

# Hacienda de Guru Ram Das Newsletter

VOLUME 17 ISSUE 3

MARCH 2008



Sangat members with a Bollywood director and crew, here to make a film in New Mexico.

## Baisakhi Celebration in Espanola

The Espanola Sangat will celebrate Baisakhi on **Sunday, April 13<sup>th</sup>**  
Schedule TBA

### Table of Contents

Ashram News	1
Grace of God Movement	1
Ashram Calendar	2
Computer Corner	3
Espanola Soup Kitchen	4
Ads & Tidbits	5
Going Green	5
Sangat Birthday's	6
Missal Duties	8

## Ashram News

**Baisakhi 2008—Los Angeles, CA  
April 4-6**  
“The Living Spirit of Guru”

**Baisakhi Day—Sunday, April 6**

**Guru Ram Das Ashram**  
1620 Preuss Rd  
Los Angeles, CA 90035

3:40 am Japji  
4:00 am Asa Di Var – Special Ragi  
Jetha Bhai Jaswant Singh  
6:45 am Grand procession of Siri  
Guru Granth Sahib Ji  
departs Guru Ram Das Ashram  
to Los Angeles Convention  
Center

**The Los Angeles Convention Center**  
1201 South Figueroa Street  
Los Angeles, CA 90015

7:30 am—2:30 pm  
Kirtan Darbar (Musical Program)

2:30 pm—5:00 pm  
Nagar Kirtan

**For a full schedule of events** see the Guru  
Ram Das Ashram website at:  
[http://www.gururamdasashram.org/  
Events.html](http://www.gururamdasashram.org/Events.html)

### Contact information:

*Kirtan Singh Khalsa*  
310-990-4573

*Deva Kaur*  
310-201-0954

## Grace of God Movement

By Guru Meher Kaur, Sr.

“Woman is born as the Grace of God. It is through her form that creation continues, through her love and care that it is nourished. It is her divine manifestation that mothers the saints, warriors and statesmen, her creativity that inspires the arts and sciences, and her purity which manifests the Holy Name of God into Creation. It is through Grace that the earth is bountiful and through Mercy that daily our lives are renewed. She is the prayer of this planet. This lady is a spirit of consciousness that dwells within the secret recesses of every woman’s heart.

When, through divine blessing, a woman’s heart is opened, her true divinity blossoms forth and she realizes her own infinity. This is the woman God created. This is the woman who carries His Blessing to the children of the world. This is the woman who can give birth to the Kingdom of Heaven upon this Earth. And as surely as God is the Creator, women are His divine vessels of the sacred gift of Life. God has created woman from His Divinity and let nothing of man’s creation force woman to abandon her Divine Birth-right as the Grace of God.”

**Siri Singh Sahib Yogi Ji**  
**Beads of Truth, Bead # 17, March 1973**

From the very beginning, Yogi Bhajan talked to us about woman as the Grace of God and taught us the Grace of God meditation. He set the Grace of God for Women of America in motion, which later became Grace of God for Women of the World. Often there were special women’s classes and activities around this simple, but powerful, concept. Somehow through the busy years we let

(Continued on page 6)

March Ashram Events	
March 1	Eight hour Re Man Recitation (see details below*)
March 9	Daylight Savings Time
March 20	First Day of Spring
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.

**\*Special 8 Hour Recitation:** Join us for 8 hours of Re Man recitations, Saturday, March 1 in the Gurdwara, 9:00 am to 6:00 pm with breaks; lunch 1:00 to 2:00 pm. Come for as long as wish. Gurudev Singh and a group of people, including many of our youth in India, are doing 11,000 recitations of this healing Guru Gobind Singh Shabd, in Anandpur Sahib all this week for 18 hours/day. For more information call Har Nal Kaur, 753-9189, [hn-gbkhalsa@valornet.com](mailto:hn-gbkhalsa@valornet.com), or Hari Har Haur, 747-0516, [hkh1011@hotmail.com](mailto:hkh1011@hotmail.com).

### Happy Valentine's Day to my Hacienda de Guru Ram Das Family

*By Jivan Joti Kaur*

I am presently in Sydney, Australia and just completed an Authentic Relationships course here. As all Level II courses, it was amazing and transformative. We had it in a retreat site in the Australian bush and were graced with walabis (minature kangaroos) and a wonderful bird called a Kookabora. It is a medium-sized gray and white bird, but its unique quality is its call. It sounds like it is laughing and when together with other Kookaboras, they create quite a hilarious and joyous ruckus.

