakshmi Abhishekam
Saturday:	Shri Venkateswara Subrabhatham Balaji Abhishekam Vishnu Sahasranamam

First Saturday of Every Month

Poolangi seva of Shri Venkateswara

Second Saturday of the Month

Ayyappa Abhishekam

Fourth Sunday of Every Month

Navagraha Abhishekam

Every Chaturthi

Ganesha Abhishekam

Shukla Trayodasi Pradosham

Rudra Abhishekam

Every Krittika Nakshatram

Murgan Abhishekam

Punarvasu Nakshatram

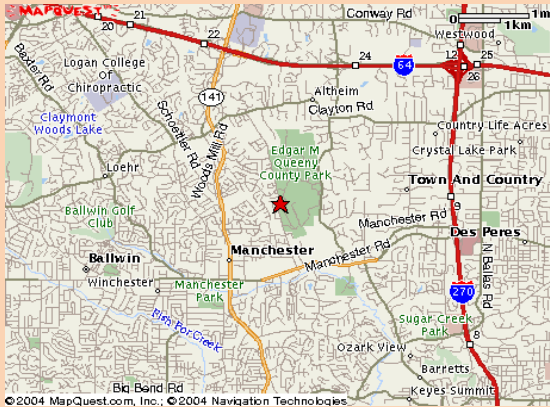
Shri Rama Abhishekam

Every Rohini Nakshatram

Shri Krishna Abhishekam

Shukla Dasami

Shri Sai Vratam



From I-64

Take 270 south,
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west, right on
Weidman Rd,

From I-44

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