

Hacienda de Guru Ram Das Newsletter

VOLUME 17 ISSUE 2

FEBRUARY 2008



LA Guru Ram Das Ashram to Expand! See story on Pg. 6

*To love is to give
To give is to have
To have is to give
love.*

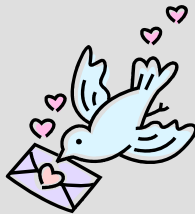


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Ashram News

To My Valentine

Valentine's Day is a velvet day,
Calm, smooth, calm, smooth, tranquil,
Deep flow of the spirit.

The soul of love.

The link between us is the lineage of
The human family and the legacy of
Divinity

This bountiful day, bless us with a
memory

To meet with love, hugs and kisses,
Selflessly, humbly, and in the ecstasy
of God

So we can acknowledge each other
As a wonder of God's creation.

With mutual respect and love,
From my being to your being,
From my soul to your soul,
From my prayer to your prayer.

In oneness of God I say thank you,
thank you, my love,
And God bless you.

Happy Valentine's Day!

With Love,

Yogi Bhajan
(February,
1992)



Mother – the First Teacher

From Beads of Truth, Summer 1972

Development of the Psyche

“Especially during the first three years, you should try to draw the attention of the child and try to direct him, without speaking. This will develop in him the ability to observe signals and to act. It will correctly expand his psyche of feeling. Never threaten the child and never use a negative word to him. Teach a child by example. Do it yourself, and guide the child so that he can follow. No direction should be given, but example must be set.”

-Siri Singh Sahib Ji

Here are basic hand signals shared by the Siri Singh Sahib—children love to learn them and use them!

Silent Command Training

1. Two hands, palms down – **sit**
2. Two hands, palm down, using criss-crossing motion – **lie down**
3. One hand woven towards yourself – **come**
4. Two hands, palms alternating up & down – **crawl**
5. Forefinger to lips – **silence**
6. One hand cupped to ear – **listen**
7. Forefinger in circle by face (a lasso) – **run and hide**
8. Two hands clasped, interlacing fingers – **come together**
9. Bear grip – **join hands**
10. Arms in a circle in front of you – **form a circle**
11. Arms in a circle with bear grip – **join hands in a circle**

(Continued on page 6)

| February Ashram Events | |
|---|--|
| Feb. 14 | Valentine's Day |
| Feb. 18 | President's Day |
| Ongoing Events | |
| 6th of the month | Gurdwara commemorating the martyrdom of the Akal Takhat. This is traditionally a "Wish-and-a-Dish" langar meaning each person prepares a dish filled with their prayers and wishes to share with the sangat. |
| Sundays 6:30 am | Ishnaan Seva, washing the marble floors in the Gurdwara. All are welcome to participate in this uplifting event. |
| Every Thursday at 12:30 pm | Langar served in the Langar Hall. All welcome! To help, call Amrit Kaur, 753-7705 for food preparation, and Deva Singh at 927-0988 for general information. |
| Every Thursday at 4:30 pm | New Children's Program Schedule! The 1st and 3rd Thursday of the month we will be focusing on Sikh Dharma with stories and activities surrounding the Gurus. The 2nd and 4th Thursday we will focus on 3HO and Kundalini Yoga. |
| Fridays 4:30—5:32 pm Gurdwara or langar hall | Prosperity Meditation to "develop the intuitive business mind and bring prosperity home." |
| Sunday's after langar | Free healing sessions are held in the Gurdwara. Acupuncture treatments by Guru Mitar Kaur and Sat Nam Rasayan Free Clinic facilitated by Guru Terath Kaur. |

Sikh Dharma International Launches Website!

SDI is proud to announce the launching of their website. The address is: www.sikhdharma.org. Here you will find a valuable resource that explores the path and history of Sikh Dharma.