Sydney is a very beautiful city. It is actually on a Sound, which means that the city is built in a sort of U shape around a body of water. There are many small bays and islands...and many water shuttles to get around from one place to another. It is a delightful city.

I've learned some of the sayings here. Instead of "no problem" they say "no worries" and to make it especially Australian, they say, "No worries, Mate." If you want to say, "Oh, it'll be OK," they say "She'll be right, Mate." Of course, the Australian accent adds to the charm of it. They are lovely people, and the Kundalini Yoga community here, as everywhere, are wonderful, sincere, loving folks.

Our senior teacher here, Guru Jivan Kaur, is one of the most saintly people we have. She has kept up here so amazingly and her students are a beautiful testimony of her devotion and love in growing Kundalini Yoga in this part of the world. She has been very ill with liver disease and is just completing a year of chemotherapy this week. We are all praying that the treatment works. I am encouraging her to come to Espanola in the near future to bath in the love of our sangat. She also has rheumatoid arthritis, but has used Kundalini Yoga to help herself keep up all these years. She teaches two Level I courses every year and now the Level II course is offered here as well. Wahe Guru!! Please put her in Ardas and keep her in your prayers.

I am teaching an addictions workshop and a Sat Nam Rasayan workshop this weekend, and teach in Melbourne the following week. It is very inspiring to meet Kundalini Yogi students here. I'm so grateful to be a part of the legacy of Yogi Bhajan's teachings.

My love to you all. In the Name of the One.

## Computer Corner

### Music, Music, Music

By Guruka Singh

#### MediaMonkey

Lately more and more people have been asking me to help them with their iPods, asking how to manage music files, get and edit MP3 file "tags" (the meta-data about the music), rip music from CDs, download music, exchange music and put their music on multiple MP3 players.

Most people who have an iPod use iTunes, but actually, I don't recommend iTunes. Why? Well, it's very limiting. It enforces DRM (digital rights management) on your music files which prevents you from sharing them and transferring them between devices. As you may have found out the hard way, the first thing iTunes does when syncing your music to your iPod is to erase it completely! That's so you aren't easily able to transfer music between iPods. Also iTunes locks you into the iTunes Music Store as your only source of digital music.

Instead of iTunes, I recommend using a program called MediaMonkey which you can download at:

[www.mediamonkey.com](http://www.mediamonkey.com)

You can download and use MediaMonkey for free, but I highly recommend upgrading to the Gold version for \$20. The extra features are well worth the price. MediaMonkey does everything that iTunes does, but there's no DRM, it doesn't ever erase your iPod and you can download music from any source you like. You can also easily edit your MP3 file tags and organize your music so you no longer get those "unknown artist" and "unknown album" files on your iPod. My favorite download source for MP3 files is Amazon.com. Yep, that's right, Amazon.com has thousands of MP3 downloads available for .89 or .99 per tune and \$8-\$9 per album. You can also get music from [www.mp3fiesta.com](http://www.mp3fiesta.com) and other extremely inexpensive download sites as well as via bittorrent (but that's a subject for another column.)

#### Songerize

I think one of the best ways to get rid of a song that's in your head is to hear it played and [www.songerize.com](http://www.songerize.com) can help; the service lets you type in a song title and an artist's name, and it will find and play the song for you. The service is perfect if there's a song you want to hear or share with a friend right away. Songerize reminds me a bit of Songza, a similar service that allows you to search for a song and then play it. But Songerize is designed for finding individual songs when you know both the title and the artist's name. If you're missing either of those pieces, Songerize has difficulty finding your track. If it does find your track, though, it immediately starts playing it.

Songerize shares databases with its more feature-rich cousin at [www.seeqpod.com](http://www.seeqpod.com). The service describes itself as the "I'm Feeling Lucky" button for Seeqpod, so if you're looking for more options and remixes of specific songs, you should visit Seeqpod instead. Songerize is designed specifically to be used when you absolutely have to hear a specific song or you want your friends to hear the song that you've been humming all day.

