



# आराधना

*Aradhana*

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

Kartik /Margashrith  
Vikram Samvat, 2068  
November, 2011

Tulsi Vivah, Goverdhan Puja, Annakoot

Thanksgiving

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Phone: (513) 528-3714

## MEANING OF LIFE IN HINDUISM

S. S. Rama Rao Pappu ( Professor of Philosophy, Miami University, Oxford, OH)

The problem of 'meaning of life' arises (a) out of a philosophical reflection and (b) due to a psychological 'arrest of life'. Four thousands of years Hindu thinkers have wrestled with questions like (a) Who am I, (b) Why I am here, (c) Why am I here now, (d) Why is there a world? (e) Why is there anything at all, (f) Why not Nothing, for nothing is simpler than something. From a psychological perspective, questions of 'meaning of life' arise when one loses their near and dear one, when one loses everything that one has worked for, when one is sick, when one could not achieve his or her life's ambitions, etc. Ordinarily, people consider their life to be meaningful if one lives "the good life," adorned with wealth, literary fame, nobility and a handsome family. Loss and frustration in attaining the "good life" are two main sources which give rise to the problem of the meaning of life. Though the philosophical and psychological questions can be theoretically distinguished, people who are psychologically affected may turn to philosophy to explain the nature of their arrest of life, and philosophers who meditate and reflect on the meaning of life may sometimes seek the services of a professional therapist.

Ancient Hindu texts present two contrasting perspectives on the meaning of life. The Vedic Hindus considered our life-world as a grand yajna. The world has originated in Yajna and sustained in Yajna. To live is to live according to Yajnic prescriptions. Some 400 yajnas are mentioned in the Vedas. Some of these are nitya-yajnas (i.e. to be performed daily), others are naimittika-yajnas (occasional rituals) and still others are kamya-yajnas (wish-fulfilment yajnas). Happiness consists in sustaining what we have, and attaining what we aspire for, through nitya, naimittika and kamya yajnas. The performance of these yajnas brings punya (merit) and happiness to the individuals, and those who have amassed a lot of punya attain heaven. The Vedic Hindus did not look at life with pessimism. The meaning of life is to live, live according to Yajna, which brings us punya and punya brings us happiness, here and in the hereafter. The Vedic world view is life is good (LG!), the world provides us plenty, and there need not be unhappiness if we perform our yajnas. Vedic Hindus desired to go to heaven, not because life on earth is full of suffering (dukha), but because life in heaven is better and ever-lasting.

Post-Vedic Hindu philosophies raised the problem of meaning of life from both philosophical and psychological considerations. In the Hindu philosophical texts, life is characterized as "dukha" and the purpose of philosophy is to liberate the individual so that he can attain moksha. There is however no indication here of any psychological crises.

Dukha in Hindu philosophical texts is not psychological suffering, pain, misery. It is "unsatisfactoriness", something is just not right. For example, I sit in this comfortable leather chair. First I feel good sitting on the soft leather. After sometime, the pleasure is gone and I attain a state of "being o.k.". If I sit longer on this chair, it leads me to a state of pain, i.e. I feel more comfortable getting up from the chair than sitting on it. So the same experience which initially gave me pleasure gave me pain over time. The world and everything in it is samsara, i.e. that which "flows away". Likewise, something which gives us joy initially, after repeating it over time, leads us, not to suffering, but to a state of boredom, ennui. The Upanishads characterize life not as one of suffering, but as one of boredom. Look at the world, look at the seasons, look at the changes, everything moves in a cyclical order. Look at human life, birth-childhood-adulthood-old age-death, repeated in birth after birth endlessly.

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Aradhana (past and present) is also available at temple website: [www.cincinnatiatemple.com](http://www.cincinnatiatemple.com)

Deadline for submission of articles for next Aradhana is November 10

## TEMPLE INFORMATION

### EXECUTIVE COUNCIL 2010

#### **President**

Krutarth Jain (513) 884-1259  
krutarthjain@yahoo.com

#### **Vice President**

Ambikaipakan Balasubramaniam  
(513) 204-0213  
balasua@yahoo.com

#### **Secretary:**

Deepak Dixit (513) 769-3556 /348-5310  
dndixit@hotmail.com

#### **Treasurer:**

Prasad Megada (Chair) (513)779-4582  
prasadmegada@yahoo.com

### COMMITTEE CHAIRPERSONS

#### **Pooja Committee:**

Kiran Dayal( Chair): 513-474-4051  
kdayal2@yahoo.com

#### **Communications/Editor:**

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email: mehangeeta@gmail.com

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Raneshwar Gupta (513) 232-3331  
guptama2003@yahoo.com

#### **Property Management & Maintenance:**

Dilip Patel 513-947-0861/226-2550  
ptldilip1@aol.com

#### **Cultural Activities:**

Asit B. Saha (Chair) (513) 489-5720  
513-702-1050 ; absaha09@gmail.com

#### **Religious Education & Youth**

#### **Activities:**

Anisha Singh (513) 469-7432  
singhanisha@hotmail.com

#### **Long Range Planning**

Laxmi S. Srivastava (513) 474-0533  
Laxmi\_srivastava@yahoo.com

#### **Youth Member: Open**

#### **Priests:**

Acharya Kailash Sharma, Senior Priest  
(513) 770-0705  
Acharya Chakreshwar Sharma  
(513) 528-0901  
Pandit Srinath Bhattar  
(513) 488-2986  
Attorney: Aronoff, Rosen & Hunt  
(513) 241-0400

**Temple Manager:** Laxmi Srivastava

**Accountant:** Open

Raj Bodalia Chair, Special Activities

### RELIGIOUS DISCOURSE

Sundays 12:15 - 12:45 PM

**First Sunday : Upanishads**

**Second Saturday : 1008 Gayatri Jaap**

**Second Sunday : Children Program**

**Third Sunday : Sunder Kand Path**

**Fourth Sunday : Shri Ganesh  
Atharvshirsha Path**

**Fifth Sunday : Jagannath Puja**

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 contact Kiran Dayal.

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, group of families or organizations. Please reserve your Sunday of choice ASAP by putting your name and phone-no in the calendar at the temple & calling pooja committee members Kiran Dayal or Meena Sondhi.

