



# Vachanamrutha

Veerashaiva Samaja of North America

Northern California Chapter

www.vsnanc.org

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ಕಳಬೇಡ, ಕೊಲಬೇಡ, ಹುಸಿಯ ನುಡಿಯಲು ಬೇಡ  
ಮುನಿಯಬೇಡ, ಅನ್ಯರಿಗೆ ಅನುಹ್ಯ ಪಡಬೇಡ  
ತನ್ನ ಬಣ್ಣಿನಬೇಡ, ಇದಿರು ಹಳಿಯಲುಬೇಡ  
ಇದೇ ಅಂತರಂಗ ಶುದ್ಧಿ, ಇದೇ ಬಹಿರಂಗ ಶುದ್ಧಿ  
ಇದೇ ನಮ್ಮ ಕೂಡಲ ಸಂಗಮದೇವರನೊಲಿಸುವ ಪರಿ

**Don't steal, Don't kill, Don't tell lies**

**Don't get angry, Don't insult others**

**Don't praise yourself, Don't condemn others**

**This is inner purity, This is outer purity**

**This is the path to please our Lord Koodalasangamadeva**

### President's message

Dear VSNA Bandhu,

The VSNA Northern California Chapter committee for the year 2011 is excited to present you the first edition of our chapter's newsletter "*Vachanamrutha*". Our organization and our chapter are decades old and filled with several extraordinarily talented members. Hence we thought a newsletter is essential to bind us together even closer as a family. However your support and contribution is required for the success of this newsletter. This is a bimonthly newsletter published in the even months of the year.

We have various sections in the newsletter. We will start with a vachana and its meaning followed by 2 articles submitted by members. Following are the other regular sections of the article where members can contribute.

**Health Tip of the issue** - If you just found this great workout routine that will get us 6 pack abs in just 6 minutes a day or a diet that will help lose 60 lbs. in 60 days, please share them with your VSNA family.

**Career Center** - Contribute by writing an article on career advancement. If you are looking for a job, we can help you by posting a brief message. If you have a position (either you are a hiring manager or have some influence in hiring for the position) in your company, please post them in this section.

**Recipe of the issue** - You just invented that awesome masala bonda with organic quinoa, okra, mushrooms and green chilies we would like to know how you did it.

**Kids Corner** - Help your kids become best selling authors in the future by asking them to write articles now! Articles can be about anything worth sharing with the VSNA family and not just limited to Lingayatism. Please also share your kids birthdays so we can wish them Happy Birthday in our newsletter.

We once again thank you for giving us the opportunity to serve the community and for the continued support and help in making our events successful.

- Chandra Shirashyad



## ವಚನಕಾರರು ಮತ್ತು ವಚನಗಳು

(ಅಥವಾ ಶರಣರು ಮತ್ತು ಶರಣ-ಸಾಹಿತ್ಯ)

- *Shahsikala Nimbale*

ಪುರಾತನ ಕಾಲದಿಂದ ಭಾರತದವು ವೇದ, ಉಪನಿಷತ್ತು, ಪುರೋಹಿತ ಪರಂಪರೆಯ ಮೇರೆಗೆ ಆಯ್ಕೆಯಿಂದ ಬೆಳೆದುಬಂದ ಸನಾತನ ಹಿಂದು-ಧರ್ಮದ (Hindusim) ದೇಶ. ಈ ಹಿಂದು ಧರ್ಮದಲ್ಲಿ ಭ್ರಷ್ಟ, ವಿಷ್ಣು, ಮಹೇಶ್ವರರು ಪ್ರಧಾನ ಉಪಾಸಕರು. ಶಿವನ ಉಪಾಸನೆ ಮಾಡುವವರು ಶೈವರು (shaivism) ಎಂದು ಅನಿಸಿಕೊಂಡರು. ಪುರಾಣಗಳ ಪ್ರಕಾರ ರಾಮಾಯಣದ ಶ್ರೀ ರಾಮನು ರಾಮೇಶ್ವರ ಶಿವಲಿಂಗವನ್ನು ಪೂಜಿಸಿ ಶಿವನನ್ನು ಒಲಸಿ ಕೊಂಡನು, ಮಾಹಾಭಾರತದ ಅರ್ಜುನನು ಶಿವನನ್ನು ಕುರಿತು ತಪಸ್ಸು ಮಾಡಿ ಪಾಶುಪತವನ್ನು ಪಡೆದನು. ಹೀಗಾಗಿ ವೇದಕಾಲದಿಂದಲೂ ಹವನ, ಹೋಮ, ಯಜ್ಞಕುಂಡಗಳ ರಚಿಸಿ, ಮಂತ್ರಗಳ ಪಠಿಸಿ, ಜಪ-ತಪಗಳನ್ನು ಆಚರಿಸಿ ಶಿವನನ್ನು ಪೂಜಿಸುತ್ತಿರುವವರು ಶೈವರು.

