



# आराधना *Aradhana*

A Publication of the Hindu Society of Greater Cincinnati  
Devdham of North America™

Jyeshtha/Adhik  
Vikram Samvat, 2064  
June 2007

*Congratulation to all  
Graduates*

Website: [www.cincinnati temple.com](http://www.cincinnati temple.com)  
Email: [hindusociety@fuse.net](mailto:hindusociety@fuse.net)  
Phone: 513-528-3714



**Lord Purushottam**

## Adhik-Maas (Additional Month) Purushottam Maas

By Meena Mehta

Some part of the world follow solar calendar and the other part of the world follow lunar calendar.

The lunar calendar, which is believed to have originated in India, has been followed by Hindus for a very long time, even long before the solar calendar. The lunar calendar is based on the moon's rotation around the earth. The lunar month corresponds to the one complete rotation of the moon around the earth. Since this period of rotation of the moon around the earth varies, the duration of the lunar month also varies.

### Astronomical calculation

The lunar calendar adds one extra month about every third year. This extra month is known by various names: Adhik Maas, Mal Maas, Purushottam Maas, Malimmacha. This is the thirteenth, the additional or surplus, month of the lunar calendar. The solar year is made up of 365.2422 days and the lunar year is made up of 354.372 days. Thus the gap between the solar year and the lunar year is 11 days, 1 hour, 31 minutes and 12 seconds. As this gap increases each year, in less than three years it approximates to one month. According to **Vasishtha Siddhanta** (the treatise of Vasishtha) the Adhik (additional or surplus) Maas or extra lunar month occurs every 32 months, 16 days and 8 Ghadis (a Ghadi equals to 24 minutes and 60 Ghadis equal 24 hours). Now, the moon takes about 27.3 days to make one complete orbit around the earth. The earth orbits around the sun once every 365.2422 days at an orbital speed of 29.79 km per second. The earth and the moon in 27.3 days have moved as a system (i.e. moon orbiting the earth and both together orbiting the sun) about  $1/12^{\text{th}}$  of the ways around the sun. This means that from one full moon to the next full moon, the moon must travel 2.2 extra days before it appears full. This is due to the curve of the earth's orbit around the sun.

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### Aradhana Invitation

Aradhana is the connecting link of HSGC with our community. If you want to share your thoughts, knowledge or suggestions, which would help us support and promote our culture and religion, you are invited to do so. If interested please call

**Meena Mehta at 513-574 6763.**

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 June 10th, 2007

## HSGC TEMPLE INFORMATION

### EXECUTIVE COUNCIL 2007

**President:**  
Raj Bodalia 583-0184  
**V. President:**  
Rameshwar Dayal 474-4051  
**Secretary:**  
Siva Shivaganesan 563-2901  
**Treasurer:**  
Amar Sharma 742-5725

### COMMITTEE CHAIRPERSONS

**Pooja Committee:**  
Bobba Choudhary 984-6074  
**Communications/Editor:**  
Meena Mehta 574-6763  
**email:** minaash@hotmail.com

**Member:**  
Aashish Shah 942-8264  
**email:** aashish.shah@yahoo.com

### Membership & Fundraising:

Anil Jindal 271-7171

### Property Management & Maintenance:

Prem Garg 232-5333

### Cultural Activities:

Jyoti Desai 745-0876

### Religious Education & Youth Activities:

Nandini Kallapur 321-1513

### Long Range Planning:

Jitu Patel 459-8900

### Youth Member:

Surabhi Sharma 807-5081

### Priests:

**Acharya Kailash Sharma** 770-0705  
**Sri Devnathan Sivachar** 528-4831  
**Sri V. Thirumalachari** 528-3957  
**Attorney:**  
**Aronoff, Rosen & Hunt** 241-0400  
**Temple Mgr.:**  
**Laxmi Srivastava** 474-0533

**Accountant:** Open

### 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 770-0705  
Temple 528-3714

Email- acharyaksharma@yahoo.com

### 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 Bobba Chaudhary at 513-984-6074

### SPONSORS FOR SUNDAY Pooja

Devotees are requested to sit-in Sunday Pooja 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 pooja, 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 calling Bobba Chaudhary at (513) 984-6074

### TEMPLE 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 pooja of Temple Deities  
11 :00 - 11:30 A.M Sponsored Pooja  
11 : 30 - 12:15 A.M Bhajan  
12 : 15 -12:45 P.M. Religious discourse  
12:45-1:00 P.M. Birthday and Anniversary pooja

and announcement

1 : 00 P.M. Aarti

### Important Notice:

Your Temple needs

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

**Please Donate Generously for  
your Temple**

### 2007 POOJA COMMITTEE &

### RELIGIOUS ACTIVITIES

### MEMBERS

To participate in/ sponsor please contact a Pooja Committee chairperson & member.

