



Vachanamrutha

Veerashaiva Samaja of North America

Northern California Chapter

www.vsnanc.org

Date # June 20th 2011

Issue # 3

Editor in chief
Shobha Handigol

Contact:
newsletter@vsna.org

In this issue:

President's note

Articles 1

Kids Corner..... 2

Career Center
Healthy Recipes

..... 3

Upcoming Events
Basava Jayanthi -
Report

Sponsors 4

Design by:
www.YessCreative.com

Kannada:

ಹೊನ್ನು ಮಾಯೆ ಎಂಬರು, ಹೊನ್ನು ಮಾಯೆ ಅಲ್ಲ,
ಹೆಣ್ಣು ಮಾಯೆ ಎಂಬರು, ಹೆಣ್ಣು ಮಾಯೆ ಅಲ್ಲ,
ಮಣ್ಣು ಮಾಯೆ ಎಂಬರು, ಮಣ್ಣು ಮಾಯೆ ಅಲ್ಲ,
ಮನದ ಮುಂದಣ ಆಶೆಯೇ ಮಾಯೆ ಕಾಣಾ ಗುಹೇಶ್ವರ!
- ಅಲ್ಲಮವ್ರಭುದೇವರು

They say money is an illusion, no, money is not an illusion,
They say woman is an illusion, no, woman is not an illusion,
They say land is an illusion, no, land is not an illusion,
What is truly an illusion is the greed in your mind, Guheshwara!
- Allamaprabhu

More Vachanas can be found in the below link

<http://www.facebook.com/pages/Vachanas/181093755261308?sk=wall>

President's message

Om Namah Shivaya.

I just returned from India and felt great to be in India after almost 2 years. I also felt great that Veerashaivism, spirituality and dharma are still alive and thriving in India despite modernization and westernization. The society seems to be morphing into some kind of a hybrid culture of east and west conglomeration. Every one has a mobile phone but when they ring more often than not you will hear a latest Kannada movie song and every once in a while a Bhajan or a devotional song. There are lots of cars on the road but on the dash board or windshield you will see a sticker of Basavanna or Ganesha. It seems like religion and spirituality is the life blood flowing in the veins of India and no influence from outside can eradicate that.

While people still deeply upheld virtue and moral values, at the same time we see people turning a blind eye to high corruption and immoral behavior from the very same people we choose to be our leaders. Corruption and black money ("*Corruption and black money*") http://en.wikipedia.org/wiki/Corruption_in_India has become a huge problem in India.

India tops the list for black money in the entire world with approximately USD 1.4 trillion in Swiss banks in the form of black money. Fortunately leaders like Anna Hazare and Baba Ramdev are stepping up to fight this evil. These movements are gaining huge support base not only in India but all over the world. The Veerashaiva Mahasabha passing an unanimous resolution to support all movements and agitations against corruption and endeavors of individuals and organizations in this direction.

Just as I returned to the US and opened by Facebook page I saw this great news that Lord Basaveshwara's statue is to be installed in London. Watch for yourself <http://www.youtube.com/watch?v=q-rfkf0tY7w>

We had a great Basava Jayanti celebration at Livermore temple just before I left for India. An executive report has been prepared and posted on our web site. Please visit the page to read more about the event and to check out photos and videos of the event. Thanks to all attendees, volunteers and donors for making it a huge success.

Summer is here... Finally! And our upcoming events are Picnic/Sports Day on June 25th and Camping August 26-28. VSNA Convention is on July 2nd and 3rd. For more information about the convention please visit: <http://www.vsnaconvention.com> Sharanarathi.

- Chandra Shirashyad



ವಚನಗಳು ಮತ್ತು ಎಕಾರ್ಟ್ ಅವರ ಪುಸ್ತಕ - "ದಿ ಪವರ್ ಆಫ್ ನೌ"

