

Hacienda de Guru Ram Das Newsletter

VOLUME 17 ISSUE 11

NOVEMBER 2008



Auntie Dharma Kaur with baby,
Dharam Inder Singh

- **Guru Gaddee Day Pics—p 6**
- **Black Bean soup—p 4**

NOTE: The Ashram phone number has changed to 505-753-6341

Table of Contents

Guru Nanak on Music	1
Ashram Calendar	2
Computer Corner	3
Missal Duties	4
Ads & Tidbits	4
Going Green	5
Food for Health	5
Sangat Birthdays	6

Ashram News

White Tantric Yoga Course Saturday, November 22

This is a course to expand your spiritual awareness, increase your intuition and self-healing. The day will take you through a series of experiences just challenging enough to touch your own excellence! Doors open 8:00 am until approximately 6:00 pm.

Singles Pre-registered \$150
\$160 at the door

Married couples - \$285
\$305 at the door

Full time students w/ID and Seniors over 65
- \$95

Vegetarian lunch included

Pre-register and sign release forms at the Ashram office week days 9 to 5
Or you may now register and pay through PayPal or credit card on Line at:

www.sikhdharmanewmexico.org or by going to our website <http://espanolaashram.com/>

No credit card payments available at the door. You can register and pay by check or cash through the Ashram office

Please make your checks payable to:
Sikh Dharma New Mexico.

Mail to:
Sikh Dharma New Mexico
01-A Ram Das Guru Place
Española, NM 87532



Birth of Guru Nanak Dev Ji November 13th

Sunday Gurdwara in honor of Guru Nanak will be held on **November 16th.** Other special events to be announced.

GURU NANAK ON MUSIC

A Spiritual Dialogue, by Pritam Singh Gill, M.A.; *Heritage of Sikh Culture*; Julundur; 1975

One of the many accomplishments of Guru Nanak Dev Ji was to elevate the importance of music in North Indian society and to restore its spirituality. Naturally, he encountered resistance from proponents of Islam, who preached that music catered to man's lower nature. The following is a recorded dialogue between Guru Nanak and Pir Dastgir, a Muslim, which is supposed to have taken place in Baghdad.

Pir: Music makes a man's mind mercurial and wayward. It diverts man's mind towards vice. The wicked and luxurious people are being ruined by it.

Guruji: Music does not make a man mercurial; rather it helps a man in concentration.

(Continued on page 4)

November Ashram Events	
November 13	Birth of Guru Nanak Dev Ji
November 16	Gurdwara in honor of Guru Nanak
November 22	White Tantric Yoga in Espanola
November 27	Thanksgiving Gurdwara and Dinner
Ongoing Events	
6th of the month	Gurdwara commemorating the martyrdom of the Akal Takhat. This is traditionally a “Wish-and-a-Dish” langar .
Sundays 6:30 am	Ishnaan Seva, washing the marble floors in the Gurdwara. All are welcome to participate in this uplifting event.
Wednesday, 6:00 pm	Sat Nam Rasayan classes are held Wednesday evenings from 6:00 to 7:30 pm at Terath Nivas, the home of Guru Terath Singh and Jivan Joti Kaur. Call 505-753-6241 for more information
Every Thursday, 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, 4:00 pm	Return of the Children’s Program every Thursday: This program is held in the Langar Hall at 4:00pm each Thursday. There are activities for the children followed by a simple meal prepared by the parents. Guru Simran Kaur from the Ranch coordinates the program.
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 Jivan Joti Kaur.

Guru Nanak Dev Ji Prakash Utsav (birthday)

On November the 13th we will celebrate the birth of Guru Nanak. Guru Nanak is our first Guru and he started Sikh Dharma. Dharma meaning lifestyle, Sikh Dharma meaning the lifestyle of the Sikh.

Leading up to this special day, **every night at 6:00 pm**, I will be leading a special meditation at the Siri Singh Sahib’s ranch Gurdwara. Anyone who would like to join me is very much welcome, starting on Wednesday, November the 5th.

Japji, Guru Nanak’s first writing and our first prayer, exist of 38 pauries; plus the mulh mantra and the slok making it a total of 40. The Siri Singh Sahib has told us of the specific power of each of these pauries.