**Babba Chaudhary:** 984-6074

**K.C. Sharma(Priest)** 770-0705

**Sri. Devnath Sivachar(Priest)** 528-4831

**Sri. V. Thirumalachari (Priest)** 523-3714

Seeking for new Pooja Committee Members so Please volunteer and call Bobba Chaudhary .

1. **Archana** performed during temple hours by sponsorship. No Archana on Sundays between 11 a.m.-1 p.m.
2. **Outside poojas** and other religious services will be conducted by appointment only. To **schedule** please contact Pooja Committee chairperson at least one week in advance.
3. If you would like to bring **food and prasad** in the temple, Please contact Pooja Committee chairperson .
4. Cancellations of pooja should be done 3 days in advance or else the full fee for the pooja will be charged

### Temple Manager's Committees

**Laxmi S. Srivastava- Temple Manager** 474-0533

- |   |  |
|---|--|
| <b>1. Office Manager</b><br>Mr. Mohan Chopra  | <b>7. Computer Tech Support</b><br>Sreedhar Suvarana<br>Aashish Shah   |
| <b>2. I/C Swami Lectures</b><br>Laxmi S. Srivastava<br>Vinay Kumar<br>Devdas Mukerjee<br>Meena Mehta<br>Bobba Choudhary | <b>8. Financial Data</b><br>Amar Sharma<br>Raj Bodalia<br>Laxmi S. Srivastava                                |
| <b>3. Temple Data Base</b><br>Nandkumar Khemchandani<br>Mohan Chopra<br>Laxmi S. Srivastava                             | <b>9. I/C Temple Web site</b><br>Bharat Vala<br>Anand Narayana<br>Khush Karamchandani<br>Laxmi S. Srivastava |
| <b>4. Anniversary &amp; Birthday Data</b><br>Raj & Shakuntla Agarwal  | <b>10. I/C Temple Calendar</b><br>Meena Mehta<br>K.C. Sharma (Priest)<br>Ashvin Mehta<br>Janak Dave          |
| <b>5. E-mail Data</b><br>Pradeep Goyal<br>Nandkumar Khemchandani  | <b>11. I/C Volunter Services</b><br>Vijay Kumar<br>Laxmi S. Srivastava                                       |
| <b>6. Membership &amp; Gift Shop</b><br>Madhu Sharma<br>Meena Sondhi  |  |

**Aradhana is Published Monthly . Circulation:** Approx. 1600 Families. **Advertising Rate:** Full Page \$250; Half Page \$125; **Back Half colored page will be \$ 50 extra.** Quarter Page \$80. A 10% discount is given for 12 consecutive repetitions of the same advertisement. For Colored full page extra \$50.00 **Hindu Society of Greater Cincinnati** is a non-profit organization that caters to the needs of a large community. The views expressed by individual authors in Aradhana are their own and may not reflect the policies of HSGC.

## Current Events and Pooja Information

### Important Events June 2007

|         |   |
|---------|---|
| June 2  | Maata Ki Chouki   |
| June 9  | Shri Murugan Abhishekam                                     |
| June 10 | Graduation Havan  |
| June 14 | Adhik Maas Ends, Amavasya                                   |
| June 17 | Sunder Kand Path; Father's Day                              |
| June 23 | Shri Venkateshwar Abhishekam                                |
| June 24 | Ganesh Pooja & AtharvaShirsha Path                          |
| June 25 | Ganga Dashami   |
| June 26 | Nirjala Ekadashi  |
| June 30 | VatSavitri Vrat (Gujarat),<br>Satyanarayan Pooja; Full Moon |

### July 2007 Highlights

|         |  |
|---------|--|
| July 4  | 3rd Murugan Anniversary Special Pooja                    |
| July 10 | Yogini Ekadishi  |
| July 14 | Murugan Monthly Abhishekam                               |
| July 15 | Sunder Kand Path   |
| July 22 | Rath Yatra Celebration                                   |
| July 26 | DevShayani Ekadashi                                      |
| July 28 | Shri Venkateshwar Abhishekam                             |
| July 29 | Guru Purnima, 108 SatyaNarayan Pooja<br>And Ganesh Pooja |
| July 30 | Shravan Somvar Starts (North)                            |

### Pooja Committee Announcement:

A group of dedicated devotees for each deity are nominated to help pooja committee to coordinate and celebrate different pooja activities. We need members for 2007 committee.