ಶಶಿಕಲಾ ನಿಂಬಾಳ
ಸಾಂಟಾ ಕ್ಲಾರಾ ಕ್ಯಾಲಿಫೋರ್ನಿಯಾ

ಅನುಭಾವಿಗಳಲ್ಲಿ ಸ್ಫುರಿಸುವ ವಿಚಾರಗಳು, ಚಿಂತನೆಗಳು - ದೇಶ, ಕಾಲ, ಭಾಷೆ ಬೇರೆಯಾಗಿದ್ದರೂ - ಅನುಭವ ಮಾತ್ರ ಒಂದೇ ಆಗಿರುತ್ತದೆ. ಅನುಭಾವಿಗಳ ಏಕೈಕ ಗುರಿ ಸತ್ಯದ ದರ್ಶನ ಇಲ್ಲವೆ ಸ್ವ-ಸ್ವರೂಪಜ್ಞಾನ ಮಾಡಿಕೊಳ್ಳುವುದು ಆಗಿರುತ್ತದೆ. ಅನುಭಾವದ ಇಂತಹ ಅಪರೂಪದ ದರ್ಶನವನ್ನು ಜನಸಾಮಾನ್ಯರಿಗೆ ತಲುಪಿಸಲು ಯತ್ನಿಸಿದ ಮಹನೀಯರ ಸಾಲಿನಲ್ಲಿ ಹನ್ನೆರಡನೆಯ ಶತಮಾನದ ಕರ್ನಾಟಕದ ವಚನಕಾರರು ಸೇರಿರುತ್ತಾರೆ. ಪಾಶ್ಚಾತ್ಯ ಅನುಭಾವಿ ಎಕಾರ್ಟ್ ಟೋಲಿ ಅವರು ಬರೆದ "The Power of Now" ಜಗತ್ತಿನಲ್ಲಿ ಎಲ್ಲರ ಗಮನ ಸೆಳೆದ ಒಳ್ಳೆಯ ಗುಣಮಟ್ಟದ ಪುಸ್ತಕ. ಶರಣರ ವಚನಗಳ ಅನುಭಾವ ಸಾರದ ಸಾಮ್ಯತೆ "The Power of Now" ಪುಟಗಳೊಳಗೆ ಒಳಗೊಂಡಿರುವುದು ನನ್ನ ಅನುಭವಕ್ಕೆ ಬರತೊಡಗಿತು. ಆದ್ದರಿಂದ ವಚನಕಾರರ ವಚನಗಳಲ್ಲಿಯ ಪಾರಮಾರ್ಥಿಕ ಪರಿಕಲ್ಪನೆಯನ್ನು ಮತ್ತು "The Power of Now" ದಲ್ಲಿ ಬರುವ "Being" ನ ತುಲನೆಯನ್ನು ಮಾಡುವ ಒಂದು ಪ್ರಯತ್ನವನ್ನು ಈ ಪ್ರಬಂಧದಲ್ಲಿ ಕೈಗೊಂಡಿದ್ದೇನೆ;

್ರಸಕ್ತ ಲೇಖನದಲ್ಲಿ ಸಾಮ್ಯತೆಯನ್ನು ಆಯ್ದ ಐದು ವಿಷಯಗಳಲ್ಲಿ ಶರಣರ ವಚನಗಳೊಂದಿಗೆ ವಿವರಿಸಲು ಇಚ್ಛಿಸುತ್ತೇನೆ. ೧. ಎಲ್ಲರೂ ಹುಡುಕುತ್ತಿರುವುದು ಏನನ್ನು? ಮತ್ತು ಎಲ್ಲಿ?, ೨. ಸತ್ಯವು ಕಾಣಿಸದಿರುವುದಕ್ಕೆ ಕಾರಣಗಳು ಏನು?, ೩. ಬೇಡದ ಯೋಚನೆಗಳಿಂದ ಬಿಡುಗಡೆ ಸಾಧ್ಯವಿದೆಯೇ?, ೪. ಸಾಧಕನ ಮಾರ್ಗದಲ್ಲಿಯ ಅನುಭವಗಳು ಹೇಗಿರಬಹುದು? ೫. Acceptance ಮತ್ತು Surrender - ಅಂದರೆ ಏನು?


ಇಲ್ಲಿ ಹೇಳಿರುವ ಅಲ್ಲಮರ ವಚನಗಳ ವಿವರಣೆಯನ್ನು ಪರಮ ಪೂಜ್ಯ ಶ್ರೀ ಸಿದ್ಧೇಶ್ವರ ಸ್ವಾಮೀಜಿಯವರ ಪ್ರವಚನ ಗಳ ಮತ್ತು ಅವರ ಪುಸ್ತಕ 'ಅಲ್ಲಮಪ್ರಭುದೇವರ ವಚನ-ನಿರ್ವಚನ'ದ ಆಧಾರದಿಂದ ಬರೆದಿರುವೆನು.

