

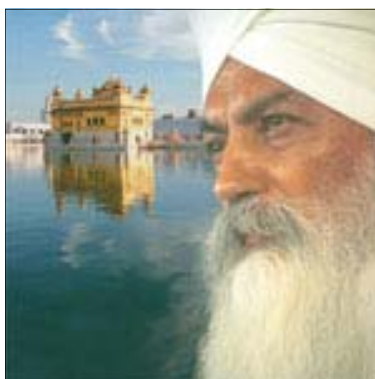
# Hacienda de Guru Ram Das Newsletter

VOLUME 17 ISSUE 8

AUGUST 2008

## Ashram News

**Yogi Bhajan Birthday Anniversary  
Celebration—August 23, 2008**  
Curtain goes up at 6:30pm



Hacienda de Guru Ram Das  
Española, New Mexico  
RSVP: 505.629.4709  
[yogibhajanbirthday@3ho.org](mailto:yogibhajanbirthday@3ho.org)

Join us in celebrating the life and legacy of Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji (Yogi Bhajan). Dinner will be followed by a not-to-be-missed program of music, dance and original video biographic vignettes of his remarkable life.

**Other activities leading up to and following the party include:**  
**August 15–25**—Meditation “Guru, Guru Wahe Guru, Guru Ram Das Guru” chanting in individual homes leading up to Siri Singh Sahib Ji Birthday morning Sadhana

**August 26**—Special morning Sadhana – Long Ek Ong Kar chanted for 2½ hrs.

## Our Spiritual Path

*Excerpts from Siri Singh Sahib Ji  
Gurdwara Lecture—5/9/99  
Printed in Prosperity Paths, May 2001*

If we grow spiritually then we let everybody grow with us. Our touch, our feeling, our sight, and our words will affect many hearts and bring them from confusion to clarity; it will bring them from ill-health to health, and from certain situations in life to a place where we can understand how great it is to be healthy.

Those who lean towards the path of individual prosperity and spirituality and surroundings are rich indeed. Let us understand each other in the sense of this world. We are here on this earth to visit, and all these permanent nails we put in the ground to tighten the rope around our house to make a tent out of us will be difficult to pull out. Today at home there are some people struggling with their narrowness and shortcomings. They are very confined to collect the wealth, properties and everything for the sake of their children, or they are very unhappy because somebody else has what they don't. But children have their own destiny.

God manages and arranges the circumstances in which simple therapy can help people. I have learned that everybody needs to cleanse themselves. It used to be part of the path that humans cleansed out their parasites. Well, we can clean our parasites with lots of herbs with the formulas which have been prepared. But there is also a formula which has been prepared to cleanse people's minds of

*(Continued on page 7)*



*Nirinjan Kaur, Chief of Staff, enjoying Sunday langar with the sangat*

- **Hearts and Hands—New Core of Volunteers, p. 2**
- **Prosperity of Langar Seva, p. 8**
- **Baba Sri Chand Course, p. 10**

### Table of Contents

Siri Singh Sahib Lecture	1
Ashram Calendar	2
Computer Corner	3
Ads & Tidbits	4
Going Green	5
Sangat Birthdays	6
Missal Duties	9
Food for Health	9
Baba Sri Chand Course	10

August Ashram Events	
August 2-28	Teacher Training Immersion course
August 15-25	Chanting at sangat homes leading up to SSS Birthday
August 23	SSS Birthday Party
August 26	Special SSS Birthday sadhana
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.
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.

**A New Core of Volunteers:  
The Heart and Hands of Hacienda de Guru Ram Das**

In the ethers some two years ago, a beautiful idea began to coalesce. As Guru Ram Das looked down on his faithful here in the Land of Enchantment, he saw certain people working very hard in service to the Sadh Sangat regarding the care of others. Initially Sat Kartar Kaur, (formerly of Belgium) approached her Sikh sister, Hari Charn Kaur. Together they realized the community needed to organize the efforts for those who stand by ready to help. A system for covering errands, food preparing/serving, and general seva needed for individuals requiring assistance was uppermost in their minds. This idea was showcased even more clearly when Hari Charn Kaur broke her foot. The long-term care needed was obvious. So this spread out among many, rather than a few. It worked beautifully!

