



आराधना

Aradhana

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

Magh/ Falgun
Vikram Samvat 2075/ 2076
February 2020



Sai Bhajans Feb 1
Murugan Abhishekam Feb 8
Atharvashirsh Path Feb 23



<http://www.cincinnati temple.com>
Email: hindutempleogc@gmail.com
Phone: (513) 528-3714

Hindu Society of Greater Cincinnati's

HOLI

MARCH 14, 2020

Celebration

WITH COLORS

2:30 PM – 5:00 PM (Cultural Program) 5:00 PM – 6:30 PM (Color Celebration)
Venue: 720 Barg Salt Run Road, Cincinnati, OH 45244
Website: www.cincinnati temple.com

Food and Color will be available for purchase. All proceeds go to the Temple.

CULTURAL PROGRAM

PROGRAM ENTRY GUIDELINE:

Please carefully read Holi Program Guidelines on the Temple website before registering your program.

NOTE: Entries will be taken first come first serve basis. The Cultural Committee has the right to select items and limit entries depending upon available time.

PROGRAM REGISTRATION:

Please register your program via the Temple website starting Jan 29, 2020. Registration ends Feb 29, 2020

EVENT CONTACT: hsgccultural@gmail.com

FOOD CONTACT: Raneshwar Gupta (513) 477-9372, Manju Gupta (513) 441-7502, guptama2003@yahoo.com

EXECUTIVE COUNCIL 2020

| | | |
|------------------------|---|--------------|
| President: | Raneshwar Gupta rgupta@tapohio.com | 513-232-3331 |
| Vice President: | Asit Saha absaha09@gmail.com | 513-489-5720 |
| Secretary: | Anand Konda anand.konda@gmail.com | 732-423-1539 |
| Treasurer: | Rajesh Padmanabhan rajeshpadmanabhan@gmail.com | 513-226-4279 |

COMMITTEE CHAIRPERSONS

| | | |
|--|--|--------------|
| Puja Committee: | Madhu Sharma madhu2019sharma@gmail.com | 513-807-5081 |
| Communications: | Anand Narayana hsgc.communication@gmail.com | 513-657-8799 |
| Membership/ Fundraising: | Rani Dhamija shivrani07@gmail.com | 513-324-0606 |
| Prop. Management: | Pinakin Bhakta pinobhakta@gmail.com | 513-509-9011 |
| Cultural Activities: | Manish Srivastava msrivastavamd@gmail.com | 513-607-7283 |
| Religious Education & Youth activities: | Priya Dayal priya_atl@yahoo.com | 513-508-8866 |
| Long Range Planning: | Laxmi Srivastava laxmi_srivastava@yahoo.com | 513-474-0144 |

PRIESTS

| | | |
|----------------|--|--------------|
| Chief | Acharya Kailash Sharma | 513-652-5382 |
| Priest: | acharyaksharma@yahoo.com | |
| Priest: | Acharya Chakreshwar Sharma acharyachakreshwar@yahoo.com | 513-376-2982 |
| Priest: | Pundit Srinath Bhattar bhattarsrinath@yahoo.com | 513-488-2986 |

RELIGIOUS COUNSELOR

| | | |
|--|--------------|------------------|
| Koti Sreekrishna | 513-290-3064 | tatachar@aol.com |
| FAMILY SUPPORT COUNSELOR incl. LAST RITES | | |
| Khush Karamchandani | 513-259-4016 | karamch@aol.com |

Co-Chairs of Committees

| | | |
|----------------------------|---------------|--------------|
| Long Range Cmte: | Indra Murthy | 513-884-8756 |
| Treasurer Cmte: | Amar Sharma | 513-777-5771 |
| Property/ Mgmt Cmte | Kamlesh Singh | 513-206-5848 |

TEMPLE SCHEDULE**Monday-Friday:** 9 AM -12.45 PM and 5 PM -8 PM**Saturday :** 9 AM - 8 PM**Sunday:** 9 AM - 8 PM**Major Hindu Holidays** 9 AM – 8 PM

(Maha Shivratri, Krishna Janamashtmi, Ganesh Chaturthi, Deepawali and similar)

RELIGIOUS DISCOURSES

| | |
|-----------------------|--------------------------------------|
| Every Sunday: | 12.15-12.45 PM |
| Fourth Sunday: | Upnishads |
| Second Sunday: | 1008 Gayatri Jaap & Children Program |
| Third Sunday: | Sunder Kand Path |
| Fourth Sunday: | Shri Ganesh Atharvshirsha Path |
| Fifth Sunday: | Jagannath Puja |

