

## **Mandir Vani**

**Hindu Temple and Cultural Center of the Rockies**  
**8375 S. Wadsworth Blvd., Littleton, CO 80128**  
**(Tax ID: 84-1301209)**

www.hindutempleofcolorado.org      303-948-9693      email:htcc@comcast.net

The mission of the Hindu Temple and Cultural Center of the Rockies (HTCC) is to provide a forum for religious worship and celebrations, and for cultural, religious, and spiritual development activities based on Hindu / Vedic / Sanatan - Dharma traditions.

### **Editorial Board**

K. C. Upadhyay (Priest)

Prabhakara Rao (Editor)

Reva Nayar (President)



**Lord Venkateswara**  
**Please Donate Generously to**  
**Build A New Hindu Temple**

# President's Page

Dear Fellow Devotees,

With God's Blessings, hope you and your families having great summer. On behalf of Acharaya ji, Pandit ji and the Board of Trustees we wish you and your family a happy and healthy Summer of 2013 and wish for your continued success in all your endeavors.

With your support and dedication I am pleased to report that the current temple operations are running smoothly and we are well under way towards the of building our New Hindu Temple.

## **EVENTS:**

We had the traditional Ram Navami Celebration in April revealed an over whelming show of true devotion and generosity. The chanting of Ramayana by many devotees started on Saturday and the Bhog Ceremony was on Sunday. After Bhajans, announcements and some Fund Raising activities, Aarti was performed. As in the past years, Lunch was provided by India's Restaurant. About 250-300 devotees attended. The collections were \$11,000.

In June graduates ( from Kindergarteners on up) were honored and blessed by our Priest. They were then awarded certificates. We congratulate them and their parents for their achievements.

We are experiencing an unprecedented number of devotees who visit the temple and celebrated with us our major events.

This year we will continue efforts to make the temple a wonderful place to worship. My sincere thanks goes to the volunteers, priests, office staff who work diligently to ensure our temple is one of the best temple in the region. We also greatly appreciate our Sunday sponsors who sponsor puja and prasad for hundreds of devotees.

We are fortunate to have two excellent priests in our temple as they continue to lead the religious activities, performing various rituals and pujas for all of us. Our appreciation goes out to the numerous volunteers who spent countless hours to make our temple a great success.

## **NEW HINDU TEMPLE UPDATE:**

We have been making significant progress towards the preliminaries that are time consuming but very necessary. We are delighted to inform you the updates:

### **Project Goal:**

\$2,500,000 .

### **Financial:**

Total Donations	\$1,260,000.00
Pledges	\$400,000.00
Need to reach our goal.	\$840,000 .00

**Design and Construction:**

Landscape and site plan drawings:	Completed
Submission to the City of Centennial	Completed
City Approval	Completed

**Milestones:**

Construction Drawing  
City Council Approval  
Submit to Building Department for permit

Site Construction Begins	September, 2013
Building Permit Issued	October, 2013.
Building Construction Begins	October, 2013

Our temple project will be completed with the continuous dedication and generosity of our community and we feel extremely fortunate to have many devotees with big hearts who contribute generously.

We still need financial support, more than ever, and at this juncture we are counting on your help this year for our long desired New Temple.

**AN APPEAL:**

As we approach closer to the fulfilling our dream of building a New Hindu Temple, your continuous support of funds is greatly appreciated. This is our Gods Temple, where we will house many Deities. You can donate in various ways, namely Sponsorship of Deity of your choice, sponsorship of any facility inside or outside of the Temple. List is posted at the temple.

**We have added Bricks to our list sponsorship . You can have name of your family members ( living or those who are not with us) engraved. These bricks will form a part of our Donor Wall. It will be a memory cherished by your family and friends for many years to come. The cost of each brick will be \$250. You can buy one or more. You will be recognized for your donations, if you so desire.**

As we get into our construction phase this Fall, our need for additional funds will be more acute. Please become part of this History. Please donate generously. We assure you that God will reward you in many ways. Health, Wealth and Happiness are abundant in His control. Share your fortunes with Him and He will not disappoint you.

Please do contact us at [HTCC@comcast.net](mailto:HTCC@comcast.net) with any suggestions and anyways to improve our temple. This is your temple and anything we do for our temple is a SERVICE. As our temple continues to fulfill the religious, spiritual, cultural, educational, and humanitarian needs of our community, we will try our best to serve and accomplish our temple's mission and objectives.

