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सितम्बर २०२३ September 2023

हिन्दू सत्संग समाचार
Hindu Satsang Samachar



Hindu Satsang Update

Namaskaar to all Satsangis!

Our annual Janmashtami program was a huge hit. Every year we find a way to celebrate in our unique way and improve our prior years! We had 20 excellent items by members of all ages. They enthralled us with their folk dances, bhajans, poems, songs and dandiya raas. Thanks to all the hard work by the participants, organizers and volunteers. Special thanks to our Special Events Coordinators, Daljit Sabharwal and Manisha Garg, for their leadership of this event.

Following are some of the main festivals/events coming up in the next few weeks: Dusshera on Oc 24, Dhan Teras on Nov 10, Diwali on Nov 12, Bhai Dooj on Nov 15. Our best wishes to everyone.

Studies have shown that people who meet their friends frequently and engage in social activities, lead healthier lives. Looking forward to seeing everyone in person on Sunday, September 24 for our Satsang Sabha.

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Birthdays

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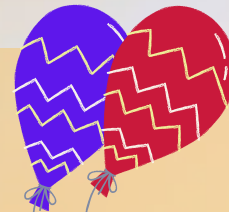


नमस्ते





Happy Birth Month to our Satsangis born in September



Abhinav Singh	Aditya Kapoor	Surendra K. Mittal	Ajay Sharma	Akash Garg	Alka Gupta	Amit Punwani
Anish Kapoor	Avanti Gupta	Deepali Punwani	Divya Grover	Kanan Dhingra	Jyotsna Vyas	Joy Dhar
Kavya Nangia	Kern Wasan	Deepika Bhagwat	Kiran Madhav	Laxman Singh	Madhu Uppal	Kieran Oza
Nitin Vyas	Raj Agnihotri	Jagdish Madhav	Ramesh Malhan	Reema Jain	Smriti Shah	
Vimal Sharma	Vivek Raheja	Satendra Singh	Anika Salgia	Naval Arora	Vijay Nangia	

Happy Anniversary



Rashmi & Vinod Gandhi

Anjali & Vishal

शादी की सालगिरह पर बधाई एवं
देर सारी शुभकामनाएं!



Laughter is the best medicine



Why did the philosophy professor join the physics department? To find answers to the question: "What is the speed of thought?"

What did the student learn when he failed a philosophy test on Hinduism? He learned about karma.

What's a philosopher's favorite sport? Discuss.

Why did the student drop out of the course in 19th-century socialist thought? Because of poor Marx.

What do local philosophy clubs have? Free why-fi.

How is philosophy and looking at a rock different? One is related to ideology, and the other is related to eyed-geology.



Keep laughing with each other to make the most of your life because it is not the years in your life that matter, it is the life in your years.



Dizziness & Fainting (Vertigo) – An Ayurvedic Perspective By Sh. Rajeev Jain

“It is health that is the real wealth, and not pieces of gold and silver.”

– Mahatma Gandhi

Dizziness is a term used to describe a range of sensations or feeling faint, weak or unsteady. Dizziness that creates the false sense that you or your surroundings are spinning or moving is called vertigo.

It is difficult to provide an exact number of people who suffer from dizziness because it is often a transient symptom that many individuals experience at some point in their lives. Some estimates suggest that up to 20-30% of adults may experience dizziness or vertigo at some point (source: Mayo Clinic).

What causes Dizziness?

Dizziness is a common symptom and can be triggered by a wide range of factors. These include inner ear problems, vestibular disorders, low blood pressure (orthostatic hypotension), dehydration, medication side effects, anemia, low blood sugar, infections, neurological conditions, anxiety and panic disorders, motion sickness, head or neck injuries, Meniere’s disease, tumors and aging. It is usually not a standalone medical condition but rather a symptom of an underlying issue.