The database managed to find the bulk of the songs I searched for. Some of the more obscure artists were nowhere to be found, but all of the popular tracks were easy to find. Don't expect Songerize to be a music discovery engine or to sport all the features that other, larger music search engines have. Songerize's strength is that it's quick, easy, and can find just about anything and play it in a snap.

#### Freecorder

If you're an old timer like me, you may fondly remember the days when recording music from the radio was the pinnacle of cool. All the latest stuff could be recorded for free as long as you were willing to deal with the commercials and the less than desirable songs that usually accompanied the hits. While over the air radio is still a possible source for recording free music, the plethora of Internet radio stations that broadcast a clean digital signal is a much better choice.

Instead of the "old-school" method of capturing the songs on an analog cassette tape and fast forwarding through the junk, capturing audio streams from the Internet in a digital format gives you much better control of what can be done after the recording. Once you capture any audio from an Internet stream, you can edit what was captured to eliminate commercials, purge the less than desirable songs and save each piece as an individual song.

In many cases, the audio capture program can detect pauses in sound as the logical beginning and end of a song and save each song separately on the fly. Just about anything that passes through your sound card can be captured with this type of software, much of which is free.

One of the easiest to use programs that I have tested is called Freecorder from Applian Technologies, [www.freecorder.com](http://www.freecorder.com) which actually integrates as a toolbar into your browser (Internet Explorer or Firefox). Once installed, the Freecorder toolbar will appear in your browser with simple options to record, stop, pause, play, and change the settings of the program.

Depending upon how your computer is setup, you may have to play with some of the "Record from..." settings to make sure you capture your audio properly, but within minutes of installing the program, you are ready to go. I tested it first with one of my favorite online music sources: Pandora which I wrote about here last month. Pandora creates personalized radio stations with no commercials based on artists and songs that you

*(Continued on page 9)*

**Guest Chefs for the Soup Kitchen this Week:  
Mata Mandir Singh, Sat Nam Kaur & Darshan Kaur**  
*By Kulwant Kaur*

I want to let you know that for 2008 we are trying something new with our sangat sponsored meal at the Espanola interfaith soup kitchen. We prepare and serve a meal on the second Friday of every month. Beginning with our meal on Friday, Feb. 8th, we will have a "**guest chef**" each month who will head up the cooking, and have a chance to display their unique creativity and style. On February 8th, Mata Mandir Singh and Sat Nam Kaur brought their European flair to the meal and prepared mushroom enchiladas, Spanish rice, black bean soup, salad and yogi tea. With their experience as the owners of the Golden Temple Restaurant in Amsterdam they bring a deep knowledge of how to cook delicious food and serve with the spirit of Khalsa. We wish them blessings and much prosperity with their new catering company, **Fiordiliso**.

Our dessert chef for the meal on Friday, was our beloved Darshan Kaur, who works at Akal Security. If you have ever been lucky enough to eat a meal prepared by Darshan Kaur, then you know it's an unforgettable experience. I still remember with fondness one that she prepared a year or so ago, and rank it as my all time favorite meal. Darshan Kaur baked a cake for our meal on Friday. May she be blessed many times over for her generous spirit.

Of course we are famous for enjoying great food in our lifestyle, and we have many wonderful cooks. If you would like to head up the cooking for a soup kitchen meal, please give me a call and we'll put you on the schedule. And for those of you who are incredible cooks, but may be too shy or busy to give me a call, don't be surprised when you hear from me. It's a total blessing and so much fun to serve the soup kitchen. You'll have a great time - I promise you.

If you would like to get involved with the soup kitchen in other ways, we have a number of areas where you can serve:

- shopping for groceries
- food prep (assisting the chef)
- serving the food
- clean up crew
- fund-raising
- liaison with merchants who give us donations like Walmart, Whole Foods, etc.



*Mata Mandir Singh and Sat Nam Kaur were the guest chefs at the Soup Kitchen in February. They also run a new catering company, Fiordiliso. Read more about them in the Ads & Tidbits section on the following page.*

Please let me know if you would like to get involved in the Soup Kitchen. **You can reach me at 747-6622.**

With much love and many blessings.