Exploring the Vision for a Natural Foods Store in Espanola—Sunday, Feb. 17th at Langar



There is a group that is working to create a natural foods store right here in Espanola. This would be a full service retail store with a deli, just like Whole Foods, but of course on a smaller scale. Instead of being privately or corporately owned, the store would be a coop-

erative. Members would have a say in how the store is run, and would get special discounts and benefits. Many of you have seen our brochures for the Espanola Community Market and have become members. Representatives from the Board of Directors will be coming to langar on Sunday, Feb. 17th to share the vision for the market, to answer questions, and to get input from our sangat. In the meantime if you have any questions, please give me a call at 747-6622. See you on Sunday, Feb. 17th. Sat Nam, Kulwant Kaur

Dear Gurumehar,

Although I haven't lived in Espanola for over a year now I'm very grateful for all the hard work you do to provide these wonderful e-mails for the entire sangat on a daily basis.



I hope to return one day soon to the sacred land that was graced by the Siri Singh Sahib and contribute what I'm learning to the entire 3HO family. I've attached a picture of myself and Ram Dass Singh Khalsa from our experience together touring with Snam Kaur Khalsa and GuruGanesha Singh Khalsa this past October and November. Wishing you the warm guidance of Guru's grace and continued blessings in 2008.

Gauvee-ai Suni-ai Man Rhakee-ai Bhaa-O. Sat Nam.

Love and angels,

Sat Jot Singh

Computer Corner

By Guruka Singh

I realized today that I've been writing this column every month for six years now. Wow! I had no idea it had been that long. Also, it appears I inadvertently missed writing the January column, so if you missed it in the last ashram newsletter, I hope this February column has enough useful tips and tricks to make up for it. Thanks for your patience.

Pandora's.... music box!

<http://www.pandora.com/>

Thanks to Dr. Soram Singh for passing on this very cool link. You have to try it yourself to understand what it does. When was the last time you fell in love with a new artist or song? Pandora has a mission: To play music you'll love - and nothing else. Since they started back in 2000, they have been hard at work on the Music Genome Project. It's the most comprehensive analysis of music ever undertaken. Their team of fifty musician-analysts has been listening to music, one song at a time, studying and collecting literally hundreds of musical details on every song. Just drop the name of one of your favorite songs or artists into Pandora and let the Genome Project go. It will quickly scan its entire world of analyzed music, almost a century of popular recordings - new and old, well known and completely obscure - to find songs with interesting musical similarities to your choice. Then sit back and enjoy as it creates a listening experience full of current and soon-to-be favorite songs for you. You can create as many personal radio stations as you want. And you can even refine them. If it's not quite right you can tell it so and it will get better for you.

What kind of file is THAT?

<http://mark0.net/onlinetrid.aspx>

Have you ever received a file via email that your computer won't open? Never fear, TRID file identifier comes to the rescue. You have two choices, either to upload the document for identification or download the program as a standalone application. It will also tell you what kind of file it is, what program will open it and what archiver was used to compress it.

Free Desktop Publishing Program

<http://www.freerifsoftware.com/software/PagePlus/default.asp>

With PagePlus you can create outstanding greetings cards, flyers and posters with easy-to-use Templates or create your own amazing designs for any occasions. PagePlus provides a wide range of preset document layouts, tables, graphics, colors, fills, fonts, line styles, etc. with on-screen spell checker, automated templates, and more. You can upgrade to the full-featured PagePlus SE for only \$9.99. That's a lot of value for a little money.

Keyboard or Mouse?

I find that my computing experience is greatly enhanced by knowing a few really good keyboard shortcuts. I think everyone should know a lot of these basic commands. It really speeds up my work, and makes life just that much easier when I don't have to take my hands off the keyboard and reach for the mouse. They may seem simple, almost basic computer knowledge, but I'm always surprised how overlooked some of these simple gems are.

Pretty much everyone knows **Ctrl+C** for Copy, **Ctrl+X** for cut and **Ctrl+V** for paste. But do you know...

The Windows Key This can be very useful for more than just pulling up the Start menu. Try these commands:

Win+D—minimizes all of your open windows and displays the desktop. This can be great if you have a lot of stuff up, and just want to get it all out of the way. Hitting **Win+D** again will bring up your windows just as they were before you hid them all.