This is the plan: Each night we will meditate for a minute on the power of a particular paurie, followed by reciting that paurie five times. We will recite a total of 5 pauries, each of them five times. It will take approximately 30 minutes to complete the recitations. This will be followed by some light refreshment. We will continue this every night for a total of 8 days.

This time of the year is always our time to celebrate all the Gurpurbs and meditate together in a cozy family way as we are going into the winter season. Especially at this time with all that is going on in the world, this coming together and meditating seems a good thing to do.

Hope to see you all here at the Darbar-E-Khalsa, Guru Simran Kaur Khalsa

Thanksgiving in Espanola

Thursday, November 27th, is Thanksgiving Holiday time. Gurubachan Singh and Kaur have graciously invited the Sangat to enjoy Thanksgiving Day feast at their home in la Mesilla.



For the past 4 or 5 years they have happily hosted this event much to the pleasure of us all.

Dinner will be served at 1:00 pm and a fun talent show is in the works! People will be contacted about what to bring, etc.

Outside heaters will be set up and also tarps for any chilly breezes. If the weather should turn really cold and miserable, we will change plans to have dinner in the Langar Hall.

Computer Corner

By Guruka Singh

Cut through the crowd of hosting alternatives

Do you ever get frustrated with your ISP's e-mail or Web hosting services? Or perhaps you want to start a new Web site for your business or hobby?

I often hear, "I need offsite hosting of e-mail and possibly Web site hosting, too. Do you have any suggestions where I can look?"

Here's a two-pronged approach that can get you a good answer in a very short time.

First, use any of the several online host-selection "wizards" to help you winnow the choices to a reasonable handful. Sites such as www.hostsearch.com and www.findmyhosting.com let you select from a host of hosting options and then suggest the services that meet those criteria.

You can help ensure you get good results by thinking about not only what you need from a hosting service right now, but also what you might want and need in the future. It certainly isn't fatal if you choose a host that turns out to be a dud (domains and sites can be moved to a different host later) but the closer you get to the optimum with your first choice, the better.

For example, might you one day want to create online catalogs or e-stores, enable shopping carts, take credit-card orders, and perform other e-commerce operations? Might your site one day grow quite large or generate a lot of traffic? Will your site be essential to the success of your business or avocation?

Thinking about future-oriented issues such as these can help ensure that you don't get locked into a Web host or service plan that you'll quickly outgrow.

Be sure to try more than one online hosting selection tool. You can't really know how impartial or thorough these tools are, so it makes sense to use several of them to determine where their suggestions overlap. That overlap is likely to be the sweet spot where your odds of hosting success are best.

Once you've gleaned the suggestions of several host-selection wizards, it's time to work the problem from the other end: find a site that's similar to what you're looking for, and then figure out which company is hosting it.

Your target could be a business site, even a competitor's, if you're looking for a business host, or if you're planning a personal site, one you like that's run by a friend or acquaintance. Once you've found a site that has the features and "feel"

you'd like to imitate, call or e-mail the site's webmaster or other contact person and simply ask where their site is hosted — this information is rarely a secret.

If asking isn't an option, you can search the site's public records. For the latter, you can use any of the free **whois** domain-name lookup tools, such as those at www.whois.net or www.networksolutions.com. These tools aren't likely to tell you the site's hosting location automatically, but they can certainly point you in a useful direction.

For example, let's say you make widgets and your main competitor is Widget.com (yes, there really is such a company). Any good **whois** tool, such as the ones mentioned above, will show you that Widget.com uses UKfast.net for its domain registration. If you then click to UKfast.net, you'll see that the company also offers Web-hosting services.

It's very common for a site's domain host to be its Web host as well, so if you want your site to be something like Widget.com's, UKfast.net might be a very good place to start your host search.

If you don't want a U.K.-based host, you could see what options and services UKfast.net offers. Then use one of the wizards mentioned above — or other online selection tools — to find a host with similar offerings in a location you prefer. (Please note that the companies I refer to here are almost-random examples and are not meant to promote any particular site or host.)

The whole host-search process — from launching a **whois** query to finding which services are offered by the site's domain registrar and/or hosting company — takes only a minute or two and works for just about any site on the planet.