With best wishes,  
Reva Nayar  
President

## Celebrations at Temple – Madhur Mahajan

**Sri Rama Navami Celebration** - The annual function of Shri Ram Navami was celebrated at the Hindu Temple on April 20 and April 21. The program began on Saturday at 10 AM with the Akhand Paath (continuous recital) of Sri Ram Charit Maanas and concluded on the next day at 11 AM, followed by Bhajans, Sri Ram birthday celebrations, and Temple updates. Mr. Thakkar led the fundraising efforts and we are excited to inform you that with your generosity and support we are a step closer in fulfilling our dream of building the new Hindu Temple. More details are available on HTCC website, <http://www.hindutempleofcolorado.org>.

Once again, the owners of the most prestigious restaurant in Colorado, **India's** provided delicious and bountiful Prasad to over 500 people. It was a great success. Thanks to all the volunteers who make each event memorable.

The **Graduation Pooja**, an annual event to recognize the students, was held at the temple on June 9th. Graduation is a major milestone to students and families; Graduates of 2013, from Pre-K to PhD, were honored. It was a joyous occasion for the young graduates and families. Once again a special pooja was performed for the graduates and they received the blessings and certificates from Acharya Ji.

### Upcoming Events:

Festive season has begun. All major Hindu festivals are celebrated in the temple on its actual day. We cordially invite you to participate in these events and support your temple.

**Shri Krishna Janamashtami** will be celebrated on Tuesday, August 27th from 6 PM till midnight. There will be Bhagvad Gita recital, cultural programs, bhajan, kirtan, and so much more. We invite all artists from Denver Metro area who would like to perform for this occasion, please contact Madhu Mahajan at 303-278-9860 or Acharya ji at temple (303) 948-9693.

**Shri Ganesha Chaturthi** will be celebrated on Sunday, September 8th. Kannada Koota families have been sponsoring this event for more than 15 years. If you would like to participate, please contact Dr. Prabhakar Rao.

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### August 2013

Pradosh Puja in Shravan Month	04	Sunday	
Vara-Lakshmi Vrat	16	Friday	
2nd Pradosh Puja in Shravan Month	18	Sunday	
Upaa-karma/Rakshaa Bandhan	20	Tuesday	
Poornima/Satyanarayana Katha	20	Tuesday	6:45 pm
<b>Shri Krishna Janmashtami</b>	27	Tuesday	Starting at 6:00 pm

### September 2013

Hari Taalika Teej Vrat	08	Sunday	
<b>Ganesh Chaturthi Celebration</b>	08	Sunday	10:30 am

## **HINDUISM 104**

by Mita Mukherjee

My topic this time is not about religion or Hinduism, it is about a very basic idea, “THOUGHTS and THE MIND.” What are thoughts? Where do they come from? Where do they go? What effect do they have on the physical form? What is the definition of the mind?

The mind is like a river, thoughts are like waves flowing through, sometimes fast and furious and other times slow and peaceful.

A physiologist, when asked these questions might say, “The mind resides in the brain and thoughts are electrical impulses fired in the neurons or brain cells.” However, so far, an anatomical feature in the brain has not been identified as the “mind”. All humans possess a mind and the ability to think thoughts.

Swami Chinmayananda says, “The mind is our greatest gift. The importance of understanding the mind cannot be emphasized enough. It is the mind that determines the quality of our experiences and how we react to them.”

For example an “A’ type personality had set his mind on a goal, in case he fails to reach this goal, he might get furious, blame others, throw fits; on the other hand, a quiet person who had set his heart on obtaining something, does not get it, but he does not get angry, he is more philosophical about it, dusts himself off and strives again.

Thus the mind, --with its quality of thoughts, make us what we are!  
Again quoting, Swamiji, he says, “We are all divine, but this divinity is covered by a veil of thoughts”.

Vedanta delineates three types of thoughts: Sattwik—pure and noble thoughts, Rajas—passionate and agitated thoughts, Tamas---dull and inactive thoughts.

These thought textures in various permutations make up different personalities.

Each of these thought textures appear as a veil covering the true self or divinity within. “Sattwik” thoughts appear as smoke over fire, a little breeze removes it, “rajasic “ thoughts appear as dust on the mirror, some effort is required to remove it, whereas , tamasic thoughts are like a fetus in the womb, lot of effort is needed. The goal is to strive to remove these veils and realize the divine self within.

Thoughts are powerful and they are like magnets; when I think peaceful thoughts, peace envelops me.

Agitated thoughts bring turmoil, lazy thoughts bring lethargy. Knowing how thoughts can influence our being, we need to direct the mind to think “good” thoughts.

