



Sumangal

(Monthly e-newsletter of Greater Dallas Arya Samaj
501(c) (3) Non Profit Organization)

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Volume 3, Number 2

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Thanks to Volunteers:

- Mr. Anurag Singh
- Mr. Naveen Malhotra
- Mr. Parvesh Singla
- Mr. Rajesh Khosla
- Mr. Somesh Bhatia
- Mr. Sudheer Saride
- Mrs. Madhu Bansal
- Mrs. Shradha Bhalla
- Mr. Vishwajit Kholi

Events

- Havan: 2nd Sunday at 1:30PM
D/FW temple –Yagnashala

Services Provided

- Havan for special occasions.

The e-newsletter is designed primarily to provide information about Greater Dallas Arya Samaj (GDAS), its programs, community news, and awareness of Vedic way of life. The objective is to share knowledge of Vedic studies, yoga, meditation, poetry, and gardening with the community of GDAS.

Mantras from Vedas

In this issue we'll cover three Mantras from Rig Veda known as **Sangathan Sookta i.e. Prayer for Unity:**

1. sangachhadhwam samvadadhvam samvo manaansi jaanataam.
devaa bhaagam yathaa poorve sam janaanaa upaasate.

May we march forward with a common goal. May we be open-minded and work together in harmony. May we share our thoughts for integrated wisdom. May we follow the example of our ancestors who achieved higher goals by virtue of being united.

2. samaano mantrah samiti samaanee, samaanam manah sah chittam eshaam. samaanam mantram abhimantraye vah, samaanena vo havishaa juhomi.

May our prayers be one. May we belong to one brotherhood. May our hearts and minds move toward one supreme goal. May we be inspired by common ideals.

3. samaanee va aakootih samaanaa hridayaani vah.
samaanamastu vo mano yathaa vah susahaasati.

May our aspirations be harmonious. May our minds be in unison. May we strive to reduce disparity. May we be bound in strong fellowship and unity.

The Significance of Lohri

The history of Lohri, a *seasonal festival of North India* is as old as that of story of Indus Valley civilization itself. The Festival of *Lohri* marks the beginning of the end of winter and the coming of spring and the

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Pictures from Sunday Classes:



new year. The fires lit at night, the hand warming, the song and dance and the coming together of an otherwise atomized community, are only some of the features of this festival. The Lohri of *north India coincides* with Pongal in Tamil Nadu, Makar Sankranti in Bengal, *Magha Bihu in Assam*, Tai Pongalin Kerala, all celebrated on the auspicious day of *Makar Sankranti*.

There are some interesting *socio-cultural and folk-legends connected with Lohri*. According to the *cultural history of Punjab*, Bhatti, a Rajput tribe during the reign of Akbar, inhabited parts of Rajasthan, Punjab, and Gujarat (now in Pakistan). Dulla Bhatti, Raja of Pindi Bhattian, was put to death by the Mughal king for revolting against him. The tribal mirasis (street singers) trace the history of the tribe and interestingly, claim Maharaja Ranjit Singh as one of its scions.

Dulla Bhatti, like Robin Hood, robbed the rich and gave to the poor. The people of the area loved and respected him. He once rescued a girl from kidnappers and adopted her as his daughter. His people would remember their hero every year on Lohri. Groups of children moved from door to door, singing the Dulla Bhatti folk-song: "*Dulla Bhatti ho! Dulle ne dhi viyahi ho! Ser shakar pai ho!*" (Dulla gave his daughter a kilo of sugar as a marriage gift).

Lohri is essentially a festival dedicated to fire and the sun god. It is the time when the *sun transits the zodiac sign Makar (Capricorn)*, and moves towards the north. In astrological terms, this is referred to as the sun becoming Uttarayan. The new configuration lessens the ferocity of winter, and brings warmth to earth. It is to ward off the bitter chill of the month of January that people light bonfires, dance around it in a mood of bonhomie and celebrate Lohri.

Fire is associated with *concepts of life and health*. Fire, like water, is a symbol of *transformation and regeneration*. It is the representative of the sun, and is thus related, on the one hand with rays of light, and on the other with gold. It is capable of stimulating the growth of cornfields and the well being of man and animals. It is the imitative magic purporting to assure the supply of light and heat. It is also an image of energy and spiritual strength. That is why the Lohri fire gets sanctified and is venerated like a deity. On this occasion, *people offer peanuts, popcorn and sweets made of til- chirva, gajak and revri* – to propitiate fire as a symbol of the sun god.

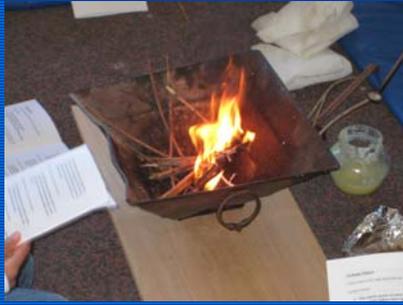
Yoga

(Contd. from Vol.3, No.1)

In the last e-newsletter we introduced DHANUR Asana.

In this issue we will introduce **Veer Asana**

Stand straight move your feet apart and hold your waist and look straight. Turn your whole body to one side, feet also pointing to the



same direction. Inhale slowly and bend the front knee as much as possible while stretching the upper body backwards. Breathe normally and look towards the sky. Slowly come back to the normal posture and relax. Repeat the same in other direction.

Benefits:

- Strengthens the back and knee joints.
- Removes the laziness and drowsiness.
- Removes double chin.

Caution:

- Do not perform this asana if you are suffering from back pain.
- Do not over stretch.

Community News:

- Greater Dallas Arya Samaj is proud to report that Naitik Shiksha has 21 kids registered for Spring session.
- Vedic Math has 8 kids registered
- Yoga classes has 12-15 adults attending