*Kulwant Kaur with members from the board who are developing a Natural Foods Grocery in Espanola. You can become a member for as little as \$20 a year. Call Kulwant at 747-6622 for more info. Many of you may remember "Doc" (not pictured) who is a member of this board. She was instrumental in starting the first food coop in Santa Fe and worked many years at the Market Place.*

## 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
2/3	Deliverance	12/27/89
2/10	One God	6/18/89
2/17	Reality of Spirituality	10/15/89
2/24	Employment in Sikh Dharma	12/31/89

**Fiordaliso catering** by Sat Nam Kaur and Mata Mandir Singh - Former owners for 22 years of the Golden Temple Vegetarian Restaurant in Amsterdam, Holland are now providing catering for parties and dinners and personal chef services in Espanola and Santa Fe. Cuisines include Italian, Middle Eastern, Indian and general vegetarian. **No time to cook healthy tasty meals each day?** Soon we will be offering a once a week delivery of soups and vegetarian specials to households in the Espanola community. If you might be interested in this service then please e-mail us at [mata-mandir@hotmail.com](mailto:mata-mandir@hotmail.com) for information, menus and pricing.

**I specialize in pregnancy massage**, both pre and postnatal, and especially in alleviating the discomforts associated with the beautiful growing belly: low back pain, shoulder and neck pain, leg cramps, edema, carpal tunnel syndrome, etc. In addition, rather than massaging normal healthy non-pregnant women, I prefer treating unusual conditions such as fibromyalgia, post surgical incisions and scar tissue, multiple sclerosis, cancer, overstressed nervous systems, as well as boosting the immune system with lymphatic drainage. My current fees are \$65 for a one-hour pregnancy massage as well as for the "unusual conditions" massage, and \$85 for regular healthy women. Please contact me at **505-747-7944**. With many blessings, **Seva Simran Siri Kaur**

**Guitar Lessons**—Bob Carman (Espanola Yoga Student) - 753-2766

**I am inviting people to be "practice clients"** so I may practice the healing techniques I am studying at the Barbara Brennan School of Healing. I am currently a first-year student, studying to become a Brennan Healing Science Practitioner. I will be doing these practice sessions from my home at 40 Walnut Circle, Espanola, on most Saturdays. If you would like to be my practice client, please call me at 747-3144 (mailbox 2), or e-mail me at [namnidhan@zianet.com](mailto:namnidhan@zianet.com). **Nam Nidhan Kaur Khalsa**

*(continued on page 9)*

## Going Green

### TIPS ON PUMPING GAS

*By John Franks*

I don't know what you guys are paying for gasoline, but here in California we are also paying higher, up to \$3.50 per gallon. But my line of work is in petroleum for about 31 years now, so here are some tricks to get more of your money's worth for every gallon.

Here at the Kinder Morgan Pipeline, where I work in San Jose, CA, we deliver about 4 million gallons in a 24-hour period thru the pipeline. One day is diesel, the next day is jet fuel, and gasoline, regular and premium grades. We have 34-storage tanks here with a total capacity of 16,800,000 gallons.

Only buy or **fill up your car or truck in the early morning** when the ground temperature is still cold. Remember that all service stations have their storage tanks buried below ground. The colder the ground the more dense the gasoline, when it gets warmer gasoline expands, so buying in the afternoon or in the evening...your gallon is not exactly a gallon. In the petroleum business, the specific gravity and the temperature of the gasoline, diesel and jet fuel, ethanol and other petroleum products plays an important role. A one-degree rise in temperature is a big deal for this business. But the service stations do not have temperature compensation at the pumps.

When you're filling up **do not squeeze the trigger of the nozzle to a fast mode**. If you look you will see that the trigger has three (3) stages: low, middle, and high. In slow mode you should be pumping on low speed, thereby minimizing the vapors that are created while you are pumping. All hoses at the pump have a vapor return. If you are pumping on the fast rate, some of the liquid that goes to your tank becomes vapor. Those vapors are being sucked up and back into the underground storage tank so you're getting less worth for your money.

One of the most important tips is to **fill up when your gas tank is HALF FULL**. The reason for this is, the more gas you have in your tank the less air occupying its empty space. Gasoline evaporates faster than you can imagine. Gasoline storage tanks have an internal

*(Continued on page 6)*

*(Continued from page 5)*

floating roof. This roof serves as zero clearance between the gas and the atmosphere, so it minimizes the evaporation. Unlike service stations, here where I work, every truck that we load is temperature compensated so that every gallon is actually the exact amount.

