

मई २०२५ May 2025

हिन्दू सत्संग समाचार

Hindu Satsang Samachar



Welcome to May 25 Samachar from the New Board

The new Satsang Board sincerely thanks the Satsang Parivar for entrusting us with the responsibility of coordinating this year's activities. We also extend our heartfelt gratitude to the outgoing committee for ensuring a smooth transition and for their continued support and guidance.

Upcoming Meeting:
Please join us for our next Satsang gathering on **Sunday, May 25, 2025, at 10:00 AM** in the **Gupta Dining Hall**.

April Meeting Notes:
You'll find highlights from our April Satsang on one of the following pages, thoughtfully contributed by Daljit Ji.

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Mother's Day Picnic Recap:
On May 11, we celebrated our ever-popular Mother's Day Picnic at Herrick Lake. It was a truly beautiful day to enjoy the outdoors and honor the wonderful mothers among us. A special thanks to Kamal Gupta Ji, whose famous garma-garam pakoras were once again a huge hit! We're sure many of us made a direct beeline to his kadhai—thank you, Kamal Ji! There are many people who worked behind the scene to make the event a success-- thanks to all of you!

Coming Up This Month:
We are excited to welcome **Shri Ajay Yagnik Ji** for a soul-stirring **Ram Katha**. Many of us have had the pleasure of hearing him before—his unique and heartfelt narration of the Ramayana is not to be missed. Please join us and immerse yourself in this beautiful spiritual experience.
Following this food for the soul, we will enjoy delicious prasad generously sponsored by our Parivar members. We are deeply grateful to our host families for their continued support.

नमस्ते

Hindu Satsang
हिन्दू सत्संग

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Anika Tiwari
Ananya Singh

Happy Birth Month to our Satsangis born in MAY

Alka Tyle	Anant Vyas	Aneesh Tyle	Anuradha Sharma	Archit Dhar	Asha Vyas	Ashika Sachdev
Chhaya Trivedi	Darshna Jain	Dipti Kumar	Kanchan Pandey	Krishna Bhatia	Leo Gandhi	Manu Sharma
Mila Malhotra	Namisha Saini	Neelan Choksi	Rachna Rawal	Rajesh Singhal	Rani Trivedi	Rashmi Gandhi
Ravinder Saini	Raynaa Dhingra	Sakshi Sahni	Sandip Sharma	Subhash Pandey	Sudha Upadhyay	Tarun Kumar
Tejas Satpalkar	Vasudha Pandey	Sara Nagamine	Anya Nagamine	जन्मदिवसस्य हार्दिक शुभकामनानि।		

Happy Anniversary Month

Alka & Romesh Sood	Kiran & Satish Gupta	Nikita & Ravin Bhatia	Priya & Rajiv Pandit	Priya Uppal and Andrew Kaftanowicz	Rani & Vivek Trivedi	Tanu & Satendra Singh
Vibha & Manu Sharma						

युवयो: वैवाहिकजीवने सर्वदा शुभं भवतु।

Joke of the Month

Man 1: *Guess what? My wife apologized for the first time ever*
Friend: *Did she really say "sorry"? No way, seriously?*
Man 1: *Yup, she actually said she's sorry she ever married me.*

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40 वर्ष की उम्र के बाद स्त्री समझदार हो जाती है,
लेकिन वह खुद को *40* वर्ष से ऊपर मान ले, तब न! 😜

Keep smiling, it's like a workout for your face but way more fun!

Hindu Satsang's

Website address:
HinduSatsang.org
Hindu Satsang's
Facebook page:
facebook.com/
HinduSatsangUSA
We have more
than **210 followers,**
please **Like** & **Follow**
for the latest updates.

April Satsang Notes

By Daljit Sabharwal

The meeting was convened by Daljit Sabharwal. The meeting started with Invocation performed by Ramesh Malhan ji. Subhash Sharma, Ramesh Malhan, and JC Kapoor ji sang melodious bhajans. Anushka Sabharwal (10 yr old) sang a melodious bhajan with karaoke music. Our guest singer Sargam Kapoor of Shashi Entertainment entertained the Satsangies by singing a few beautiful bhajans with karaoke music melodiously.

Our guest speaker, Yoga Guru Shri Yash Choudhary ji got all attendees involved in performing various Pranayama, Chakra asanas, and Meditation. Everyone experienced absolute bliss during the meditation session and wished that we had more time.

