



Sumangal

(Monthly e-newsletter of Greater Dallas Arya Samaj)

Newsletter Date May 2006

Volume 1, Number 5

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Volunteers Needed

- To organize picnic we need volunteers on June 3rd.
- To stand at Greater Dallas Arya Samaj booth for 2-3 hours on June 24th at Celebration Park, Allen.

Category of Links

- ARYA PRATINIDHI SABHA AMERICA
- American Institute of Vedic Studies
- D/FW Hindu Society
- Greater Houston Arya Samaj
- Tankara (Birthplace of Swami Dayanand)
- Vedic Cultural Centre

Events

- Havan: 2nd Sunday at 1:30PM D/FW temple –Yagnashala
- Committee meeting 3rd Sunday 2:00-4:00PM every month

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.

About the Vedas

(Contd. from Vol.1, No.4)

In the last e-newsletter we introduced the contents and the book volumes of the Rig-Veda.

Yajur-Veda contains religious texts focusing on rituals, and sacrifices and how to perform them. There are two primary samhitas *Shukla* (white) and *Krishna* (black).

The Shukla Yajurveda has two Shakhas:

- Vajasaneyi Madhyandiniya
- Vajasaneyi Kanva

There are four Shakhas of the Krishna Yajurveda:

- *taittirīya saṁhita* (TS)
- *maitrayani saṁhita* (MS)
- *charaka-katha saṁhita* (KS)
- *kapiṣṭhala-katha saṁhita* (KapS)

The best known of these is TS, named after Taittiri, a pupil of Yaska. It consists of 8 books or *kandas*, subdivided in chapters or *prapathakas*, further subdivided into individual hymns.

Some individual hymns have gained importance, e. g. TS 4.5 and 4.7 correspond to the Shri Rudram Champakam, and 1.8.6.i to the Shaivite Tryambakam mantra. The formula *bhūr bhuvaḥ svaḥ* prefixed to the (Rig-Veda) Gayatri Mantra is also from the Yajurveda, appearing four times.

The Yajurveda documents the earliest known use of numbers up to a trillion (*parardha*). It even discusses the concept of numeric infinity (*purna* "fullness"), stating that if you subtract *purna* from *purna*, you are still left with *purna*.

A mantra following **Yajur-Veda** describes numbers increasing by a factor of ten up to a trillion.

- Yoga classes TBD

Services Provided

- Havan for special occasions.

Contact Us

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Donations

Thanks to the following for their generous donation:

- Mr. Ramesh & Vijay Bhardwaj

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"Ima me agna istaka dhenavah santveka cha dasha cha dasha cha shatam cha shatam cha sahasram cha sahasram chayutam chayutam cha niyutam cha niyutam cha prayutam charbudam cha nyarbudam cha samudrashcha madhyam chantashcha parardhashchaita me agna ishtaka dhenavah santvamutramusminlloke." Yajurveda 17.2

Translation:

"O Agni! May these bricks be cows for me. One and ten, and ten and hundred, and hundred and thousand, and thousand and ten thousand, and ten thousand and hundred thousand, and hundred thousand and million, and ten million, and hundred million, and billion, and ten billion, and hundred billion, and trillion, O Agni, may these bricks be cows for me in this world and in the other world." Yajurveda 17.2

Following words are used for numerals in this mantra:

- eka = one
- dasha = ten
- shatam = hundred
- sahasra = thousand
- ayuta = ten thousand
- niyuta = hundred thousand
- prayuta = million
- arbuda = ten million
- nyarbuda = hundred million
- samudra = billion
- madhya = ten billion
- anta = hundred billion
- parardha = trillion

Our Vedic ancestors didn't stop there; they took the concept of large numbers all the way to infinity, as evidenced in the following mantra from Yajurveda:

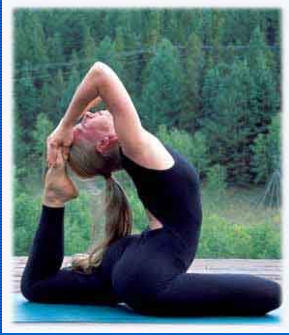
"Purnamadah Purnamidam Purnatpurnamudachyate. Purnasya Purnamadaya Purnamevavashisyate." Yajurveda, Shanti Mantra

Translation:

"That is Purna, this is Purna, Purna comes out of Purna. If Purna is subtracted from Purna, still Purna is left." Yajurveda, Peace Mantra, Chapter 40

Purna is derived from root "Pri" meaning to fill. Thus Purna means full or complete. In this verse, Purna can also be interpreted to mean infinity. Second line concludes that the result of subtracting infinity from infinity is still infinity.

This is a collection from internet. (To be continued in the next issue)



Yoga

(Contd. from Vol.1, No.4)

In the last e-newsletter we introduced Jnana Yoga.

Hatha Yoga is most widely practiced and is most popular branch of yoga. The use of physical poses or asanas, breathing techniques (pranayama) is used to keep body in perfect health.

Hatha Yoga came from the words "ha" which means "sun" and "tha" which means "moon". It is often translated as the branch of Yoga that brings union of the pairs of opposites referring to the positive (sun) and negative (moon) currents in the system. Hatha Yoga concentrates on the third (Asana) and fourth (Pranayama) steps in the eight limbs of yoga. It uses the physical postures and breathing techniques in order to energize and clear the energy channels called the Nadis, removing the obstacles for the other limbs - Pratyahara, Dharana, Dhyana, and Samadhi.

