



Aradhana

ARADHANA

Website: www.cincinnati temple.com

Phone: 528-3714

Email: hindusociety@fuse.net

Magh Vikram Samvat 2061

February, 2005

A Publication of the Hindu Society of Greater Cincinnati

Happy Vasant Panchami



Cosmic Dance

By A.C.Sekhar

Every Hindu is familiar with the figure of Nataraja, the Lord of dance as another form of Lord Shiva, who in Hindu mythology is symbolic of eternal construction-destruction continuum. The ancient sages and master sculptors of South India conceived the excellent artistic figure of Nataraja nearly 6000 years ago to represent the whole Universe and its rhythmic activities which are revealed to the West only in 20th century by modern Science and Technology. In view of wide acceptance of observations of modern Science and ancient philosophical discussions in India, the dance of Nataraja has come to be recognized as Cosmic Dance rendering not only an inspiration for the art of Dance Movement and Dance expressions in India, but also developing a religious fervor of great significance to all Hindus. Several forms of worship have been developed, and several temples and places of worship have come up. Several devotional poems, hymns, songs have been composed. Art, religion, and science have thus given in one composite form the meaning of life and guidance for righteous living for all Hindus.

(continued on page 13)

Community Dinner

First Community Dinner for 2005 will be on Friday, 4th March, 2005. Community dinners are usually held on first Friday of every month after 7:30 P.M.

For more information contact:

Priests 528-3714 Devnath ji 528-3714

Bharat Vala 891-2240 Laxmi Srivastava 474-0533

Sunder Kand Path is held on every 3rd Sunday of the month from 10:30 A. M. This month Sunder Kand Path is on 2nd Sunday, January 9th.

Shri Ganesh Atharvshirsha Path is held on every 4th Sunday of the month. Please see details on Page 5.

Balaji Abhishekam is held on every 4th Saturday of the month from 10:30AM. Detail on page 5.

Murugan Abhisekam Please see details on Page 5.

Shiv Mahima Stotra is held on every Monday evening at 7:00 pm.

Shri Hanuman Chalisa is held on every Tuesday evening at 7:00 pm.

Vishnu Sahasranama Prayana is held on every Thursday at 7:00 pm. Please see details on Page 5.

Satya Narayan Puja will be held every month on Purnima (Full Moon) Day.

UPCOMING EVENTS AT THE TEMPLE

Vasant Panchami Celebration	Feb. 13	Page 5
Sunderkand Path	Feb. 20	Page 5
Satya Narayan Puja	Feb. 24	Page 5
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Holika Dahan	March 25	Page 5

Note: If you or someone you know, is not receiving ARADHANA, or if you need a change in address please contact Mr. Mohan Chopra at 859-331-2416

Deadline for submission of articles and advertisements for the next issue is February 15, 2005

SPECIAL CELEBRATIONS AT THE TEMPLE

EXECUTIVE COUNCIL 2005

President:
Vijay Sharma 232-9991
V. President:
Asit Saha 489-5720
Secretary:
Prem Garg 232-5333
Treasurer:
Ramesh Sondhi 232-6454

Committee Chairpersons:

Membership & Fundraising:

Anil Jindal 271-7171

Communications:

Renu Kotwal 583-9589

Puja & Religious Activities:

Kiran Dayal 474-4051

Property Management & Maintenance:

Arvind Patel 791-0855

Cultural Activities:

Sheetal Patel 936-9655

Religious Education & Youth Activities:

Manju Gupta 232-3331

Long Range Planning:

Jitu Patel 459-8900

Youth Member:

Esha Bhatara 777-6488

RELIGIOUS DISCOURSE

Sundays 12:15 - 12:45 PM

First Sunday : Upanishads
Second Sunday : Children Program
Third Sunday : Sunder Kand Path
Fourth Sunday : Shri Ganesh

Atharvshirsha Path

Fifth Sunday : Open (please suggest)

Members of the community are invited to speak on topics related to Hindu religion, Philosophy, culture, reformation, Gurus, self-preservation, etc. If you would like to talk or like to suggest someone who may be interested, please call Kiran Dayal at 474-4051

