

Hacienda de Guru Ram Das Newsletter

VOLUME 16 ISSUE 1

JANUARY 2007



Avtar Singh and Hari Krishan Kaur visiting from Atlanta, GA with one of their sons, Lakhmi Chand Singh and Akal Singh

- **New Ecology Section!**—Easy Ways to Go Green—Pg. 6

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Ashram News



Happy New Year!

Vibrate the Guru's Love and Light, and Let Us Bless our World with Peace.

At the dawn of 2007, let us vibrate the Guru's message for peace and prosperity throughout the earth. Let us become known by each smile, each hug, each serving of langar, each hello extended to everyone that we meet. Projecting ourselves in love and grace, in utter inclusion of all of God's creation, let us remember with every breath that all is God.

Meditate each morning on the light of God and Guru and let us forklift our consciousness to uplift the world into a bright dawning of Aquarius.

In this way we will have the strength of Guru living within us to meet every

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In the Spirit of Giving

By Sat Nirmal Kaur Khalsa, Chief Executive Officer, Akal Security, Inc.

In the spirit of giving and serving, the Akal Corporate office personnel wanted to do something for the local Espanola community. Daya Singh got in touch with the Mayor of Espanola and he made a few recommendations to us. I contacted the Crisis Center of Northern New Mexico. They run a "safe house" for women and children of domestic violence. They also provide training for the women so that they can become independent. Currently, they have a full house with lots of



Sat Nirmal K., MJ Amrit S., Mary Jo McBean and Adarsh K. of Akal Security with staff members from the Crisis Center of Northern New Mexico.

small children. They needed food, toiletries, warm clothes and toys. We provided collection boxes in each of our trailers, which quickly became full. We also told everyone that they could donate money and that Akal

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January Ashram Events	
January 1st	Happy New Years!
January 5th	Guru Gobind Singh's Birthday
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.
Saturdays 8:00 pm—11:00 pm	Ishnaan Seva , washing the marble floors in the Gurdwara. All are welcome to participate in this uplifting event.
Wednesdays 12:00—1:00 pm Gurdwara	Kundalini yoga class for members of the Secretariat and the sangat. Theme is for "relaxation into personal transition." Donations will go to the Thursday langar program.
First Friday of the month, 4:30 pm	Children's Program in Langar Hall. Stories, music, games, food and arts & crafts inspired by our history and the Gurus. Guru Simran Kaur (Ranch) coordinates the program.
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." (Originally taught by SSS at a business course in Hamburg, Germany in 1990.)
Sunday's after langar	Free healing sessions are held in the Gurdwara. Acupuncture treatments by Guru Mitar Kaur and Sat Nam Rasayan Free Clinic treatments.

The Pension Protection Act:

What it Can Mean to You

When it comes to personal financial planning, whether strategizing for retirement or coming up with a college savings game plan, plotting a clear course of action can be challenging for many of us. However, the search for a little clarity – and a little help – does not have to be a daunting task. For many investors, the Pension Protection Act of 2006 may very well offer some much-needed solutions to some tricky questions. Some of the new law's key provisions include:

Contributions to Qualified Retirement Plans

Prior to passage of the Pension Protection Act, investors faced an uncertain future with regard to annual contribution limits to their retirement plans. Under the new law, several critical provisions that were set to expire on December 31, 2010, now enjoy permanent status. For example, the IRA contribution limit of \$5,000 in the year 2010 would have dropped to a staggering \$2,000 in 2011. Similarly, the 401(k) limit of \$16,500 in 2010 would have been reduced to \$14,000 in 2011. (In addition, investors may now have their tax refunds deposited directly into their IRAs.) With the Pension Protection Act in place, account holders now can confidently look to maximize the potential of their retirement plans.

Lower Income Saver's Credit

The Pension Protection Act also makes permanent the Saver's Credit for low wage earners. Eligible persons receive a nonrefundable tax credit of up to 50 percent on up to \$2,000 in contributions to an IRA, 401(k), SIMPLE, SEP or 457 plan. This credit is in addition to the tax deduction already associated with these contributions. The new law also instituted cost-of-living adjustments for the adjusted gross income thresholds beginning in 2007, which may make you eligible for this credit in the future.

