

Hacienda de Guru Ram Das Newsletter

VOLUME 17 ISSUE 6

JUNE 2008



2008 3HO Health Fair participants

Happy Summer Solstice!

- *Kosmic Life*—Pg. 2
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Ashram News

2008 Summer Events in New Mexico

June 19—June 28
Summer Solstice Sadhana at Ram Das Puri

June 20
Miri Piri Academy Graduation Ceremony,
Langar Hall

June 21
Peace Prayer Day at Ram Das Puri

June 28
Sat Nam Rasayan class with Guru Dev
Singh—Langar Hall

June 29
Gurdwara and Wedding—HGRD Gurdwara

June 29—July 14
KRI Teacher's Training Course, Level II

July 29—August 31
KRI Teacher's Training Course, Level I

August 23
Siri Singh Sahib Ji Memorial Birthday
Celebration—HGRD

For more details go to:
<http://www.3ho.org>



Cherdi Kala Jetha

Prayer
Siri Singh
Sahib
Yogiji, 1987

*Beloved
God, help
us to walk
on the path
of Truth.
Give us the
power to
live in trust.
Guide our
way to
light.
Take us
away from
darkness.*

*Give us the chance to propose and project
the power of peace.*

*Peace within, peace without,
Peace in our neighborhood, peace in our
country.*

*Peace in our 'panth' and projects and think-
ing.*

*The strongest are the most peaceful,
The shallow are the most quarrelsome.*

*Give us the strength to walk in peace.
Save us from the tragedy and collapse of the
planet.*

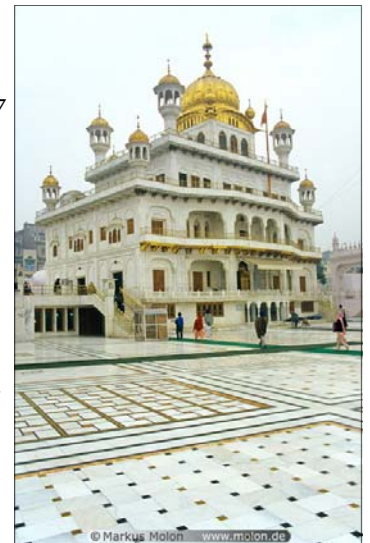
*Save us from the holocaust of the age of the
superpowers.*

*Give us consciousness, clarity of mind, and
the virtues of Truth and trust.*

*Bless us. Bless our children and bless the
family of mankind.*

*Bless all those who have come here in virtue.
Grant them health, wealth, and prosperity so
they can grow in Thy confidence.*

*(Photo of the Akal Takhat courtesy of
Markus Molon)*



© Markus Molon www.molon.co

June Ashram Events	
June 11-13th	Akhand Path at Ashram Gurdwara
June 18-20 June 25-27	Akhand Paths will be at Ram Das Puri (during Solstice)
Summer Events	See Front Page
June 29	Gurdwara Services—Ashram Gurdwara
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.

Kosmic Life—Conscious Living Website

<http://kosmicamusic.com/wp/category/frontpage/>

Kosmic Life is an information and entertainment destination for all those interested in conscious living. Kosmic Life offers a spectrum of ideas, from yoga postures to healthy eating...from green home furnishings to reviews of spiritual music. Special features include our popular monthly astrology forecasts, written by expert astrologer and avant-garde writer Robert Phoenix; our informative Ashram Guide, with listings of spiritual centers that can be visited throughout North America; and our Ayurveda Health Treatments, listing dozens of ailments and the most important ayurvedic treatments for them.

Kosmic Life is part of the Kosmic Network, a group of sites in the conscious lifestyle market that have joined together to increase their marketability to high-profile advertisers. Kosmic Life represents the “sweet spot” in the Kosmic Network’s demographic target, with content directed to the conscious consumer. It acts as a kind of hub or center point from which we profile and promote the Kosmic Network members.

Editor:

We were contacted last month by Valerie Brooks of Kosmic Life, to give her information about Hacienda de Guru Ram Das for the ashram section on their website. Although she made a few errors in the information (I have sent her an email to correct them) the article is very good. Check out what they wrote:

<http://kosmicamusic.com/wp/2008/05/24/hacienda-de-guru-ram-das-healthy-happy-holy-in-new-mexico/#more-489>



Hari Bhanjan Kaur playing guitar in the Sombrillo hills

Computer Corner

By Guruka Singh

Have you ever sent an email attachment like a large photo or PowerPoint presentation to someone only to have it bounce back to you because it has been rejected by the recipient's email system for being too big?