To schedule a Pooja or to rent a temple hall (lower level) please contact Pooja Committee Chairperson Babba Chaudhury at 984-6074

If you have any question or suggestion about temple activities contact Babba Chaudhury at 984-6074, any EC Members or Temple at 528-3714.

### RATES FOR POOJA & PRIEST SERVICES |

Effective March 2007

| SERVICE  | IN       | OUTSIDE  |
|--|----------|----------|
|  | TEMPLE   | TEMPLE   |
| Abhishekam (All Deities)   | \$101.00 | ---      |
| Aksharabhyas   | \$101.00 | \$151.00 |
| Anna-Prashanam   | \$101.00 | \$151.00 |
| Ashtotharam (108) Archana  | \$21.00  | ---      |
| AyushyaHomam/B'day Celebration                                   | \$101.00 | \$151.00 |
| Ground Breaking Ceremony   | ---      | \$151.00 |
| Griha Pravesh  | ---      | \$151.00 |
| Kalayana Uthsava (Lord Ram/ Sita)                                | \$121.00 | - -      |
| Kesh Khandan (Churakaran)  | \$101.00 | \$151.00 |
| Nam-Karan  | \$101.00 | \$151.00 |
| Navagraha Pooja  | \$101.00 | \$151.00 |
| Nischithartham (Engagement)                                      | \$151.00 | \$251.00 |
| Nitya (1 Day) Kainkaryam (Seva)                                  | \$101.00 | ---      |
| Poolangi Seva (With Flowers)-<br>(Only During Off Winter Season) | \$101.00 | ---      |
| Sahasranama (1008) Archana                                       | \$51.00  | ---      |
| Sathyanarayana Pooja   | \$101.00 | \$151.00 |
| Seemantham   | \$101.00 | \$151.00 |
| Devi Jagaran   | \$75.00  | \$101.00 |
| Akhand Ramayan Paath   | ---      | \$151.00 |
| Shashti Poorthi (60th B'day Celeb.)                              | \$101.00 | \$151.00 |
| Anniversary celebration  | \$101.00 | \$151.00 |
| Suprabhat Seva   | \$21.00  | ---      |
| Unjal (Swing) Seva   | \$31.00  | ---      |
| Upakarma (thread changing)                                       | \$51.00  | ---      |
| Upanayam/Brahmopadesham/<br>Thread Ceremony                      | \$151.00 | \$251.00 |
| Vahan Pooja  | \$51.00  | ---      |
| Yearly Shradham (Barkhi)   | \$101.00 | \$151.00 |
| Wedding  | \$301.00 | \$501.00 |

### SPECIAL POOJA RATE

Rates for Mata Ki Chauki performed at another temple will be 15% of the money collected at the temple or a minimum of \$ 501.00.

1. Poojas performed by priests outside the temple will be rated according to the number of poojas performed.
2. 32 Cents/Miles for Travel expanse to the Priest to perform pooja at your home.

Rates are subject to change without notice. Rates for poojas 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 Poojas out of Greater Cincinnati will be \$100.00 more than the rates of outside pooja 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        |
| <b>Sunday after 3PM only</b> |          | <b>\$351</b> |

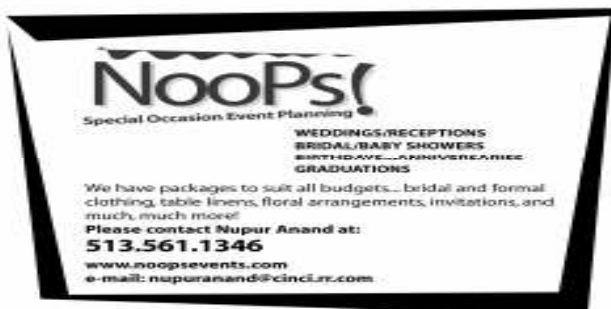
**Note:** For half day select one of the two.