### 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 announcements

### Please Donate Generously

**Your Temple needs**

**1. Sponsors for flower \$50/week**

**2. Sponsors for Sunday pooja**

**3. Your support**

### 2010 POOJA COMMITTEE &

### RELIGIOUS ACTIVITIES MEMBERS

Kiran Dayal (Chair)	474-4051
Amita Gupta (Co-Chair):	336-8782
Sangita Patel (Co-Chair)	791-0855
Swarna Chaudhary (Co-Chair)	232-2343
Acharya Kailash Sharma	770-0705
Acharya Chakreshwar Sharma	528-0901
Pandit Srinath Bhattar	528-3714
Meena Sondhi	831-9788
Manju Gupta	232-3331
Anju Saha	474-3922
Meena Karamchandani	683-9454
Kalpna Srivastava	233-9184
Muralee	573-0550
Vasundhra Dasari	777-3353
Suchitra Mishra	573-9775
Rajan Odayar	336-6843
Vilas Patel	947-0861
Triveni Dave	859-371-9645
Mangal Nemade	234-8373
Shanti Sumkherji	755-6009

#### TREASURER Co- Chair

Amar Sharma 777-5771

#### Fundraising Co-Chair

Rameshwar Dayal 474-4051

#### Communications/Editor Co-Chair

Pradeep Goyal 544-7897

### **Temple Manager's Committees**

**LaxmiS.Srivastava, Temple Mgr 474-0533**

**Raj Bodalia, Chair Special Activities583-0184**

<b>1.Office Manager</b> Mohan Chopra	<b>9. I/C Temple Web site</b> Bharat Vala
<b>2. I/C Swami Lectures</b> Vinay Kumar Devdas Mukerjee Meena Mehta Bobbha Choudhary	Lalit n. Agarwal Krutarth Jain <b>10. I/C Temple Calendar</b> Meena Mehta
<b>3. Temple Data Base</b> Nandkumar Khemchandani Raj Bodalia Krutarth Jain(President) Meena Mehta	Ashvin Mehta Achaya Kailash Sharma <b>11. Volunter Services</b> Rajan Odayar Kedarnath Nambori Dilip Patel Vijay Kumar Sharma
<b>4. Anniversary &amp; Birthday Data</b> Raj Agarwal Shakuntala Agarwall	<b>12. Temple Photogra- phers</b> Naba Mishra Dilip Patel (I/C)
<b>5. E-mail .Data</b> Pradeep Goyal Nandkumar Khemchandani	<b>13. Mela Committee</b> Anil Jindal Jyoti Desai Raneshwar Gupta (Fund Raising Chairperson)
<b>6. Gift Shop</b> Meena Sondhi Madhu Sharma	Krutarth Jain (President)
<b>7.Security (ADT)</b> Meena Mehta, Vinay Kumar Kailash Sharma	
<b>8. Financial Data</b> Amar Sharma, Raj Bodalia Laxmi S. Srivastava	

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## Pooja Information

### RATES FOR POOJA & PRIEST SERVICES

SERVICES	IN TEMPLE	OUTSIDE TEMPLE
Abhishekam (All Deities)	\$101.00	—
Aksharabhyas	\$101.00	\$151.00
Anna-Prashanam	\$101.00	\$151.00
Ashta Prakari Pooja*	\$101.00	\$151.00
Ashtoththaram (108) Archana	\$21.00	—
AyushyaHomam/B'day Celebra.	\$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
Naam-Karan	\$101.00	\$151.00
Navagraha Pooja	\$101.00	\$151.00
Nischitartham (Engagement)	\$151.00	\$251.00
Baby Shower Pooja	—	\$151.00
Nitya (1 Day) Kainkaryam (Seva)	\$101.00	---
Poolangi Seva (With Flowers)- (Only During Off Winter Season)	\$101.00	---
Regular Archana	\$11.00	—
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/ 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. 50 Cents/Miles for Travel expense to the Priest to perform pooja at your home.

Rates are subject to change without notice. Rates of Poojas out of Greater Cincinnati will be \$100.00 more than the rates of outside pooja within greater Cincinnati area.

### CHECK-OUT

<http://newbhagavadgita.blogspot.com/2010/04/shock-treatment-in-bhagavad-gita.html>

### Temple Rental: Lower Floor Only

	Full day	Half day
Monday -Thursday	\$301	\$151
(except holidays)		
Friday, Saturday & Holidays	\$501	\$351

**Sunday after 3PM only — \$351**

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

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

**USE OF KITCHEN \$ 51**

**Use of Paper Supplies (PS) \$ 101**

**Use of Kitchen and PS \$125**

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 please contact Pooja Committee : Kiran Dayal 474-4051 or to rent a temple hall (lower level) Raneshwar Gupta 232-3331**

### **Pooja Committee Announcement:**

To schedule a Pooja or to rent a temple hall (lower level) please contact Kiran Dayal 513-474-4051 or to rent a temple hall (lower level ) Raneshwar Gupta 232-3331

If you have any question or suggestion about temple activities contact Kiran Dayal 513-474-4051, any EC Members or Temple at 528-3714.

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.
3. To **schedule any poojas** please contact Pooja Committee chairperson at least one week in advance.
4. If you would like to bring **food and prasad** in the temple, Please contact Pooja Committee chairperson .
5. **Cancellations** of pooja should be done 3 days in advance or

## **POOJA SAMAGRI**

**For convenience of Devotees, Temple can now provide Pooja Samagri for all inside and outside Poojas.**

Donation for Puja Samagri is as follows

\$ 21 for any Pooja

\$ 31 for any Pooja including Havan/Homam

For more details please contact

Kiran Dayal 513-474-4051



**IMPORTANT ANNOUNCEMENT**  
**SUNDERKAND CD** (sung by **Acharya Kailash Sharma**)



AVAILABLE in Temple Gift Shop for **\$ 10.**

The money raised will go to temple.