Toldacuccot is a file sending site where you can freely send big sized files. You can use this free service to send big files without overloading any mailbox quotas.

Instead of attaching large files to an email, you upload them to their server. After the upload process is completed, the system marks the files with a unique identifier, and sends an e-mail to the recipient(s) with a download link. This link shows the download location of the files. Getting files is very simple: the recipient only has to click on the download link in the notification e-mail they automatically receive. You can store up to 1 GB of files on their server. You can password protect the files if you like, and when your recipient downloads the files intended for them, a confirmation email can be sent to you if desired. Did I mention this is all FREE? Find the service at <http://www.toldacuccot.hu/en>

Have you ever wondered how to create your own cool screensaver that you can share with other people? Well you can make one just like the beautiful SikhNet screensaver that Gurumustuk Singh made from his Golden Temple photos <http://urltea.com/388j> and you can do it for free. **Instasaver** creates your own Screensaver online at <http://www.instasaver.com> by uploading your favorite pictures or getting photos from Flickr, then adding over 150 transition effects.

Sometimes people ask me how they can edit an Adobe Acrobat file. Well, it's kind of difficult to do that, but here's an easy workaround. The free **PDF to Word Doc converter** extracts text, images, and shapes from PDF files and converts them to a Microsoft Word document file, preserving the layout. It works even when you don't have Adobe Acrobat Reader or Microsoft Word installed. Download it free at <http://www.hellopdf.com/index.php>

When you copy text or pictures to the Windows clipboard (you know...copy and paste?) you can only have one thing at a time on the clipboard. Each new thing copied to the clipboard overwrites the previous item. Inside Microsoft Office, there's a multi-item clipboard feature, but it doesn't work outside of Office Applications. **Ditto** is a free extension to the standard windows clipboard. It saves each item placed on the clipboard and allows you access to any of those items at a later time. Ditto allows you to save any type of information that can be put on the clipboard, text, images, html, custom

formats, etc. Download it free at <http://ditto-cp.sourceforge.net/>

My Brochure Maker at <http://www.mybrochuremaker.com/> lets you easily create brochures and flyers using online templates, customize them with a theme, photos, and text of your liking, and then print them, all in minutes.

Speaking of online tools, outfitting your computer with the latest software can be expensive. Time and money aren't things to be wasted. With sky-rocketing prices for desktop applications like Microsoft Office and Adobe Photoshop or Acrobat Professional, you need to have some good, free alternatives.

Fortunately, there is a great alternative that's not even on your own computer. As long as you have Internet access, you can use some very powerful software for free. It may be hard to believe, but just by surfing around online, you can access most of the desktop application functionalities you need without shelling out a cent.

To prove it, there's a list of **25 online alternatives** for the most popular desktop applications that you use, want and sometimes really need to have at <http://urltea.com/388f> The author reports all of these as being "just as good" as their costly cousins and all of them are free.

The next *Really Cool Thing* is here. Many of us have used Skype to make free, or nearly free, phone calls. Well, now you don't need a headset or a speakerphone to do it. You can use any telephone you already have and turn it into a VOIP (Internet) phone instantly. Check it out at: <http://www.magicjack.com> **MagicJack** is a tiny box that makes ANY old telephone into an Internet phone. That's right. Just plug the little box into a USB port on your computer or DSL modem and plug in any telephone, even a cordless phone. You can make International calls at inexpensive rates similar to Skype, and you can talk for as long as you want for free anywhere in the USA or Canada. MagicJack costs \$40 for the first year and \$20/year thereafter. That's right, per YEAR - and that includes the MagicJack hardware box, as well as free Caller ID, free call waiting, free voicemail and free 411 directory information service.

Lastly, by now you've surely heard that Microsoft has released its **Service Pack 3 for Windows XP**. And you may have also heard the flurry of problems associated with upgrading to SP3 on many folks' computer. It's the same flurry that accompanied SP2, and it's the same flurry that is making the rounds with Vista as well. It happens every time there is a release of new patches. By now, we all should know that our computers are not of one common mind. They'll behave differently because we have different software already installed, as well as different drivers, system files and applications.