SPONSORS FOR SUNDAY PUJA

Devotees are requested to sit-in Sunday Pujas as well as bring Prasad and Lunch. You may wish to use this occasion to celebrate important events such as wedding anniversaries, birthdays, ishta devata puja, graduation, and other memorable days. Events can be hosted by individuals, families, groups of families or organizations. Please reserve your Sunday of choice ASAP by putting your name and phone-no in the calendar at the temple and call Kiran Dayal 474 - 4051

TEMPLE DAILY SCHEDULE

Monday - Friday : 9:00AM-12:00 Noon
5:00 PM - 8:00 PM

Saturday, Sunday
& US Holidays 9:00 AM - 8:00 PM

SPECIAL PROGRAM ON WEEKENDS

9:15 - 9:30 A.M. Suprabhatam
9:30 - 11:00 A.M. Daily puja of
Temple Deity
11:00 - 11:30 A.M. Sponsored Puja
11:30 - 12:15 A.M. Bhajan
12:15 - 12:45 P.M. Religious
discourse
12:45-1:00 P.M. Birthday and
Anniversary puja and announcement
1:00 P.M. Aarti

SHIVA MAHIMA STOTRA

Monday Evenings, 7 PM

HANUMAN CHALISA

Tuesday Evenings, 7 PM

VISHNU SAHASRANAM PARAYAN

Thursday : 7:00 PM

SRI VENKATESHWARA PUJA

Friday Evenings, 7 PM

MURAGAN ABHISHEKAM

Every 3rd Saturday

SUNDARKAND PATH

Every 3rd Sunday of the February
10:30 -1:00 PM

Please Donate Generously for your Temple

2004 POOJA COMMITTEE MEMBERS

To participate in/ sponsor please contact a Pooja Committee member

Kiran Dayal (Chairperson): 474-4051
B.C. Sharma (Priest) 751-2974
K.C. Sharma (Priest) 528-4921
Srinivas Bangalore (Priest) 947-1841
Sri. Shrivachariar (Priest) 528-4831
Swarna Chaudhary 232-2343
Vasundhara Dasari 777-3353
Rani Dhamija 984-5777
Anuradha Kulkarni 271-2749
Sangita Patel 791-0855
Anju Saha 474-3922
Uma Sanguai 793-9384
Madhu Sharma 232-9991
Meena Sondhi 232-6454

1. Archana performed during temple hours by sponsorship. No Archana on Sundays between 11 a.m.-1 p.m.
2. Outside pujas and other religious services will be conducted by appointment only. To schedule please contact puja committee chairperson
3. If you would like to bring food and prasada in the temple, please contact puja committee chairperson

Priests:

Pundit B C Sharma 751-2974
Acharya Kailash Sharma 528-4921
Shri Srinivas Bangalore 947-1841
Shri Shivachariar 528-4831

Attny:

Aronoff, Rosen & Hunt 241-0400

Temple Mgr.:

Laxmi Srivastava 474-0533

Accountant: Open

Editor: Renu Kotwal 583-9589

Editor's email:

renukotwal@hotmail.com

Important Notice:

Your Temple needs

1. Sponsors for flower \$50/week
2. Sponsors for Sunday puja
3. Your temple needs your support

Lost and Found

If you have lost a valuable item such as a piece of jewelry or an article of clothing in the Temple at Hindu Society of Greater Cincinnati, please contact Kiran Dayal at 474 - 4051.

Sanskrit & Hindi Classes In The Temple

Every Friday - 7 p.m. to 8 p.m.

If you need help to read GEETA or any of your favorite stotra .

Please Call.

Aachary Kailash Sharma

Home 528-4921

Temple 528-3714

Email- kailashsharma@netzero.com

Temple Manager's Committees

Laxmi S. Srivastava- Temple Manager 474-0533

1. Office Manager

Mr. Mohan Chopra

2. Swami Lectures

Vinay Kumar

Prema Yathiraj

Devdas Mukerjee

3. Temple Data Base

Anand Narayana

Purnima Rao

4. Anniversary & Birthday Data

Raj Agarwal

5. E-mail data

Pradeep Goyal

Nandkumar Khemchandani

6. Membership & Gift Shop

Yashpal Agarwal

A.C. Sekhar

Meena Sondhi

7. Financial Data

Raj Bodalia

S. Srinivasan

8. I/C Temple Web site

Raj Bhatnagar

Choudary Bobba

9. Consultants

V. Rao Bhamidipati

Prem Garg

Anil Jindal

10. I/C Temple Calendar

Meena Mehta

B. C. Sharma

Kiran Dayal

Anil Jindal

12. I/C Volunteer Services

Vijay Kumar

Laxmi Srivastava

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Hindu Temple of Greater Cincinnati, 4920 Klatte Road, Cincinnati, OH-45244, PH:(513)528-3714