At this point, Daljit Sabharwal introduced the Hindu Satsang's new General Coordinator for 2025-2026 Roma Bhagat ji and the new Executive Committee members for the year 2025-2026.

These roles were assigned in a meeting of elected board members held at Om Tiwari ji's house on April 20.

Roma Ji thanked the outgoing executive committee members for the excellent job done by each and every member under the leadership of General Coordinator Om Tiwari ji. Roma ji congratulated Satsangis having birthdays and anniversaries in the month of April.

Roma Ji also made general announcements about the upcoming Mother's Day picnic on May 11, the summer picnic on July 13, and Krishna Janmashtami on August 24. Roma Ji thanked the Prasad sponsors for April month, namely Kiran & Subhash Sharma, Prem & Daljit Sabharwal, and Munna & Himanshu Bahal. All Satsangis observed one-minute silence in the memory of innocent lives lost in the brutal Pahalgam attack in Kashmir, India. Subhash Sharma ji led the Aarti. Meeting ended with lots of thanks to all the Satsangis.



Enhancing Prana Energy For Harmonized Flow

By Sh. Rajeev Jain

Last month we talked about the “prana” energy and focused on various sources to acquire this energy. We also discussed that there are five types of prana vayus—Prana, Apana, Vyana, Samana, and Udana—and how each has a different function. Further, if they are obstructed, how each one affects physical, mental, and emotional health. Below we will discuss them in more detail and how the treatment varies based on the type of prana that is obstructed. Addressing these obstructions often involves practices like yoga, pranayama, meditation, dietary and lifestyle adjustments. Below we will discuss each vayu in more detail:

1. Prana Vayu (intake and breathing)

- **Function and impact** - Prana vayu governs intake, including breath, sensory impressions, and mental clarity. Obstruction in its flow can lead to respiratory issues, difficulty concentrating, and a sense of disconnection from the environment.
- **Visible signs and symptoms** - Shortness of breath, fatigue, anxiety, and difficulty processing information or experiences.
- **Ways to harmonize the flow of this vayu -**
  - **Breathing exercises (pranayama)**: Techniques like Nadi Shodhana (alternate nostril breathing) and Kapalabhati (cleansing breath) improve oxygen flow and energy intake.
  - **Meditation:** Practicing mindfulness or focused meditation enhances mental clarity and connection.
  - **Environment:** Spending time in fresh air or natural spaces revitalizes sensory intake.
  - **Diet**: Eat fresh, unprocessed foods rich in prana, such as fruits, vegetables, and nuts.
  - **Yoga practices**: Matsyasana (Fish pose) and Bhujangasana (Cobra pose) help open the chest for better airflow.

2. Apana Vayu (elimination and grounding)

- **Function and impact -** This vayu is responsible for elimination processes, such as excretion and menstruation. Blockages can cause constipation, urinary retention, or menstrual irregularities.
- **Visible signs and symptoms -** Bloating, abdominal discomfort, irregular bowel movements, and emotional stagnation.
- **Ways to harmonize the flow of this vayu -**
  - **Yoga practices**: Practice rooting poses in yoga, like Tadasana (Mountain pose) and Malasana (Squat pose), which encourage downward energy flow.
  - **Diet**: Include fiber-rich foods and herbal teas like ginger or fennel to support elimination processes.
  - **Massage**: Abdominal massage can stimulate digestive organs and the downward energy movement.
  - **Energy therapy**: Techniques such as Reiki or acupuncture target energy blockages in the lower body and regularize the flow.
  - **Lifestyle Tips**: Hydrate consistently, avoid holding tension in the abdomen, and practice rituals like journaling for emotional release.

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3. Vyana Vayu (circulation and distribution)

- **Function and impact -** Vyana vayu governs circulation, and distribution of nutrients and energy throughout the body. Obstruction in its flow may result in poor circulation, cold extremities, and systemic weakness.
- **Visible signs and symptoms -** Swelling in limbs, numbness, poor wound healing, and general lethargy.
- **Ways to harmonize the flow of this vayu -**
  - **Enhanced body movement**: Engage in aerobic activities (walking, dancing, swimming) to boost circulation.
  - **Yoga practices**: Perform poses like Trikonasana (Triangle pose) and Virabhadrasana (Warrior pose) to enhance systemic circulation.
  - **Self-Massage** (Abhyanga): Stimulate circulation with dry brushing or oil massage using warm oils.
  - **Diet**: Include warming spices like cinnamon and black pepper to promote better circulation.
  - **Breathing exercises (pranayama)**: Incorporate Ujjayi (Victorious Breath) to energize and distribute prana.