After this, they spoke with other Sikh sisters hoping to solidify this idea. Kulwant Kaur, wife of Dr. Soram Singh, came forward as a great spirit of motivation and organization. Soon others, including Sangeet Kaur and Sat Sangeet Kaur, joined the team. Jaswant Kaur of Santa Fe joined the group and rounded things out. The coordinating Core of Volunteers was in place; Hearts and Hands was a reality.

When Dr. Sat Kirpal Kaur broke her ankle, the group quickly moved in to do what it does best—see that all was covered. They did a magnificent job, getting many people in the Sangat involved and making sure every need was met.

In summary, **Heart and Hands** is Guru Ram Das’ blessing for our beautiful Sangat’s need for organized health care. This is the Espanola Ashram’s health seva group. We are so grateful for them, we bless and love them. We all benefit from their entrance into our lives.

For more information or if you would like to participate in this Core of Volunteers, you can contact the following individuals: Sat Sangeet Kaur, Sangeet Kaur, Hari Charn Kaur, Kulwant Kaur, Sat Kartar Kaur or Jaswant Kaur.



*Simran Singh, Sat Sang Singh, Hari Jiwan Singh and Dharma Singh serve Sunday langar. For more information on how you can participate in langar seva, go to page 8.*

## Computer Corner

### Work More Efficiently

By Guruka Singh

#### Seven uncommon keyboard shortcuts you'll love

I have used Ctrl+C (copy) Ctrl+V (paste) and Ctrl+X (cut) and other standard shortcut-key combinations for so long they now live in my subconscious. I hope you are using them too. They enable us to work much faster than taking our hand off the keyboard and going for the mouse.

Recently, I discovered a handful of obscure, yet useful, keyboard shortcuts that I now use on a daily basis, and while you may already know about one or two of 'em, I bet a few of my favorites will come as a surprise to you.

#### See your System Properties dialog in a flash

Windows Vista's System Properties dialog box is a font of information. The applet shows which version of Windows you're using (including the Service Pack number), the system's Windows Experience Index, the computer and domain name, your Product ID, and your Windows activation status. In Windows XP, System Properties shows only the Windows version, the name of the registered user, and hardware information.

You can open System Properties by right-clicking Computer (or My Computer) and choosing Properties. But you'll get there faster by holding down the *Windows key* and pressing *Pause*. This shortcut comes in very handy whenever you go to a computer store and want to compare the Windows Experience indices of various PCs. The sales clerks will hate you.

#### Open Quick Launch shortcuts in an instant

No doubt you set Windows to show the Quick Launch toolbar. That's the little icons just to the right of the "Start" button that launch your most used programs with a single-click. If you don't see this toolbar next to your Start button, open it by right-clicking an empty spot on the Windows taskbar and choosing Toolbars, Quick Launch.

The one-click icons in the Quick Launch toolbar make it fast and easy to launch the programs, folders, and files you use most often. You can even create a new document by clicking a shortcut for a custom template.

You can "click" any of the first 10 icons in the Quick Launch toolbar by pressing the Windows key and a number: Win+1 launches the first icon, Win+2 launches the second, all the way to Win+0, which launches the 10th.

#### The fastest route to the Task Manager

Want to run Task Manager in Windows XP? Use the old Vulcan three-finger salute, silly: Ctrl+Alt+Delete. "Live long and prosper."

Unfortunately, in Vista, pressing Ctrl+Alt+Delete brings up a menu of options that are much more readily invoked elsewhere. (What? A three-finger salute to change a password, gosh! Gimme a break.) Also, you may spend a long time waiting for that list to appear.

Fortunately, you can bypass the folder by using Task Manager's new secret handshake — Ctrl+Shift+Esc. If you can't remember this key combination, you may be able to remember that you can also open Task Manager by right-clicking a blank spot on the Windows taskbar and choosing Task Manager. Either approach bypasses the interminable wait.

#### The no-click way to restart Vista

If you've ever had your mouse pointer disappear (and who hasn't?), there's a keyboard shortcut that's worth its weight in gold.

To restart Vista without a mouse, press the Windows key, tap the right-arrow key three times, and then press R. (It helps if you simultaneously click your heels and whisper "There's no place like home" ... but I digress.) Alternatively, you can type U after arrowing over to this menu to shut down completely, or L to merely log off.