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

Temple rental applies to all private reservations for those events/poojas 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 Pooja or to rent a temple hall (lower level) please contact pooja Committee chairperson only.**



## Regular Weekly & Monthly Events at the Temple

### Monthly, Navgrah Pooja

Every first Saturday of the Month  
June 2nd Saturday 3 pm to 5:30 pm  
Sponsors needed for Pooja \$51.00  
For Details please call  
Bobba Choudhary: 984-6074  
Sri Devnathanji: 528-4831 Temple priests: 528-3714

### Monthly, Murugan Pooja

Monthly Abhishekham  
June 9th 2007 Saturday 10.30am to 1:00pm  
**Sponsored by Murugan Group.**  
**Please contact** Bobba Choudhary :984-6074.  
Sri Devnathanji: 528-4831 Temple priests: 528-3714

### Monthly, Satya Narayan Pooja

June 30th Saturday On Purnima (full moon) 6:30 pm  
**Sponsorship \$ 51.00**  
To sponsor pooja please call Bobba Choudhary: 984-6074  
Temple priests: 528-3714

### Monthly, Sundar Kand Path

June 17th Sunday 10:30 am  
**Sponsors needed** please call Bobba Choudhary: 984-6074  
Acharya Kailashji: 770-0705 Temple Priests: 528-3714

### Monthly, Shri Ganesh Pooja & Shri Ganesh Atharvshirsha Path

Every 4<sup>th</sup> Sunday of the month (June 24<sup>th</sup> Sunday)

This pooja is dedicated to each month's  
Sankashti Chaturthi to Lord Ganesh.

**For more information & Sponsor the pooja please call**

Anuradha Kulkarni: 271-2749 Uma Sangvai: 793-9384  
Kiran Dayal: 474-4051 Temple Priests: 528-3714

### Monthly, ABHISHEKAM/KALYANOTSAVAM FOR LORD SRI VENKATESWARA

On 4th Saturday of each month from 10:30 AM-12:30PM.  
**To sponsor and details please call any of the following:**  
Anand Konda: 481-4119 Vasundhara Dasari: 777-3353  
Suseela Paturi: 867-8591 Vicheta Pemmaraju: 398-9833  
Sailaja Gannamraj: 697-1412 Usha Indrakanti: 583-5995

### Weekly, Vishnu Sahastranama Parayana

Vishnu Sahastranama Parayana (chanting) will now take place  
**every Thursday at 7 pm** in the temple.  
Please join us for the chanting.

**For more information, please contact the priest at 528-3714**

### Weekly, Shri Mahiman Stotram

Every Monday at 6:30pm

### Weekly, Hanuman Chalisa Path

Every Monday at 6:30pm  
To sponsor pooja please call Bobba Choudhary: 984-6074  
Temple priests: 528-3714

## Bhagavad - Geeta Class

For children and parents  
(Presented by CHESS Balivihar)

⇒ Bhagavad-Gita is the manifest quintessence of all the teachings of the Vedic scriptures. - Adi Sankara

⇒ The Bhagavad-Gita is the most systematic statement of spiritual evolution of endowing value to mankind. *It is one of the most clear and comprehensive summaries of perennial philosophy ever revealed; its enduring value is subject not only to India but to all of humanity.* -Aldous Huxley

*Join us in understanding and appreciating the timeless wisdom of the Bhagavad-Geeta.*

**When: Fourth Sunday of the month, 11am to 12:45pm**

**Where: The Hindu Temple**

**Taught by: Sri Koti Sreekrishna,**

Notes with transliteration guide (Sanskrit to English) provided.

**Contact**

**Manju Gupta: 232 - 3331**

**Nandini Kallapur: 321- 1513 Vasanta Vemuri: 232- 5767**

### Soundarya Lahari Lessons

Mrs. Rajani Raghu has offered to teach "Soundarya Lahari" to interested devotees. Class is scheduled for the first Sunday of the month at 11am, at the Temple. Class will begin in March.

#### About "Soundarya Lahari:

"Soundarya Lahari" containing about 100 slokas written by Sri Adi Sankaracharya. The slokas are in praise of Goddess Lalitha Devi and are meant to be sung based on particular ragas.

Contact: Nandini Kallapur: 321-1513

## Hindu Society of Greater Cincinnati Membership Information

If you are not already a member of HSGC please join in today and participate in all temple activities and enjoy all the festivities.