## Regular Weekly & Monthly Events at the Temple

### Monthly Navgrah Pooja

Every first Saturday of the Month

Sponsors needed for Pooja \$51.00

For Details call

Kiran Dayal at 474-4051; Temple priests: 528-3714



### Monthly Murugan Abhishekham / Pooja

Every second Sat of the Month

Sat 4pm Sponsor Murugan Group. Kiran

Dayal 474-4051; Temple priests: 528-3714

### Monthly ABHISHEKAM/KALYANOTSAVAM FOR LORD SRI VENKATESWARA

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: 481-8591; Surendra Hanumanthanna: 661-8733

Pandit Sri Srinadh Bhattar: 488-2986

### 1008 Gayatri Jap

Second Saturday of each month at 9.30AM

For details please contact temple priest 528-3714 or Kiran Dayal 474-4051



### Monthly Satya Narayan Pooja

On Every Purnima of the Month

6:30 pm

Sponsorship \$ 51.00

To sponsor pooja call Kiran Dayal 474-4051

Temple priests: 528-3714

### Weekly Shlv Mahiman Stotram

Every Monday at 6:30 pm



### Weekly Hanuman Chalisa Path

Every Tuesday at 6:30 p m To sponsor call Kiran Dayal 474-4051 or Temple Priests 528-3714

### Shri Ganesh Pooja & Shri Ganesh Atharvshirsha Path

Every 4th Sunday of the month 10:30AM

This pooja is dedicated to each month's

Sankashti Chaturthi to Lord Ganesh. For more information & Sponsor the pooja please call

Jyoti Divekar : 204-8037

Mangal Nemade : 234-8373

Kiran Dayal : 474-4051

Temple Priests: 528-3714

### Weekly Vishnu Sahasranaam Parayana

Vishnu Sahasranaama Parayana (chanting) will now take place

Every Thursday at 7:00 pm . Please join us for the chanting.

Please contact Ganesh Sundaresan 513-752-4025

### Weekly Venkateswar Pooja

Every Friday at 6:30pm

To sponsor pooja please call Kiran Dayal 474-4051;

Temple priests: 528-3714

## KARTIK SOMVAAR SHIVABHISHEK

(Mondays)

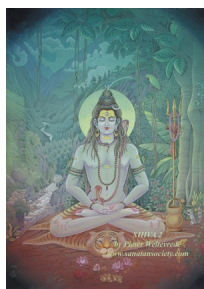
NOV 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>,

6:30 pm to

8pm

Sponsorship

\$101.00,



Archana \$11.00

Please call Temple 528-3714,

Acharya Kailash Sharma 652-5382,

Kiran Dayal 474-4051

## MATA KI CHOUKI



Sat, Nov. 26<sup>th</sup>, 2011

Sponsored by- families  
of Khanna's,  
Soni's, Sondhi's & Varma's .

4pm Devi Durga Puja

5pm First Aarti

5:15 Mata Bhajans /Bheten

7:30 KANYA PUJA

8PM BHOG , AARTI , Prasad & dinner



## NOV. 2011 EVENTS

Month	Date	Day	Events
Nov.	1	Tue	Skanda Shasthi Soora Samkaaram
Nov	5 <sup>th</sup>	Sat.	Navgrah Puja 3pm Sponsorship \$51.00
Nov.	6 <sup>th</sup>	Sun	Annakoot /Govardhan Puja /Tulsi Vivaha 10am Sponsored by - Shri Nathji Devotees
Nov.	7 <sup>th</sup>	Mon	KARTIK SOMVAAR SHIVABHISHEK 6:30pm Sponsorship \$101.00
Nov	10 <sup>th</sup>	Thurs	Purnima Satya Narayan Puja . Sponsorship \$51.00 Puja Samgri will be provided, Please bring Fruits, Prasad, and 1 coconut
Nov.	12 <sup>th</sup>	Sat.	1008 Gayatri Japa 9:30am
Nov.	12 <sup>th</sup>	Sat.	Muragan abhishekam 4pm sponsorship \$101.00
Nov.	13 <sup>th</sup>	Sun	Chitragupt Puja 11am Sponsored by – Shri Laxmishankar & Premlata Srivastava & Family
Nov.	14 <sup>th</sup>	Mon	KARTIK SOMVAAR SHIVABHISHEK 6:30pm Sponsorship \$101.00
Nov.	20 <sup>th</sup>	Sun.	Sunderkand Path 10:30am
Nov	21 <sup>st</sup>	Mon.	KARTIK SOMVAAR SHIVABHISHEK 6:30pm Sponsorship \$101.00
Nov.	26 <sup>th</sup>	Sat.	Mata Ki Chauki, 4-8pm Sponsored by-Khanna's,Soni's ,Sondhi's & Varma's Families .
Nov.	26 <sup>th</sup>	Sat.	Venkateshwar Abhishekam 10am Sponsorship \$51.00
Nov.	27 <sup>th</sup>	Sun.	Ganesh Puja & Athrvasheers Path 11am

## DEC 2011

Dec.	3 <sup>rd</sup>	Sat.	108 Hanuman Chalisa Path 8:30am Sponsored by- Satish & Usha Aggrawal family.
Dec	3 <sup>rd</sup>	Sat	4-8pm by Puja Mantro and Renu Kotwal Families
Dec.	3 <sup>rd</sup>	Sat.	Navgrah Puja 3pm Sponsorship \$51.00
Dec.	6 <sup>th</sup>	Tues	Dhanurmasa begins
Dec.	6 <sup>th</sup>	Tues	Geeta Jayanti (actual day)
Dec.	9 <sup>th</sup>	Fri	Karthigai Deepam
Dec.	10 <sup>th</sup>	Sat.	1008 Gayatri Japa 9:30am
Dec.	10 <sup>th</sup>	Sat.	Murgan Abhishekam 4pm , Sponsorship \$101
Dec.	10 <sup>th</sup>	Sat.	Purnima Satya Narayan Puja . Sponsorship \$51.00 Puja Samgri will be provided, Please bring Fruits,Prasad, and 1 coconut
Dec.	11 <sup>th</sup>	Sun	Geeta Jayanti Celebration Geeta Path 10:30am
Dec.	18 <sup>th</sup>	Sun	Sunderkand Path 10:30am
Dec.	24 <sup>th</sup>	Sat.	Venkateshwar Kalyanam 10am Sponsorship \$51
Dec.	25 <sup>th</sup>	Sun	Ganesh Puja & Atharvashirsh path 11am