4. Samana Vayu (digestion and assimilation)

- **Function and impact -** This vayu focuses on digestion and assimilation. Disruption can lead to digestive disorders, slow metabolism, and difficulty processing emotions.
- **Visible signs and symptoms** - Indigestion, bloating, irregular appetite, and emotional irritability.
- **Ways to harmonize the flow of this vayu -**
  - **Mindful eating**: Focus on eating slowly and chewing thoroughly to facilitate better digestion.
  - **Diet**: Eat warm, cooked meals and avoid overeating or excessive snacking.
  - **Herbal remedies**: Incorporate digestive aids like cumin seed, coriander, saunf (fennel), and ajwain (carom seed).
  - **Yoga practices:** Perform twists like Ardha Matsyendrasana (Half Lord of the Fishes pose) to stimulate digestion.
  - **Breathing exercises (pranayama)**: Slow and deep breathing exercises can calm the digestive system and improve nutrient assimilation.

5. Udana Vayu (expression and upward movement)

- **Function and impact -** Udana vayu controls upward movement, including speech, expression, and energy. Blockages in this vayu can lead to speech difficulties, lack of confidence, and issues with self-expression.
- **Visible signs and symptoms -** Hoarseness, difficulty speaking, low energy levels, and a sense of purposelessness.
- **Ways to harmonize the flow of this vayu -**
  - **Breathing exercises (pranayama)**: Incorporate Incorporate Ujjayi (Victorious Breath) in your daily routine.
  - **Vocal exercises**: Chanting or humming helps clear blockages in the throat and enhances upward energy flow.
  - **Meditation**: Focused meditation on the throat chakra (Vishuddha) can encourage self-expression.
  - **Yoga practices:** Incorporate poses like Sarvangasana (Shoulder Stand) and Ustrasana (Camel pose) to stimulate upward energy movement.

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- **Expression exercises**: Journaling, affirmations, or creative writing can aid in emotional expression.
- **Herbal remedies**: Consume foods that support throat health, like honey, ginger, and warm teas.

Clearing these blockages involves consistent practices tailored to your individual needs. These actions not only restore balance but also create harmony between the physical, mental, and energetic aspects of your being.

Lack of acceptance of Prana by modern medicine

Modern medicine primarily relies on a scientific framework that emphasizes observable, measurable, and repeatable evidence. This approach has made it difficult for energy-balancing practices to gain widespread acceptance, as they often stem from traditions and philosophies that focus on intangible or meta-physical phenomena. Some key reasons for the disconnect include:

- **Lack of measurable evidence -** Energy-balancing concepts like prana, Chi, or Ki are rooted in spiritual and holistic traditions, which often use metaphors rather than scientific measurements. Modern medicine looks for quantifiable data—such as blood tests, imaging results, or biochemical markers—to verify the effectiveness of treatments. The subtle and invisible nature of energy flow makes it hard to study in conventional laboratory settings.
- **Differing philosophical perspectives -** Modern medicine tends to view the body as a collection of systems (like the nervous, cardiovascular, and musculoskeletal systems) that can be treated individually. In contrast, energy-balancing traditions focus on the interconnectedness of the body, mind, and spirit, often considering emotional and spiritual factors as central to health. This holistic perspective can seem incompatible with the segmented approach of modern medical science.

That said, modern medicine is increasingly acknowledging the importance of the mind-body connection and the need for integrative approaches to health. It's possible that as research methods and tools evolve, energy-balancing practices may find stronger scientific evidence backing these energy flows and lead to greater integration integration.

"Prana (life energy) colored by the thought of the sender may be projected to persons at a distance, who are willing to receive it, and the healing can be done this way" - William Walker Atkinson

"Ayurveda teaches us that our plate reflects our Health, with nutritious, unprocessed foods being the foundation for vibrant Health."

Mother's Day Picnic Photos

Please see our Facebook page for lots of Mother's Day picnic photos:
Facebook.com/HinduSatsangUSA
Please remember to like our page.
Thanks to Sh. Subash Oza and other Satsangis for taking amazing pictures.