Of course, many more financial planning-related provisions are contained within this comprehensive piece of landmark legislation, a number of which could benefit you and your family. To learn more about the Pension Protection Act and how it might better serve your financial goals, contact your local financial advisor today.

529 College Savings Plans

If you desire to put money away for your child(ren)'s

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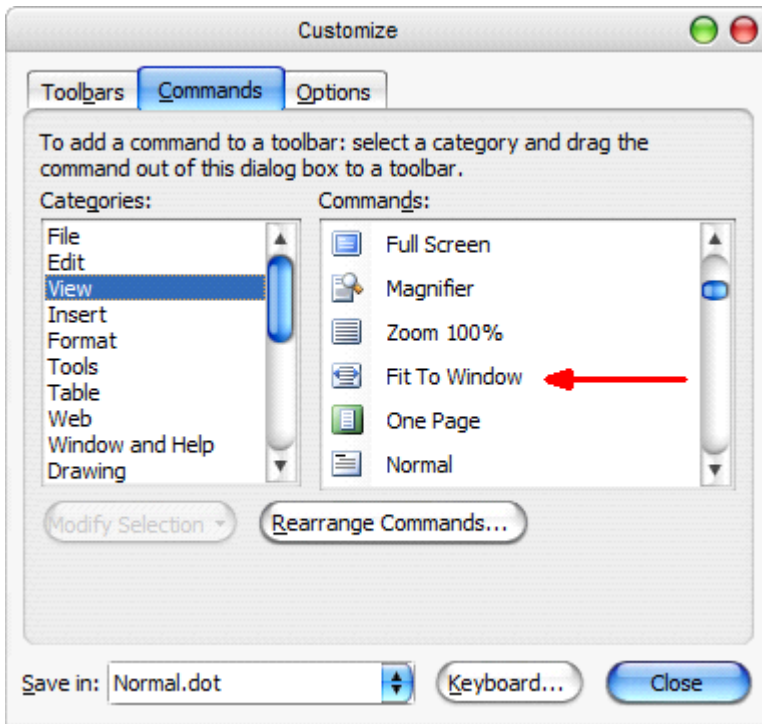
Computer Corner

Tips and Tricks for Microsoft Word

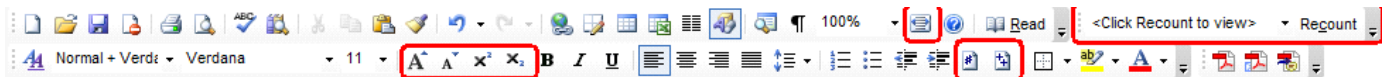
By Guruka Singh

Most everyone uses Microsoft Word for writing documents, but most people I know use only a fraction of its features. This month's column is devoted to a few tips and tricks that will make using Word a lot easier for you.

First let's look at the toolbars. Click on "View" in the Word menu above the toolbars and choose "Toolbars" and then "Customize" and choose the "Command" tab. You should see this:



Now you choose any category on the left and you can take any icon on the right and drag it up on to the toolbar and drop it there. One I always use is View – Fit To Window. Clicking that button makes your document fill the Word window properly when in Print Layout View. Here's what my customized Word toolbars look like:



I've highlighted some of the extra buttons I dragged up onto the toolbars including superscript, subscript, increase font size, decrease font size, add page numbers and word count (see below.) Once you have customized your own toolbars, the changes will "stick" and you will always have them available. Of course you can also remove buttons

from the toolbars as well. Just hold down the "Alt" key and drag a button off the toolbar and it will disappear. Using the method outlined above, you can add new buttons at any time.

When I first started using Word many years ago, I discovered this nifty little trick. I could indent my paragraphs by pressing the spacebar. Then a co-worker, who cringed every time he saw me do it, showed me the proper way of indenting. So if you are guilty of "spacebarring," this is definitely for you. You can indent the first line of a paragraph using the steps below. Keep in mind that your ruler must be visible (click View and select Ruler).

1. Click inside a paragraph.
2. On the ruler drag the top triangle in half an inch.

Alternatively, you can also accomplish the same thing by clicking the Paragraph option from the Format menu. From the Indents and Spacing tab, use the drop down box under Indentation and select First Line. Then set the measurement using the up and down arrows. Click OK.