Ayurvedic perspective on Dizziness

In Ayurveda, dizziness is a function of increased Vata and Pitta moving in the nervous system. There are two types of dizziness – objective and subjective. In the first kind, it appears that the objects in the external environment are moving – this is primarily a Vata-driven problem. In the latter kind, one has a feeling of light-headedness, swinging or imbalance – this is primarily a Pitta-driven problem. There is another kind of dizziness known as motion sickness – associated with nausea and vomiting. Eating candied ginger or taking a ginger capsule will usually resolve this type of dizziness.

Home remedies for instant recovery:

In case of dizziness, fainting or unconsciousness some simple home remedies can be helpful to help the person recover:

- sprinkle some cold water on the face.
- Ujjayi pranayama can be very helpful.
- Smelling freshly cut onion (to the point of having tears).
- Pressing the index or middle finger on the dip beneath the nose.
- Pressing the index finger in the ear and pulling the ear up, forward and down.

Ayurvedic approach to treatment:

The treatment will largely be dependent on the underlying root cause.

(1) Diet:

· Diet alone is unlikely to cure dizziness, as dizziness is a symptom of an underlying issue rather than a standalone condition. Dietary changes can be helpful – such as keeping hydrated, reduced salt intake, a balanced diet and reduced alcohol or caffeine intake. Depending on whether the primary cause is excess Vata or Pitta, the diet should be also be modified to pacify Vata or Pitta correspondingly.

Continued on the next page 

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(2) Exercise/Lifestyle:

· **Yoga:** Yoga can promote overall physical and mental well-being, improve balance, increase circulation, and reduce stress, all of which can contribute to a reduction in dizziness. Yogic postures like Vrikshasana, Virabhadrasana, Adho Mukha Svanasana and Viparita Karani can be particularly helpful.

· **Pranayama:** Breathing techniques, including deep, slow breathing exercises, can help regulate the autonomic nervous system and reduce stress responses, which can contribute to dizziness. In particular, Anulom Vilom and Bhramari Pranayama can be helpful.

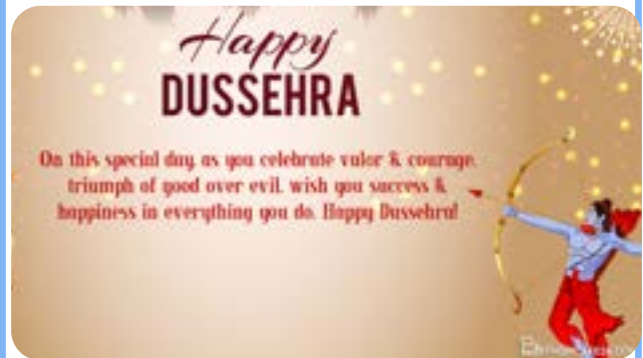
· **Lifestyle changes:** You may also reduce likelihood of dizziness by making lifestyle changes:

- o Manage and reduce stress - create a calming and peaceful environment at home.
- o Establish a daily routine (dinacharya) that includes regular meal times, adequate rest, and sleep.
- o Perform self-massage - abhyanga (body massage) and shiroabhyanga (head massage) using warm sesame oil or Vata-balancing oils like Brahmi oil. Focus on the scalp, forehead, and feet to calm the nervous system.
- o Take warm baths with calming essential oils like lavender, or sandalwood.
- o Management of age-related changes may include physical therapy or balance exercises to improve stability.

(3) Herbal formulations:

In case the underlying cause is excess Vata, Ashwagandha, Brahmi (Bacopa), Jatamansi, and Shatavari help balance the Vata. In case the underlying cause is excess Pitta, a formulation consisting of 4-part Brahmi, 4-part Jatamansi and 1-part Saraswati can be very effective. Take ½ a teaspoon of the formulation with water after meals.

Note: herbs and treatments should be taken under direction from an Ayurvedic Vaidya as it should correspond to an individual's constitution.