Benefits of Hatha Yoga Asanas are designed to improve health and bring energy to the body and mind which is necessary in opening the Nadis. It can also serve as a meditation pose which makes one feel perfectly comfortable for a longer period of time. Mastering the Asanas can help develop your will power, concentration and self-withdrawal or not bothering too much about the input of the senses. These Asanas help directly open the path to Pratyahara and Dharana.

Pranayama, on the other hand, is highly vital in the practice of Hatha Yoga. One needs to master his breathing patterns before he can master his mind. Pranayama regulate the flow of Prana or vital energy in the body which is needed to take further steps toward Samadhi. The practice of Pranayama can also lead to the awakening of the Kundalini energy.

Practicing Hatha Yoga can help you recognize that a divine light shines within you. It can also help you become stronger, more flexible, and relaxed. Certain Asanas also massage and tone internal organs which facilitates in the prevention, management and treatment of certain ailments such as diabetes, arthritis and hypertension. Breathing exercises can also help patients of ashtma and bronchitis. Hatha Yoga practice is also a great way to cope with stress, relieve tension, and deal with anxiety and depression.

This is a collection from internet. (To be continued in the next issue)

Vegetable Patch: May Tips

If you planted tomatoes last month, you must be enjoying seeing it grow fast. Now it is time to put a mesh or a ring around the plant for support. Same goes for squash, cucumber, pumpkin, and cantaloupe. Tomato cages that are strong, durable, and stable can be custom-made from concrete reinforcement wire. Rolls of wire that are five feet wide (available at Home Depot or Lowes), cut



into the desired length, and formed into a cage (the minimum size roll is more than what you will need, share it with another gardener). When plants begin blooming, pinch out sucker shoots and the top shoot. This will help fruit ripen and add fruit instead of tall growth of foliage. Mulch the plants early and maintain a uniformly moist soil. Water early in the day. When the fruit is about golf ball size, side dress with high nitrogen (ammonium sulfate) 21-0-0 fertilizer at the rate of about 1 tablespoon per plant. You can also help prevent blossom end rot at this time by treating with a mixture of 1 tablespoon ice cream salt dissolved in a gallon of water. Treat three days in a row. Companion plantings of nasturtiums and poppies and marigolds will attract insects that eat aphids and give you more peace of mind.

You are probably already enjoying the salad greens. For quality produce it is important to maintain the spacing between plants; so pick the shoots from the ground level and enjoy the “thinning”.

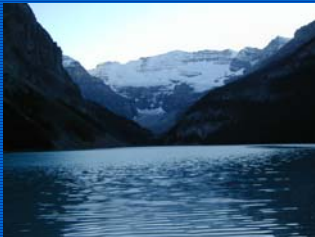
Cool season vegetables, like lettuce and spinach are probably bolting now. It is time to pull them out and use the space for summer vegetables like okra or bitter melon (karela).

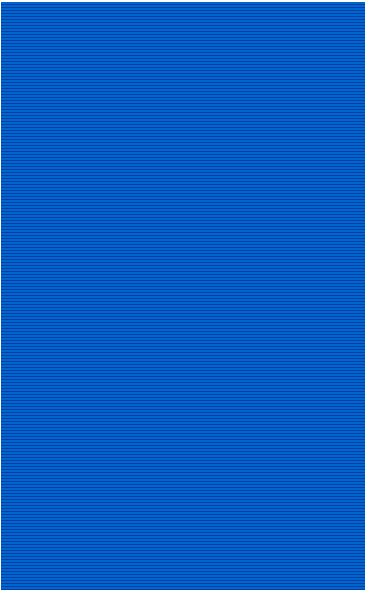
At the end of the monthly Havan Shri Vishwajit kohli has been sharing good thoughts from his readings of spiritual literature. Here's the gist of his talk on April 9th.

Happiness

Maharishi Dayanand spoke on July 8, 1875 in Pune where he spoke about how to be happy by following the path of Dharama, as per Vedas:

- Non-violence: Non violence is not just peace but truly believing ‘no one is my enemy’.
- Forbearance: Stick to your beliefs despite the obstacles.
- Forgiveness: Forgive not because you are weak but truly from your heart and not keep a grudge.
- Control your love for materialistic things.
- Accumulate wealth by your hard labor and by righteous means.
- Keep your body and mind clean; i.e. be physically strong and mentally healthy. Do not even let bad thoughts cross your mind.
- Control your Indriyas or excessive cravings.
- Wisdom: be in the company of wise men and learn from elders’ experience.



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- Education: learn and be humble in your learning and avoid arrogance.
 - Truth: speak truthfully and keep good thoughts towards others. Learn the difference between possible and impossible.
 - Anger: be in control of your emotions. An angry mind cannot think wisely.
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Community News

Greater Dallas Arya Samaj to sponsor the picnic June 3rd at Hidden Cove park on Lewisville lake.

Greater Dallas Arya Samaj to have a booth at July 4th celebration of city of Allen which is to be held on June 24th at Celebration Park, Allen.