Remember that hosting service costs vary with the level of customer support and server administration support that the hosting service offers. Better customer service and tech support often costs more.

So, either by working through the hosting options via a wizard or online selection tool or by using a **whois** service to learn where sites you admire are hosted, you can narrow your options to hosts that are likely to meet your needs now and in the future. Good luck in your search!

PDF HAMMER <http://www.pdfhammer.com/> lets you edit PDF files online with no installation. Upload PDF files from your Web browser, perform your edits, and then download back to your computer. The visual editor lets you see the pages of the PDFs as you edit them.

FREE GAMES

I remember that old adage about "all work and no play" making us dull boys (and girls) and if that's true, the collection

(Continued on page 7)

(Continued from page 1)

On hearing music, the mind is softened; it melts the heart and makes it compassionate and loving. Such a pliable mind can be given any desired shape. Music makes a man broadminded, produces emotion in him and inspires him to do good actions. It purifies cravings. Everybody, be he an old man, youth, child, or animal, loves music.

Pir: Has God made music?

Guruji: Yes, it is the gift of God. Man has not made it but has discovered it.

Pir: Rebeck, sitar and other musical instruments have been made by man and without them there can be no music.

Guruji: Nature is full of music. There is music in flow of water and waves of the sea; there is music in the blowing winds. Birds sing sweet notes. Sound coming out of man's throat produces music. Ears have been made to appreciate music.

Pir: Music has added to the indulgence of man. It resides in the houses of the immoral and depraved people. It has produced beggars and prostitutes.

Guruji: This is not the fault of music. It possesses immense power of changing the mental attitude of man. It produces a balance, an equipoise and harmony in man. Poisonous serpents are enchanted by it; this is the effect of the music of pure sound with no words in it. Pure and wordless music is the inner voice of man; ideas are expressed by the language but the emotions are expressed by the music. It is very difficult to understand pure music of sound. To make it intelligible, man adds language to it. Emotions expressed in music combined with ideas given in language become a potent force. Some people have degraded music by mixing bad ideas with it through language and others have elevated it by putting good ideas in it. Romantic poetry is the example of the first while scriptures are the instance of the second. Islamic Law prohibits the first music but not the second. The defect, therefore, lies in the language mixed with it and not the music. Dissociate music from the low ideas given through language; it will prove very pure and clean. If a pearl is bound in a dirty cloth, it is the cloth that is undesirable and not the pearl. Don't you praise, admire and adore God?

Pir: Yes, we do; that is the chief characteristic of our religion.

Guruji: Admiration is of three types. We can admire God by thinking about God and concentrating on His attributes. We admire God through words and speech. We sing the attributes of God and come into emotion. The third method is the best.

Pir: Can't we do without music?

Guruji: Music is inevitable; it bursts out of man like a fountain; it cannot be stopped; it is spontaneous. Everybody in the world sings. The farmer sings at the handle of the plow; the sailor at the oars; the laborer at his actions; the girl at the spinning wheel. Some sing at a low and others at a higher pitch but sing they must when they are in the mood to sing. If singing is a must, then why not sing what is good and what elevates the man and brings him closer to God. If you do not sing the praises of God, then the music will be used by people for bad purposes.

Ads & Tidbits

Ancient Healing Ways—To order Siri Singh Sahib lectures, call us at (800) 359-2940 or (505) 747-2860

For other products go to:

<http://www.a-healing.com/index.html>

Gurdwara Date	Topic	Lecture Date
October 5	Dharma within the Dharma	2/14/88
October 12	Merits & Demerits	1/3/88
October 19	Sikh Dharma	9/20/87
November 2	Marriage	3/20/87

Yogi Ji Press & Imports

We have new items such as **sparkle Turban material** and headcovers. **Other items include:** Shawls, Clothing/Women's and Men's Kurtas, Kucheras, Suits, Shirts, Jewelry, Large Wooden Combs, Karas, Kangas, Turban Material, Boy's Turbans, Head Covers, Yoga Pants, Steel Adi Shakti Pins, Books, Prayer Book Pouches, Pillow Cases, Tibetan Thangkas, Statues, Sikh Devotional Items and lots more. Contact Parmatma Singh Khalsa, 505-929-0569, nam@newmexico.com