Do you know how to use double line spacing in a Word document? There are two methods that you can use. The first method requires you to make a small configuration change to Word as described in the steps below.

1. Open your Word document.
2. From the Format menu, click Paragraph.
3. Verify that the Indents and Spacing tab is selected.
4. Use the drop down arrow under Line spacing and click Double.
5. Click OK.

The second method for setting your line spacing to double is to use the keyboard. Hold down the CTRL key and press 2 for double spacing, press 1 to switch back to single spacing, and press 5 to use one-and-a-half line spacing.

Being a writer, I often use a feature of Word 2003 called Word Count. It tells me exactly how many words I currently

have in my document. If you are writing to a specific word count, this is a handy little feature. Also a great feature to take advantage of if you are a student trying to turn out papers which meet a certain minimum word count.

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Ads & Tidbits

Total Exercise Gym, hardly used, best offer. Call Hari Jot Singh, 753-5607.

Siri Singh Sahib Gurdwara Lectures—Tapes are available through Ancient Healing Ways, 747-2860 or 800-359-2940.

Gurdwara Month	Date	Lecture Topic	Lecture Date
December	3	Story of Guru Ram Das chant	10/30/88
	10	Courage of a Sikh	11/11/88
	17	Bana, Bani	11/6/88
	24	Re Man—Guru Gobind Singh	11/13/88
	31	Purity	1/6/88

Poem

By Hari Prem Singh

Friends come and friends go...
That is the wonder of 3HO...
True lovers never tangle...
God, Guru and the student Chela,
The heavenly Triangle...

The Yogi Milarepa woke me one morning...
Saying, "Wake up, young Raja, wake up
young Raja..."
With staff I give you a new name...
You are known in the heavens as Sleeping Vajra.."

If this tale you don't believe,
In the Siri Guru Granth you will see...
At the bottom of page 643...



January Birthday's

- 1st Deva Singh
Rama Singh
- 2nd Tej Kaur
- 3rd Didar Singh
Guru Darshan Kaur (Althea)
Uttam Kaur (daughter of Niranjin Kaur – Akal)
- 4th Sopurkh Kaur
Guru Updesh Singh (son of Parampal Singh & Sat Hari Kaur)
- 5th Ram Das Singh (son of Kartar Singh & Gurubani Kaur)
- 7th HariMander Singh (Sarab Sarang Kaur)
- 8th Guru Daya Kaur
- 9th Dharma Kaur (Shanti Shanti Kaur's sister)
- 10th Guruneil Singh
- 11th Fateh Kaur
Amrita Kaur (daughter of Kartar Singh & Gurubani Kaur)
- 13th Har Simran Kaur
Nirijan Kaur (daughter of Siri Ram S & K)
- 16th Gurujohn Kaur
Siri Harpal Singh
- 18th Deva Kaur (Dr Kartar S.)
Jai Jagdesh Kaur
- 20th Sita Kaur
- 21st Guruka Kaur
Sant Suroop Singh
- 22nd Bibiji
Dr. Harijot Singh
- 26th Kartar Kaur
- 27th Hari Mitar Singh (son of Hari Har S. & Guru Mitar K.)
- 28th Guru Shabd Kaur (daughter of Siri Deva Singh & Ranjit Kaur)
- 30th Pritpal Kaur
- 31st Jai Jeet Sangeet Kaur
Guru Kirn Kaur (Dharm S.)
Guru-Hukum Singh
Dharam Singh (KRI)



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If you have spent some time poking around in Word 2002 or 2003, you may have stumbled across a new toolbar called Word Count. You can open it by selecting View—Toolbars—Word Count. Once your toolbar appears, you can check the number of words in your document by clicking the small arrow beside (Click Recount to view) and selecting Words. The total number of words will be displayed in the field. Conversely, you can also count by lines, pages, paragraphs, and characters. You can update the value by selecting the Recount button.

Now for those of you who prefer to use the keyboard, once you have the Word Count Toolbar open, you can easily get an updated number by pressing ALT + C instead of having to click the Recount button.

If you work in Word on a daily basis, you may have come up with your own way of opening your most recent document. Some of you may navigate to the document in Windows Explorer, others may open the document from My Recent Documents, or others may locate the document within the Word File menu.