#### Alert the Media Center from your keyboard

This shortcut really took me by surprise. I've never seen it documented before. To start Vista's Media Center applet, press Win+Alt+Enter. It's a very slick way to start a DVD movie without having to dive for your mouse.

#### Check your system status via Vista's Sidebar

As I start each work day, my screen fills up before my Yogii Tea gets cold. It doesn't take long for the Vista Sidebar to be covered over with this, that, and the other application window.

Once in a while, I want to view some information on the Vista Sidebar, most frequently when it looks like my machine has gone out to lunch and I want to see whether the CPU is maxed out. Instead of minimizing screens one at a time (or Alt-Tabbing through them), I just press Win+Spacebar. This shortcut also opens the Sidebar if it isn't already active.

#### Move up one folder level in Vista's Explorer

This one rates as my favorite little-known keyboard shortcut. I suspect you'll use it a lot.

The folks who designed Vista's version of Windows Explorer didn't include an "up one folder" button. You can navigate forward and backward, go into the address bar and type whatever you like, and search till the cows come home. There's no easy, obvious way to move up one folder level — unless you know this trick, that is: Press *Alt* and the *up arrow*. Works like a champ.

If you're getting the keyboard-shortcut jitters, it might interest you to know that many Vista programs show you the currently

(Continued on page 4)

(Continued from page 3)

active shortcut accelerator keys when you press the Alt key. If you want Vista to always show available accelerator keys, click Start - Control Panel - Ease of Access - Ease of Access Center. Scroll down and click "Make the Keyboard Easier to Use."

Scroll down again and check the box marked "Underline Keyboard Shortcuts and Access Keys." After you click Save, Vista will show accelerator keys in many applications, including Internet Explorer 7 — but not in Windows Explorer (which appears to lack accelerator keys).

To have XP menus show accelerator keys, right-click an empty spot on the desktop, choose Properties, click the Appearance tab, and under Effects, uncheck "Hide Underlined Letters for Keyboard Navigation until I Press the Alt Key." Click OK twice.

You'll find hundreds of other keyboard shortcuts — some more useful than others — documented in Microsoft's Giant Keyboard Shortcut List, better known as Knowledge Base 126449.

<http://support.microsoft.com/kb/126449/en-us>

Keyboard shortcuts may not change your life, but they're guaranteed to shorten your workday.

#### **What Do I Do When The "Do Not Call List" Is Ignored?**

When the government announced the creation of a national "Do Not Call" registry <http://www.donotcall.gov/> as a means to reduce the number of telephone solicitations, many cheered their efforts.

While creating this system helped in the beginning, the bad guys have been constantly looking for loopholes to get around the system.

Some are moving their operations off-shore and using inexpensive Internet-based phone technology to continue to harass you. In these cases (and at this point they are rare), the Do Not Call list is a treasure trove of real numbers for those that have no intention of observing the US regulations.

U.S. based firms are skirting the law by setting up elaborate "affiliate networks" that exploit the provision in the system that allows businesses with a "previous business relationship" to contact you up to 18 months after the last contact, payment or delivery of a product or service.

Some have even setup complex contest offers in shopping malls and sporting events to get people to essentially sign away their rights to the Do Not Call registration. Others are using call blocking so you can't figure out who they are and where they are calling from.

Legally, those conducting surveys, non-profit organizations or political solicitations are permissible even though you regis-

(Continued on page 8)

## *Ads & Tidbits*

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

Proud parents Ardas Kaur, and Dharam Pal Singh joyfully welcome to the world a bright soul. Baby **Dharam Inder Singh Khalsa**, was born July 8, 2008, weighing 9 pounds 7 ounces and measuring 21 inches long. His name means, the royal lion who treads fearlessly on the path of righteousness in divine consciousness.



**Siri Bhrosa Kaur Khalsa, R.N. Spiritual Nurse, Nutritional Consultant** teaches people how to heal through mind/body connection, simple foods and healthy lifestyle changes. She will be in Espanola until September 2008. For this time period, she is offering counseling by phone or in person at \$45 an hour. For appointments, call **367-0010 or 310-402-1894**. Wahe Guru!