೧. ಎಲ್ಲರೂ ಹುಡುಕುತ್ತಿರುವುದು ಏನನ್ನು ? ಮತ್ತು ಎಲ್ಲಿ?:
ಎಕಾರ್ಟ್: ಹೊಟ್ಟೆಯ ಪಾಡಿಗಾಗಿ ಭಿಕ್ಷುಕನೊಬ್ಬ ದಾರಿಯ ಬದಿಯಲ್ಲಿ ಧೂಳುತುಂಬಿದ ಹಳೆಯ ಪೆಟ್ಟಿಗೆಯ ಮೇಲೆ ಕುಳಿತು ಅವರಿವರನ್ನು ಕಾಸಿಗಾಗಿ ಬೇಡುತ್ತಿದ್ದಾನೆ. ಆಗ ಆಗುಂತಕನೊಬ್ಬ ಬಂದು ಕೇಳುತ್ತಾನೆ "ನೀನು ೩೦ ವರ್ಷಗಳಿಂದ ಕುಳಿತಿರುವ ಈ ಪೆಟ್ಟಿಗೆಯನ್ನು ತೆರೆದು ನೋಡು" ಎಂದು. "ಅದು ಖಾಲಿ ಪೆಟ್ಟಿಗೆ, ನನಗೆ ಚೆನ್ನಾಗಿ ಗೊತ್ತು!" ಎಂದು ಭಿಕ್ಷುಕ ಅನ್ನುತ್ತಾನೆ. ಅದರೂ ಯಾತ್ರಿಕನು ತೆಗೆದು ನೋಡುವಂತೆ ಒತ್ತಾಯಿಸುತ್ತಾನೆ. ಪೆಟ್ಟಿಗೆ ತೆರೆದು ನೋಡಿದಾಗ ಅದರಲ್ಲಿರುವ ಧನ-ಕನಕವನ್ನು ಕಂಡು ಆತನಿಗೆ ಅತ್ಯಂತ ಅಚ್ಚರಿಯಾಗುತ್ತದೆ! ಈ ದೃಶ್ಯದಲ್ಲಿ ಭಿಕ್ಷುಕನಿಂದರೆ ಸತ್ಯದ ಶೋಧಕನು, ಯಾತ್ರಿಕನು ಸತ್ಯವನ್ನರಿತ ಸಂತನು. ಸತ್ಯವಸ್ತು ನಮ್ಮೊಳಗೆ ಅಡಗಿದ್ದರೂ, ಹೊರಗಡೆಯ ಜಗತ್ತಿನಲ್ಲಿ ಅರಸುತ್ತಿರುವುದು ವಿಸ್ಮಯದ ಸಂಗತಿಯಾಗಿದೆ ಎಂದು ಅನ್ನುತ್ತಾರೆ ಎಕಾರ್ಟ್.

ವಚನ: ಭಾವದಲೊಬ್ಬ ದೇವರ ಮಾಡಿ,
ಮನದಲೊಂದು ಭಕ್ತಿಯ ಮಾಡಿದಡೆ
ಕಾಯದ ಕೈಯಲಿ ಕಾರ್ಯವುಂಟೆ?
ವಾಯಕ್ಕೆ ಬಳಲುವರು ನೋಡಾ!
ಎತ್ತನೇರಿ ಎತ್ತನರಸುವರು
ಎತ್ತ ಹೋದರೈ ಗುಹೇಶ್ವರ?