Win+R —Opens the "Run..." dialog box. Great to get to the command line or calculator quickly (typing in **cmd** or **calc**, respectively) without having to go through the Start menu. It's also good for re-launching explorer if it bugs out for some reason. Other good ones to know are **msconfig** and **services.smc**, which are great for tweaking both system settings and running services.

Win+E—Opens up the Explorer for "My Computer." A great way to get to files nice and quick, especially in conjunction with my next tip.

Use your keyboard to navigate folders What? Your keyboard works to navigate folders? Well, give it a try. Open up your C:\ drive and hit "P" and the file lister will immediately jump to the files starting with "P" and if you keep typing, it will keep refining. "Pro" will usually highlight "Program Files." Hit Enter to open the folder, and then off you go typing the next folder you want.

Tab and Shift+Tab—Tab will move you automatically to the next field within the in-focus window. What does that mean? Well, say you're composing an e-mail. Type in the To: line then instead of clicking on the subject line, you can just hit "Tab" until it highlights the subject line. Type in your subject, hit Tab again, and you're in the body of the e-mail. This works great in conjunction with **Win+E**, as by default, Windows selects the file tree on the left, and to navigate with the keyboard, you want to have the main field selected which is on the right. Alternatively, **Shift+Tab** moves you to the previous field. Say you're in that same e-mail, but you want change the subject. Hitting **Shift+Tab** while in the body of the e-mail will pull your cursor back up to the subject line, and select all the text in the field. This works in any document with fields, including Web pages.

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Alt+Tab I use this one all the time. It's a great time saver. While in a window, **Alt+Tab** will switch between windows on the taskbar. Holding down Alt, and repeatedly hitting Tab, lets you select which window you want (it gives you a little pop-up window on screen). Letting go of the **Alt** key switches directly to that program. Come on... try it!

Alt+F4 Closes a window and shuts down the program. It's the keyboard way of hitting the X in the upper right corner of the window.

The Top 5 things to do after installing Windows Vista

Are you using Windows Vista yet? Many of us are. I run Vista on my laptop computer and XP on my desktop computer. Almost all new computers now come with Windows Vista pre-installed. In a couple of years, Microsoft will follow it's normal course and drop support for Windows XP, so, sooner or later, Vista is in your future.

There are a few things you need to do after installing Windows Vista on your computer to ensure the best possible experience. The following tips are so easy that anyone can follow them, so don't skip over this if you're not a techie.

Okay, here we go. These will be in done in order, so follow along:

1. Install all of the new updates: First you need to make sure that your computer is registered before you can install updates. In order to do this you need to click the start button, then right click "Computer" and then select Properties. Now at the Properties screen scroll down until you see the Windows Activation section and click the "Activate Windows" button. Now that Windows is activated click the start button again and open the program Windows Update, you can search for it in the search box too. Now that Windows Update is open just follow the simple steps to update your system. This will ask you to restart your system and you should seeing the updates downloading. This is the only way the Microsoft updates will install.
2. Now that the system is updated to the fullest, it's time to clean the disk. Sometimes after installing Vista it saves your Windows XP files thus taking up a lot of space on the hard drive. So open up Disk Cleaner, you can search for it in the Windows Start button, once open click "Files from all users on this computer" and accept the UAC. Select all of the options and hit "Ok". You can save around 30 gigs of disk space by doing this.
3. Now that you have cleaned out your computer, it's time to defragment the hard drive. So once again open up the Start button and type "disk defragmenter." Open up the program and follow the simple steps. This may take awhile but I recommend waiting it out or downloading VOPT from www.vopt.com VOPT is much faster and it's what I use. It costs \$40 but you can use it for 30 days for free.
4. Now I recommend restarting your computer to allow all of the changes to take effect. This sounds simple but

Windows really needs to restart at this point.

5. The last step is to continue the first 3 steps to keep your computer healthy. I suggest defragging at least once a week and using Disk Cleaner at least once a month. Remember to allow Windows to update itself regularly.