Seven Mothers

We just celebrated Mother's Day. Did you know seven types of mothers described in our scriptures.
Here is some information from HAF website:
Shakti, the creative and energetic force of the Divine, is described in Hindu scriptures as being a motherly Goddess, whose loving, compassionate, nurturing, and sometimes fiercely protective qualities are integral to both the material and spiritual growth of every being. As such, the Vedas honor the feminine aspect of Divinity by recognizing seven types of mothers who exist in the world, and the vital role they play in our lives.

आदौ माता गुरु-पत्नि ब्राह्मणि राज-पत्निका | धेनूर धात्री तथा पृथ्वी सप्तैता मातरः ||
ādau mātā guru-patni brāhmaṇi rāja-patnikā | dhēnūr dhātrī tathā pṛthvī saptaitā mātaraḥ ||

1. Audau Mata (the biological mother)
2. Guru Patni (the wife of one's guru)
3. Brahmani (the wife of the sage)
4. Raj Patnika (the queen)
5. Dhenu (the cow)
6. Dhatri (the caregiver)
7. Prithvi (the earth)

Please visit https://www.hinduamerican.org/blog/the-seven-mothers-of-hinduism for more information

Some special mothers from ancient times:

1. Parvati
2. Sita
3. Yashoda
4. Kunti
5. Shakuntala

Ram Katha and Bhajans by Sh. Ajay Yagnik ji



Sh. Ajay Yagnik ji

Join us for a spiritually uplifting event featuring Shri Ajay Yagnik ji — world-renowned for his soulful renditions of Ram Katha, and devotional bhajans. With a melodious voice and inspiring presence, he brings the life and teachings of Sri Ram ji alive, touching hearts across the globe. His satsangs, with millions of YouTube views and daily broadcasts on bhakti channels, have inspired devotees for over two decades.

This is a rare and blessed opportunity to experience his spiritual energy and listen to his mesmerizing Ram Katha and bhajans live.

As always, Hindu Satsang's sabha and mahaprasad (lunch) are completely free of charge. Bring your family and friends and immerse yourselves in a morning of devotion & music.

Don't miss this rear opportunity to be part of an unforgettable satsang with Shri Ajay Yagnik ji! Let us come together, seek blessings, and enrich our souls on this auspicious occasion.

Hindu Satsang Sabha
Date: Sunday, May 25
Time: 10 am, lunch @ noon
Venue: HTGC - Hindu Temple, Lemont, Gupta Dining Hall

Join us for Hindu Satsang Sabha, held on the 4th Sunday of every month at Lemont Hindu Temple at 10 am.
The event is open to all and free of charge.

Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, May 25, 2025 at Gupta Dinning Hall

Everyone is cordially invited

Hindu Satsang
Annual Summer Picnic
Date: Sunday, July 13th, 2025
Time: from 11:00 am to 3:00 PM.
Location: Spring Brook, Naperville
(This is a **NEW** location)
www.hindusatsang.org/summer-picnic

Program

10:00 am:	Vedic Pooja followed by Bhajans
10:10 am	Bhajans by Satsangis
10:30 am	Guest Singer & speaker: Sh. Ajay Yagnik ji Ram Katha and Bhajans
11:50 am	Announcements, aarti followed by lunch



April Aarti Collections

Daljit & Prem Sabharwal Ji	$101
Brij & Sita Sharma Ji	$21
Cash	$98
Total	**$220**

Mother's Day Picnic

Nand & Renu Garg	$101
Alka & Romesh Sood Ji	$51
Sanjeev & Reena Gupta Ji	$50
Jagdish Sood Ji	$21
Cash	$144
Total	**$367**

Thanks everyone for your generous donations.

Maa Annapurna Devi

May you be blessed with good health, wealth, and prosperity.

May Month Prasad Sponsors

1. Rashmi & Vinod Gandhi Ji
2. Jyotsna & Surendra Salgia Ji
3. Chhaya & Chandrashekhar Trivedi Ji
4. Jyotsna & Anant Vyas Ji
5. Nalini Mahajan Ji
thank you.. thank you.. thank you

Please contact Laxman Singh Ji (630)373-7264 our Prasad coordinator, if you would like to sponsor Prasad in coming months.