Now here is a nifty tip you can use to open your most recent Word document with only a click of your mouse. You can accomplish this by creating a new shortcut on your desktop. After you are finished working on your document for the day, save it and close Word.

Now, right click on the desktop, point to New, and click Shortcut. If you are using Word 2002, type in the following: "c:\Program Files\Microsoft Office\Office10\winword.exe" /mFile1. Be sure to keep the quote marks just as I have shown them in the example. If you are using Word 2003, change "Office 10" to "Office 11" - Click "Next" and type in a name for the shortcut (I use "latest Word Document.") Now click "Finish." When you double click the shortcut, it will automatically launch Word and open your most recently edited document.

That's it for January. Do email me and let me know if this column is useful to you and also send me any suggestions, tips or cool downloads you'd like to share with the Sangat

"When a person is in pain, he comes to you, he talks negatively. Listen to that negativity, measure it, and put equal positivity."

*Siri Singh Sahib
2/22/90*

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challenge and be victorious in every test, and to serve and help all of those divine souls who come to the Guru's house to seek support and guidance in their lives.

May Guru Ram Das ever guide and protect you and bless you in the New Year.

Sat Nam. With all of my love,

Bibiji



Many of you have probably heard of Google's free email service (gmail) which is one of the best online email services. However, I wanted you to know that you can now get all the cool functionality of the Google's email service, but at the domain khalsa.com! For example: yourname@khalsa.com. This is a totally free service offered by SikhNet and has all the same features/functionality of a standard gmail account (2GB of storage, spam protection, POP mail, email forwarding, calendar, customized start page, etc).

To sign up for your khalsa.com email account go to: <http://partnerpage.google.com/khalsa.com>

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education, you also want piece of mind that your college savings plan will be there for the long haul. Fortunately, the Pension Protection Act makes permanent a number of changes to the rules governing Section 529 college savings plans made by the Economic Growth and Tax Relief Reconciliation Act of 2001, including the provision that distributions from 529 plans used for qualified higher education expenses are excluded from gross income.

With respect to 529 plans, investors should consider the investment objectives, risks, charges and expenses associated with 529 plans carefully before investing. More information about 529 plans is available in the issuer's official statement, which should be read carefully before investing.

Siri Atma S. Khalsa, CFP® is a financial advisor with Waddell & Reed, Inc. in Santa Fe, NM. He welcomes your questions or comments and can be reached at (505) 986-0125 ext. 107 or skhalsa@wradvisors.com.



January Missal Duties				
Date	Set-up	Langar	Clean-up	Akhand Path
1/1-1/7	1	2	3	4
1/8-1/14	2	3	4	1
1/15-1/21	3	4	1	2
1/22-1/28	4	1	2	3
1/29-2/4	1	2	3	4

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Security would match the donations, dollar for dollar. We raised \$1,348 from our personnel here and we matched that - giving the Crisis Center a check for \$2,696. We delivered the check and a full truckload of "stuff" to their administrative offices last Friday, December 15th. They were just thrilled to receive everything, surprised at how much we collected and so happy about the money as well - they very rarely get any one donation for that much. We had a great time meeting the staff and talking to them. These women do an incredible job, serving the Espanola community. It was so uplifting for our office to be part of this. We are thinking about doing a similar drive in the spring as well.

Going Green

Easy Ways to Go Green

By Leslie Billera from **Good Housekeeping** (submitted by Sat Kartar Kaur)

At the Supermarket

Be picky about produce —Download the "Shoppers Guide to Pesticides in Produce" at ewg.org. The wallet-size list sorts out the fruits and veggies that tend to be higher in pesticides (like apples and spinach) from produce with a lower count (like bananas and peas).

Choose "certified" coffee —Yuban coffee is Rainforest Alliance Certified (that means it's grown in a way that preserves the ecosystem). A Fair Trade Certified brand is Green Mountain Coffee Roasters. (Both brands are available at many markets.) For more on these certification labels, see the chart.

Support local farms —At eatwellguide.org, you can plug in your zip code and find suppliers of organic and sustainably produced vegetables and more. If you buy locally, you won't have to rely on farms that ship food nationwide, which helps to decrease our dependence on oil and to cut back on gas emissions.