November Missal Duties				
Date	Set-up	Langar	Clean-up	Akhand Path
10/27-11/2	4	1	2	3
11/3-11/9	1	2	3	4
11/10-11/16	2	3	4	1
11/17-11/23	3	4	1	2
11/24-11/30	4	1	2	3

Food for Health

Black Bean Soup

<http://www.azcentral.com/style/hfe/fooddex.html>

- 2 tablespoons olive oil
- 1 medium red onion finely chopped
- 1-2 jalapeños, seeded and minced
- 3 cloves of garlic, minced
- 1 tablespoon ground cumin
- 2 cups dried black beans
- 2 cups vegetable stock
- ¼ cup finely chopped cilantro
- ½ teaspoon kosher salt

Clean and rinse the beans. Cover the beans with water and soak refrigerated overnight. When ready to prepare the soup, put the beans in a stockpot and cover with cold water and cook until tender. Do not salt the beans until they are almost finished cooking.

While the beans are cooking, heat the oil in a heavy, large stockpot over medium-high heat. Add onions, jalapeños, garlic, salt and cumin. Sauté the onions until tender. Remove from the burner. When the beans are cooked, add the beans and bean stock to the sauté mix. Add vegetable stock if you want a thinner soup. Stir well to mix the flavors. Reduce the heat to medium-low, cover and simmer until the flavors blend, approximately 15 minutes. Mix in the cilantro. Season with salt and pepper. This can be served with a spoonful of plain yogurt or sour cream and tortilla chips. Brown rice also makes a good addition to the soup.



Makes 4 eight-ounce servings.

Approximate values per serving: 286 calories, 10 g fat, 1 mg cholesterol, 12 g protein, 40 g carbohydrates, 10 g fiber, 1057 mg sodium, 32 percent calories from fat.

Going Green

For your home green living tips

"Some easy, not-too-expensive things you can do to cut energy costs in your home:

- Use insulating curtains or drapes to cover windows in the winter.
- Hang shades on east, south and west windows in the summer.
- Install low-flow shower heads and low-flow toilets.
- Check and replace weather stripping every year around doors and windows.
- Insulate your water heater with a special blanket available at local hardware stores.
- Replace incandescent light bulbs with longer lasting, more energy-efficient compact fluorescent bulbs.
- Use ceiling fans to cool your home in summer; reverse the direction and the fan will also circulate warm air in winter.
- Install sink faucet aerators.
- Install a programmable thermostat.



- If you need to paint your home, look for low-VOC (volatile organic compounds) paints, or those with a Green Seal label.

Guru Gaddee Day Pictures
Hacienda de Guru Ram Das
October 26, 2008



Siri Chand Singh leads the Nagar Kirtan



Banner announcing Guru Gadde Day



Guru Simran Kaur assisting the children in presenting their ramala to the sangat.

November Birthdays

- 2nd Dr Kartar Singh
Sahib Singh (son of Sat Guru S. & Sat Mitar Kaur)
- 4th Guru Lal Singh
Siri Chand Singh
Lakhmi Chand Singh
- 5th Hari Charn Kaur
- 6th Guru Terath Singh
Navraj Singh
- 7th Siri Didar Singh
- 8th Sarb Jit Kaur
Devi Dyal Kaur
- 10th Panch Nishan Kaur
- 12th Harimander Jot Singh (Albq)
- 13th Hargobind Singh (son of Mehtab S & Amrit Kaur)
- 14th Mukhtiar Singh
Siri Kirn Kaur (Claire)
- 15th Dr. Sat Kaur
Guru Jiwan Singh
Sat Guru Singh
- 17th Hari Jot Singh
Guru Jot Singh
Sopurkh Singh
- 19th Dharam Singh (Lakshmi K.)
- 20th Gurubachan Kaur
Satya Kaur (Ram Das Puri)
- 22nd Kulbir Singh
Dr. Siri Atma Singh
- 23rd Kamaljit Kaur
- 24th Satya Kaur (Balwant Singh)
- 25th Dr. Sat Kirpal Kaur
Hari Pal Singh
Hari Dharam Kaur
Guru Darbar Singh
- 27th Niranjan Kaur (Santa Fe)
- 28th Balwant Singh
Siri Krishna Singh
Guru Sundesh Singh (son of Dr. Guruchander S. & Kirn K)
- 30th Dya Kaur (MA)



(Continued from page 3)

below is sure to sharpen us up before going back to the working world where everything must have a purpose. So take a few minutes to just enjoy yourself.