One way to channel the mind towards thinking good thoughts is to be ever aware of what we

are thinking, and when we see ourselves drifting towards agitated thoughts, we should try to get a firm grip and redirect our thoughts. Think positive as they say—however when facing certain circumstances, I know it can be impossible to do so; but at least being aware of our thoughts and their tendency to drift towards the negative, goes a long way. Lot of us live life through default, twisting and turning any which way the wind blows. The sages are advising us to be aware of the mind, this is the most powerful tool we have, and we can use it to change the course of our life and direct it towards getting what we want out of life.

Meditation has been a proven way to quiet the mind and lead it towards peaceful channels. Prayer is another path. The power of prayer has been proven time and again to bring peace in situations of a dire nature.

“Japa” or repeating a mantra certain number of times helps curb agitated thoughts and redirect into peaceful channels.

I conclude with the realization that our goal in this life is to recognize the divinity within us. We have been presented with the powerful tools of the “mind” and the “thoughts” within it, we can use these tools to achieve this powerful goal.

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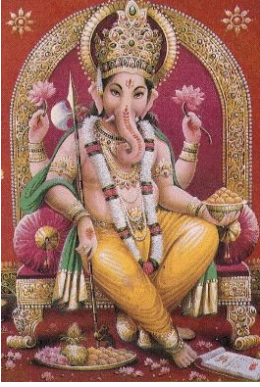
**Lakshmana – The Epitome of Brotherhood**  
**Srivalli (9 years Old)**

Lakshmana is younger brother of Shree Ram. He is the snake that Vishnu sits on. Lakshmana married a beautiful girl named Urmila. Lakshmana mother’s name was Sumitra. One day, Rama had to go on an exile to the forest, in order to fulfill his father’s promise. Even though Lakshmana was not obligated to go to the forest, he decided to join his brother and sister-in-law. Lakshmana is my favorite god because he sacrificed his princely luxuries to serve his beloved brother. Lakshmana is known as the ideal brother in Hindu Dharma. He was a great archer and helped Rama get victory over the demons.

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**Hindu Temple Contact Numbers**  
**8375 S. Wadsworth Blvd, Littleton, CO 80128**

Hindu Temple Office	303-948-9693	
Acharya ji Kailash Chandra Upadhyay	720-344-1448 (H)	720-984-5108 (C)
Pandit ji Raghavendra Iyyer	303-954-9274 (H)	720-308-8804 (C)
Reva Nayar (President)	303-690-4347 (H)	303-507-3355 (C)
C. P. Mishra (Temple Operations)	303-973-7765 (H)	303-522-1063 (C)
Satish Kumar Agarwal (Treasurer)	303-973-4635 (H)	720-232-8287 (C)
Prabhakara Rao (Mandir Vani Editor)	303-979-4193 (H)	303-918-7373 (C)
Madhu Mahajan (Website)	303-278-9860 (H)	303-519-3616 (C)
Christina Coffman (HTCC Manager)	303-948-9693 (O)	303-990-1981 (C)



**Ganesha Chaturthi Celebration**  
 Sponsored by Colorado Kannada Koota  
 At Hindu Temple and Cultural Center of the Rockies  
 8375 S. Wadsworth Blvd, Littleton, CO 80128

**Sunday September 8, 2013                      9:30 am - 2:30 pm**

<b>Program</b>	<b>Time</b>
Ganesha Avahanam/Kalash Puja - Acharya ji	09:30 - 10:00 am
Ganesha Abhishek * - Pandit ji	10:00 - 11:00 am
Ganesh Puja & Astottara - Acharya ji	11:00 - 11:30 am
Program/ Bhajans**	11:30 - 12:30 pm
Arati - All	12:30 - 1:00 pm
Prasadam*	1:00 - 2:00 pm
Clean up	2:00 - 2:30 pm

- If interested in participating in the sponsored Abhishek, please call Rajesh Kaul at 970-213-6538 (C )

\*\* If you are interested in participating in the program or preparing the prasadam, contact Prabhakara Rao at 303-979-4193 or [PrabRao@comcast.net](mailto:PrabRao@comcast.net).