IMPORTANT EVENTS

February, 2005

02/01/05	Tue.	Magh/Paush, Krishna
02/02/05	Wed.	Ashtami
02/05/05	Sat.	Shattila Ekadashi
02/08/05	Tue.	Thai Amavasya (New Moon)
02/09/05	Wed.	Magh Shukla
02/12/05	Sat.	Kumbha Ravi Magh Sankranti Sri Murugan Abhishek
02/13/05	Sun.	Vasant Panchami Cele- -bration
02/15/05	Tue.	Radha Saptami
02/16/05	Wed.	Shu-Ashtami Bhishma Ashtami
02/17/05	Thurs.	Shu-Navami
02/19/05	Sat.	Jaya Ekadashi
02/20/05	Sun.	Sundarkand Path
02/23/05	Wed.	Vrat Purnima
02/24/05	Thurs.	Purnima
02/25/05	Fri.	Phalgun/Magh Krishna
02/26/05	Sat.	Sri Balaji Abhishek
02/27/05	Sun.	Sankashthi Chaturthi Vrat Shri Ganesh Pooja

March, 2005

03/01/05	Tue.	Magh Krishna
03/03/05	Thurs.	Ashtami
03/04/05	Fri.	Community Dinner
03/06/05	Sun.	Vijaya Ekadashi
03/08/05	Tue.	Pradosh Maha Shivratri
03/10/05	Thurs.	Amavasya (New Moon)
03/11/05	Fri.	Phalgun Shukla
03/12/05	Sat.	Sri Murugan Abhishek
03/18/05	Fri.	Holastak begins
03/20/05	Sun.	Sundarkand Path

Puja Committee Announcement:

- A group of dedicated devotees for each deity are nominated to help puja committee to coordinate and celebrate different puja activities. Their names and phone numbers are listed on page 2. Special thanks to all hard working devotees. If you have any question or suggestion about temple activities, please call Kiran Dayal at 474-4051 or any of the Puja committee members on page 2.
- To schedule a Puja or to rent a temple hall (lower level) please contact puja Committee chairperson Kiran Dayal at 474-4051

RATES FOR PUJA & PRIEST SERVICES

SERVICE	IN TEMPLE	OUTSIDE TEMPLE
Abhishekam (All Deities)	\$101.00	---
Aksharabhyas	\$51.00	\$101.00
Anna-Prashanam	\$51.00	\$101.00
Ashtoththaram (108) Archana	\$11.00	---
AyushyaHomam/B'day Celebration	\$51.00	\$101.00
Ground Breaking Ceremony	---	\$101.00
Griha Pravesha	---	\$101.00
Kalayana Uthsava (Lord Ram/ Sita)	\$101.00	---
Kesh Khandan (Churakaran)	\$51.00	\$101.00
Nam-Karan	\$51.00	\$101.00
Navagraha Puja	\$51.00	\$101.00
Nischitartham (Engagement)	\$101.00	\$151.00
Nitya (1 Day) Kainkaryam (Seva)	\$101.00	---
Poolangi Seva (With Flowers)- (Only During Off Winter Season)	\$101.00	---
Sahasranama (1008) Archana	\$51.00	---
Sathyanarayana Puja	\$51.00	\$101.00
Seemantham	\$51.00	\$101.00
Devi Jagaran	\$75.00	\$101.00
Akhand Ramayan Paath	----	\$101.00
Shashti Poorthi (60th B'day Celeb.)	\$71.00	\$101.00
Anniversary celebration	\$101.00	\$151.00
Suprabhat Seva	\$21.00	---
Unjal (Swing) Seva	\$31.00	---
Upakarma (thread changing)	\$21.00	---
Upanayam/Brahmopadesham/ Thread Ceremony	\$151.00	\$251.00
Vahan Pooja	\$31.00	----
Yearly Shradham (Barkhi)	\$51.00	\$101.00
Wedding	\$251.00	\$351.00

NOTE: Rates are subject to change without notice. Rates for pujas not on the list and requiring less than 4 hours of priest's time will normally be \$51 if performed inside the temple and \$101 if performed outside of temple (e.g. at home). **Rates of Pujas out of Greater Cincinnati will be \$100.00 more than the rates of outside puja within greater Cincinnati area.**

Temple Rental: Lower Floor Only

	Full day	1/2 day
M-Th. (except holidays)	\$301	\$151
Fri., Sat & Holidays	\$501	\$351
<u>Sunday after 3PM only</u>	NA	\$351

Note: For half day select one of the two.