The Library of Congress publishes historical photos on Flickr

http://www.flickr.com/photos/Library_of_Congress

The Library of Congress has published over 3,000 photographs from two of its most popular collections on Flickr in "The Commons," a project aimed at creating a rich database of photos from public collections and civic institutions.



Goog411

<http://www.google.com/goog411/>

I left my own favorite for last. I came across the Google 411 while searching <http://labs.google.com> Google's technology playground, which I am sure you've heard about. Google 411 really is pretty impressive. Basically it's a completely free 411 Information service.

Just dial 1-800-GOOG411 (1-800-466-4411) instead of 411 from your telephone. I have it on speed dial at home, in the office and also on my cell phone.

To use Alltel, Sprint or Verizon's 411 it costs \$1.49 each time you call and Google is doing the exact same thing, plus offering even more services for absolutely nothing! Let me know your opinion on Google 411. Gee, why pay for 411 anymore?!

Okay, this column was a long one, but I'm trying to make up for missing January. Do let me know if this column is useful to you and also do keep sending me your suggestions for column topics, along with your own tips or cool downloads, so I can share them with the Sangat here. Just email them to me at guruka@sikhnet.com Thanks!

Back In Stock!

Sat Nam, The **2008 Aquarian Wisdom calendars** were out of print and weren't expected to be reprinted, but good news; they will be back in stock at **Ancient Healing Ways** late this week. Guru-Hukam Singh, 505-747-0766 or 800-359-2940

Ads & Tidbits

Siri Singh Sahib Gurdwara Lectures-Available through Ancient Healing Ways at: <http://www.a-healing.com/> or call 1-800-359-2940.

| Date | Lecture Topic | Lecture Date |
|------|------------------|--------------|
| 1/6 | Karta Purkh | 8/6/89 |
| 1/13 | Mind | 7/9/89 |
| 1/20 | Cherdi Kala | 11/19/89 |
| 1/27 | Concept of Trust | 12/31/89 |

Masters Class Series Resumes

Yoga Southwest is pleased to invite you to the **2008 Masters Class Series** continuing each Thursday evening from 6:00 to 7:30 pm, followed by a light dinner. Join us for these cozy gatherings, with proceeds from the classes going toward ashram development. \$15 or \$48/4 classes or \$5 in addition to your Yoga Southwest pass. *Proceeds go towards Ashram Development.*

Raj Academy New Mexico classes in classical Indian music! (String instruments and vocal only at this time) starts Jan 29th. Everyone welcome. Come and enjoy the celestial sounds of the original instruments from Guru's court and discover the beauty of the raags of Siri Guru Grant Sahib! Held at Guru Das Singh and Kudrat Kaur's home, Tuesday evenings, 6:00-7:30 pm, beginning **Tues. January 29, 2008**. \$5.00 suggested class donation or \$20.00 per month. Handouts and personal instruction received each class. Beginning to intermediate class starting with instrumental and vocal sargam warm-up techniques Beginning Raags and shabads with Taal. Contact Kudrat Kaur at **505-747-8673**.

Clothes Swap Up-Date

The women of our sangat have decided that the Clothes Swap will transform into an Aquarian team event. To all of you and others who have graciously and enthusiastically volunteered solutions and help, please let me know if you'd like to meet to plan the Spring Swap, when and where, and/or if you would rather connect by email. All love in divine, Jai Jeet Sangeet Kaur Khalsa, Archives Librarian, jaijeetsangeet@kriteachings.org. New phone numbers: **505-629-4159** (direct line) 505-629-0899 ext. 110

Sadhana in Santa Fe! 5 until 7 am on Friday and Sunday mornings @ Shakti Kundalini Yoga center, 1505 Llano St in Santa Fe. This is a free community service to promote inner peace. www.yogasantafe.com

Going Green

Enviro-Tips—Eight Tips for 2008

<http://www.nature.org>

Resolving to be greener this year? Hop on board. Green is the color to be in 2008. So read on for eight ideas that will help get you started off on the right foot. From tried-and-true to hip and fresh, our tips will make your green transformation a little easier.