Common complaints with the SP3 upgrade is that systems fail

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3HO Healing Fair—May 2008



Gurumeet Kaur gave her special Numerology readings



Arjan receiving an intuitive reading from Siri Gian Kaur



Hari Har Kaur assisting with the registration booth

Ads & Tidbits

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

Gurdwara Month	Date	Lecture topic	Lecture date
May	4	Jaap	10/31/89
	11	Breath of Life	9/16/90
	18	Reality of You	9/2/90
	25	Longing for Success	9/6/90

Congratulations to Graduates in 2008

Guru Darshan Kaur Khalsa - Psychology - College of Santa Fe

Hari Simran Kaur Khalsa - International Business - College of Santa Fe

Saraswati Kaur Khalsa - Public Health - George Washington University

Sat Darshan Kaur Khalsa - Psychology & Family Studies - University of New Mexico

Simrit Kaur Khalsa - Environmental Science - University of Arizona

Padmani Kaur Khalsa - Business - Northeastern University

We have missed him dearly, but **Dr. Balkar Singh will be back in Espanola for a few weeks in June.** Please join us for a Saturday morning class on the Siri Guru Granth Sahib - celebrating 300 years of the Shabad Guru - on **Saturday, June 14th** from 10 am to noon. The course will be at Ek Ong Kaar Kaur's home. We will serve a light lunch afterwards. The class will be by donation. If you are planning to attend, please contact Ek Ong Kaar Kaur at ekongkaar@sikhdharm.org or at (505) 852-2990. An RSVP is requested so we can know how much food to prepare. Thanks and blessings!

Reconnective Healing—Reconnective Healing tends to be a life-changing experience. Now, for the first time, you may access a new, more comprehensive spectrum of healing than has been attainable at any point prior to now, one that not only includes yet expands beyond any and all known forms of “energy” healing. The Reconnective Healing spectrum is comprised of the full healing and evolutionary continuum of energy, light and information, and allows for healings that are not just physical, not just mental, not just emotional...yet instead goes beyond that to bring you healing that includes the evolution of your very Being and Essence. To learn more, visit our

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website to read about healing experiences and explore the amazing story of the Reconnection at: <http://www.thereconnection.com> To make an appointment contact, Rama Kaur, 505-747-6742 or email ramakaur@yahoo.com

Anyone interested in playing a new game? Please consider **Ultimate** a running game that incorporates throwing a Frisbee on a big grassy field. All you need is some shoes that give a little traction. Beginners welcome. We play Sundays at McCurdy football field (where the track is) at 4pm and Wednesdays at 6pm at the **Pojoaque Wellness Center** (the field is up above the upper parking lot, although you can't see it until you go up the stairs) We would like to start a league either this summer or fall. Please tell any athletes or young people home from school. Come have some fun and run around. Any questions please call Dr. Kartar, 747-3739 or email: kartar@thecleanse.com

Not really a facial and **not** just for women, **Facial Rejuvenation with Bir Kaur** includes reflexology, nerve center stimulation and massage to the face, head, neck and shoulders. One enters a deep state of relaxation uniting body and spirit – renewing physical vitality and inner beauty. Facial muscles - which hold and show emotions, tension and travail - release and allow lightness and joy back into the face and being. My wrist is healed and I am accepting clients for **Facial Rejuvenation** treatments of 30, 60 or 90 minutes. Please call Bir Kaur at **753-8077** to schedule, or you can email me at: birkhalsa@newmexico.com

Human-Computer Conflict Resolution

Tired of your PC not doing what you want? Is it too slow or too old? Does it need more power? Printer stopped working? Is your internet connection incredibly slow? Do you want to understand? Make your list and call **Siri Brahma at PCEverything**, 505-795-2835 for an appointment. Residential visits only. Reasonable rates.



Going Green

Habitat for Humanity and Restore—Espanola

By Guru Meher Kaur, Jr.

After having driven by the **Habitat Restore** sign in Arroyo Seco more times than I can remember, I decided it was time I looked into what type of place this was. I called them up and spoke with an extremely knowledgeable lady named Christine, who took the time to give me all the details.

They are both a center for **Habitat for Humanity** and a store that sells new and used construction materials. They accept donations, including, lumber, siding, light fixtures, plumbing supplies, furniture, paint, etc. They **do not** accept appliances.