8:00 AM - 2 PM **OR** 4PM - 11 PM

Temple rental applies to all private reservations for those events/ pujas that are performed by private parties and not announced in the temple.

Security/ Cleaning deposit: \$151 required. This deposit will be forfeited if the basement hall bathrooms and kitchen area are not cleaned by the party renting the place.

NOTE: To schedule a Puja or to rent a temple hall (lower level) please contact puja Committee chairperson only.

Vishnu Sahasranama Parayana

Visnu Sahasranama Parayana (chanting) now takes place every Thursday at 7 pm in the temple. Please join us for the chanting.

For more information, please contact one of the following:

Srinivas Mirle 894-8954 Shailaja Setty 761-7619
Jaya Reddy 231-3120 Suri Hanumanthanna

661-8733

Koti Sreekrishna 954-4179.

PRAVACHAN

BY

Acharya Kailash Sharma

Every First and Second Sunday of the Month

12:15 pm to 12:45 pm

First Sunday UPANISHAD

Second Sunday BHAGWAD GITA

ABHISHEKAM/KALYANOTSAVAM FOR LORD SRI VENKATESWARA

On 4th Saturday of each month at 10:30 A.M. To sponsor please call:

Mala Rajasekhar 451-8081 Malleswari Reddy 779-4224
Kamala Mannava 777-7007 Vasundhara Dasari 777-3353
Srinivas Bhattar 947-1841 or 528-3714

Shri Maha ShivRatri Mahotsava Pooja

March 8th, Tue. 6:00 P.M.-4:00 A.M.

All night program

6:00 P.M. to 6:45 P.M. Rudrabhishek**

6:45 P.M. to 7:15 P.M. Thali offering with milk and Gangajal *

7:15 P.M. to 7:45 P.M. Shiv Mahimnah Path and Bhajans
7:45 P.M. Aarati followed by dinner

8:30 P.M. to 10:00 P.M. Bhajans

Second Pooja

10:00 P.M. to 12:00 A.M. Rudrabhishek followed by Shiv Mahimnah Path and Aarati

Third Pooja

12:30 A.M. to 2:00 A.M. Rudrabhishek

Fourth Pooja

2:30 A.M. to 4:00 A.M. Rudrabhishek

Need sponsors for Abhishek

**Sponsorship \$101.00 Abhishek

\$ 21.00 Pooja Thali

For more details please call either Kiran Dayal at 474-4051, Sangita Patel at 791-0855, or Temple at: 528-3714

Devotees are requested to bring very small amount of MILK for offering. Please donate money.

CHESS-Children's Hindu Education And SatSang

Classes are held every Sunday from 11:00 AM at the Temple on Lower Level. Everyone should come by 10:50 A.M. The class starts at 11:00 A.M.

Schedule:

11:00 - 11:05 : Starting Prarthana (5min.)

11:05 - 11:15 : Surya Namaskar (10 min.)

11:15 - 11:30 : 2 shlokas with meaning (15 min.)

Before starting shlokas 1 min. meditation.

11:30 - 11:45 : Games (15 min.)

11:45 - 12:15 : Story and Snack time (30 min.)

12:15 - 12:35 : Kotiji's class (20 min.)

12:45 -- Everyone should go for Aarti.

The class is divided into two groups for shlokas.

One Group is 4 years to 8 years.

One groups is 8 years to 12 years.