Tote your own grocery bag —Paper or plastic? Neither! If you're shopping for a small load, bring along a cute sack like the polka-dot tote from Cath Kidston (cathkidston.com). Another practical option: the ACME Workhorse Style 1500 (reusablebags.com), which crunches into a tiny pouch that fits in your purse.

Pay attention to packaging —Every American produces about four and a half pounds of garbage a day. So before you buy something, eyeball the amount of cardboard, plastic, and/

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or other materials used for the box or wrapping. Wal-Mart is one big retailer that is waking up to the problem: The chain is replacing petroleum-based plastic containers with corn-based packaging for pre-cut fruit, herbs, strawberries, and Brussels sprouts.

Around the house

Save money in the bathroom —Buy water-efficient showerheads. With low-flow models, a family of four can cut water usage by as much as 280 gallons a month-and yet not feel much difference in water pressure. Two we like: Kohler's Master Shower Eco (kohler.com) and Niagara Conservation's Earth Massage (niagaraconservation.com).

Bring home superhero plants —Certain greens can help remove indoor air pollutants like formaldehyde and benzene. Don't have the gardening gene? Golden pothos, English ivy, and peace lilies are all easy-to-grow toxin fighters.

Recycle rechargeables —Cell phones, digital cameras, and camcorders have made these batteries more popular than ever, but in certain states-Florida, Iowa, Maine, Maryland, Minnesota, New Jersey, and Vermont-it's illegal to throw them away. Wherever you live, you can find a nearby store that will recycle them for you; just go to rbrc.org and type in your zip code.

Adjust fridge and freezer temps —Refrigerators eat up the most electricity in the household. Maximize efficiency by keeping the fridge at 37°F. and the freezer at 0°F.

Lighten up with energy savings —Consider using compact fluorescent lightbulbs (CFLs). They cost a bit more than regular bulbs, but you'll lower your electric bill and pay less in the long run-CFLs last up to ten times longer than traditional ones. (Worried that fluorescents will fill your house with a greenish glow? That's no longer a problem. When we compared a regular bulb with a GE Energy Star Qualified CFL, testers couldn't tell the difference.) You can buy CFLs at most hardware and home stores. To save more on lighting, install dimmer switches and use timers, indoors and out.

Recycle smart—From furniture to electronics, one person's trash is another's treasure-so when you want to dispose of an old item, don't make the dump your first stop. Two sites with alternatives: freecycle.org and earth911.org. The Freecycle Network describes itself as "a place to give or receive what you have and don't need or what you need and don't have-(to keep) stuff out of landfills." The Earth 911 Web site offers community-specific resources, with a focus on recycling. Check out the home page to find out where you can recycle your computer, your cell phone-even used motor oil.

Entertaining

Protect the earth while you picnic —At your next outdoor party, ask people to write their names on disposable cups so they'll use only one (to make it easy, put out markers). If you

use disposable dinnerware, buy the kind that won't clog landfills or kill trees. To try: EarthShell plates and bowls (www.earthshell.com). They're made from corn, potatoes, and limestone-and cost less than 6 cents per plate.

Remodeling

Take paint precautions

Most paint emits VOCs (volatile organic compounds), the same kind of chemicals found in gasoline and nail polish. But manufacturers like Sherwin-Williams have developed water-based products that perform well but give off virtually no VOCs. Krylon's H20 paint is the first low-VOC latex spray paint that can be cleaned up with soap and water. Made from 99 percent food-grade ingredients, Anna Sova's Healthy Wall Finish (annasova.com) leaves your rooms smelling vaguely like vanilla. To be at least minimally organic, use a water-based latex paint, not an oil-based alkyd paint-and remember, exterior paints should never be used indoors.

Raise the roof with recycled materials —If your old shingles need replacing, consider a Classic Metal Roofing System (classicroof.com). It's made from recycled aluminum cans but resembles traditional shakes or tiles. Thanks to the Energy Policy Act of 2005, installing this type of material can qualify you for a \$500 tax credit.

Choose energy-efficient appliances —Look for the Energy Star label, awarded to fridges, washers, and other products that exceed government efficiency standards by using less water or electricity. For Energy Star appliances that have been tested by GHI, visit goodhousekeeping.com.