**Healing Herbs & Teas** in Espanola! *Roots & Branches* offers 34 loose varieties of herbs and teas, high quality herbal supplements, complimentary tea sampling. Store hours: 2:30 - 8:30pm, closed Monday & Tuesday. Address: 216 Calle Alamosa. Call **505-747-1234**.

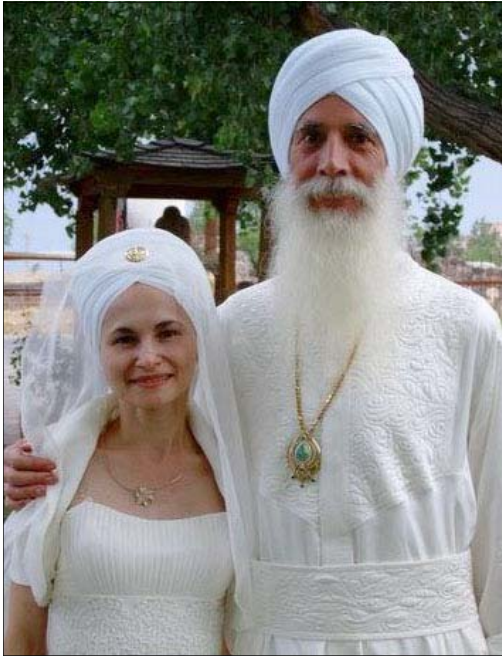
**Directions:** Drive North on 285 to Espanola, pass the turnoff to 285/84 and take the next available left. Look for our sign as you turn through intersection.

**Every Monday and Wednesday-New Time - 5:30pm Class with Ravinder Singh**—Experience the Naad of the Shabd Guru through Santhya - correct pronunciation. For more information call Ravinder Singh at **917-**

(Continued on page 5)

(Continued from page 4)

**825-5000. The full recitation of Rehiras occurs every evening following the class at 6:00pm.**



*Harimander Kaur and Dharma Singh on their wedding day.*

## YOGA GEMS OFFERINGS

### YOGA GEMS CD-ROMS

#### **A Year with the Master**

The year 2000 classes are formatted on the CD-Rom like a book, with a dedication by Yogi Bhajan, a forward by Gurucharan Singh Khalsa, an explanatory preface and a comprehensive Yogic Glossary. It has MP3 music samples of all mantras and songs used in the year 2000, playable on a DVD player, along with their translations and transliterations, and is fully indexed. Meditation poses are clearly illustrated for high definition printouts.

#### **Meditations for the New Millennium 2001**

Contains dynamite synopses of classes taught in 2001, more numerous than in the year 2000, in the original PDF email format.

#### **Summer Classes with the Master**

Synopses from Yogi Bhajan's otherwise unpublished 2001 Masters Touch I classes, where he taught one to three times per day, and Masters Touch II classes from the year 2001, including

*(Continued on page 6)*

## Going Green

### **Deforestation: The hidden cause of global warming**

By Daniel Howden

Monday, 14 May 2007

In the next 24 hours, deforestation will release as much CO<sup>2</sup> into the atmosphere as 8 million people flying from London to New York. Stopping the loggers is the fastest and cheapest solution to climate change. So why are global leaders turning a blind eye to this crisis?

The accelerating destruction of the rainforests that form a precious cooling band around the Earth's equator, is now being recognized as one of the main causes of climate change. Carbon emissions from deforestation far outstrip damage caused by planes and automobiles and factories.

The rampant slashing and burning of tropical forests is second only to the energy sector as a source of greenhouses gases according to report published today by the Oxford-based Global Canopy Program, an alliance of leading rain-forest scientists.

Figures from the GCP, summarizing the latest findings from the United Nations, and building on estimates contained in the Stern Report, show deforestation accounts for up to 25 per cent of global emissions of heat-trapping gases, while transport and industry account for 14 per cent each; and aviation makes up only 3 per cent of the total.

"Tropical forests are the elephant in the living room of climate change," said Andrew Mitchell, the head of the GCP.

Scientists say one days' deforestation is equivalent to the carbon footprint of eight million people flying to New York. Reducing those catastrophic emissions can be achieved most quickly and most cheaply by halting the destruction in Brazil, Indonesia, the Congo and elsewhere.