2020 Puja Committee & Religious Activities Members

| | |
|---|--------------|
| Madhu Sharma(Chair) | 513-807-5081 |
| Kiran Dayal (In-charge: Temple Events) | 513-474-4051 |
| Meena Sondhi (In-charge: Scheduling Private Puja) | 513-290-7541 |
| Acharya Kailash Sharma | 513-770-0705 |
| Acharya Chakreshwar Sharma | 513-376-2982 |
| Pandit Srinath Bhattar | 513-528-3714 |
| Swarna Choudhury | 513-232-2343 |
| Raj Bodalia | 513-504-6328 |
| Jyoti Desai | 513-885-1318 |
| J.S. Karthikeyan | 513-382-2575 |
| Sangita Patel | 513-791-0855 |
| Mangala Namade | 513-234-8373 |
| Jaya Selvakumar | 513-779-5298 |
| Padmaja Patkar | 513-847-1918 |
| Vasundhara Dasari | 513-777-3353 |
| Suchitra Mishra | 513-573-9775 |
| Rajan Odavar | 513-336-6843 |
| Vilas Patel | 513-226-2154 |
| Purabi Dey | 513-688-1721 |
| Triveni Dave | 859-371-9645 |
| Latha M. Gowda | 513-891-4184 |
| Saravanan Sakthivel | 513-376-3050 |

Temple Manager's Committees

| | | |
|-----------------------------------|---|--------------|
| Manager: | Laxmi Srivastava | 513-474-0144 |
| CFO: | Raj Bodalia | 513-504-6328 |
| Legal Advisor | Pavan Parikh | |
| Office Manager: | Mohan Chopra | |
| Swami Lectures: | Vinay Kumar, Meena Mehta, Koti Srikrishna, Ganesh Yadlapalli | |
| Adult Education: | Meena Mehta, Ganesh Yadlapalli, Koti Sreekrishna, Rama Rao Pappu | |
| Temple Database: | Nandkumar Khemchandani, Raj Badolia, Greg Smith | |
| Community- Relations: | Mina Karamchandani, Meena Mehta | |
| E-Mail Data: | Pradeep Goyal, Nandkumar Khemchandani | |
| Gift Shop: | Meena Sondhi, Vina Bajaj | |
| Security: | Greg Smith, Kailash Sharma | |
| (Dial One) | Khush Karamchandani | |
| Financial Data: | Nand Kumar Khemchandani, Raj Bodalia, Laxmi Srivastava | |
| Project Manager: | Vithal Nemade | |
| Temple Website: | Bharat Vala, Greg Smith, Murali Annamalai | |
| Temple: | Meena Mehta, Ashvin Mehta, | |
| Calendar: | Acharya Kailash Sharma | |
| Volunteer Services: | Mohan Chopra, Rajan Odavar, Kedarnath Nambori | |
| | Vijay Sharma, Khush Karamchandani | |
| Temple - Photographer: | Greg Smith, Naba Mishra, V G Ramaswamy, Mardav Bakshi, | |
| Mela Committee: | Deepak Dixit, Raneshwar Gupta, Jyoti Desai | |
| Ramleela Cmte: | Kamlesh Singh | |

SPECIAL PROGRAMS ON WEEKENDS

| | |
|-----------------|--|
| 9.15 - 9.30 AM | Suprabhatam |
| 9.30 - 11.00 AM | Daily Puja of Temple Dieties |
| 11.00-11.30 AM | Sponsored Puja |
| 11.30-12.15 PM | Bhajans |
| 12.15-12.45 PM | Religious Discourse |
| 12.45-1.00 PM | Birthdays, Anniversary Puja & Announcements |
| 1.00 PM | Aarti & Prasad |