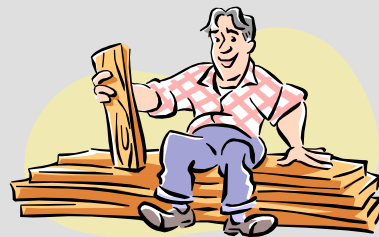
So instead of cluttering your garage with surplus building materials from a project you have completed in your home, take them to the **Restore**. They are truly appreciative of all donations.

All of the proceeds from the **Restore** go towards building new homes in Espanola each year. This year they are going to be able to build **two** new houses. All of the labor involved in building the homes is volunteer. The store is also maintained through volunteer efforts. They are an United Way agency and receive some funding through this agency.

If you would like to volunteer to help build a home or volunteer in their store, you can contact Christine or Yvonne at **747-2640** or go directly to the store in Arroyo Seco and fill out an application.

Their hours are 10:00 am—4:30 pm, Monday through Friday and 10:00 am—3:00 pm on Saturday.

To find out more, go to their website at <http://www.la-tierra.com/habitat-evla/>



(Continued from page 3)

to boot up or crash intermittently. But for every problem reported, there are also comments on the Web that SP3 installed perfectly and its features are great. Personally, I not only had troubles installing it, but after I got it installed successfully, it broke several applications I use all the time (e.g., Nero Imagedrive) and caused other problems as well.

So what Windows XP Service Pack 3 supposed to do for you? It includes every update since Microsoft released SP2 way back in 2004 (time really flies, doesn't it?). Along with all those, SP3 will give you a "black hole" router detector that detects routers that are silently discarding packets. There's a Network Access Protection feature that Microsoft took from its often-criticized Vista. It's intended to validate a computer's health to make certain it has no bugs and viruses before accessing a network. This sort of reminds me of that TV commercial "there ain't no bugs on me." There's a feature, also borrowed from Vista, that eliminates entering product keys during setups of numerous operating systems within a corporate IT environment. And, there's another feature that will mean you cannot return to Internet Explorer 6 once you've installed SP2 with IE7.

If you have a pretty "vanilla" XP computer without a lot of applications on it, you probably won't have problems with SP3. But if you are like me and use a lot of specialized applications, either be SURE you have a good backup or hold off on installing SP3. Personally, I do not plan to install it again on my XP computer at home. Once was enough. Now I'm safely back to SP2 and happy as a clam. If you want to take the plunge and install SP3, you can get it through Microsoft's Windows Update Service or from the Download Center on Microsoft's Web site.

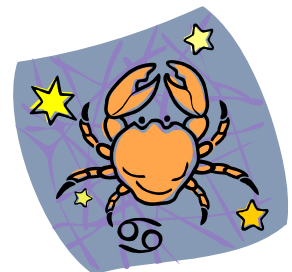
Do let me know if this column is useful to you and also do keep sending me your suggestions for column topics, along with your own tips or cool downloads, so I can share them with the Sangat here. Just email them to me at: guruka@sikhnet.com Thanks!

June Missal Duties

Date	Set-up	Langar	Clean-up	Akhand Path
6/2-6/8	3	4	1	2
6/9-6/15	4	1	2	3
6/16-6/22	1	2	3	4
6/23-6/29	2	3	4	1
6/30-7/1	3	4	1	2

June Birthdays

- 3rd Gurubani Kaur
Siri Krishna Kaur (daughter of Balwant S & Satya K)
Ishvara Kaur (daughter of Parmatma S.)
- 4th Dr. Arjan Kaur
- 5th Amrit Kaur (daughter of Sat Want S & Manjit K)
- 6th Guru Darshan Kaur (daughter of Pritpal S & K)
- 8th Ranjit Kaur
- 10th Pritpal Singh
- 11th Mahan Kirn Kaur
Hari Hari Kaur
- 12th Bir Kaur
Prabhu Singh
Hari Singh
- 14th Sat Bachan Kaur (Albq)
Sat Gurmukh Singh (Albq)
- 15th Mehtab Singh
- 16th Ravi Har Singh
Guru Bachan Singh (Espanola)
- 17th Mata GuruMeher Kaur
- 18th Kirn Kaur
Guru Mittar Singh
Sat Mohine Kaur
Raj Inder Kaur (Espanola)
- 19th Shakti Parwha Kaur
Sat Kartar Kaur (daughter of Sukhwinder S & Siri Guru Dev K)
- 21st Hari Kaur (Albq)
- 22nd Siri Guru Dev Kaur
- 23rd Kartar Singh (Gurubani K)
- 25th Noor Singh
- 26th Gurumeet Kaur
Hari Prem Singh
- 27th Parmatma Singh
Charnjit Kaur (daughter of Arjan K. & Gurumustuk S.)
- 28th Suraj Kaur (daughter of Sat Shabad K. & Sahaj S.)
- 29th Guru Sant Singh
- 30th Sahaj Singh
Japa Kaur
Amritjot Singh