### SHRI CHITRAGUPT JAYANTI CELEBRATION

**Nov. 13<sup>th</sup> Sunday ; 11am to 1pm**

Event is sponsored by – Shri Laxmishankar & Premlata  
Srivastava & Family

# Significance of Number 108 in Hindu Mythology

**As per Indian mythology, Indian culture has a very special significance of Number 108. What is this number represent, and why is it so important?**

1) In one minute, we breathe in approximately 15 times, in 1 hour 900 times, And in 12 hours 10800 times, and in a day 10800 \* 2 times. A day consists Of 24 hours, and if we set aside half the day for our day to day routines, Then one can spend 12 hours for recitation of one's idol. Therefore, the Maximum number of times that one can recite "mantra", or perform "Jap" are 10800. If one wants to obtain 100% benefit of its jap, then performing Jap 108 times will give you the benefit of 100%. That's why in a "Mala", There are 108 beads. It is written in Vedas, that 1 Jap corresponds to 1 mala (which has 108 beads), therefore performing jap of 108 malas will Result in 100% benefit.

2) Astronomically, there are 27 constellations in our galaxy, and each one them Has 4 directions, and  $27 * 4 = 108$ , In other words the number 108 covers The whole galaxy.

3) According to Indian scriptures, letter 9 corresponds to Lord Brahma (the Creator of universe). Mathematically, the interesting property of 9 is

$$9 \times 1 = 9$$

$$9 \times 2 = 18 (8+1 = 9)$$

$$9 \times 3 = 27 (7+2 = 9)$$

$$9 \times 12 = 108 (1+0+8 = 9)$$

4) In Hindu religion, number 9 is very important. Keeping the importance of Number 9, Rishi Vyas has created 9 Purans, 108 MahaPuran (Upnishads). Mahabharat has 18 chapters, Geeta has 18 chapters, Bhagavat has 108000 Shloks (verses).

The addition of digits of number 108 is 9, and number 9 is related with Brahma, that's why 108 is very important, and came into lot of Indian Scriptures.

5) Indian Vedas, treats the Sun as God, and Sun has 12 signs (Zodiac signs). In Yajurved, Sun is related with Lord Brahma (the number 9), remember— $12 * 9 = 108$ ; therefore for Gods Prayer, the number 108 is very sacred.

6) According to Indian mythology, there are 4 Yugs

Satyug - consists of 172,800 years ( $1+7+2+8 = 18 == (1+8 = 9)$ )

TretaYug consists of 1296000 years ( $1+2+9+6 = 18 = (1+8 = 9)$ )

DwaparYug consists of 864000 years ( $8+4+6 = 18 = (1+8 = 9)$ )

Kaliyug consists of 432000 years ( $4+3+2 = 9$ )

**Harshad number:** 108 is a Harshad number, which is an integer divisible by the sum of its digits (Harshad is from Sanskrit, and means "great joy")

**Desires:** There are said to be 108 earthly desires in mortals.

**Lies:** There are said to be 108 lies that humans tell.

**Delusions:** There are said to be 108 human delusions or forms of ignorance.

**Heart Chakra:** The Chakras are the intersections of energy lines, and there are said to be a total of 108 energy lines converging to form the heart chakra. One of them, sushumna leads to the crown chakra, and is said to be the path to Self-realization.

**Sanskrit alphabet:** There are 54 letters in the Sanskrit alphabet. Each has masculine and feminine, Shiva and shakti. 54 times 2 is 108.

**Pranayama:** If one is able to be so calm in meditation as to have only 108 breaths in a day, enlightenment will come.

**Upanishads:** Some say there are 108 Upanishads, texts of the wisdom of the ancient sages.

**Sri Yantra:** On the Sri Yantra there are marmas where three lines intersect, and there are 54 such intersections. Each intersections has masculine and feminine, Shiva and shakti qualities. 54 times 2 equals 108. Thus, there are 108 points that define the Sri Yantra as well as the human body. The angle formed by two adjacent lines in a pentagon equals 108 degrees.

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**Pentagon:** The angle formed by two adjacent lines in a pentagon equals 108 degrees.

**Marmas:** Marmas or marmasthanas are like energy intersections called chakras, except have fewer energy lines converging to form them. There are said to be 108 marmas in the subtle body.

**8 extra beads:** In doing a practice of counting the number of repetitions of the mala, 100 are counted as completed. The remaining are said to cover errors or omissions. The 8 are also said to be an offering to God and Guru.

**Chemistry:** Interestingly, there are about 115 elements known on the periodic table of the elements. Most of those, around or higher than the number 100 only exist in the laboratory, and some for only thousandths of a second. The number that naturally exist on Earth is around 100.

**Astrology:** There are 12 constellations, and 9 arc segments called namshas or chandrakalas. 9 times 12 equals 108. Chandra is moon, and kalas are the divisions within a whole.

**River Ganga :** The sacred River Ganga spans a longitude of 12 degrees (79 to 91), and a latitude of 9 degrees (22 to 31). 12 times 9 equals 108.

**Planets and Houses:** In astrology, there are 12 houses and 9 planets. 12 times 9 equals 108.

**Gopis of Krishna:** In the Krishna tradition, there were said to be 108 gopis or maid servants of Krishna .

**1, 0, and 8:** Some say that 1 stands for God or higher Truth, 0 stands for emptiness or completeness in spiritual practice, and 8 stands for infinity or eternity.

**Sun and Earth:** The diameter of the Sun is 108 times the diameter of the Earth. The distance from the Sun to the Earth is 108 times the diameter of the Sun.

**Moon and Earth:** The average distance of the Moon from the Earth is 108 times the diameter of the Moon.

**Silver and the moon:** In astrology, the metal silver is said to represent the moon. The atomic weight of silver is 108.

**Numerical scale:** The 1 of 108, and the 8 of 108, when added together equals 9, which is the number of the numerical scale, i.e. 1, 2, 3 ... 10, etc., where 0 is not a number.

**Meditations:** Some say there are 108 styles of meditation.

**Breath:** Tantra estimates the average number of breaths per day at 21,600, of which 10,800 are solar energy, and 10,800 are lunar energy. Multiplying 108 by 100 is 10,800. Multiplying 2 x 10,800 equals 21,600.