The membership donations are as follows:

|                               |             |
|-------------------------------|-------------|
| Receive 'Aradhana' Annually:  | \$21.00     |
| Annual Individual Membership: | \$51.00     |
| Annual Family Membership:     | \$101.00    |
| Life Membership:              | \$1001.00   |
| Patron:                       | \$10,000.00 |

Membership Forms are available at the Gift Shop in the Temple. Please also use the form to update your address. If you know someone who has moved out of town let us know. We would appreciate it.

For more information please call temple (513) 528-3714 or Any Executive Council.

## Upcoming Events at the Temple

### Sri Karunamayi Visits Temple

Sri Karunamayi will be coming to our temple on June 9 and 10, 2007.

Sri Karunamayi is revered in India as an embodiment of divine motherly love, due to the love and affection that she showers liberally on people, animals, and even plants, the spiritual knowledge and guidance that she gives freely to all of humanity, and the humanitarian works that she has undertaken. "Amma," as she is affectionately called by her devotees, is simply the Telugu word for "mother," Telugu being Amma's native language.

For more information about her Biography please visit  
<http://www.karunamayi.org/Biography.html>

The schedule of her visit is as follows:

|          |         |              |                      |
|----------|---------|--------------|----------------------|
| Saturday | June 9  | 7:00 pm      | Evening Program      |
| Sunday   | June 10 | 12 pm - 1 pm | Spiritual Discourse  |
| Sunday   | June 10 | 3 pm - 6 pm  | Individual Blessings |

Cincinnati, OH: For further information  
 please contact  
 (513) 561-0707 or [Cincinnati@Karunamayi.org](mailto:Cincinnati@Karunamayi.org)

### Graduation Havan

On June 10, 11am to 12 noon  
 please call Vinod Saggar at 531 9010

to give your name  
 and

Bobba Chaudhary: 984-6074

### NavChandi Yagya

on

June 16 th Saturday 1 pm to 5 pm

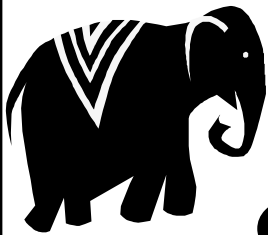
Sponsored by: Shri Devanshu & Toral Trivedi  
 and Family

### 3rd Murugan Anniversary Pooja

On July 4th, Wednesday 10am

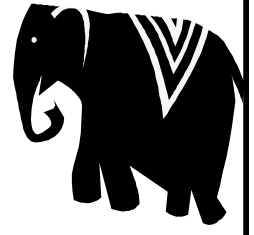
Sponsored by Murugan Group

For details call Devnathaji: 528 4831;  
 Bobba Choudhary; 984 6074; Temple: 528 3714



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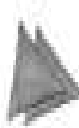
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Kathy Gregory, a proud sponsor of the Mela Festival, is generously donating a portion of her net commissions from property sales made to supporters of the Hindu Society of Greater Cincinnati.

All you have to do is state that you would like to support the Hindu Society of Greater Cincinnati and, upon completion of a property sale through Kathy Gregory, she will donate an amount equal to 10% of her net commission to the Hindu Society of Greater Cincinnati. (And it won't cost you a dime!)

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### Con'd from page 1

The moon is still making one complete orbit around the earth (circle) in 27.3 days. But to line up with the earth and sun to become a full moon again it takes 29.531 days. 29.531 day of each twelve Lunar months (29.531times 12) = 354.372 days per lunar year. Thus we arrive at a difference of about 10.87 days a year between a lunar year and a solar year. To be exact, a lunar year is 11 days, 1 hour and 31 minutes shorter than a solar year. To balance out this difference between these two systems (calendars) our far-sighted Astronomer Rishi-Munis calculated and facilitated this extra lunar month or Adhik Maas. They specially awarded the month by proclaiming it as a 'Pious Month'. Complicated as this is, let's just say that the Adhik Maas or Purushottam Mahino balances the lunar and solar calendars

#### Religious significance of Adhik Maas

As mentioned before, Adhik Maas or Mal Maas is also known as Purushottama Maas. There is a story in **Puran** about this. According to it there were originally 12 months in lunar year. But later on one extra month was added to it. Each of the twelve months was assigned to 12 different gods so that the lunar and the solar years do not get out of step with days and seasons. But one problem still remained. The 13th extra month was not assigned to any god. Adhik Maas (Mal Maas) felt sadden and approached Lord Vishnu and said that no god was assigned to him and for that reason he was called Mal Maas (dirty month) or Malimmucha. Adhik Maas. He further spoke to Lord Vishnu: "I am filled with anxiety and I have therefore come to seek your refuge and help."