Please enroll your child now for the year 2004. To get application form and general instruction call Manju Gupta, Chairperson at 232-3331

**FOR FURTHER DETAILS AND INFORMATION CONTACT
Manju Gupta Chairperson 232 - 3331**

Email guptama2003@yahoo.com

ON THE SECOND SUNDAY OF THE MONTH THERE IS A SPECIAL

Vasant Panchami Celebration

on
Sunday Feb.13th 2005

Program

11:00 to 11:30 Saraswati Puja

11:30 to 12:00 Vidyarambha Puja (For Children)

12:00 to 12:15 Pushpanjali (Flower Offerings)

12:15 to 12:45 Bhajans

12:45 to 1:00 Pravachan & announcements

1:00 P.M. Aarti & Prasad

For more details please call Kiran Dayal at 474-4051

Anju Shaha at 474-3922 or temple Priests at 528-3714.

Shri Satya Narayan Puja

On
Purnima (Full moon)

Thursday, February 24th 6:30pm

Sponsors needed for puja , \$ 51.00 .

Please call KiranDayal at 474-4051.

Hindu Temple of Greater Cincinnati 2005**Important events & Celebrations**

Month	Date & Day	Events/ Celebrations	Time
January	1 Saturday	New years Day Havan	11am
	14 Friday	Makar Sankranti/ Pongal	
	16 Sunday	Makar Sankranti Celebration	10 am
February	13 Sunday	Vasant Panchami Celebration	11 am
March	8 Tuesday	Maha Shivratri Puja	6:30pm
	18 Friday	Holashtak Bigins	
	25 Friday	Holika Dahan	6:30pm
April	2 Saturday	Holi Celebration /Cultural Program	Afternoon
	9 Saturday	ChaitraNavratri Begins Kalash Sthapana Puja / Yugadi/ Gudi Padawa	10am
	10 Sunday	Tamil New Year Celebration	10 am
	13 Wednesday	Vaishakhi / tamil New year begins	
	16 Saturday	Akhand Ramayan Path Bigins	11am
	16 Saturday	Durgashtami Havan	5pm
	17 Sunday	Ramayan Path ends / Shri Ram Navami	1pm
	22 Friday	Shri Mahavir Jayanti	
	24 Sunday	Shri Hanuman Jayanti	11am
May	1 Sunday	Shri Vallabhachary Jayanti Celebration	10am
	4 Wednesday	Shri Vallabhacharya Jayanti	
	8 Sunday	Shri Mahavir Jayanti Celebration	10am
	11 Wednesday	Akshaya Tritiya / Shri Parashuram jayanti	
	13 Friday	Shri Adi Shankaracharya Jayanti	
	21 Saturaday	Temple's 8 th Anniversary Celebration Begins	4 pm
	22 Sunday	Temple's 8 th Anniversary Celebration Ends	1pm
June	6 Monday	Vat Savitri Vrat	
	12 Sunday	Gradution Havan	11am
July	8 Friday	Rath Yatra Puri	
	10 Sunday	Rath Yatra Celebration	10am
	16 Saturday	Aadi Pandgai	
	17 Sunday	Devshayni Ekadashi	
	21Thursday	Guru Purnima Jayanti	
	23 Saturday	Shri 108 Satya Narayan Puja & Katha	4pm
August	10 Wednesday	Nag Panchami	6pm
	12 Friday	Vara Laxmi Puja	6pm
	18 Thursday	Rig Upakarma	9am
	19 Friday	Raksha Bandhan / Yajur Upakarma	9am
	20 Saturday	Shri Gaytri Jayanti Homa	6pm

Hindu Temple of Greater Cincinnati 2005 Important events & Celebrations Continued