1. Straight Flush

Some of the toilets in our house date back to the 1950s... and while they still do the job, there's hardly a cruder vision of waste: **Three to five gallons of water disappearing with every flush.** (Low-flow and dual-flush toilets can use less than two gallons per visit.) So make your first eco-resolution installing a new, greener toilet. Check out [Terry Love's consumer report](http://www.terrylove.com/crtoilet.htm), (<http://www.terrylove.com/crtoilet.htm>) rating the best brands of low-flow. Or consider saving water the old-fashioned way: Make your own low-flow toilet by filling a small milk jug with water and rocks and placing it in your toilet tank. It saves the amount of water it displaces with every flush.

2. Power to the People

"Turn off the light when you leave the room!" our parents gently reminded us when we were growing up. (And when we go back home for the holidays.) **But how much does flipping that switch really matter to the environment?** Now you can know to the penny.

The [Kill-a-Watt Electricity Monitor](http://www.greenandmore.com/kill-a-watt-electricity-monitors.html?itemId=390&navContext=In energy saving) (<http://www.greenandmore.com/kill-a-watt-electricity-monitors.html?itemId=390&navContext=In energy saving>) tells you the energy consumed by any appliance or electrical device in kilowatt-hours — including how much it's using [when it's plugged in but not powered on.](http://the-gadgeteer.com/review/kill_a_watt_ez_electricity_usage_monitor) (http://the-gadgeteer.com/review/kill_a_watt_ez_electricity_usage_monitor)

But what about the whole house? Devices such as [The Energy Detective](http://www.theenergydetective.com/what/overview.html) (<http://www.theenergydetective.com/what/overview.html>) display household electrical usage and project your monthly bill — all without using batteries. Research has found that real-time energy feedback leads consumers to [reduce their electricity consumption by an average of 6.5 percent.](#) Knowledge is power...and less power used.

3. Take the Greenway

Travel by car causes your carbon footprint to skyrocket. But there are times when you just have to drive there... wherever there is. So consider using a **taxi service that uses hybrid vehicles.** There are lots more options now than ever before: Cities such as New York, San Francisco, Houston, Denver,

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12. Palms together, arms extended straight in front – **form a line**
13. Arms extended in front, palms facing – **form 2 lines**
14. One hand covers fist of other hand – (Baby Pose, cover head & neck with hand) - **duck & cover**
15. One hand extended, palm facing out - **STOP.**



LA Guru Ram Das Ashram Opportunity To Expand

The Los Angeles Sangat would like to let everyone know about our decision to buy the neighboring building connected to GRDA. We have been raising funds for this possibility for many years and by Gurus grace have raised much of the money for the down payment and to cover some of the closing costs. We need to raise about \$20,000 to cover some of the remaining closing costs and a few months buffer to cover mortgage, interest and maintenance. The property (as you see in the picture below) has been literally attached to Guru Ram Das Ashram for years. As you may know, the Siri Singh Sahib lived in the back of the Ashram for years. The SSSji always told us that we would eventually own all the buildings on Pruess Road all the way to LaCienga and eventually build a Parkarma and Nectar tank! We feel this is a first step toward this grand vision. The building has been newly renovated and we will rent it to Sangat members as we continue to raise funds. Eventually the building will be a Nivas, Siri Singh Sahib Library & Museum, a GRDA Community Center, and an extension of the Langar Hall, if needed.