Food for Health

Summer is salad time and so I thought it appropriate to print some good salad dressings. These are variations of some Martha Stewart recipes. I must admit, her *Living* magazine tends to have some great recipes. So, harvest some salad greens and herbs and put together a great healthy salad with a tasty dressing for your next meal.

Eggless Caesar Dressing

4 small garlic cloves
 1/2 tsp. coarse sea salt
 1 Tb. plus 1 tsp. finely grated lemon zest, plus 1/3 cup fresh lemon juice (2 to 3 lemons total)
 2 Tb. drained capers, rinsed (opt.)
 1 1/2 tsp. dried mustard
 1/2 tsp. freshly ground pepper
 1 cup extra-virgin olive oil
 1/2 cup finely grated Parmesan cheese

Mash garlic and salt using large mortar and pestle. Add lemon zest, capers, mustard and pepper; mash to form a paste. Stir in lemon juice. Add oil in a slow steady stream, working pestle until emulsified; work in cheese. (Or puree all ingredients except oil and cheese in a blender until emulsified. Transfer to a bowl; stir in cheese.) Dressing can be refrigerated in an airtight container up to 3 days. Serve at room temperature. *Makes 1 1/2 cups*

Cucumber Ranch Dressing

1 medium cucumber, peeled, halved lengthwise, seeded, and grated on the large holes of a box grater
 1 Tb. finely chopped shallot
 3/4 c. sour cream
 1/4 c. buttermilk or thin yogurt
 1/4 c. eggless mayonnaise
 3 1/2 Tb. fresh lemon juice (about 1 lemon)
 1 1/4 tsp. sea salt
 Pinch of cayenne pepper
 3 Tb. finely chopped fresh parsley
 3 Tb. finely chopped fresh chives

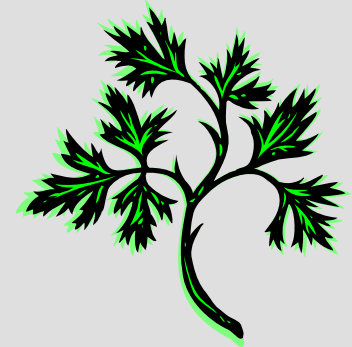
Stir together cucumber, shallot, sour cream, buttermilk, mayonnaise, lemon juice, salt cayenne, parsley, and chives in a medium bowl. Season with additional salt and cayenne, if desired, Dressing can be refrigerated in an airtight container for up to 3 days. *Makes 2 1/2 cups*

Fresh Italian Dressing

2 small garlic cloves, pressed through a garlic press
 2 tsp. dried mustard
 Coarse salt and freshly ground pepper
 1/2 tsp. crushed red pepper flakes
 1/4 cup plus 2 Tb. Red wine vinegar
 1/2 cup extra-virgin olive oil
 1/2 cup cold pressed vegetable oil
 1/4 cup finely chopped fresh basil
 2 tsp. finely chopped fresh marjoram
 1 tsp. finely chopped fresh oregano

Whisk garlic, mustard, 1 1/2 tsp. salt , 1/2 tsp pepper, red pepper flakes, and vinegar in a medium bowl. Whisk together oils, add to vinegar mixture in a slow, steady stream, whisking until emulsified. Whisk in herbs; seasoning with salt and pepper. Refrigerate In an airtight container up to 1 week. *Makes 1 1/2 cups*

(The trick to achieving a good emulsification—suspending the oil in water-based ingredient such as vinegar—is to add the oil toward the end and whisk it in a little bit at a time.)



May God take away from you the interrogation of self criticism and self denial, and may you live well in His name, with His grace, for His sake.

-Siri Singh Sahib Ji

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