PUJA INFORMATION

RATES FOR PUJA & 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 Puja (Mahavir) | \$101.00 | \$151.00 |
| Ashtottharam (108) Archana | \$ 11.00 | — |
| AyushyaHomam/B'day Celeb. | \$101.00 | \$151.00 |
| Ground Breaking Ceremony | — | \$151.00 |
| Griha Pravesh (House Warming) | — | \$151.00 |
| Griha Pravesh w/SatyaNarayan Puja | — | \$201.00 |
| Kalayana Uthsava | \$151.00 | \$201.00 |
| Kesh Khandan/Mundan/Churakrn | \$101.00 | \$151.00 |
| Naam-Karan | \$101.00 | \$151.00 |
| Navagraha Puja | \$101.00 | \$151.00 |
| Nischitartham (Engagement) | \$151.00 | \$251.00 |
| Nitya (1 Day) Kaikaryam (Seva) | \$101.00 | --- |
| Poolangi Seva (With Flowers) | | |
| (Only During Off Winter Season) | \$101.00 | --- |
| Sahasranama (1008) Archana | \$ 51.00 | --- |
| Sathyanarayana Puja | \$101.00 | \$151.00 |
| Sathyanarayan Puja w/Havan | \$131.00 | \$201.00 |
| Seemantham(Baby Shower) | \$151.00 | \$201.00 |
| Mata Ki Chauki** | \$251.00 | \$301.00** |
| Akhand Ramayan Paath | \$251.00 | \$501.00 |
| Shashti Poorthi (60th B'day) | \$201.00 | \$251.00 |
| Anniversary celebration | \$151.00 | \$201.00 |
| Suprabhat Seva | \$ 21.00 | --- |
| Unjal (Swing) Seva | \$ 31.00 | --- |
| Upakarma (Thread changing) | \$ 51.00 | --- |
| Upanayam/Brahmopadesham/ | | |
| Thread Ceremony | \$151.00 | \$251.00 |
| Sunderkand Path | \$101.00 | \$151.00 |
| Vahan Puja | \$ 51.00 | ---- |
| Yearly Shradham (Barkhi) | \$101.00 | \$151.00 |
| Wedding (\$ 251.00 Advance Deposit required) | \$301.00 | \$501.00 |
| Funeral (Last Rites) | | \$ 201.00 |

Priest Dakshina

The rates for Puja and Priest services **DO NOT** include Priest Dakshina. Sponsors (devotees) are encouraged to provide Priest Dakshina of their own volition and satisfaction. The dakshina goes directly to the Priest. A reimbursement of travel expenses for the Priest during outside puja is required at 0.50 cents/mile.

** Rates of Mata Ki Chauki performed at another temple will be 50% of the money collected at the temple or a minimum of \$701.00.

Rates are subject to change without notice. Rates of Pujas not listed above and requiring less than four hours of priest's time will normally be \$ 101.00 (inside the temple) and \$ 151.00 (outside of temple). Rates of Pujas/ wedding out of Greater Cincinnati area are as follows:

- a) Up to 50 miles - \$151.00, b) 50 - 80 miles - \$251.00
c) 80 - 110 miles - \$351.00, d) More than 110 miles - \$501.00.
e) Wedding - \$1,001.00

TEMPLE RENTAL - LOWER FLOOR ONLY

| | Full day | Half day |
|---------------------------------------|------------|-----------|
| Monday -Thursday (except holidays) | \$ 401.00 | \$ 225.00 |
| Friday, Saturday & Holidays | \$601.00 | \$401.00 |
| <u>Sunday after 3PM only</u> | not rented | \$401.00 |
| Use of Kitchen | \$ 201.00 | \$101.00 |
| Use of Kitchen w/paper products | \$251.00 | \$ 151.00 |

Full Day: 8.00 am-11.00 pm

Half Day: 8.00 am-2.00 pm or 4.00 pm - 11.00 pm

Note:

All Temple rentals require a \$ 200.00 security deposit. It will be forfeited if the basement hall, upstairs, bathrooms and the kitchen area are not cleaned by the party renting the space.

CONTACTS

To Schedule Puja or To rent Lower Level

Meena Sondhi 513-831-9788

meena.sondhi@gmail.com

PUJA COMMITTEE ANNOUNCEMENTS

[If you have any question or suggestion about temple activities contact **Madhu Sharma** 513-807-5081, or any **EC Member** or the **Temple** at 513-528-3714]

1. **Archana** performed during temple hours by sponsoship.
2. **No Archana** on Sundays between 11 a.m.-1 p.m.
3. **Outside Pujas** and other religious services will be conducted by appointment only.
4. To **schedule any Puja** please contact Meena Sondhi at least one week in advance.
5. **Food and Prasad** : To bring to the temple please contact Puja Committee chairperson .
6. **Pujas performed outside** the temple will be rated according to the number of Pujas performed
7. **Puja Samagri**- for convenience of devotees, the temple can provide Puja Samagri for a donation of \$ 21.00 for any Puja, and \$ 31.00 for any puja including Havan/Homam
8. **Cancellations of Puja should be done 3 days in advance**, otherwise full fee for the Puja will be charged.