Lord Vishnu took pity on him. The Lord (Vishnu) agreed and assigned Adhik Maas to Himself and gave the name **Purushottama Maas** to this month. The Lord further stated: "Whosoever shall pray, fast, chant, sing, worship during the month of Purushottam, will be specially blessed, and get maximum recognition by me." Since then it became known as the Purushottama Maas and acquired greater significance than the other months. It is written in the **Bhavishyottar Purana** that fasting or eating once a day should commence on the first day of the bright fortnight (Shukla Paksha) and end on the last day of the dark fortnight (Krishna Paksha). According to ability, distribute to charities and do good deeds.

According to **Devi Bhagavat**, charitable and meritorious acts and fasting etc. carried out during this Adhik Maas, inevitably produce results. Just as microscopic contents within a seed produce a giant and long living Banyan tree, in the same manner even a little charitable act done during Adhik Maas produces big results

**Hemadri** says that Adhik Maas Vrat is capable of washing away all the sins of people (who observe the Vrat). During this month Vrat, Japa, fasting etc. are undertaken and food and clothing etc. are distributed to charities. A beautiful story relates to how, in ancient times, through the observance of Mal Maas Vrat, **king Nahush** was released from all bondage and acquired the throne of Indra (the ruler of gods in heaven).

**The Vedas** call upon the world habitants again and again to re-unite with the spiritual entity of one's Prakruti. Here the Prakruti means five fundamental elements (matters) of the composition of a human body. These five matter are namely earth, water, fire, air, and ether plus the mind-Mann, the intellect-Buddhi; the ego-Aham and the divine soul- Atman. Purushottama Maas is the month during which the humankind is privileged to become divinely spiritual.

This is the month of self-development, self-revaluations, self-assessment, self-reflection, and self-retrospection. It is a time for one's own spiritual development and progress. We pray that there is abundance and no shortage of grains, wealth and that the pollution be extinguished by the powers of Varuna, the God of compassion and waters and Vayau, the wind god.

God grant us the serenity to accept all those yesterdays and all those things that make us sad and hurtful. God grant us the courage and the divine strength to change and alter those issues that we can change today to make our tomorrow a better life, a better hope, and a better love. Love is all that matters. Love is all that there is in life to give and love is all one truly needs. When we give love selflessly, divinely, with all our riches, loosing to someone who truly needed it, we have truly lived.



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# Nirjala Ekadashi

Acharya Kailash Sharma

Ekadashi the eleventh day, is considered a sacred day. It is believed that loads of negative karmic reactions are removed when fasting, prayer and meditation is observed on this day. In every month of the year there are two Ekadashis. One is in Krishn Paksha (dark fortnight) and the other in Shukla Paksha (bright fortnight). Each Ekadashi has its own legend and all Ekadashis have their special name as follows: 1. Kamda. 2. Varuthini 3. Mohini 4. Apra 5. Kamla 6. Nirjala 7. Yogini 8. DevShayani 9. Kamika 10. Pavitra 11. Aja. 12. Jaljhuini. 13. Indira 14. Paapankusha 15. Rma 16. Pravodhini 17. Utpatti 18. Mokshda 19. Shattilla 20. Jaya 21. Vijaya 22. Aamlaki 23. Paapmochini 24. Vaikuntha. In all, 24 Ekadashi fasts are observed in a year but there are some Ekadashis which have greater significance and importance than the others.

According to Bhavishya Puran Ekadashi is the daughter of Bahgwan Vishnu. In Satyug period there was a Demon called Mur who was troubling all the Devtas. They went to Lord Vishnu for help. Lord Vishnu fought with Mur but couldn't kill him as he was protected by the blessing of Lord Brahma. Then from Lord Vishnu's power emerged a young lady whom He named Utpati. Mur was attracted by her beauty but she fought with him and killed him. Lord Vishnu told her that you have saved all Devatas. I am very pleased with you. What can I give to you? She asked three boons that I be always your beloved, I be in all the tithes and whoever observes fast and performs worship this day must get success and reach to Vaikuntha (The abode of Vishnu)

Nirjala Ekadashi is one of the more auspicious one. It falls on Jyeshtha Shukla 11th day of the bright fortnight (May or June. This year it is on June 26<sup>th</sup> Tuesday). Nir means without and Jala means water. Not only people refrain from taking food but also water.