**Paths to God:** Some suggest that there are 108 paths to God.

**Hinduism:** 108 is said to refer to the number of Hindu deities. Some say that each of the deities has 108 names. There are said to be 108 Indian Goddess names.

**Islam:** The number 108 is used in Islam to refer to God.

**Jain:** In the Jain religion, 108 are the combined virtues of 5 categories of holy ones, including 12, 8, 36, 25, and 27 virtues respectively.

**Sikh:** The Sikh tradition has a mala of 108 knots tied in a string of wool, rather than beads.

**Buddhism:** Some Buddhists carve 108 small Buddhas on a walnut for good luck. Some ring a bell 108 times to celebrate a new year. There are said to be 108 virtues to cultivate and 108 defilements to avoid.

Contd on page 8

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## Meaning of Life in Hinduism

In other words, our life, our history, our world everything is cyclic, everything is repetitious. This repetitiousness, this cyclical nature never reaches anywhere, never comes to anything. Not only nature and human life is subject to this repetitiousness but the very world itself is repeated. In the Yuga theory of Hinduism, one world rolls into another (srsti and pralaya), and at the end of the Kali Yuga, this world is dissolved and another world is created. This is happening eternally. Therefore a life which is cyclic and repetitious is a boring life and a world which is cyclic and repetitious is also a boring world. So, we are all condemned to lead a boring life in a boring world!!

In the Hindu context, it should be noticed that unlike Western tradition where they find life meaningless because nothing remains the same, Hindus do not mourn the fact that every thing passes away, our near and dear ones reach a "tragic end." The Bhagavad Gita says:

"Just as a soul in a body passes through the stages of childhood, maturity and old age, so it leaves one body and enters another. The strong one does not mourn this". (BG 2.13)

It is not enough not to bemoan the tragic end, but we should do something to stop it. Unless we do something we are caught in the eternal coming-into-being-and-passing-out-of-existence state of affairs. How can we do that?

Hindu doctrine of purusharthas, which are artha (pursuit of wealth) kama (desire gratification), dharma and moksha, provide the means by which we can get over this boredom. The first three of the purusharthas show us a way to escape boredom in our day to day life, and moksha provides us a transcendental escape from the eternal boredom of our life-world.

Take artha, for example. Economists tell us that there are no "routine rules" following which one can become rich. We need creative endeavors, creative production, creative investments etc. The crucial word is "creative". It is creativity in the ordinary that breaks the boredom.

The same is the case with kama. Kama in everyday life is just the union of the male and the female. But consider all the erotic literature, poetry, art, theatre etc. which elevates the matter-of-fact ordinary sexual union to great creative heights. Creative investments, creative sex however have their limits. No sooner a creative act is repeated it becomes boring. Constant creativity itself is repetition and therefore leads to boredom.

Now a few words about Moksha, which is the transcendental solution to the problem of cosmic boredom. If our life-world is repetitious, and repetitiousness is boredom, how can we escape Boredom-Itself? The Upanishadic solution to this problem is that we should become one with Brahman (Absolute), lose oneself in Brahman, dissolve our individual Self in Brahman. Brahman is like an Ocean, vast and infinite. We are like drops of water taken from the ocean and kept in different kinds of bottles - some made of glass, others silver, still others of gold.

No matter in which jar you keep this drop of water, it feels alienated, because the bottle is not its home. There is always this longing to "go back home", viz. the Ocean where the drop of water belongs. In the same way, there is unsatisfactoriness in our existence no matter how much wealth we accumulate, how much power we acquire, how many creative things we have accomplished. This alienation from The One, this longing to go back Home, is the underlying state of affairs for all of us. The Hindu texts, like the Upanishads, point the way to get over this cosmic boredom, to escape our alienation, to reach a state of birthlessness, a state of non-repetitiousness. The Way is "Know Brahman and Become Brahman". When we are absorbed in Brahman, when we become Brahman, we cannot talk meaningfully about the meaningfulness or meaninglessness of life and existence. We have now reached a state beyond meaning. So, what is the meaning of life? At a transcendental level, the meaning of life is to attain Brahman, to reach a state of affairs where we cannot talk about meaningfulness or meaninglessness of life. Life just is. It is neither meaningful nor meaningless. It is beyond these characterizations.

Contd from page 9

## **Significance of 108**

**Stages of the soul:** Said that Atman, the human soul or center goes through 108 stages on the journey.

**Meru:** This is a larger bead, not part of the 108. It is not tied in the sequence of the other beads. It is the quiding bead, the one that marks the beginning and end of the mala.

**Dance:** There are 108 forms of dance in the Indian traditions.

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**Time:** Some say there are 108 feelings, with 36 related to the past, 36 related to the present, and 36 related to the future.



## God's Favorite Flowers are Eight

1. Nonviolence 2. Control of Senses 3. Compassion 4. Forgiveness 5. Knowledge 6. Austerity 7. Meditation 8. Truthfulness

These are the essential elements of spiritual practice.

### (1) NONVIOLENCE (ahimsa paramo dharmah)

The Nonviolence is the most highest and important virtue. The practice of the nonviolence is non-harming or non-injury to any beings through (manasa vacha karmana) mind, speech and action. The practice of the nonviolence requires enormous patience, self-restraint, inner spiritual strength and huge will power. The nonviolence and truthfulness are not separated, they go together. If any one is firmly established in the practice of the nonviolence, he or she will be able to move the whole universe. The established one enables to attain the Self-realization.

### (2) CONTROL OF SENSES

The sense organs are compared to horses. (atmanam rathinam vidhi sareeram ratham evat (katha.1.9.3.) Know the Self is lord of the chariot and body is as a chariot, the intellect is the driver, the horses are to be senses, the mind is rein, the objects are roads, the senses are like vicious wild horses. However, the one who has discriminating intellect through a single-pointed mind can be trained the senses, as good trained horses for a charioteer. The well controlled mind is capable of distinguishing between good and evil, Self and non-Self. The control of the senses is more important for the spiritual displays, which is necessary to attain the reality.