No new technology is needed, says the GCP, just the political will and a system of enforcement and incentives that makes the trees worth more to governments and individuals standing than felled. "The focus on technological fixes for the emissions of rich nations while giving no incentive to poorer nations to stop burning the standing forest means we are putting the cart before the horse," said Mr. Mitchell.

Most people think of forests only in terms of the CO<sup>2</sup> they absorb. The rainforests of the Amazon, the Congo basin and Indonesia are thought of as the lungs of the planet. But the destruction of those forests will in the next four years alone, in the words of Sir Nicholas Stern, pump more CO<sup>2</sup> into the

*(Continued on page 7)*

(Continued from page 5)

twelve synopses not on MNM 2001, such as Celestial Communication, Yogiji's talk on Healing Foods and his after-class Q&A session with teachers. This CD-Rom is beautifully formatted with clear drawings of meditation postures and in-class photos of Yogiji.

**Guided Meditations with the Master**

A CD-Rom sharing four guided meditations taught in October of 2001. Yogiji commanded that we not record and listen to the meditations in our own voice—they are only to be guided by the Master. The CD was produced to fulfill that purpose. Yogiji's voice, on MP3 files, has been made digitally clearer and stronger than the video and guides you track by track on a DVD player or at a click of speakers within the text. The CD-Rom contains a synopsis of each lecture, transcriptions of the guided meditations and is formatted with drawings of the meditation postures and photos of Yogiji taken at each class.

**HARDCOPY YOGA GEMS PUBLICATIONS**

**Meditations for the New Millennium 1999 Set 1**

In 2002 Yogiji started teaching midway through the year. In the meantime, subscribers to 2002 Yoga Gems synopses received write-ups of 1999, working backwards. There are currently sixteen awesome classes from 1999 available as a hardcopy set on request.

Synopses of 2002 and 2003 classes have been KRI approved, yet are presently only available to those who subscribed in 2002 so as to fulfill their prepaid subscriptions. Please contact Guruprem Kaur to receive a copy if you were a 2002 subscriber.

**The Golden Temple Meditation Manual - NEW!**

I began teaching the Golden Temple Meditation back in 1995 when, praying for a friend, I found how effortless it is to meditatively be at the Golden Temple and heal others body, mind and soul, and how people can experience it on their own simply by hearing one or two stories of other's journeys. The manual includes samples of guided meditations to this sacred realm, as well as keys to interacting with the Gurus and the Golden Temple's healing elements to enjoy a profound experience, along with a sample flyer and syllabus for teaching the Golden Temple Meditation as a college workshop.

SS Guruprem Kaur Khalsa may be contacted regarding her offerings through email or Skype at [guruprem@newmexico.com](mailto:guruprem@newmexico.com), and via two new phone numbers: 505-747-9361 and 505-404-0087.

*August Birthdays*

- 8/1 Ratnavali Kaur (daughter of Guru Nam Kaur)
- 8/7 Kudrat Kaur
- 8/9 Ravi Har Kaur  
Guru Das Singh  
Sat Purkh Kaur
- 8/10 Sat Siri Kaur (astrologer)
- 8/12 Narayan Singh (son of Gurumustuk S. & Arjan K.)  
Sat Nam Kaur (Santa Fe)
- 8/15 Siri Kar Kaur  
Guru Simran Kaur (Ranch)  
Guru Rattan Kaur  
Har Simran Singh
- 8/16 Guru Dev Singh (son of Dr. Kartar S. & Deva K.)
- 8/17 Akal Singh
- 8/19 Sat Nirmal Kaur  
Prakash Singh
- 8/20 Hari Nam Kaur  
Sat Darshan Kaur
- 8/21 Shanti Kaur
- 8/23 Nam Kaur
- 8/26 Siri Singh Sahib Ji  
Kulwant Kaur, LA  
Harbhajan Singh
- 8/27 Livtar Kaur
- 8/28 Ahtmah Singh (son of Saat Pursha S.)
- 8/29 Satsangat Singh
- 8/31 Dev Dharam Kaur  
Sahib Simran Kaur



(Continued from page 5)

atmosphere than every flight in the history of aviation to at least 2025.