The Vrat of Nirjala Ekadashi is described and illustrated in the Mahabharat and Padma Puran

Once Bhim asked Vyasji, "O Muni, My mother Kunti, all my brothers, Draupadi and all members of the family follow and keep the vrat of Ekadashi by having a full fast and abstaining from food and water on the days of Ekadashi. But O Muniraj, I cannot do such kinds of vrat because I cannot bear the pain of hunger even for a second. O Muni, to leave alone abstaining from food the whole day is one thing. I cannot even tolerate not eating once a day. O Vyasji, please show me a way out so that I can observe the Vrat of Ekadashi and could eat at the same time."

The great Acharya Vyasji replied, "O Bhim, on the day of Nirjala Ekadashi one has to go without food and water totally to keep the vrat and attain its fruits (results). One should not even take any kind of fruits, nuts or any kind of vegetation on this day. The Vrat should commence from sunrise of this day until the sunrise of the next day. One must perform continuous devotion to God Almighty the full day and carry on to the night for Jagran. On the following day, the Vrat should be completed by a morning bath and donating food and water to the Brahmins.

O Bhim, pursuing the vrat of Nirjala Ekadashi gives a soul great benefit. It equates the fruits to visiting great holy pilgrims, removes the fear of death, and gives ultimate salvation. O Bhim, one must go through the pain of hunger on this Vrat and control all the bodily senses and unite them with devotion to God."

After the explanation Bhim and the rest of the Pandavas observed the Vrat of Nirjala Ekadashi, with full devotion to God Almighty. Therefore this Ekadashi is also known as Pandava Ekadashi or Bhimsen Ekadashi. The main purpose of observing this or any kind of Vrats is to control our senses and concentrate on God.

'Aum Namō Bagwate Vaasdevaya' this mantra should be chanted as much as possible.

Jai Shri Krishana

|| Aum Namō Bhagwate Vaasudevaya ||

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#### Birthdays Anniversaries (June)\*\*

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#### Wishing you all, "Many many Happy returns of the Day"

\*(celebrated on the first Sunday of each month)

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

#### Minutes of Executive Council Meeting April 1, 2007

Members present: Raj Bodalia, Prem Garg, Amar Sharma, Jittu Patel, Jyoti Desai, Meena Mahta, Bobba Choudary, and Siva Sivaganesan.

The meeting started at 11 am.

Use of the temple lower floor by retired devotees during the afternoon hours was discussed. While there was general support for the idea, the consensus was that there ought to be a designated person who would take the responsibility and such use will have to be subject to certain conditions such as keeping the main floor closed. Prem Garg reported on the maintenance items and how they are being resolved.

Bobba Choudary reported on the successful Sita-Ram Kalyanam event on March 31<sup>st</sup>, which was attended by about 400 people. He also reported on the preparations for upcoming events in May, and the EC approved the invitation of four priests for the anniversary celebration during May 18-20

Jitu Patel reported that work on the road project has begun and is expected to finish within 30 days.

Meena Mahta reported on issues relating to Aradhana. It was agreed that the mailing list will not be given or sold to anyone, and if anyone is interested in communicating a message to the devotees, they are encouraged to do so using an advertisement in Aradhana. It was also agreed that payment for an advertisement must be made in advance for it to appear in Aradhana.

Raj Bodalia reported that this year's Hindu Mandir Executives' Conference will be in NJ during August 10-12, and state it is beneficial to attend the meeting, and urged that a committee member attend the meeting. Submitted by Siva Sivaganesan, Secretary to EC

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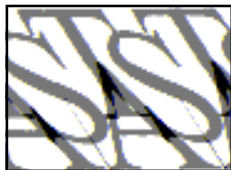
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## Devotion Forever

**Directions to Hindu Temple** From I-275 take Exit 63A (32West) - drive approximately 1/4 mile - turn right onto OLD 74 - turn left at the first Traffic light onto Summerside Road. After approximately one mile turn right onto Klatte Road. Temple is at the end of Klatte Road. From UC: Take E McMillan to Columbia Pkwy to Beechmont Ave to Route 32 East (to Batavia). Turn left on Old SR -74. Follow instructions above from Summerside to Klatte Rd. (Phone No. for the Temple - 528-3714)

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