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**Treasurer's Report (Jan to June 2013) - Satish Kumar, Treasurer**

<b>Month</b>	<b>Income</b>	<b>Expense</b>	<b>Major Celebrations</b>
Jan	22,808.99	20,016.90	New Year Ganesha Puja
Feb	7,856.46	14,078.23	
Mar	11,643.31	12,214.78	Maha Shivaratri
Apr	16,488.95	14,813.57	Sri Rama Navami
May	18,655.30	12,413.05	
Jun	16,361.24	17,164.31	Graduation Puja
<b>Total</b>	<b>\$ 93,814.25</b>	<b>\$ 90,700.84</b>	
Current Temple Fund	\$ 50,655.78		
New Temple Fund	\$ 1,130,240.40 (Approx)		
<b>Total</b>	<b>\$ 1,180,896.18 (Approx)</b>		



## Kedarnath

By Prabhakara Rao

In order to revive the Hindu religion, the great Hindu reformer Adi Shankaracharya initiated the char dham yatra in the 8th century. The char dham yatra refers to the four abodes of God at Badrinath, Kedarnath, Gangotri, and Yamunotri. All these sites are situated in the Himachal region of Garhwali, Uttarakhand. Normally, Hindu pilgrimages start from Yamunotri, followed by Gangotri, Kedarnath and Badrinath, starting from western dham to eastern dham. This is also based on the difficulty, altitude, and importance. Hindus consider these places to be highly sacred and so try to take a char dham pilgrimage tour at least once in their life time.

Kedarnath, one of the holiest Hindu pilgrim sites, is perched at an altitude of 3584m amidst snow-clad Himalayan peaks near the source of river Mandakini. The Kedarnath Temple, the magnificent shrine of Lord Shiva, was built by Adi Shankaracharya in the 8th century A.D and one of the most important temples of India. The temple is made of extremely large and evenly cut grey stones and set on a rectangular platform with towering snow-clad Kedardome peak in the backdrop. The garbh griha or the inner sanctum enshrines one of the twelve sacred Jyothirlingas of Lord Shiva. In front of the temple door is a large statue of Nandi bull as a guard. The temple closes for the winters on the first day of Kartik (Oct - Nov) and re-opens in Vaisakh (April - May). The Samadhi temple of Shankaracharya lies just behind the Kedarnath temple. Adi Shankaracharya, the great Indian Philosopher and seer consolidated the doctrine of Advaita Vedanta and travelled across India. He founded the four mathas (monasteries) in four corners of India to revive Hinduism and went into Samadhi over here at an early age of 32 year.



June 2012



June 2013

The unprecedented flood and rains have badly damaged the famous Kedarnath temple. More than 10,000 people were stranded and thousands have lost their lives. The re-built effort may take more than two years. Please help the people of Uttarakhand and give generous donations to rebuild the temple. You can send your donations to Sewa International by going to the website [www.sewausa.org](http://www.sewausa.org).

(Dr. Prabhakara Rao and Shashikiran Kunigal from Denver, and his father-in-law Shankarnarayana Sargoor from Bangalore visited Kedarnath on Monday 11 June 2012 as a part of their Char Dham Yatra)

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**Program for**  
**Sri Krishna Janmashtami Celebration**



**Tuesday, August 27, 2013**

**Program**

Gita Paath ( <i>Reading of Gita</i> )	6:00 - 8:00 pm
Cultural Program	8:00 - 9:00 pm
Stotra Paath	9:00 - 10:00 pm
Keertan/Bhajan	10:00 - 11:58 pm
Pooja ( <i>Lord Krishna's Birth</i> )	11:58 - midnight
Archana	12:00 - 12:10 am
Arati/Praarthana	12:10 - 12:30 am
Prasad ( <i>Prasadam</i> )	12:30 am

Children are encouraged to dress up as Shri Krishna and Gopikas. All young children will receive goodie bags.

If interested in performing a dance and/or singing bhajan and keertan, please call (303) 948-9693.

For further details, please call Acharya ji at temple (303) 948-9693 or home (720) 344-1448.

**Directions:** From C-470 & Wadsworth Blvd: Go North, make left (West) on first light to Chatfield Ave., make U turn on Yukon Street, make right turn to Wadsworth Court (Second Street), first left to the temple parking lot. For Upcoming Events at the Temple, please visit the web site at <http://Hindutempleofcolorado.org>

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***Donation Appeal***

*Please continue to show your support by making generous donations at the Temple or by mail (cut and enclose the coupon printed below) to : 8375 S. Wadsworth Blvd., Littleton, CO 80128. The contributions are tax deductible. The Tax ID Number for the Hindu Temple and Cultural Center is 84 -1301209*

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Enclosed is a check for \$ \_\_\_\_\_, my/our contribution for the New Hindu Temple and Cultural Center of the Rockies.

Name: \_\_\_\_\_, Spouse Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_, E-mail: \_\_\_\_\_