MAZE FRENZY at <http://www.mazefrenzy.com/> asks you to guide a tiny red dot through a maze while avoiding moving objects, staying on the path, and racing against the clock.

BLOONS at <http://www.kongregate.com/games/Ninjakiwi/bloons> has you use the mouse to aim and throw darts at the balloons, popping as many as possible with each dart. Special balloons have special effects when popped. Have fun discovering what each does. See if you can pass all 50 levels.

LUMINARA at <http://www.jmtb02.com/flash/luminara.htm> is reminiscent of the old asteroid games, a lot of sounds and action.

ZWINGO at <http://www.maxgames.com/play/zwingo.html> asks you to swing the ball with your mouse to rid other balls entering your arena. You can configure the speed, size, boundary, and target size, and the music will drive you crazy in short order.

MASS ATTACK at <http://kbaumgames.com/massattack/> has you balancing, adding and growing weights on two scales in an attempt to come close to a perfect balance. Just like life, huh?

DANGEROUS DAVE AND BRUTAL BOB. Okay, here's the scenario. Dave is on a bike. Bob has a bat and if he swings at just the right moment he'll give Dave the boost he needs to clear the mountain. Or maybe not, but you can try your batting practice at <http://www.gamershood.com/game.php?id=1497> CDX. Do you like a good mystery? Let the intro play at <http://cdx-thegame.com/> until you find a room. Click on every object that's clickable.

RUBIX. I could never get those colored boxes lined up, but you can try your luck in the computer version, even save it and pick it up again at a later time. Download at http://www.geocities.com/peter_bone_uk/rubix.html

THE REFLEX TESTER tests your response time at <http://www.ezines4all.com/fun/reflex.htm>

FIVE DIFFERENCES. You've seen the puzzle in newspapers where you see if you can spot the differences in two illustrations. This one at <http://www.kongregate.com/games/Ivory/5-differences> is animated.

FLASH FABRICA at http://flashfabrica.com/f_learning/brain/brain.html tells the age of your brain. Here are instructions you'll need since the page is in Japanese: From 3 to 6 numbers are arranged randomly in a box and flashed only momentarily. Then you will need to first correctly click the circle containing the lowest number and then the rest in sequence up

to the largest number. A yellow circle means success and a gray X means "oops!" It only takes a minute or so and when the game is over, your "brain age" is displayed. Mine was 35 which should attest to its accuracy. <smile>

GRAPPA is a java applet that allows you to create artworks with your mouse in a fun way at <http://www.eigelb.at/HP/Links/SpecialEffects/Grappa/DelayedTrace/>

BALL. Another time waster at <http://mazzanet.id.au/ball.php> challenges you to change the color of the ball by clicking on it, not an easy feat.

FROGGER. Remember this classic from the 80's? Help Froggy across the busy highway and avoid those snakes! Play it free at <http://www.freefrogger.org/>

PACMAN. Remember? The original version is back at http://www.thepacmanwebsite.com/media/pacman_flash/

SPACE INVADERS. Another oldie at http://www.thepacmanwebsite.com/media/flash_space_invaders/

PONG. The game that started it all at <http://www.gamegum.com/game/663/pong/>

BINBALL WIZARD at <http://www.binballwizard.com/> is a little slow in loading and the ads detract, but the rules are simple

BOWMASTER. At <http://www.lostvectors.com/bowmaster/> shoot arrows at incoming enemy soldiers before they reach your castle and eradicate your population. This one is sometimes a little slow to load, but you might find it worth the wait.

HYPNODISC. After all this, are you still having problems getting to sleep? Try <http://vhypno.sourceforge.net/pics/HypnoDisc.swf>

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 Thanks!

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 submit an announcement or an article, please call GuruMeher Kaur, Sr. at 505-753-6341 or email to: GurumeherK@sikhdharm.org