Special Submission by Uma Nauth

माँ शक्ति स्तुति

हे माँ शक्ति, आदि शक्ति, महाशक्ति
हे जननी तुझे शिश्रवा, मैं वंदना गुणगान करती
ईश्वरीय सत्ता में निहित, तू उर्जा शक्ति
पुलिंग स्त्रीलिंग तत्त्व, आदिकाल से पृथक ना हुआ कभी
स्थिर शून्य का ये सत्य, आरम्भ से ही निराकारी
सर्वशक्तिमान, सर्वव्यापी अस्तित्व, किया क्रियाशील
साकारी

“एक से अनेक “प्रकट हुई कामना, प्रभु प्रेम हृदय की
“तथास्तु” शब्द मंत्र का हुआ उच्चारण, हुई नाद उत्पत्ति
मात्र, मिलन से उत्पन्न हुई - ये विशुद्ध विशाल सृष्टि
अनगिनत सूर्य, चन्द्र, विश्व सितारे, नक्षत्र अदभुत निर्मात
स्वर्ग पाताल जल थल रमनी - अन्तर मुखी, ज्वालामुखी
जड़ चेतन, पदार्थ कण कण सृजन - पंचतत्त्व कृत्ति
चमत्कारी

“यथा पिण्डे तथा ब्रह्माण्डे” प्राणी बना विस्मृत शरीरधारी
हुई स्त्रीलिंग स्पष्टी-प्रकृति, कर्म कालगति गठबंध नियति
संदर्भ मैं वायु जल अग्नि आकाश उपजै धरती
प्राकृतिक सौन्दर्य, चिकित्सा, सकल अन्नपूर्णा, वनस्पति
जीव जन्तु पशु पक्षी विभिन्न रंग रूप भयावह, लाभकारी
दैविक नियम, अडग अवज्ञा, लाये प्रलय विनाशकारी
संचार संचार क्रीड़ा तेरी, निरंतर अत्यन्त निराली
ज्योतिर्मय संसार तेरा, त्रिमूर्ति स्वर्णमई अर्धनारीश्वरी
शक्तिशाली, कल्याणकारी, गौरवमई परोपकारी
पुरातन पुराण, उपनिषद वेद शास्त्र में वर्णन व्याख्या तेरी
भारतीय उच्चतम अध्यात्म श्रुति सभ्यता संस्कृति

शिव शिवा, माँ दुर्गे, देव हिमालय पुत्री उमा पारवती
अहंकारी विधर्मी जन संधारी - माँ रूद्र काली
ज्ञान सबुद्धि, चैतन्य, जागृति, संगीत कला विदूषी
रचनाकार ब्रह्मा संगिनी सहयोगी सरस्वती
विष्णु प्रिय लक्ष्मी - संतुलन संचालन सहभागी
हो वृद्धि - सम्पति समृद्धि अधिकारी
बना उदहारण धीरज तेरा - उच्चोटी सहनशक्ति
दानी, दीन हीन क्षमा, संवेदना, दया मूर्ति, त्यागी
निष्ठा, आराधना, श्रद्धा, मुक्ति तेरी भक्ति
मातृत्व की लीला, महत्ता महिमा अति न्यारी
पूजनीय परमेश्वर की शांति प्रिय, प्रीति परमेश्वरी

शुभ नवरात्री



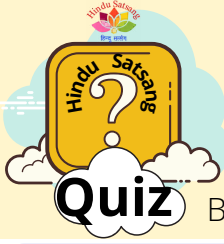
Snippets from Hindu Satsang's
Janmashtami Program,
August 26, 2023



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More Snippets from Hindu Satsang's
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August 26, 2023





The Duos in Ramayana

By Shivam Viswanathan



There are a few pairings whose names are nearly invariably taken together in the Ramayana. The two people could be brothers or just friends, foes or allies. This quiz will check to see if you can correctly identify both the names. Starting with easy, the challenge level will be gradually raised. Let's find out if you are a Ramayan aficionado or not.