### (3) COMPASSION (tad etat trayam siksat damam ,danam, dayam iti) br.u.5.23).

One should practice this, same triad, self-restraint, charity and compassion. The Compassion is intellectual emotional feeling. Compassion is greater than sympathy, which is feeling pain in suffering of others as one's own. The Compassion is one of the steps that leads us to the understanding of the Supreme.

### (4) FORGIVENESS

The Forgiveness is one of the highest virtues. Forgiving someone is not that easy, especially the one who has hurt us strongly and we cannot forget about the painful memories of ill treatment or abuse. However, when we ignore the painful memories of abuse then we are able to forgive and forget the incidents. The Forgiveness helps us to relieve the thought of bitterness and it suppresses egoism. The one who is capable of forgiving is the one who attains the freedom of peace.

### (5) KNOWLEDGE

According to the Upanishad, there are two forms of knowledge, (para) higher knowledge, (apara) lower knowledge. The higher knowledge is the experience of imperishable Supreme, and the lower knowledge is worldly knowledge. The higher knowledge refers to "the actual realization of the subject matter taught in the sruti (veda). It primarily means the experience of imperishable Supreme, taught in the Upanishads not mere words contain them"(s). The Supreme state is not possible to reach without knowledge of the self. Those who are not purifying are without moral and ethical values, for them it is impossible to attain to the supreme knowledge, because the values are more essential for the mind to be able to realize the supreme truth. The higher (true) knowledge distinguishes the real from the unreal, which liberates from the bondage and brings attainment of the higher state.

### (6) AUSTERITY

Austerity means the utilization of the body, mind and all the sense organs for attainment of oneness with the supreme. The practice of the Austerity destroys the all impurity of the mental and physical acts and progresses the spiritual power with in one-self.

### (7) MEDITATION

"The characteristic feature of meditation is the maintenance of an uninterrupted flow of attention on a fixed point without interruption"(y.s). The practice of Meditation is the power of concentration, which is the key that unlocks the gate, leading to supreme vision. The one who focuses with the single-pointedness will be awakened by spiritual power.

### (8) TRUTH

The Truth is a powerful virtue. (satyam bruyat priyam bruanna bruyat satyam priyam priyam cha nandaam bruesh) "Speak the truth speak pleasant, do not the speak falsely to please or flatter some one.(Manu)." The truth is the correct expression of what-ever seen, heard and understood. Honesty, sincerity and straightforwardness are expressions of the truth.

Prabha Raju

om ahimsa prathamam pushpamindriya nighrah, sarva bhuta daya pushpam ksama pushpam viseshatah.

Jnanampushpam tapah pushpam dyanam pushpam tadaiva cha, satyamashtavidha pushpam vishnoh preetikaram bhavati.



## THOUGHT FOR THE DAY

**EVERYTHING WILL BE OK IN THE END  
IF IT IS NOT OK, IT IS NOT THE END .....**



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***Diwali 2011***

Saturday, November 5<sup>th</sup>

Social Hour and Dinner - 5:00 pm onwards

Cultural Program – 8:00 pm

Mason High School

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**Tickets go on Sale October 1<sup>st</sup>, 2011**

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**Mr. Kishu Parikh** (859) 341 - 6844  
Kirti\_parikh@yahoo.com

**Jyoti Desai** (513) 885 - 1318  
Desaijyoti12@yahoo.com

**Tickets: \$22.00 per person**

Includes Dinner and One Assigned Seat for the Program

*Children under 5 years of age will have dinner for free, but will not have an assigned seat.*

The Diwali Function has been sold-out in the past, so buy your tickets soon!

Tickets are available by phone, email, and at Ankur, or Hindu Temple on Sundays

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Diwali Program Questions, Contact Cultural Director:

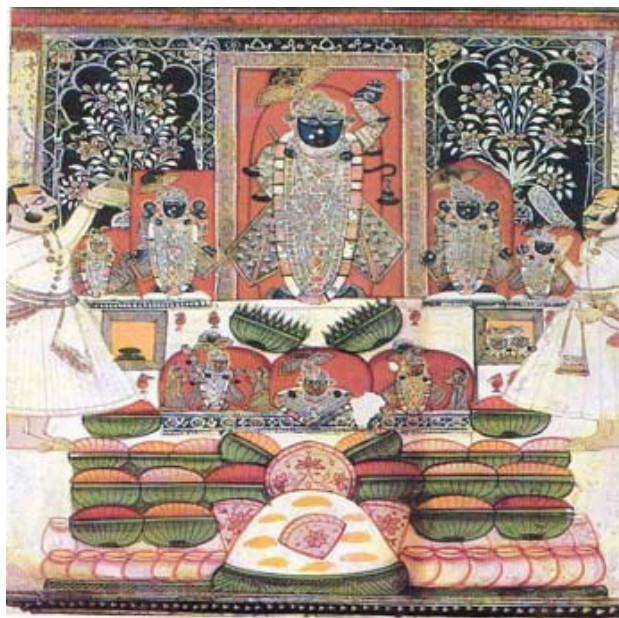
We need volunteers ages 15 to 25, (volunteer hours will be given)

We are looking for MC's from 15 to 25. please contact

# Govardhan Pooja & Annakut Mahotsav Celebration

Sunday November 6, 2011

10:30am to 1:00pm



## Program:

10:30 AM to 11:30 AM : Govardhan Pooja and Abhishek

11:00 AM : Annakut Darshan Opens

11:30 AM to 12:00 PM: Annakut/ Annapurna Stotram

12:00 Noon: Yamunaji Aarti

12:10 PM to 1:00 PM: Bhajans, Kirtans

1:00 PM to 1:30 PM: Aarti, Parikrama.