If you are inspired to give to this Legacy please contact me, **Hari Bhajan Singh, at 310-294-2782**, or the GRDA community coordinator, Deva Kaur at 310-201-0954. Also visit our web site at <http://www.gururamdashram.org> for more information. This is our Golden Temple of the West and a precious jewel! Sat Nam, Hari Bhajan S. Khalsa

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February Birthdays

- 1st Varnjeet Kaur
- 2nd Nam Nidhan Kaur
- 3rd Amar Singh (son of Sat Kartar S. & Sat Bachan K., Albq)
- 4th Abnashi Kaur (daughter of Sadh Bakshish K. & Amrit S, OR)
- 6th Hari Amrit Kaur (daughter of Hari Jiwan Singh & Sat Bachan Kaur)
- 8th Bhai Daya Singh
- 13th Devta Kaur (daughter of Sat Bir Singh & Nirinjan Kaur)
- 14th Sumpuran Kaur
- 15th Dr. Seva Kaur
Sarib Jot Kaur (daughter of Siri Nirongkar S. & Jiwan Shakti K.)
- 16th Ravi Kaur (Bhangra)
Sat Sundri Kaur
- 18th Sat Amrit Kaur (daughter of Dr Hari Jot S. & Seva K)
- 20th Guru Jai Singh
- 21st Ravi Kaur (teacher)
Meagath (Har Krishna Kaur)
- 23rd Prabhu Jot Singh (son of Kartar Singh & Deva Kaur),
Sat Guruprasad Kaur
- 24th Har Nal Kaur
- 25th Devmurti Singh (Canada)
Sukhwinder Singh
Mukhtiar Kaur
- 26th Karm Singh (grandson of Darshan K. & Marc)
- 27th Peraim Kaur
Ardas Singh
- 28th Mukta Kaur
Tyaga Singh



(Continued from page 5)

Seattle and Vancouver, B.C., have all added hybrids to their taxi fleets. And other cities in the United States and Europe — from Charlotte to Barcelona — are greening their taxis and other municipal vehicles through the [Green Fleets](http://www.greenfleets.org/) (<http://www.greenfleets.org/>) initiative.

Renting a fuel-efficient car is easier, too. Smaller companies like [Fox Rent-A-Car](http://www.foxrentacar.com/) (<http://www.foxrentacar.com/>) and [EV Rentals](#) have plenty of fuel-efficient options, while bigger businesses like [Enterprise](#) and [Hertz](#) are also greening their rental options.

4. See the Light

Sure, candles are romantic and fun. But **they're often as bad for the environment as they are good for your mood** — made from paraffin wax derived from crude oil, and [releasing carbon into the atmosphere](#) as they burn.

Two alternatives are the [Sun Jar](http://www.neaco.com/catalog/item/3990343/4965348.htm) (<http://www.neaco.com/catalog/item/3990343/4965348.htm>) and [Smart Candles](http://www.smartcandle.com/) (<http://www.smartcandle.com/>):

- The **Sun Jar** works well for outdoor parties — it's a frosted, waterproof Mason jar with a solar cell, rechargeable battery and three LED lamps inside. You leave it outside in bright sunshine to recharge, and when the sun goes down it automatically lights up for five hours with the brightness of a typical candle.
- **Smart Candles** — rechargeable, LED candle replicas — come in shapes from tealights to tapers. And they're not only for home use: Hilton Hotels have started using them for dinner events.

5. Out of Paper

Just because you e-mail instead of sending letters doesn't mean you're more eco-conscious — if your recipients are printing your e-mails. So simply put this phrase at the bottom of your automatic signature: "**Please help save the environment: Consider not printing this e-mail.**" More and more companies are offering this option on their intranets. (And if you added a link to nature.org, we wouldn't mind.)

6. Workin' at the Car Wash

Good news for people who dread washing the car on a Saturday afternoon: **Going to the car wash is actually better for the environment** than hand-washing your hot rod Chevy. U.S. regulations require commercial car washes to drain their wastewater properly — which means into the sewer system, where it can get treated before being discharged. On the other hand, washing in your driveway or on the street means all that soapy, toxin-filled water goes into storm drains and straight out to rivers, creeks and other waterways. Other perks: Commercial car washes often recycle and reuse rinse water, helping them to save up to 100 gallons per wash. And many use nozzles and pumps that minimize water usage.