Women's personal style

Dress in eco-chic clothing

Lara Miller's Melissa tunic is 100 percent bamboo, yet it's as soft as silk. (For stores, go to laramiller.net.) Linda Loudermilk, an eco-couture designer, uses fabric made from sasawashi (a Japanese leaf), along with bamboo, soya, and other exotic self-sustaining plants (lindaloudermilk.com).

Opt for new undies

Wearing 100 percent organic-cotton panties reduces your exposure to chemical pesticides in a sensitive area. Try Blue Canoe brand (goodhumans.com).

Make up with Mother Nature

Aveda's All-Sensitive Body Formula moisturizing body oil uses organic jojoba. What's more, most of Aveda's packaging is made from recycled material.

Get sporty, eco-style

Patagonia's PCR fleece vest (\$70) is made from recycled soda bottles.

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Be clean (and green) —Pangea Organics soaps, which are made with organic and often Fair Trade Certified ingredients, are scented with oils like lavender and lemongrass. They come in a biodegradable carton that will start disintegrating within 48 hours if you plant it in your garden. Available at Whole Foods Markets.

Cooking and eating

Become a flexitarian —Swap out one meat dish a week for a veggie plate. Why? Because raising produce is "cheaper," in terms of energy, than raising animals. Log on to vegweb.com to find tasty, meatless recipes (our favorite: the lentil burgers).

Grill corn in its husk —Instead of stripping off the green leaves, soak the ear whole, then place it right on the barbecue-no aluminum foil required.

Go for the gold- coffee filters, that is —Spare trees by replacing paper filters in your coffeemaker with reusables (usually gold colored).

Get the organic habit —Switch to organic for at least one product that you buy every week.

Put it in park —Avoid drive-through windows, especially if there are long lines.

Compost —Instead of trashing food scraps, toss them into Gardener's Supply Company Kitchen Compost Crock, a ceramic countertop composter that's perfect for first-timers (gardeners.com).

Break out the bamboo —This plant is a far more sustainable natural resource than wood because it grows very quickly. Try the stylish bamboo bowls and cutting boards from TimberGrass (lamsonsharp.com).

Home office

Buy a laptop —It uses considerably less power than a desktop computer.

Get off junk mail lists —Register with the Direct Marketing Association's Mail Preference Service (dmaconsumers.org) and you'll see a significant reduction in mail after three months.

Double up on printing —Configure your printer so that it prints on both sides of the page. You know those extra pages you get when printing out one simple e-mail? Turn them over and put them back in the printer for reuse.

Invest the green way —Environmentally conscious mutual funds are increasingly available through 401(k) plans, especially if employees express interest. To learn more, log on to socialinvest.org; then talk to your benefits administrator.

For kids

Buy organic for baby —Hanna Andersson makes her children's clothing-including the romper at left-with 100 percent organic cotton grown without harmful chemicals (hannaandersson.com). This garment is also certified to meet the Oeko-Tex Standard 100 requirements, meaning every fabric, button, thread, and zipper is tested for over 100 potentially harmful substances. Another source for organic-cotton baby clothes is Wal-Mart's new George Baby line for sizes up to nine months.

Teach kids to be green —Give your little ones responsibility for your family's recycling and match whatever they make in deposits at the store. They'll learn about money and recycling at the same time.

In your yard

Mow-ercise! —Today's non-gasoline-powered reel lawn mowers are easier to push than the old models. Their eco-benefit: zero emissions (plus, you're getting great exercise). If you prefer a power mower, consider a quiet, battery-operated model from Black & Decker.

Warm up to solar energy —You may not be ready for a totally sun-powered home, but you can get a taste of the technology by using solar-powered lighting in your yard or on your patio. We like Malibu's Solar Floodlight (intermatic.com).

Go native —Plant flowers and shrubs that are well suited to your climate (the staff at your local nursery can help). The benefit: You'll use less fertilizer and pesticides.