August	10 Wednesday	Nag Panchami	6pm
	12 Friday	Vara Laxmi Puja	6pm
	18 Thursday	Rig Upakarma	9am
	19 Friday	Raksha Bandhan / Yajur Upakarma	9am
	20 Saturday	Shri Gaytri Jayanti Homa	6pm
	26 Friday	Shri Krishan Janmashtami	6pm- mid-night
September	6 Tuesday	Hartalika Teej Puja	6pm
	7 Wednesday	Shri Ganesh Jayanti	6pm
	8 Thursday	Rishi Panchmi	
	11 Sunday	Ganesh Chaturthi Celebration	11am
	17 Saturday	Mela Taste Of India	12pm
	17 Saturday	Mahalaya Begins / Shraddha Starts	
	26 Monday	Matri Navmi	
October	3 Monday	Pitri Visharjan Amavasya / Shradddha Ends	
	4 Tuesday	Navratri Begins, Kalash Sthapana	6pm
	8 Saturday	Mata Ki Chauki	4-8pm
	10 Monday	Shri Durag Astami Puja & Havan	6pm
	11 Tuesday	Saraswati Navami	
	12 Wednesday	Vijaya Dashami / Dussehara /Ram Puja	6pm
	17 Saturday	Sharad Purnima , Shri Radha Krishan Puja	4pm
	20 Thursday	Karwa Chauth Puja	4pm
	23 Sunday	Bijoy Celebration	11am
	30 Sunday	Dhan Teras	
	31 Monday	Narak Chaudas / Kali Chaudas	
November	1 Tuesday	Deepawali LaxmiPuja	6:30pm
	2 Wednesday	New Year (Gujrat) Govardhan Puja , Annakoot	
	5 Saturday	Deewali Celebration	6pm
	6 Sunday	Shri Chitra Gupta Puja	11am
	12 Saturday	Tulsi Vivah	
	13 Sunday	Govardhan Puja & Annkoot Celebratiion	10am
December	11 Sunday	Geeta Jayanti Celebration Geeta Path	10am
	31 Saturday	New Years Eve	

Please note that these are the tentative dates for the celebrations. Please reconfirm for any updates in ARADHANA or call Temple 513-528-3714.

Also Log on to: - [www. cincinnati temple.com](http://www.cincinnati temple.com).

**MAY GOD BLESS YOU ALL ON THIS HAPPY
OCCASION & BRING HAPPINESS, LONG LIFE AND
PROSPERITY IN YEAR 2005**

Marriage Anniversaries (February)*

Mr. & Mrs. Rajesh & Renu Gulati
Mr. & Mrs. Raman & Bageshree Srinivasan
Mr. & Mrs. Upendra & Saroj Bhatt
Mr. & Mrs. Sunil & Kalpana Srivastava
Mr. & Mrs. Srinivasan & Savitha Venkataramani
Mr. & Mrs. Padma & Devineni Srinivasa
Mr. & Mrs. Som & Nalini Tandon
Mr. & Mrs. Sathya & Srilakshmi Pisati
Mr. & Mrs. Vijay & Savita Upadhayaya
Mr. & Mrs. Harbinder & Harpreet Pordal
Mr. & Mrs. Amit & Juhi Shukla
Mr. & Mrs. Ashok & Ramya Krishnamurthy
Mr. & Mrs. Gopi & Oormila Kovilam
Mr. & Mrs. Kavi & Rekha Shanker
Mr. & Mrs. Rishi & Shikha Bhatnagar
Mr. & Mrs. Bhagwati Sharma & Sudesh Rani
Mr. & Mrs. Krishna & Sri Valli Terala
Mr. & Mrs. Devanshu & Toral Trivedi
Mr. & Mrs. Premanand Nayak & Suneethi P.
Mr. & Mrs. Shiva & Sailaja Kumar
Mr. & Mrs. Harish & Urmil Gupta
Mr. & Mrs. Kailash & Jyoti Sharma
Mr. & Mrs. Jagdish & Kiran Bhatia
Mr. & Mrs. Sudhendra & Poornima Galgali
Mr. & Mrs. Vardhan & Rupal Upadhyaya
Mr. & Mrs. Rajbir Minhas & Renu Kotwal
Mr. & Mrs. Raghuram & Gayathri Tadepalli
Mr. & Mrs. Asvin & Usha Mandadi
Mr. & Mrs. Rishi & Himani Ranjan



Birthday Anniversaries (February)**

Jaya Srinivasan	Aditya Rengan
Shreya Chopra	Leenata Maddiwar
Rahul Chobey	Sudesh Sharma
Karthik Ramani	Ravindra Rengan
Raksha Bhatara	Arya Kode
Anuradha Bhoomready	Manju Gupta
Felicia Kruse	Barendra Mallik
Amrit Narayan	Surbhi Sharma
Anshika Khare	Suresh Padya
Krystina Bodalia	Raghuram Tadepalli
Arun Bhardwaj	Mangala Nemade
Ashaali Divekar	Ruhi Gulati
Madhu Nawani	Rita Kumar
Lalita Duggal	Kiran Nanavati
Pradeep Ambe	Sojanya Prasad
Neha Bhoomready	Lilan Stanley
Sahik Naik	Nakulan Balasubramaniam
P. Vishwanathan	Sidharth Sharma
Ajit Dixit	Ram Jindal
Amit Shukla	Tarakad Natarajan T.V.N.
Sathvik Reddy	Aditya Chaudhury
Jignasa Desai	Ramya Krishnamurthy
Mangala Nemade	Sanjeev Pathak
Ambika Singh	Ramesh Sondhi
Vinita Srivastava	Dhira Venkatramani