OPERATING ACCOUNT FINANCIAL SUMMARY

1/1/2019 to 12/31/2019

| | |
|-----------------|---------------|
| Total Revenues: | \$ 488,542.06 |
| Total Expenses: | \$ 474,774.62 |
| Net Revenue: | \$ 13,767.44 |

HSGC LOAN BALANCE:

| | |
|-------------------|---------------|
| As of 1/1/2019: | \$ 626,733.74 |
| As of 12/31/2019: | \$ 502,606.21 |

MONTHLY LOAN PAYMENT (P&I): \$ 7,587.11
Add'l loan payment in December: \$9,916.00

**HELP TEMPLE BECOME DEBT FREE
WITH A TAX FREE DONATION**

Regular Weekly & Monthly Events at the Temple

Monthly Navgrah Puja

Every first Saturday of the Month
Sponsors needed for Puja \$51.00
For Details call

Madhu Sharma 513-807-5081 ; Temple priests: 513-528-3714



Monthly Murugan Abhishekham / Puja

Normally on 2nd Saturday of the month
Refer to Page 5 for Abhishekam Schedule

Pandit Bhattar 513-488-2986,
Saravanan Sakthivel 513-376-3050
Jeya Selvakumar 513-795-9868
Madhu Sharma 513-807-5081
Temple Priests 513-529-3714

Monthly ABHISHEKAM/KALYANOTSAVAM FOR LORD SRI VENKATESWARA

4th Saturday of each month - 10:30 AM-12:30 PM.

To sponsor and details please call any of the following:

Anand Konda [732-423-1539](tel:732-423-1539); Vasundhara Dasari [513-827-5160](tel:513-827-5160)/777-3353; Suseela Paturi: [513-867-8591](tel:513-867-8591); Sunitha Manukonda: [513-900-0605](tel:513-900-0605)/770-0255; Pandit Sri Srinath Bhattar: [513-488-2986](tel:513-488-2986).

1008 Gayatri Jap

Second Saturday of each month at 9.30 AM

For details please contact temple priest [528-3714](tel:528-3714) or
Madhu Sharma 513-807-5081



Monthly Satya Narayan Puja

On Every Purnima of the Month
6:30 pm

Sponsorship \$ 51.00

To sponsor Puja call

Madhu Sharma 513-807-5081
Temple priests: 513-528-3714

Weekly Shlv Mahlman Stotram

Every Monday at 6:30 pm



Sunder Kand Path

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

Contacts: Sangita Patel 513-791-0855

Pt. Kailash Sharma 513-652-5382



Shri Jagannath Puja

Every 5th Sunday of the month 11:00 AM

Contacts: Suchitra Mishra 513-573-9775 or

Temple 513-528-3714

Shri Ganesh Puja & Shri Ganesh Atharvshirsha Path

Every 4th Sunday of the month 10:30 AM

This Puja is dedicated to each month's

Sankashti Chaturthi to Lord Ganesh.

For more information & To Sponsor the Puja please call

Padmaja Patkar 513-847-7918, Madhu Sharma 513-807-5081

Temple Priests: 528-3714 504-6328

SAI BHAJAN

Every First Sat. of month 6pm to 7:30pm

For details pl. call Dr. Ganesh 857-719-1500,
Rajan 331-2058.



Weekly Hanuman Chalisa Path

Every Tuesday at 6:30 p m To sponsor call

Madhu Sharma 513-807-5081 or

Temple Priests 513-528-3714

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](tel:513-752-4025)

Weekly Venkateswar Puja

Every Friday at 6:30pm

To sponsor Puja please call Madhu Sharma 513-807-5081 OR

Temple priests: 513-528-3714

PURUSHOTTAM NAAM STOTRA PARAYAN



Every 2nd Wed. of each month

6pm to 7:30pm

For details please call

Mina Mehta 513-574-6763



Hindu Society Presents new a program

SATSANG-SUDHA

सत्संग-सुधा

With **Acharya Kailash Ji**

Sat means truth and sang means to be with. Satsang provides an opportunity to keep themselves engaged in divine centered thoughts and actions and remain focused on their respective. Satsang can generate powerful, cleansing, inspiring and purifying thought vibrations which can uplift the people who participate in them and also sanctify the place in which they are organized.