Five eco labels you can really trust:

- **USDA Organic** —Seen on: Food products What it means: Food is produced without antibiotics, genetic engineering, or most synthetic fertilizers and pesticides.
- **Rainforest Alliance Certified** —Seen on coffee, chocolate, bananas What it means: Companies harvesting the food practice soil and water conservation; they also reduce the use of pesticides.
- **Fair Trade Certified** —Seen on coffee, tea, chocolate, fruit, rice, sugar What it means: Food is grown on small farms; farmers receive a fair price.
- **Certified Humane** —Seen on eggs, meat What it means: Animals raised for dairy, meat, and poultry products are treated humanely. Growth hormones are prohibited, and animals are raised on a diet without antibiotics.
- **Green Seal** —Seen on napkins, toilet paper, paper towels What it means: they must meet recycling and bleaching standards.

Washing the Marble Floors

Lecture by the Siri Singh Sahib Ji
February 8, 1987

"I feel the love of Guru Ram Das. I feel that oneness and I want you to understand that. Rest is all hypocrisy. It doesn't mean a thing. So you have to understand that, too. So whenever you will touch the floor of Guru Ram Das, which I have wiped for four and a half years, you should practically feel me. I am vouching this, sitting in Guru Ram Das Ashram. I'll physically touch you. I shall not be in body. I don't believe in this human body. This human body is for realization. That's not so difficult. But, the reality is reality. Whosoever will touch the floor of Guru Ram Das, I shall feel him physically. And it shall never be wrong, till the earth rotates, sun rises, and moon shines. So don't feel unprepared. And don't hang onto this physical body. This physical body has done its job. It has served its purpose. It doesn't exist anymore. Now it is existing to settle that fight. Now it is a point of my own neurotic love for Guru Ram Das and God's love for me. God may win or I may win. I will let you know when I go on the other side.

But the point is very clear. I am going to win, because you shall live in the love of Guru Ram Das. You have adopted Him. So long one Sikh will keep adopting Guru Ram Das as his Guru, I shall live. I have learned the art through yoga to multiply myself. And that's what it is. So my relationship with you can be exactly as it is, whatever it is, bad and good. I am not classifying it and qualifying it. I am not putting any condition. I am just telling you, my relationship with you, in your head, in your heart, in your body, in your mind, in your soul. But whenever you want to feel it, touch the very stone of House of Guru Ram Das and you'll feel my touch. And that's what you all have to prepare for. This extension to me is not this extension for my purposes. It is extension that we may prepare ourself.

You know, when we go to a congregation, we sit and enjoy a meal and then we hug each other and say, "Wahe Guru Ji Ka Khalsa, Wahe Guru Ji Ki Fateh." Now it is a time that we should prepare ourself to say to each other, "Wahe Guru Ji Ka Khalsa, Wahe Guru Ji Ki Fateh." I go home and fight my own battle. And you stay here and you'll fight your battle. But fight it in the Name of the Guru. You shall reach a state of exaltedness, which yogis, swamis, saints, sages, bhagatas, avatars, they worship and dedicate themselves and meditate and do the whole thing exactly correct and takes thousands and thousands and many, many lifetimes to even experience it. You shall experience by the touch of Guru Ram Das. These floors have more power than anything in the world. And that experience I want to share with you."

Food for Health

Butternut Squash Soup

Recipe from *Cooking Live* (now *Sara's Secrets on Food Network*). Sara Moulton, is the executive chef of *Gourmet* magazine)



1 medium butternut squash (about 2 1/4 pounds) me-
vegetable oil

1 medium onion, chopped (about 1 cup)
1 tablespoon freshly grated ginger
3 tablespoons unsalted butter or ghee
3 cups vegetable broth
1-2 cups water -- as needed
Salt and pepper to taste
Sour cream or yogurt for garnish

Cut squash in half lengthwise, and scoop out the seeds. Arrange the halves cut side down in a oiled baking dish. Bake squash in the oven for 40-45 minutes or until very tender. Set aside to cool.

When the squash is completely cool, scoop the flesh from the skin. While the squash is baking, cook the onion and the ginger in the butter in a saucepan, over moderately low heat, for 5 minutes or until the onion is softened. Add the broth and simmer the mixture for 10 minutes, covered. Add the squash pulp to the saucepan.

Transfer the mixture to a blender or food processor, in batches, and puree until smooth. Add enough water to achieve the desired consistency, and salt and pepper to taste. Return the soup to the saucepan and cook over moderate heat until it is hot.

Garnish each portion with a heaping teaspoon of sour cream or yogurt.