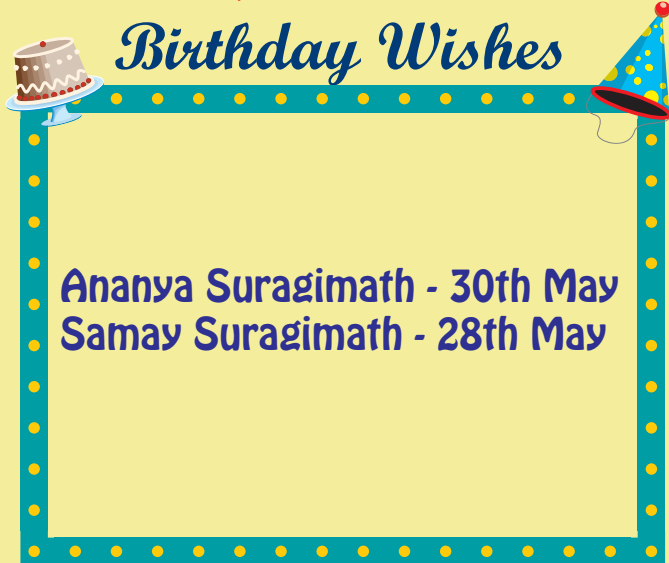
read more
www.vsnanc.org/newsletter/issue-3/Vachana-Eckhart-ShahsikalaN.pdf

ಕುಟುಕು-ಮೊಟಕು
ಪೊನ್ನಪ್ಪ



ಹೌದು ಡಾಕ್ಟರ್! ನಾನೂ ಡಾಕ್ಟರ್ನನ್ನು ಉಪವಾಸ ಮಾಡಬೇಕೆಂದು ನನ್ನ ತಲೆ ಹೇಳುತ್ತಾ ಇದ್ದೆ! ಆದರೆ ನನ್ನ ಹೊಟ್ಟೆ ಒಪ್ಪಿಕೊಳ್ಳುವುದಿಲ್ಲ

KIDS CORNER



Ananya Suragimath - 30th May
Samay Suragimath - 28th May

Career Center



“Five Tips for Getting Promoted Fast at Your New Job”

If this molasses-like economy is making your career progression look less like a race up the corporate ladder and more like you have a deathly fear of heights, landing a new job can present a wonderful opportunity. Make up for time spent in the same position by doing everything you can to earn a job promotion, pronto.

Here are five tips.

Remember What Your Boss Likes

If your boss likes having you around, he's going to keep you around. One trick is to notice his interests and be positive. “A boss can say, ‘I'm going to see the Red Sox this weekend.’ An employee who isn't thinking will say, ‘I hate that team,’” says Mark Jeffries, communications consultant and author of *The Art of Business Seduction: A 30-Day Plan to Get Noticed, Get Promoted and Get Ahead*. Instead, if you know your boss is going on a business trip to Boston, a better approach would be to say, “Hey, maybe you can visit Fenway,” Jeffries suggests.

Pick Projects for Maximum Impact

If your instinct is to jump on everything, you'll seem desperate and spread yourself thin. “If you say yes too much, your performance will drop,” says Larry Myler, business strategist and author of *Indispensable by Monday: Learn the Profit-Producing Behaviors That Will Help Your Company and Yourself*. “If you say no, you don't look like a team player.” Find out what opportunities are most profitable -- and visible -- for the company and snag those.

read more

<http://career-advice.monster.com/career-development/getting-promoted/get-promoted-at-new-job/article.aspx>

Godhi Kadabu by Preethi Renuka Suragihalli



Ingredients for stuffing:

Rice flour --1/2 cup
Wheat flour --1/2 cup
cooked rice --1/2 cup
onions
Methi leaves
coriander leaves
dill leaves
Jeera-1 tsp
Salt

Method:

Mix Rice flour,cooked rice,and wheat flour.To this add Cut onions,coriander,dill leaves,methi leaves,jeera and salt.Pour some water and make a dough as smooth as Chapati dough. Divide the dough in to small lemon size balls and make a bowl shape .Steam this in the idli cooker for 10-12 minutes. Serve this along with coconut chutney.

Kadabu tastes great and healthy!

QUINOA PARATHA

- by Shobhalatha Pattanashetty



Ingredients for stuffing:

Cooked quinoa – 1 cup (Cooking quinoa is same as cooking rice. Can be cooked in the cooker or directly on stove with 1quinoa in 2 cups of water)
1 medium sized boiled and mashed potato
½ cup grated cauliflower
Salt, garam masala, red chili powder as per taste
Coriander leaves finely chopped

Method:

1)Mix and mash all the ingredients to make the stuffing
For variations instead of cauliflower can add finely chopped spinach or methi leaves or paneer.
2)For the cover make dough out of whole wheat flour as you would do for any paratha. Roll it make a small chapathi, add the filling, bring in the edges together and roll it again to the desired thickness. And cook it on the pan with oil or butter or ghee.