7. This Bag Available

Sick of your old tote? Try a hot, one-of-a-kind **purse or mes-**

senger bag made of an old billboard. [Vy & Elle](http://www.vyandelle.com/) (<http://www.vyandelle.com/>), [Relan](http://www.relanbag.com/mainframe.html) (<http://www.relanbag.com/mainframe.html>) and [District Cotton](http://www.districtcotton.com/custom_bags.html) (http://www.districtcotton.com/custom_bags.html) make amazingly stylish bags out of the unrecyclable vinyl that makes a billboard. You can get everything from wine totes to laptop cases...even a bowling-ball bag.

8. Treat the Gym Like You Would Your...Hotel?

For lots of us, New Year's resolutions are about pledging to change a few key habits: stop eating junk food, call mom more often and go to the gym regularly. If you're resolving to join a gym this year (or just use the membership you already have), **consider bringing your own towel and reusing it a couple of times** instead of grabbing a fresh one (or two or three) at the gym every time you break a sweat. It'll save on water and energy. Think of it this way: You reuse towels at home and at hotels, so why should the gym be any different?

Servant of the Heart

By Sat Hari Singh and Hari Bhajan Kaur



Another beautiful recording from Sat Hari Singh and our very own Hari Bhajan Kaur. This has the mantras: Ardas Bahee, Dhan Dhan Ram Das Gur, Meera Man Loche, Ad Gurey Nameh, Guru Ram Das Chant, Ra Ma Da Sa, and Sarab Nirantar from 'So Purkh'. I found this CD to be very soothing and uplifting at the same time. I recommend it as a valuable addition to your spiritual music collection. Available through Spirit Voyage at www.spiritvoyage.com

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Co-Editors: GuruMeher Kaur, Sr. and Guru Meher Kaur Jr. If you would like to place an ad, please call GuruMeher Kaur, Sr. at 505-367-1315 or email to: gurumeherk@sikhdharma.org
 Website: www.espanolaashram.com

Baba Iqbal Singh in Espanola

By Gurumustuk Singh

On Saturday, January 5th, Baba Iqbal Singh ([Kalgidhar Society](#), Baru Sahib) visited us here in Espanola, New Mexico along with four young female students (and a few other guests) who tour with him.

To this point I had heard the name "Baru Sahib" and Akal Academy, but knew very little about



Baba Iqbal Singh with Espanola sangat members

the organization and what their schools were like. Before Baba Iqbal Singh arrived I was talking with someone else in the room who was telling me about the school and how boys and girls dressed exactly the same (not being able to tell if the person is a girl or boy). I also heard that there were no mirrors in the whole school (I think to prevent vanity/ego/self consciousness). I wondered how they tied their own turbans. Then later on Babaji was telling all of us about the school and how the senior children start their morning at 12:30am in the morning and finished their Amritvela sadhana at 4:30 am!

To read more, go to:

<http://www.mrsikhnet.com/index.php/2008/01/06/judgement-criticism-the-mind-being-a-sikh/#more-3028>



Guests from Akal Academy playing kirtan for the sangat at Guru Terath's house



Four young musicians from Akal Academy

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P.S. Although people can donate through our Website on our Paypal button, it's preferable for you to send a check, made out to **"Sikh Dharma of Southern California,"** with the annotation of Building Fund. Our mailing address is Sikh Dharma of Southern California, P.O. Box 35657, Los Angeles, CA 90035. **People should NOT mail anything to the ashram itself.** Or, if you would like to set up EFT (Electronic Funds Transfer) for a regular monthly donation, I can send you one of those forms, but it does take a while to set up. You can always call me or email me coordinator@gururamdashram.org. **If you are inspired to give to this Legacy** please contact the GRDA community coordinator, Deva Kaur at **310-201-0954**.

February Missal Duties

| Date | Set-up | Langar | Clean-up | Akhand Path |
|-----------|--------|--------|----------|-------------|
| 1/28-2/3 | 1 | 2 | 3 | 4 |
| 2/4-2/10 | 2 | 3 | 4 | 1 |
| 2/11-2/17 | 3 | 4 | 1 | 2 |
| 2/18-2/24 | 4 | 1 | 2 | 3 |
| 2/25-3/2 | 1 | 2 | 3 | 4 |