Satsang will be based on Bhagwad Gita, Shrimad Bhagwatam, Ramayan, Upnishad, with music and Bhajans for two to three hours in Hindi or English.

In temple or at Devotees' Homes

To schedule please call Temple 513-528-371 Acharya Kailash Ji 513-652-5382, Madhu Sharma 513-807-5081 for more videos and content please subscribe to Youtube.com/c/AcharyaKailashSharma

Temple needs Computer/ Printer Donation solicited

Our temple computer has grown very old and we need to replace it with a new and faster one with latest technology capable of running latest versions of software. This will enhance temple work efficiency including publication of the News letter, Aradhana, and other informational materials. It is estimated to cost less than \$1,500. Your generous contribution is requested to fulfill this important temple need. Please Mark "computer" on your donation check.

Temple Calendar of Events

February 2020

| | | | |
|----------|------|------|--|
| February | 1st | Sat. | Navgrah Puja 3pm Sponsorship \$51 |
| Feb | 1st | Sat. | Sai Bhajan 6pm |
| Feb | 2nd | Sun. | Vasant Panchami Celebration 11am Sponsored by Agrani |
| Feb | 8th | Sat. | Murugan Abhishekam 4pm Sponsorship \$101. |
| Feb | 8th | Sat. | Purnima Satya Narayan Puja 5:30pm Sponsorship \$51.00 |
| Feb. | 9th | Sun. | 1008 Gayatri Jaap 9:30am |
| Feb. | 15th | Sat. | Navgarah Havan 10am |
| Feb. | 16th | Sun | Sunderkand Path 10:30am |
| Feb. | 19th | Wed | Purushottam Sahasranaam Parayan 6pm |
| Feb. | 21st | Fri | Maha ShivRatri Puja 6pm to 6am overnight . Sponsorship \$101 Temple hours 9am to 6am Next day. see details inside |
| Feb. | 22nd | SAT. | Venkateshwar Kalayanam 10am Sponsorship \$51.00 |
| Feb | 23rd | Sun | Ganesh Puja and Atharvashirsh Path 11am. Sposnorship \$51 |

March 2020

| | | | |
|-------|------|-------|---|
| March | 1st | Sun | 1008 Gayatri Jaap 9:30am |
| March | 2nd | Mon | Holashtak Begins |
| March | 7th | Sat. | Navgrah Puja 3pm Sponsorship \$51 |
| March | 7th | Sat. | Sai Bhajan 6pm |
| March | 8th | Sun | Laxmi Narayan Puja by Millennial 11am |
| March | 9th | Mon | Purnima Satya Narayan Puja 6:30pm |
| March | 9th | Mon | Holika Dahan 7Pm |
| March | 10th | Tues | Rang Holi . Color playing Schedule Sat. 4pm |
| March | 12th | Thurs | Sankashti Chaturthi Puja 6pm |
| March | 14th | Sat. | Holi Cultural Program 4pm see Details Inside . |
| March | 15th | Sun | Jagannatha Puja 11am followed by Bhajans and Aarti 1pm |
| March | 18th | Wed | Purushottam Sahashranaam Parayan 6pm |
| March | 21st | Sat, | Venkateshwar Abhishekam 10am |
| March | 21st | Sat. | Murugan Abhishekam 4:30pm |
| March | 22nd | Sun | Ganesh Puja and Atharvashirsh Path 11am |
| March | 24th | Tues | Chaitra Navratri Kalash Sthapana 6pm |
| March | 24th | Tues | Gudi Padwa, New Samvatsara/year , Yugadi , |
| March | 27th | Fri. | Sitaram Parivaar Abhishekam 6pm |
| March | 28th | Sat. | Akhand Ramayan Path Starts 11am Temple open 24hours |
| March | 29th | Sun. | Akhand Ramayan Path ends 12:30pm Sponsored by. Rameshwar and Kiran Dayal family |

Vasant Panchmi Celebration

Sunday 2 February 2020



10:30 AM to 1:00 PM

10:30 to 11:30 Saraswati Puja
11:30 to 11:45 Vidyarambha Puja (For Children)
11:45 to 12:00 Pushpanjali Offerings
12:00 to 1:00 Bhajans, Pravachan & Aarti Prasad
(Lunch)