Enjoy with your favorite subji or with just yogurt & pickle.

VSNA-NC Committee 2011

President: Chandra Shirashyad

Vice President: Thippeswamy Hariyaplar

General Secretary: Rajesh Goudar

Treasurer: Rajesh Munavalli

Food & Hospitality Secretary: Vijayalakshmi Shettar

Food & Hospitality Team Member: Suma Anand

Public Relations / Webmaster: Deepak Bevinamara

Entertainment Secretary: Shilpa Hanji

Entertainment Team Member: Kavita Gouda

Entertainment Team Member: Anita Satish

Entertainment Team Member: Samyukta

Events coordinator: Basavaraj Banakar

Sports & Recreation Secretary: Shivu Vibhuti

Sports & Recreation Team Mem: Mahadev Karadigudda

Editor in Chief: Shobha Handigol

Youth Secretary: Apoorva Handigol

Youth Team Member: Manthan Shirashyad

Become a VSNA-NCAL member. Join online today at

http://vsnanc.org/vsnanc/?page_id=73

Charity Partners



www.osaat.org



Upcoming Events 2011 Sports Day & Picnic

<http://vsnanc.org/vsnanc/?p=421>

When: June 25, 2011 10.30am – 5pm

Where: Wilson Park, Cupertino, CA

10:30 – 10:45 am : Participant registration for competitions

10:45 – 1:00 pm:

Kids :

(1) Running Race for all the ages: below 5 years, 5 to 7 years & Above 7 years (30 mins)

(2) Hopping Race : below 5 years, 5 to 7 years & Above 7 years (30 mins)

(3) Flag Tag Relay :below 5 years, 5 to 7 years & Above 7 years (30 mins)

(4) Kho-Kho – above 7 years (30 mins)

Adults : Volley ball (1 hr) , Throw ball (30 mins)

Lunch Break: 1:00pm to 2:30pm

2:30pm to 3:30pm : Kids Picnic games

Mummy games : Below 5 years, 5 to 7 years & Above 7 years (20 mins)

Water Balloon games : Below 5 years, 5 to 7 years & Above 7 years (20 mins)

Sac Race: below 5 years, 5 to 7 years & Above 7 years (20 mins)

3:30pm to 4.15pm : Picnic games for adults

Lemon & Spoon (Seniors), Sac Race

4.00pm to 4.30pm: Snacks

4:30 to 5:00 PM : Prize distribution

Basava Jayanti 2011 Executive Report

<http://vsnanc.org/vsnanc/?p=414>

Platinum Sponsors



Nirmala Balachandra DDS
 2324 Montpelier Dr,
 Suite#2
 San Jose, CA 95116
 Phone: (408) 929-2002
www.drbalachandra.com



Suma Sridhar
 Legacy Real Estate
 4111 Mission Blvd
 Fremont, CA 94539
 Phone: 510.676.7598
sumahomes@gmail.com
www.sumahomes.com

Unish Corporation
Basu Ullagaddi
 For consulting/placement
 contact hr@unish.com



Kshama Kheny DDS
 1439 Cedarwood Lane, Suite A
 Pleasanton, CA 94566
 Phone: (925) 484-1992
 Email: info@khenydenal.com
www.khenydenal.com



New India Bazar
 Milpitas
 Phone:(408)262-5300



PNG Jewelers INC.
 820 E. El Camino Real,
 Sunnyvale, CA 94087
 Tel: (408) 245-6PNG,
 (408) 720-0999
 Toll Free: 888.764.4099
www.pngjewelers.com

Silver Sponsors



Dr. Rekha Udupa, MD
 Pediatrics,
 Phone: 408-252-1090
 Address:
 Kentwood Center Cupertino,
 1299 Water Lily Way, Unit 90,
 San Jose, CA 95129
www.mdforchildren.com



Chaat House
 889 E. El Camino Real
 Sunnyvale, CA 94086
 Phone:(408)733-9000
www.chaat.us.com

Your advertisement goes here

Your advertisement goes here

Your advertisement goes here

Your advertisement goes here

"Please quote VSNA-NCAL whenever you use our sponsors"

Please send an email to newsletter@vsnanc.org to submit your contributions