1. Who were the twins among the Dasharatha's four sons?
2. Can you name the twins that Ram and Sita had (technically this question is from Uttar Ramayana).
3. Two birds who were brothers, played an important role in the unfolding of events in the great war between Rama and Ravana. Can you name the brothers?
4. During his exile, Rama killed one and made the other brother the King. He actually did this twice. Can you name the 2 pairs of brothers?
5. Can you name the two individuals whose name is almost always taken together but were not biological brothers. They were the chief commanders of Sugriv's army.
6. Yaksha Thataka's sons attacked sage Agastya for avenging their father Sunda's death. The sage cursed them to become demons. Who were these two brothers?
7. Name the two brothers who were Ravana's cousins. They were the sons of the sister of Kekasi (Ravana's mother). When Lakshman cut off Shoorpankha's ears and nose, she went weeping to these two brothers first.

Answers



1. Laxman and Shatrughna
2. Luv and Kush
3. Jatayu and Sampati
4. **A.** Killed Vali (or Bali) and made the elder brother Sugreev the king of Kishkindha.
B. Killed Ravana and made his younger brother, Vibhishana the king of Lanka.
5. Nal and Neel. Nal was the son of the divine architect Vishwakarma and Neel was the son of Agni Dev. In their childhood, they were a naughty duo and always threw away the belongings of the Rishis into the water. The Rishis got displeased and cursed Nal and Neel that whatever they threw would float in the water. This curse turned out to be a boon in the mission of Shri Ram crossing over the Ocean to reach Lanka. They were able to architect the bridge for Rama's army to cross over to Lanka.
6. Mareecha and Subahu
7. Khar and Dooshan

This month's guest speaker



Guest Speaker: **Smt. Hersh Khetarpal**
Topic: **Pranayam**

Smt. Hersh Khetarpal, will be discussing Meditation and Yoga. She serves as the director of Yog Sadhan Ashram in West Chicago. Growing up in an Ashram in India, she received comprehensive training in Yoga from her accomplished Satguru, Yogeshwar Chaman Lal Kapur.

The establishment of the West Chicago Ashram dates back to 1992. This facility serves as a hub for extensive Yogic education, offering courses in Hatha Yoga, Meditation, Pranayam (systematic yogic breathing techniques), Yogic cleansing, and spiritual lectures. Hersh and her husband, Mike Khetarpal, diligently manage daily classes, lectures, seminars, retreats, and workshops. They also provide specialized programs tailored for children, senior citizens, and individuals with specific needs.

Hersh has a remarkable history of conducting numerous classes and seminars throughout Chicago, held in places such as temples, churches, libraries, corporate centers, and various park district facilities. Her altruistic efforts have benefited people from all walks of life.

This month's guest singer



Guest Singer: **Smt. Shalini Gupta**

Smt. Shalini Gupta has lived in Chicago for 43 years. She has sung professionally at many events as well as bhajans at Hindu temple, Hari Om Mandir and prior Hindu Satsangs.

Shalini learnt vocal music in Allahabad and learnt to play the Hawaiian guitar from renowned guru Nalin Majumdar. She took a hiatus from public singing and has recently gotten back to it after retirement. Shalini sings Bollywood songs, light ghazals and devotional songs.



*Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 24th, September 2022 at VSC*



Everyone is cordially invited

Hindu Satsang Sabha

Venue: VSC (Vivekananda Spiritual Center- the building to the right of the Vivekananda statue at HTGC Temple, Lemont, IL)

Time: 10 am to 12:00 pm, followed by lunch



Program



10:00 am:	Vedic Pooja
10:10 am	Bhajans by Satsangis
10:30 am	Guest Singer Smt. Shalini Gupta
11:00 am	Guest Speaker: Sh. Hersh Khetarpal
11:45 am	Aarti followed by lunch (Brief appetizing walk to the HTGC kitchen, we'll have a partitioned reserved section at the back of the dining room).



August Aarti Collections
Thanks everyone for your generous donations.

Punwani family	\$101
Taneja Family	\$101
Checks from 8 other families	\$130
Cash	\$210
Total	\$542

| Om Shree Mahalakshmyai Cha Vidmahe ..
Vishnu Patnyai Cha Dheemahi
Tanno Lakshmi Prachodayat Om |



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



September Prasad (lunch) Sponsors:

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