Event is sponsored by- Agrani Bengali Group

For Details Contact:

Temple: 513-528-3714. Madhu Sharma 513-807-5081,
Ach Kailash Sharma 513-652-5382, Purbi Day 513-688-1721

*Hindu society cordially invites the **millennial generation** with family and friends to participate in the*

Lakshmi-Narayan Puja

(Worship of Goddess Laxmi and Lord Vishnu)

Sunday, 8 March 2020

11:00 AM -1:00 PM



11:30 AM -1:00 PM puja followed by Aarti and prasad.
Sponsorship \$31.00

Lunch Prasad sponsors needed.

Required puja items will be provided by temple.

This puja is organized to encourage younger generation involvement in Temple activities.

For Details Please contact:

Temple: 513-528-3714. Madhu Sharma 513-807-5081

Navgraha Havan

Saturday 15 February 2020



11:00 AM to 1:00 PM

11:00 AM Havan
12:30 PM Aarti
1:00 PM Prasad / Lunch

Sponsorship \$51

Lunch Sponsors are needed

For Details Contact:

Temple: 513-528-3714. Madhu Sharma 513-807-5081, Ach Chakreshwar Sharma 513-376-2982,
Dr. Ganesh 857-719-1500

**More Celebrations at the Temple
Listed on Page 12**

*The Hindu Temple cordially invites you to
celebrate the*

HOLIKA DAHAN PUJA

Destruction of evil, protection of Truth



Monday, 9 March 2020 7:00 PM

At the Temple

Color playing and its celebration is
on Sat. 14 March 4pm

MAHA SHIVARATRI

CELEBRATION

Feb. 21st Friday 2020

Temple open all day and night 9am to 6am (next day)

DAY TIME PUJA



9am to 11am SHIVABHISHEK Sponsored *
(1st Session)

11:30am 1:30pm SHIVABHISHEK Sponsored*
(2nd Session)

2pm to 4pm open session for public (3rd Session)

To avoid evening crowd we request devotees to
come between 2pm to 4pm in 3rd Session or 9:30pm .
ARCHANA THALI **WILL BE PROVIDED WITH
GANGAJAL & MILK..

NIGHT TIME PUJA

First Puja

5 pm to 6 pm Shivabhishek Sponsors
6 :00 to 7:30 Archana Thali offering (Archana)**
7: 00 to 7:45 Shiv Mahimnah Path, Bhajans
8: 00 pm Aarti Followed by Prasad (Dinner)

Second Puja

9:30pm to 10:30pm Shivabhishek * Rudram Parayanam
10:30pm to 11:30pm Shiva Shahashranam Path, Shiva Mahimnah Path
11:30pm Aarti & Prasad

Third Puja

12:30am to 1:30 am Shivabhishek *
1:30am to 2:00 am Shiv Mahimnah Path Arti & Prasad

Fourth Puja

2:30am to 3:30am Shivabhishek *
3:30am to 4:00am Shiva Mahimnah Path, Arti & Prasad

Fifth Puja

4:30am to 6am Morning Abhishekam followed by Mahamangal Aarti (Murugan Group)

**We Need sponsors. * Shivabhishek: \$101.00. ,All Night 5 times Puja: \$351.00,
Archana Thali:** \$21.00 with Ganga Jal & Milk**

Devotees are requested to bring small amount of milk for offering due to large collection of milk,
Please donate money instead of milk or dry nuts (Almond Cashews raisins).

EVENT SPONSORED by - Yash Agrawal & Family

For Details Please call Madhu Sharma 513-807-5081, Acharya Kailash Sharma 513-652-5382,
Temple 513-528-3714. Janak/Triveni Dave: 859-371-9645,

Patanjali Yoga Darshana - Part 5

by Dharendra Sharma

[Continued from the Dec. 2019 Aradhana]

In our last study session, we were enlightened with the knowledge, that in order to be free of repeat birth and death cycles, meaning attain *Moksha*, we have to “practice detachment” of all our individual *Gyanendriyaas* from their sensual objects. It is not an easy or short process. It may take many rebirth and re-death cycles to attain *Moksha*. For practice, it is required, the mind to be in a complete peaceful state free of all the waves of thoughts (*Vrittis*), and for “detachment” it is required full dedication, enthusiasm and sincerity.

In today’s session, we will study, whether “practice detachment” is the final process for attaining *Moksha*.