Indonesia became the third-largest emitter of greenhouse gases in the world last week. Following close behind is Brazil. Neither nation has heavy industry on a comparable scale with the EU, India or Russia and yet they comfortably outstrip all other countries, except the United States and China.

What both countries do have in common is tropical forest that is being cut and burned with staggering swiftness. Smoke stacks visible from space climb into the sky above both countries, while satellite images capture similar destruction from the Congo basin, across the Democratic Republic of Congo, the Central African Republic and the Republic of Congo.

According to the latest audited figures from 2003, two billion tons of CO<sup>2</sup> enters the atmosphere every year from deforestation. That destruction amounts to 50 million acres - or an area the size of England, Wales and Scotland felled annually.

The remaining standing forest is calculated to contain 1,000 billion tons of carbon, or double what is already in the atmosphere.

As the GCP's report concludes: "If we lose forests, we lose the fight against climate change."

Standing forest was not included in the original Kyoto protocols and stands outside the carbon markets that the report from the International Panel on Climate Change (IPCC) pointed to this month as the best hope for halting catastrophic warming.

The landmark Stern Report last year, and the influential McKinsey Report in January agreed that forests offer the "single largest opportunity for cost-effective and immediate reductions of carbon emissions".

International demand has driven intensive agriculture, logging and ranching that has proved an inexorable force for deforestation; conservation has been no match for commerce. The leading rainforest scientists are now calling for the immediate inclusion of standing forests in internationally regulated carbon markets that could provide cash incentives to halt this disastrous process.

Forestry experts and policy makers have been meeting in Bonn, Germany, this week to try to put deforestation on top of the agenda for the UN climate summit in Bali, Indonesia, this year. Papua New Guinea, among the world's poorest nations, last year declared it would have no choice but to continue deforestation unless it was given financial incentives to do otherwise.

Richer nations already recognize the value of uncultivated land. The EU offers €200 (£135) per hectare subsidies for

(Continued on page 9)

(Continued from page 1)

parasites – these are called thoughts. Horrible, miserable, dirty thoughts, constantly pounding humans. Cleansing ourselves of these parasites can be very difficult.

We may have guilt, and in that guilt, we can try to squeeze ourselves as much as we want; we feel sometimes maya is going to save our skins. This is not true, never was, nor shall be. We make our own profit and profiteering by our life into the maya and mostly we forget Almighty God is with us all the time. But those who are one with the *Nam*, and those who are excelling are the most virtuous people who will find the totality of reality in the long run. What we need to understand is the technology and the psychology of the way to make a very small little being to a big vast being.

Our essence of life is very, very natural. It is very, very essential that we keep on progressing and cleaning our parasites and our mental fears. We must live a very healthy life, a very happy life, and a holier than thou life very gracefully – not with false pride, but with the truth. May our beauty shine and reside in us for all the time, so we can understand Ang Sang Wahe Guru.

May you all live as a nation, may you understand life as a nation and may you grow as a nation in this essence. And may you have peace and power of peace within you so there will be millennium change and when people come to you, you will be in a position to heal them and hail Guru Ram Das to the essence. Do not worry, God is with us. It is proven, proven, proven! For that miracle is amazing in which we saw and touched the heights and glamour and we touched that honor. Let us all understand.

These are certain things which are very satisfying and clearing to the consciousness. I am so free now. I hope that you all will be that free to see the universe and the consciousness of Godliness in all there is, all there was, and all there shall be. May you live in that purity, piety, and prosperity.

Wahe Guru ji Ka Khalsa, Wahe Guru Ji Ki Fateh!

(Continued from page 4)

tered your number on the Do Not Call list. The latest scam is posing as an organization that is taking a survey in hopes of opening the door to a solicitation by asking if they can call you back.

Another area where they can still bug you is at your business. The Do Not Call list is designated for consumers only, so business-to-business calls are still going to occur and that may include your cell phone.

You can enter your personal cell phone number in the DNC registry, but if it's a business cell phone, it's not covered by the DNC regulation.

There are a number of Internet resources for determining who is calling you when the caller ID shows up, but be very careful where you go. There are many Web sites set up that will charge you to determine who a phone number belongs to, even though you can get what you need for free.