## FOLLOWED BY MAHA PRASHAD

For More details Contact: Temple 513-528-3714 Meena Shah: 733-9357 Jyoti Desai: 745-0876 Pushpa Shah: 755-1789 Vasumati Shah: 942-8264 Nayana Parikh: 923-9173 Kokila Parikh: 942-8288 Minal Patel: 234-0569 Meena Mehta: 574-6763

Event is sponsored by- Shrinathji devotees



HSGC is pleased to announce that a certified yoga instructor, Dr. Shantala Gangatirkar, will offer Yoga classes in the temple starting in near future. We will announce the date and time for the classes in coming Aradhana issues. Please indicate your interest in joining these classes by emailing to the following:

Deepak Dixit - [dndixit@hotmail.com](mailto:dndixit@hotmail.com)  
Shantala Gangatirkar - [gangatirkar.shantala@gmail.com](mailto:gangatirkar.shantala@gmail.com)



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## **GENERAL BODY MEETING**

There will be NO GBM in November.. Next GBM will be an Annual Election for EC Officers for 2012

This will be held on Dec 11, 11 A.M. at the Temple

Details of Election Rules and Regulations are available on Temple Website [www.cincinnatiatemple.com](http://www.cincinnatiatemple.com)

Anyone wishing to be considered for any of these posts should get in touch with any EC Member

Positions in HSGC Executive Committee

President, Vice President, Secretary, Treasurer, Pooja Committee Chairperson, Communication, Aradhana Editor, Membership and Fundraising, Property Management and Maintenance, Cultural Chairperson, Religious Education & Youth Activities Chairperson, Long Range Planning Chairperson

## **HSGC – Executive Council**

Meeting Minutes– September 11, 2011

**Present:** Krutarth Jain(President), Ambikaipakan Balasubramaniam (Vice President), Deepak Dixit (Secretary), Prasad Megada (Treasurer), Kiran Dayal (Pooja Committee), Laxmi Srivastava (Long Range Planning), Asit Saha (Cultural Committee), Anisha Singh (Religious Education Committee), Raneshwar Gupta (Fundraising Committee), Geeta Mehan (Editor-Aradhana), Dilip Patel (Maintenance Committee),

### **Minutes:**

Building Maintenance Update: The temple needs major maintenance. We have waited for over 5 years and it cannot be delayed anymore. There are 3 major components of this maintenance.

Powerwash the exterior to loosen the dirt

Examine the joints and seal the open joints

Coat exterior with water resistant paint

The estimated cost is \$64K. The selection of contractors has been done through a rigorous process. The contracts will be awarded very soon.

HMEC Update: Our temple is a co-sponsor of the Hindu Mandir Executive Conference being held in Columbus this year from September 23<sup>rd</sup> through 25<sup>th</sup>. Krutarth Jain and Deepak Dixit will represent our temple in this event and give presentations. Anisha Singh and Laxmi Srivastava will also attend the event on Saturday. Nishkam Gupta will be the youth representative from the temple.

In the August EC meeting, a resolution was passed to appoint Dr. Koti Srikrishna as an “Adjunct Priest.” It was noticed subsequently that the appointment of any priest needs three-fourth majority, meaning at least 9 EC members need to approve the appointment. In the prior EC meeting, this requirement was not met. Therefore, a re-vote was taken and all 10 EC members present at the time of this resolution approved this appointment. The pooja committee also stated it does not agree with the title of “Adjunct Priest.” The EC requested the pooja committee to provide an alternate name for this position. The EC will review the title suggested by the pooja committee.

Diwali Update: The EC approved a budget of \$1,200 for Raneshwar Gupta for buying Diwali sweets.

2012 Election: Raneshwar Gupta proposed to use the same election commission that was used for last year’s election.

The commission will consist of Siva Ganesan, Mohan Chopra, and Anand Narayan.

## **SPECIAL ACTIVITY COMMITTEE\***

Looking for committee members : Please contact Raj Bodalia, Chairperson (513) 583-0184 or [rbo-dalia@hotmail.com](mailto:rbo-dalia@hotmail.com) . \*Presently responsible for Wellness Center and Regional Marriage Center.



# Happy Anniversary \*

Rajarshi & Phane Sen, Alok & Sharmila Khare, Pawan & Rita Kumar, Jagdish & Madhu Nawani, Srinath Ramaratnam & Asha Sunderam, Debabratha & Madhuhmita Saha, Alok & Rashmi Sahay, Shalabh Singhal & Shivani Srivastava, Ashok & Neelima Tandon, Vijayasarthi & Gayathri Vadin, Vadin Vijayasarthi & Gayathri Rao, Jagdish Bhati, Debashis & Suranjana Basu.

# Happy Birthday\*\*

Rajarshi Sen, Shakuntala Agarwal, Kalpathy Anantharaman, Usha Balasubramaniam, Jagdish Bhatia, Rajesh

Bodalia, Manish Chaturvedi, Ashwini Choudhury, Samir Choudhury, Sunil Choudhury, Sharmistna Das, Madhava Dasari, Vinod Dasari, Maheshwer Dayal, Mohini Duggal, Rusham Goyal, Radhika Gulati, Lata Gupta,

Sonika Gupta, Saloni Hemani, Riya Jain, Hiremagalur Jayram, Murti Jindal, Asha Kamat, Shashi Khanna, Krishna Kool, Aman Kumar, Amita Kanti Kumar, Ronald Meyer, Arun Murthy, Deepak Nagarajan, Annapuni Narayan, Charg Padya, Samir Parikh, Anil Patel, Anita Patel, Prakash Patel, Vaishali Patel, Vimal Patel, Jagan Ramamoorthy, Sri Ram Ramanivasan, Alok Sahay, Ela Saraff, M. Sekar, Avrko Shah, Shreya Shah, Dhruv Sharma, Rekha Sharma, Sarmishta Sharma, Ankur Shukla, Anisha Singh, Gayathri Tadepalli, Som Tandon, Tejaswi Vishwamitra, Meena Wadhwa, Ekta Yadav, Lalitha Yalamanchilli., Dhriti Sharma, Child 2 Neema, Karthik Natarajan, Amit Dixit.

**\* (Celebrated on the first Sunday of each month in the temple.)**

\*(Celebrated on the second Sunday of each month in the temple.)