Question: Is this the climax of *Vairaagya*? The answer is No. There is another state beyond this.

Chapter 1, Sutra 16: *Tatapara purushakhyaa-tergunavaitrshnyam.*

Sutra Meaning: This Suutra #16, denotes highest level of *Vairaagya*, which happens after realization of soul (self-realization), occurring after complete loss of craving for *Satas*, *Rajas* and *Tamas Gunas* (qualities).

Description: The human mind, controller of all the *Indriyaas*, is always busy with the *Satas*, *Rajas* and *Tamas* (qualities) type thought waves, which are the cause of some pleasure, but mostly pains and miseries, to human beings. The *Yogi*, who realizes it, makes the mind peaceful, by disconnecting all the *Indriyaas* from their respective sensory objects of the world. But mind being a product of *Prakriti*, would still have waves of *Satas*, *Rajas* and *Tamas* qualities, active in it. But with this disconnection of the mind, slowly the soul takes over and finally disconnects the mind. This taking over of the soul and disconnection of the mind including its active *Satas*, *Rajas* and *Tamas* qualities is called *Parvairaagya* or *Para* detachment.

Question: What is *Samprajnaata Samadhi* (*Samadhi* with awareness).

Chapter 1, Sutra 17: *Vitarkavicaaraana-daasmitaaruupaanaugamaat samprajnaatah.*

Sutra Meaning: *Samprajnaata Samadhi* is the restraining of *Vrittis* (thought waves) of mind with the support of ancillaries like analytical thinking, reasoning, bliss and conscious of being self

Description: In *Samprajnaata Samadhi* state all the mental activities are completely restrained. Only one thought remains all the time, with no fluctuations. In this state even the awareness of me the self is eliminated, leaving the object of meditation shining in isolation. This state is called *Samadhi* with awareness or *Samprajnaata Samadhi*, as there is still an awareness of the object of meditation.

There are 4 subtypes of *Samprajnaata Samadhi*:

1. *Vitarkaanugata*: When the *Saadhaka* gets engrossed in a concrete object and concentrates his mind on it, then the mind is shut off from other objects and that concrete object is properly reflected in its concrete form. This state of *Samprajnaata Samadhi* is known as *Vitarkaanugata*.

2. *Vicaaraanugata*: When the concentration intensifies, one starts learning the subtle elements of the object of meditation. This state of *Samprajnaata Samadhi* is known as *Vicaaraanugata Samaadhi*.

3. *Aanandaanugata*: When the concentration further intensifies, the self-ego dominated by *Satas* is experienced along with Bliss (*Aananda*) *Vritti*. This state of *Samprajnaata Samadhi* is known as *Aanandaanugata*.

4. *Asmitaanugata*: When the concentration intensifies further, the *Saadhak* starts realizing the self; This state of *Samprajnaata Samadhi* is known as *Asmitaanugata*.

In the next session, we will learn the knowledge of the *Samadhi* without awareness (*Asamprajnaata Samadhi*)

[TBC in the next issue of Aradhana]

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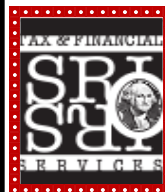


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Chaitra Navaratri Puja

Tue, March 24 - Wed, April 1, 2020



Tuesday, 24 March, 2020 6:00 PM
KALASH STHAPANA

Tue, March 25 - Wed, April 1: **CHANDI PATH & DEVI PUJA**

Everyday: 9:30 AM to 11:00 AM and 5.00 PM to 6:00 PM

Wed, April 1: 6:00 PM Durga Ashtami Puja & Havan

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Akhand Ramayan Path

(Recitation of Tulsidas' Sri Ram Charit Manas)

Sat, March 28 - Sun, March 29, 2020



Sat., March 28

11am Ganesh Puja, Ram Parivaar Puja

12 noon Ramayan Path Starts

Sun., March 29

12:30 pm Ramayan Path ends

Temple will be open 24hours for this event.

Sponsorship: \$251.00: Akhand Ramayan Path;
\$101.00: Sunderkand Path, Shri Ram Janma, Shri Ram Vivah; \$21.00: Archana.

Volunteers are needed to recite Ramayana.

Contact: Temple (513)528-3714, Kiran Dayal 513 474 - 4051, to provide your name & preferred time to recite.

Event is sponsored by: Rameshwar, Kiran Dayal and family.