I prefer sites where others have gotten the same call as you (based on the caller ID number being the same) and have already done the homework for you. Check out sites like [www.CallerComplaints.com/](http://www.CallerComplaints.com/) and <http://www.800notes.com/> to quickly determine if you are getting the same calls as others and what they have determined them to be.

Another way to fight the automated telemarketing companies is to put a special tone that sounds like the "disconnect" sound at the beginning of your voice message greeting. This will tell an automated system that the number has been disconnected via the tone and to remove it from their list, but humans will hear your answering message and realize that it is valid. You can download the "disconnect" sound file from [the Data Doctors site](http://www.datadoctors.com/disconnect.wav) at <http://www.datadoctors.com/disconnect.wav>

You can report anyone that you think is violating the DNC registry parameters by clicking on the "File A Complaint" link at <http://www.donotcall.gov/>

Lastly... **All My Favess**  
Have you checked out <http://www.allmyfavess.com/>? Handy link to keep on your Bookmarks Toolbar!

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)



## Prosperity of Langar Seva

By the Editor

Last month, my son was on the schedule to make langar for Sunday Gurdwara. He usually volunteers once a month for langar seva. He called many of his friends and asked them if they would like to help out. As it



turned out, they all showed up and chopped and cooked and worked together and had a fun and uplifting experience and talked about how they would like to do it again.

When I asked him about what was his inspiration, he told me "it is an act of giving to receive." Not only do you perform Guru's service but you get to receive all the blessings of the seva. You get to eat free delicious food that has been made in the company of the holy and you also get to serve all of the sangat. It brings you prosperity.

I further understood this concept after reading this story about Guru Nanak Ji which gives insight into his reason for establishing the langar kitchen.

*"When the first Sikh guru Nanak Dev attained manhood, his father gave him 20 rupees and sent him on a trading expedition, impressing upon him that a good bargain makes for a good profit. On his way to buy merchandise, he met a group of sadhus living in a jungle. Nanak noticed the emaciated condition of the naked holy men and decided that the most profitable transaction he could make with his father's money would be to feed and clothe them. When he returned home empty handed, his father punished him. **Insisting that true profit is to be had in selfless service, Guru Nanak established the principal of Gur ka langar.**"*

By Sukhmandir Khalsa

<http://sikhism.about.com/od/traditions/p/Langar.htm>

If you would like to participate in langar seva there are many ways to go about it. You can just show up at the langar kitchen on Sunday morning about 9:00 am and help with whoever is making langar. You can start your own langar seva group and call Mukhia Jethadar Amrit Singh to find out when you can cook for Sunday langar. Or you can join one of the already established langar groups by calling the langar sevadars listed on the Ashram website at <http://www.espanolaashram.com/pages/sangat/missals.php>.

(Continued from page 7)

"environmental services" to its farmers to leave their land unused.

And yet there is no agreement on placing a value on the vastly more valuable land in developing countries. More than 50 per cent of the life on Earth is in tropical forests, which cover less than 7 per cent of the planet's surface.



They generate the bulk of rainfall worldwide and act as a thermostat for the Earth. Forests are also home to 1.6 billion of the world's poorest people who rely on them for subsistence. However, forest experts say governments continue to pursue science fiction solutions to the coming climate catastrophe, preferring bio-fuel subsidies, carbon capture schemes and next-generation power stations.

Putting a price on the carbon these vital forests contain is the only way to slow their destruction. Hylton Philipson, a trustee of Rainforest Concern, explained: "In a world where we are witnessing a mounting clash between food security, energy security and environmental security - while there's money to be made from food and energy and no income to be derived from the standing forest, it's obvious that the forest will take the hit."

**August Missal Duties**

Date	Set-up	Langar	Clean-up	Akhand Path
7/28-8/3	3	4	1	2
8/4-8/10	4	1	2	3
8/11-8/17	1	2	3	4
8/18-8/24	2	3	4	1
8/20-8/31	3	4	1	2

*Food for Health*

**Pesto Recipe**

From <http://www.dianaskitchen.com>

- 2 cups fresh basil leaves, packed
- 1/4 cup grated Parmesan cheese
- 1/2 cup olive oil
- 3 tablespoons pine nuts or walnuts
- 3 garlic cloves, finely minced

Place basil leaves in small batches in food processor and whip until well chopped (do about 3/4 cup at a time). Add about 1/3 the nuts and garlic, blend again.