Another reminder, **if there is a gasoline truck pumping into the storage tanks** when you stop to buy gas, **DO NOT fill up**--most likely the gasoline is being stirred up as the gas is being delivered, and you might pick up some of the dirt that normally settles on the bottom.

Hope this will help you get the most value for your money.

*(Grace of God Movement continued from page 1)*

this slip to the wayside – not gone, not forgotten, but not often addressed.

Now here at the Mother Ashram it is being revitalized. Held on the Full Moon each month women of all ages gather at the home of Sat Gurprasad Kaur for meditation and “Peanut Hour” – another must do for ladies from the Siri Singh Sahib Ji; sit together, munch and talk, talk, talk!

**Grace of God Meditation (GGM)\***

**Part One**

Lie on the back, fully relaxing the face and body. Inhale deeply. Hold the breath in while silently repeating the mantra “I am the Grace of God,” ten times. You can tense your fingers one at a time to help keep count. Exhale all the air out. Hold it out and silently repeat the mantra ten times with the breath held out. Continue this process of repeating the mantra ten times on each inhale and ten times on each exhale, for a total of five inhalations and five exhalations. This totals 100 silent repetitions.

**Part Two**

Relax your breath and, with the eyes still closed, slowly come sitting up into easy pose (sit comfortably). Bring the right hand into gyan mudra (index finger curled under thumb, other fingers extended, palm up, wrist resting on knee, elbow straight). The left hand is held up by the left shoulder, palm flat and facing forward. This is called the "vow" position. Your hand is held up as if taking an oath. Keep the breath relaxed and normal. Tense one finger of the left hand

*(Continued on page 7)*

*March Birthdays*

- 1<sup>st</sup> Hari Arti Singh
- 2<sup>nd</sup> Guru Sadhana Kaur
- 6<sup>th</sup> Guruprem Kaur
- 7<sup>th</sup> Gurukirn Kaur (Ranch)
- Sat Bachan Kaur (Hari Jiwan Singh)
- Shabd Surat Kaur (daughter of Guru-Hukum S.)
- 9<sup>th</sup> Aradhana Singh
- Guru Jaswant Kaur
- 10<sup>th</sup> Sat Nam Singh
- Jaap Kaur
- HariMandir Singh (Guru Sadhana K.)
- 14<sup>th</sup> Gian Kaur
- 16<sup>th</sup> Sangeet Kaur
- 17<sup>th</sup> Hari Har Singh (Guru Mitar K.)
- 18<sup>th</sup> Guru Rattan Kaur, Ph.D.
- 19<sup>th</sup> Sat Atma Kaur
- 20<sup>th</sup> Sardarni Guru Amrit Kaur
- Siri Guru Nam Kaur
- 24<sup>th</sup> Gurumustuk Singh
- 25<sup>th</sup> Sada Simran Singh (Shanti Shanti Kaur)
- 28<sup>th</sup> Siri Deva Singh
- Kirpal Kaur
- 29<sup>th</sup> Nirinjan Kaur, AZ



(Continued from page 6)

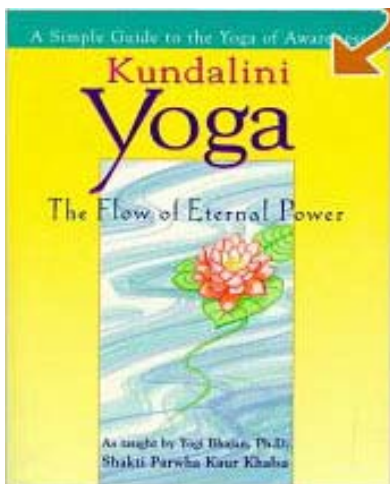
at a time, keeping other fingers straight but relaxed. Meditate on the governing energy of that finger then repeat aloud five times, **"I am Grace of God."** Continue this sequence for each of the remaining fingers, finishing with the thumb.

- Little Finger - Mercury (water) - the power to relate, communicate and make decisions
- Ring Finger - Sun/Venus (fire) - physical health, grace and beauty
- Middle Finger - Saturn (air) - channel emotion to devotion, patience
- Index Finger - Jupiter (ether) - wisdom and expression, open space for change
- Thumb - (earth) - positive ego

When both parts of the meditation are completed, lower the left hand and relax for a few minutes. Your emotions will become more positively channeled and any physical or mental ill health will be greatly improved. It is said that when you continue practicing for one year, your aura will become tipped with gold or silver, and great strength and God's healing powers will flow through you. "Grace of God meditation will give you self-effectiveness."