* (celebrated on the first Sunday of each month)

** (celebrated on second Sunday of each month in temple)



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Monday: 5:00 PM – 9:00 PM

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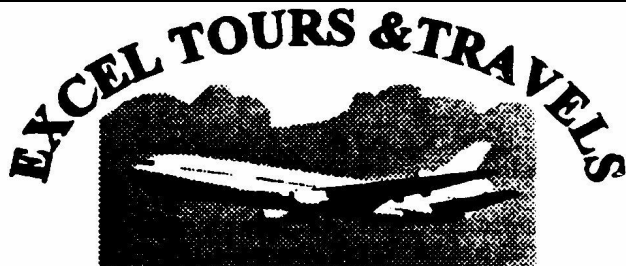
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(continued from page 1)

In Indian classical dances the movement and positioning of body parts have special significance and give salient expression to some human perceptions and thoughts. Accompanied by music, such dances dwell upon some favorite themes or stories of Indian mythology. As in the case of many deities of Hindu philosophy, in the dance pose of Nataraja also there are four hands signifying the four Vedas which revealed the universe. The upper right hand showing upwards holds a *Damaru*, an instrument producing sounds similar to Om. This signifies that the Universe was created out of the Sound energy. The upper left hand holds a flame signifying destruction. Thus the two hands are symbolic of Siva's energy for Construction and Destruction, a continuous process in Nature. This also signifies the continuous process of Birth and Death of all beings and in fact of all parts of Creation. The lower right hand is posed in a form (*Abhya hasta*) to assure Divine Protection to those who seek. The lower left hand crossing over the body and pointing downwards (*Gaja Hasta*) is symbolic of how to seek the Divine Protection by the process of discrimination. The pose of the hand is symbolic of the trunk of an elephant which possesses high discriminative power. The left foot is raised high and the whole body is steadily balanced on the right foot stamping the dwarf demon *Mayalaka*. Several interpretations are given to this posture but the most popularly accepted view is that Man can raise himself to salvation by crushing the evils around him and maintaining a perfect balance between body and mind. It is a common feeling that a viewer of any graceful dance gets sometimes an awesome inspiration which should be attributed to the energies released by the movements of the dancer. Thus the rhythmic and rigorous movement of the body in the Nataraja dance indicates ceaseless flow of energy that keeps the entire Universe in a continuous dynamic state.

Modern astronomy has revealed to us that the Universe has been created with a big bang sound energy and that it consists of many galaxies, stars similar to our solar system with planets and satellites all dancing around rhythmically in elliptical movements, some dying and some new objects getting created, some crossing others in regular intervals and releasing several types of energies like light sound, heat and other forms of electro-magnetic forces. The gravitational forces seem to maintain the harmonious balance in the different astronomical systems just as the mind force keeps a perfect balance of the body during dance movements. Science has proved only in the twentieth century that all matter even in subatomic stage is intrinsically dynamic, and that matter can be converted to energy and vice-versa. The subatomic state consists of a variety of 'particles' called protons, electrons, neutrons, photons, and many more, some stable and some unstable, some with and some without mass. They are all in continuous dynamic state in rhythmic movements releasing considerable amount of energy but interacting in a very orderly manner.

Thus we see a lot of similarity in the expressions conveyed by Nataraja dance and the natural state of affairs in the entire Cosmos both in the astronomical field and also in the subatomic fields. Hence it seems quite appropriate to consider Nataraja dance as Cosmic dance unifying the highest concepts in art, religion and science.

A Note of Thanks from The President of The Executive Committee of HSGC

The EC would like to thank the Community for their generous contributions at fund-raising for Tsunami victims. The money was donated to American Red Cross for relief efforts in India.

The Puja Committee would like to thank the Agrani Group for sponsoring flowers for puja during the month of February.



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