Add about 1/3 of the Parmesan cheese; blend while slowly adding about 1/3 of the olive oil, stopping to scrape down sides of container.

Process basil pesto it forms a thick smooth paste. Repeat until all ingredients are used, mix all batches together well. Serve over pasta. Basil pesto keeps in refrigerator one week, or freeze for a few months.



*If you are on a wheat free diet there are some excellent substitutes for wheat noodles. **Ancient Harvest** makes an excellent quiona noodle in many varieties. Also, **Mrs. Leepers** carries rice and corn noodles in a variety of shapes and sizes available at your health food store.*

*Pesto also makes an excellent sandwich spread especially when added to an eggless mayonnaise.*

### Help Dev Amrit Singh attend MPA

My name is Dev Amrit Singh and this year I will be entering the eleventh grade. I attended Miri Piri Academy for four years, but upon completing the ninth grade I decided to enroll in New Mexico Military Institute. I excelled academically as well as physically, receiving a 4.0 GPA and an academic scholarship, and participating in both soccer and competition color guard teams.

However, I decided that a military lifestyle did not offer sufficient opportunities for spiritual growth, so I left at the end of the first semester. For the second semester, I attended The Academy for Technology and the Classics, a small charter school in Santa Fe, where I again excelled academically.

Now I would like to return to MPA but need financial help to do so. I will be putting in \$3,000, which is my entire savings and earnings for the rest of the summer, toward the up-front costs. I have already received some pledges from the sangat, and would be very grateful for any contribution towards the \$5,400 I still need to raise. I will also be selling cookies for my school fund after Sunday Gurdwara.

If you would like to talk with my parents or myself, please feel free to call us at 747-0739 or my father's work number, 692-6629.

### Diana Bryer Studios

One of our local artists and friend, Diana Bryer, is opening her doors for people to view her artwork in her studio in Cuarteles. Cuarteles is approximately 5 minutes up Highway 76 towards Chimayo. Her address is 313 NM 76. You'll see a wooden sign for her gallery on the right and her driveway immediately following which has a sign for 313 A and B. She is the first trailer on the right behind a wooden fence.

She has a wide selection of paintings, posters, plaques and cards available for purchase. For more information call her at 753-5701 or view her website at:

<http://www.dianabryer.com>



### A Course in Anandpur Sahib—Connect with the Subtle Body of Baba Sri Chand

November 4-7, 2008

(After the 300th Celebration Guru Gadee in Nanded)

Dashmesh Sadan,\* Anandpur Sahib  
Punjab, India

Let yourself dive deep into the history and legend of Baba Sri Chand, one of the worlds greatest acknowledged Yogis.

#### Transform your self with:

- Stories from Baba Sri Chand's life
- Meeting with the Udasi Sikhs of Baba Sri Chand
- Kundalini Yoga and Meditations from both 3HO and Udasi Tradition
- Experience the power of Naad with the writings of Baba Sri Chand
- Day Yatras to the sacred Gurdwaras and ashrams of Baba Sri Chand

Conducted by: Amandeep Singh, certified Kundalini Yoga teacher Amandeep Singh is working this year with the Kundalini Research Institute. He has been teaching Kundalini Yoga in Singapore, India and Malaysia. He is a certified Pranic healer and also a counselor, trained in both the Nirmala and Udasi traditions of the Sikhs.

For more details and to reserve a space (by October 16), contact:

Amandeep Singh @ 505.614.6376,

[satjug108@hotmail.com](mailto:satjug108@hotmail.com)

Guru Dharm Kaur Khalsa @ 011-91-9815662963,

[gurudharmkaur@khalsa.com](mailto:gurudharmkaur@khalsa.com)

**Pre-registration:** \$450 for singles, \$700 married couples - includes food & accommodation (5 nights & 4 days course)

**On-site:** \$500 for singles, \$750 married couples - includes food & accommodation (5 nights & 4 days course)

\*Dashmesh Sadan located in the valley of Anandpur Sahib, is the home of Siri Singh Sahib Ji and a retreat centre. It is a mile from the historical Gurdwara Keshghar Sahib, the birth place of Khalsa.