Practice the Grace of God meditation twice a day, focusing your concentration on the particular attribute you want to correct or enhance in your life.

\*Kundalini Yoga: The Flow of Eternal Power, Shakti Parwha Kaur Khalsa, Pergee Books, 1996, p. 280.



This book is available at Ancient Healing Ways:  
<http://store.a-healing.com/index.html>

## Food for Health

### Flu Remedy from Yogi Ji

- 1 Tablespoon fresh ground pepper
- 1 teaspoon cayenne pepper
- 3 heaping Tablespoon of turmeric
- 1 ounce basil
- Cold pressed olive oil



Use enough cold pressed olive oil to make paste with spices when mixed in skillet (very important that it is cold pressed) It should foam up when heated. Sauté herbs and spices in enough olive oil, about two to three minutes. Eat it with yogurt and vegetables and you should feel better within 72 hours. This is from a Yogi Bhajan lecture (02/07/1990) on the [www.kriteachings.org](http://www.kriteachings.org) website.

**The Cleanse** carries emulsified oregano if you already have the flu/cold/sinus infection/cough and need an herb to fight it. Oregano is an antiviral/antifungal. **Give us a call at 747-3323.**

Hacienda de Guru Ram Das Newsletter  
 01-A Guru Ram Das Place  
 Espanola, NM 87532  
 505-367-1315

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: [gurumeherk@sikhdharma.org](mailto:gurumeherk@sikhdharma.org)  
 Website: [www.espanolaashram.com](http://www.espanolaashram.com)

**A True Story of Longing**

*By Gurutej Kaur Khalsa, Phoenix, AZ*

I had this huge box of Gurbani Kirtan tapes Naryan Singh had given me months ago. I asked everyone who came by if they wanted some, or knew what to do with them, and nobody wanted any or had any ideas about what to do with them. They were sitting outside on the porch, getting dirty, and not really contributing to the beauty of the environment in any way, so I finally decided, against my feelings about Guru and Gurbani, that there was nothing else to do but toss them. Yes, into the dumpster. All that Gurbani Kirtan.

Meanwhile into my life came Joyce. I, who am disabled, get help from the county twice a week to keep my house clean and wash my hair. Joyce was new. The other lady had quit. Right away she began stealing lots of quarters. I was advised to report her to the agency, which might fire her, but I felt I should give her a second chance. So, instead, I confronted her, made her pay me back, and hid my rolls of quarters and cash. Still, she seemed pretty negative, working in my surroundings and all. "Why," I asked God, "is this person in my life?"

The answer that filled my mind immediately was something I had not thought about at all since I had watched it a month or so ago, the Siri Singh Sahib DVD from Das Vandh, Be a Forklift, along with the thought, "She is a human being. I should be able to lift her up." O.K., back to the kirtan tapes. The other day, my other helper finally put the last of the tapes into the garbage bin in the alley. When she left, Joyce came for my hair washing. She told me how she loved my kirtan CD, the one Guru Simran Kaur had left with me. Joyce went on about how wonderfully peaceful this CD made her feel. Then, after she washed my hair, she emptied the garbage, and guess what? She came back with one of the Gurbani tapes Valerie had just tossed.

"Look" she said, "someone threw away all these tapes." The one she had rescued was Bhai Chitter Singh, dated 1984. "There's lots of them," she said. I put it in the tape player, and she liked it. "They are very religious people, aren't they?" she asked. She said she wanted all the tapes in the bin, but they were far in. I told her to use my porch chair so she could reach them all. She took a chair, leaned deep into the big black bin, and pulled out every tape she could find, and came back with a Safeway grocery bag full of tapes.

When Joyce left she said with deep appreciation, "Thank

you for the tapes."

I was stunned. The whole drama seemed so symbolic! I had "labeled" this person, and was worried about my space, yet here was someone who was longing so much for spirituality, willing to dig into a dumpster, my dumpster, for something to connect her with "religious feeling," not even understanding a word.

I pray while I still have breath, God may lead me to serve humanity, humbly, without judgment.