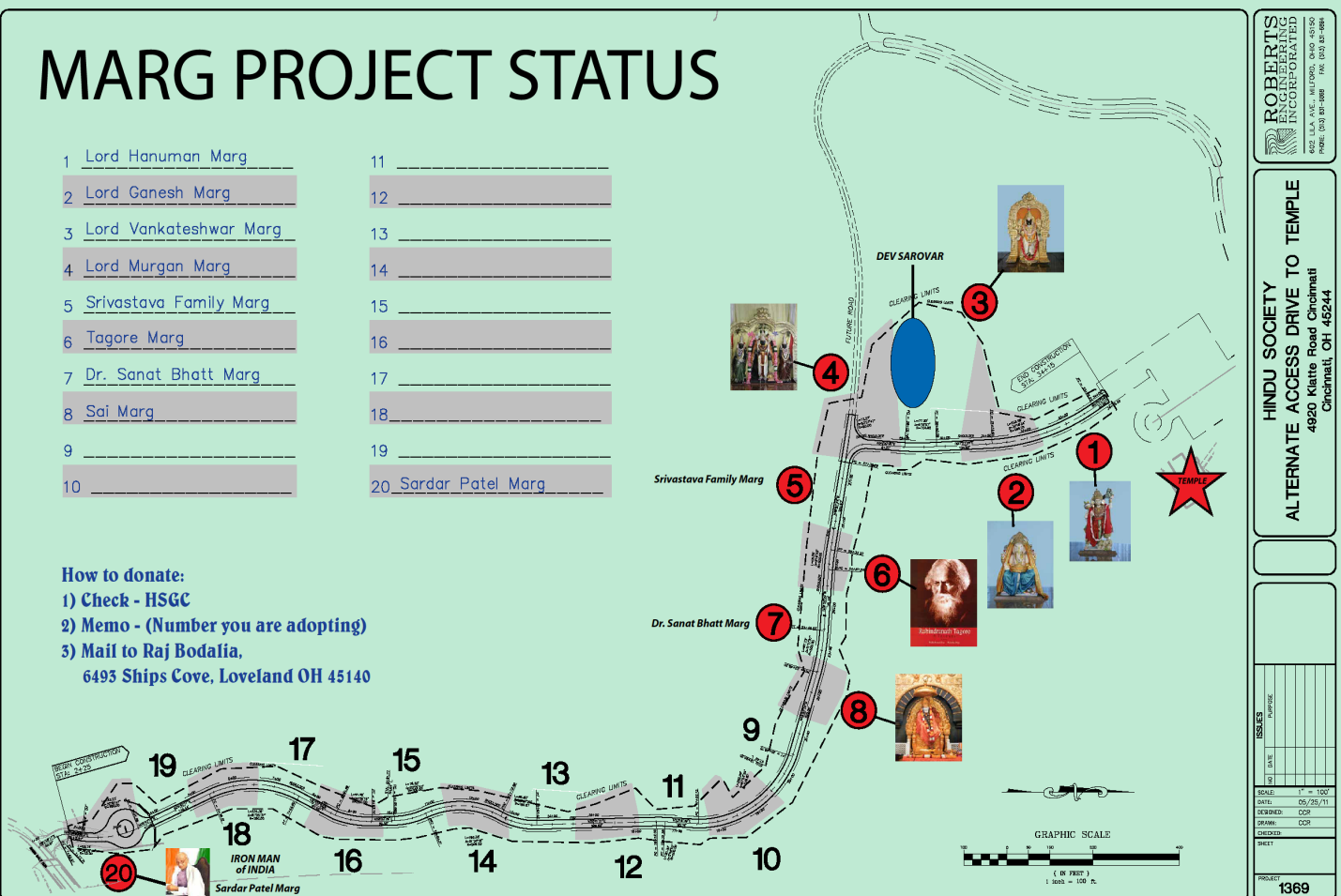
If you would like to include your name in the above lists, please call Raj or Shakuntala at 513-733-1537.

# MARG PROJECT STATUS

- |                          |                      |
|--------------------------|----------------------|
| 1 Lord Hanuman Marg      | 11                   |
| 2 Lord Ganesh Marg       | 12                   |
| 3 Lord Vankateshwar Marg | 13                   |
| 4 Lord Murgan Marg       | 14                   |
| 5 Srivastava Family Marg | 15                   |
| 6 Tagore Marg            | 16                   |
| 7 Dr. Sanat Bhatt Marg   | 17                   |
| 8 Sai Marg               | 18                   |
| 9                        | 19                   |
| 10                       | 20 Sardar Patel Marg |

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Contd from page 9

### Significance of 108

**Chinese:** The Chinese Buddhists and Taoists use a 108 bead mala, which is called su-chu, and has three dividing beads, so the mala is divided into three parts of 36 each. Chinese astrology says that there are 108 sacred stars.

**Stages of the soul:** Said that Atman, the human soul or center goes through 108 stages on the journey.

**Meru:** This is a larger bead, not part of the 108. It is not tied in the sequence of the other beads. It is the quiding bead, the one that marks the beginning and end of the mala.

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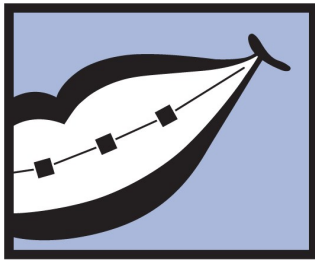
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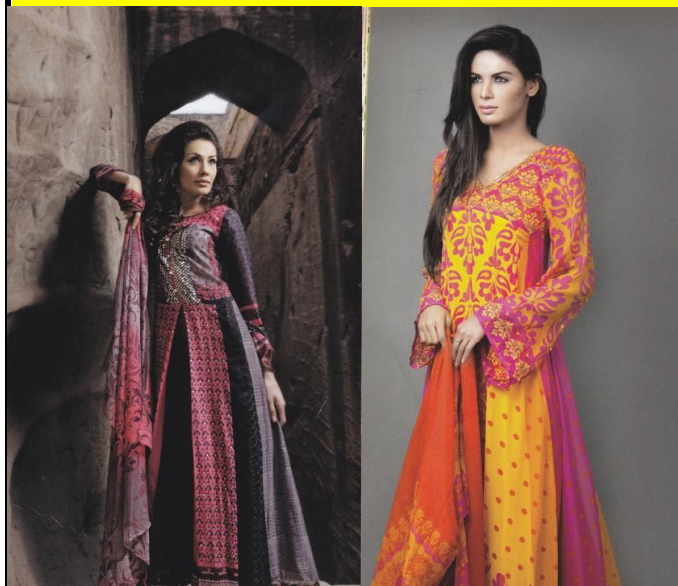
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