*"Selfless service to others is the food of the soul."  
-Siri Singh Sahib*



*Congratulations to the newly engaged couple, Sat Mitar Kaur and Ravinder Singh!*

March Missal Duties				
Date	Set-up	Langar	Clean-up	Akhand Path
3/3-3/9	1	2	3	4
3/10-3/16	2	3	4	1
3/17-3/23	3	4	1	2
3/24-3/30	4	1	2	3`
3/31-4/6	1	2	3	4

(Continued from page 3)

suggest. I clicked on the "Record" button in the Freecorder toolbar then started my Pandora music channel and let 6 songs play before hitting the Stop button on the recorder. Next, I hit the Play button and a window opened with the newly recorded music.

I was pleasantly surprised to see that each song had been saved as an individual file. Remember, any sound that plays on your computer will be captured so even my Lotus Notes "new mail notification sound" was captured as individual file (so make sure you turn off your e-mail audio alerts or they will get captured as well!) From there, simply rename each file (the default format is MP3 at 128 kbit/s) and then you can stage them to be burned to an audio CD or simply add them to your music library to sync to your iPod or other MP3 player.

To finish off this month, I'm going to go off the topic of music and give you a couple of great free non-musical resources.

#### Mediamax

It's great to have some Internet storage space to keep files you want to share with others or get to from other computers when you are travelling. You can get a whopping 25 GB of **free** storage online from [www.mediamax.com](http://www.mediamax.com) which you can use to access files from any Web browser, share files without size restrictions, host videos, audio, images, and more, as well as backup your computer files and data.

#### Secunia PSI

Secunia has released a **free** Personal Software Inspector client program which I highly recommend that you install and run on all your computers. While an anti-virus, anti-malware program like Symantec or Panda will catch baddies that try to infect your computer, it will not find and repair vulnerable, out-of-date or otherwise risky programs you already have on your computer. If you haven't installed and run Secunia PSI yet, now's the time! I made my all my computers 100% secure with it. Common security culprits are old versions of Adobe Flash, Sun Java, Realplayer and Quicktime. Secunia PSI is a great way to keep all your programs patched and up-to-date. As anyone who has lost data to a computer exploit knows, you can't be too careful when you are connected to the Internet. Install Secunia PSI - <https://psi.secunia.com/> and let it keep everything secure for you.

You **are** backing up your computer aren't you? Now that external hard drives are dirt cheap (you can get a 500GB external hard drive for under \$200) there's no excuse not to keep current backups. Remember, it's not a question of whether or not you will need your backups, but of **when** you will need them. People call me every week to ask me what to do when they lose valuable data or mess up their Windows installation so their computer no longer works properly. And what's the first question I ask them? That's right, "Do you have a recent backup?"

Please keep letting me know if this column is useful to you and also 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](mailto:guruka@sikhnet.com) Thanks!

(Ad & Tidbits continued from page 5)

#### Thank you from the Haidakandi Babaji Ashram in Crestone, Colorado

In January, you may remember that a group of us joined the **Bhole Baba Bhajan Band** from Crestone in their chant program at Northern New Mexico College that kicked off their west coast tour. I received both a wonderful phone call and lovely note from them thanking us for joining them:

*"Thank you so much for joining us in song in Espanola. It was a beautiful way to start our tour. Our tour was a great success. Much peace to your being. Sat Nam. Namaste, The Bhole Baba Bhajan Band."*

Jason shared with me on the phone that chanting with us in Espanola was one of the highlights of the tour for him! Thank you to all of you who participated, tried to find the concert but couldn't, wanted to join us but didn't, or simply thought it was a great idea!

—Dev Suroop Kaur

#### **To anyone who lives in Espanola city limits:**

There is a **local election on March 4th** for municipal judge. Please take the time to be informed. Local elections affect us more than the state or national. And vote. Espanola is a small city and your vote will count. If you have questions please feel free to call or e-mail me: [sevasim-siri@cybermesa.com](mailto:sevasim-siri@cybermesa.com) or: 747-7944 Be active! Dr. Seva Simran Siri Singh Khalsa DOM, L.Ac.

#### **Brad's Bees Pure Honey**

Specializing in local honey and honey products including, 8 oz jars up to 60 lb. buckets, honey sticks, whipped honey, bee pollen and candles. Call Brad Lounsburg (owner and beekeeper) at 747-7824 or [brad@bradsbees.com](mailto:brad@bradsbees.com) <http://bradsbees.com/>