[read more ....](#)

[www.vsnanc.org/newsletter/issue-1/Sharanaru-ShahsikalaNimbale.pdf](http://www.vsnanc.org/newsletter/issue-1/Sharanaru-ShahsikalaNimbale.pdf)



## "Mohini"

*a short story based from the great Indian epic, Mahabharatha.*

- by *Vibhu Veerabadrappa*

Lord Krishna has come back empty-handed. The negotiations he had had with Kauravas have failed. Duryodhana had thundered that his cousins Pandavas would not get land worth the size of five needles, let alone five villages. The kingdom was out of question.

Thirteen years ago, in a reckless gambling binge, Pandavas has lost all that they had. Pandavas, the five righteous sons of Kunti and Kauravas, the hundred sons of Gandhari are cousins; their fathers, Pandu and Dhritarashtra respectively, were brothers. Dhritarashtra, the older brother, the king, was blind by birth and therefore his ultra-dedicated wife Gandhari vowed herself to blindness by tying a cloth over her eyes, always. Even when her hundred children were born, she refused to see them, but cared for them better than any woman despite her blindness.

Pandu had his five children, the Pandavas, with Kunti. Well technically five but in reality five plus one. Karna was born out of wedlock and we will leave it at that because Mahabharata, the story of the Kuru dynasty, is dirty as we go deeper and deeper; interesting reality, but dirty, and one has to have the stomach to take it.

[read more ...](#)

[www.vsnanc.org/newsletter/issue-1/Mohini-VibhuVeerabadrappa.pdf](http://www.vsnanc.org/newsletter/issue-1/Mohini-VibhuVeerabadrappa.pdf)



## Allegoric Vachanas of Allama Prabhu

- *Ashwini Surpur*

*Cupertino, CA*

*Email: ashwini.surpur@gmail.com*

The establishment of Anubhava Mantapa - the philosophical learning and discussion center - by Basavanna in the 12th century invited many yogis, intellectuals and spiritual giants from various corners of India, including Kashmir - the center for Shaivism in those days. But the crowning glory of Anubhava Mantapa was Allama Prabhu, the great sage who was also the president of this wonderful 'Pedestal of Wisdom' addressed in Kannada as "Shunyapeethada Shunyamurthy". His vachanas depict the deepest philosophical thoughts of Veerashaiva philosophy that appear to be the cream of the Agamas, Vedanta, Sankhya and Yoga - the sum total of India's spiritual knowledge. Apart from this, he is also well known for his allegoric vachanas, known as "beDagina vachana" in Kannada.

[read more ....](#)

[www.vsnanc.org/newsletter/issue-1/AllamaPrabhu-AshwiniSurpur.pdf](http://www.vsnanc.org/newsletter/issue-1/AllamaPrabhu-AshwiniSurpur.pdf)



## Vachana Literature

By: *Chinmay Surpur*

The vachana literature heavily influenced the 12th century bhakti movement led by Basavanna. Vachanas written by sharanas rought awareness to many people about the simplicity of life and religion. These vachanas also inspired many people to follow Dharma (righteousness) and to give up superstitions. There were millions of vachanas, but many of them were lost. Luckily we - still have hundreds of thousands of vachanas remaining with us, and as veerashaivas, we have the implied responsibility to understand, follow, and even spread the essence of these wonderful teachings to the world. In this article, I will make an attempt to interpret a couple of - vachanas by Basavanna.

The first vachana that I will elaborate on is a vachana about kindness and how it is related to dharma (religion).

dayavillada òharmavu yāvudayya

dayavebeku sakalapraëigaraõi

dayavedharamada moolavayya

kuòala sangayyanantalladollanayya

Is there religion without kindness?

Let there be kindness in everything.

Kindness is the backbone to virtuous living.

The unkind are unwanted by kudalasangama.

[read more ....](#)

[www.vsnanc.org/newsletter/issue-1/Basavanna-ChinmaySurpur.pdf](http://www.vsnanc.org/newsletter/issue-1/Basavanna-ChinmaySurpur.pdf)



**Birthday Wishes**

Allama Pattanshetty	(Jan 6)
Apurv Lawange	(Jan 17)
Arnav Rajendra	(Jan 30)
Varun Dinesh	(Feb 4)
Diya Desai	(Feb 14)
Ayush Shirashyad	(Feb 16)
Mayura Patil	(Feb 16)
Dhyan Shirashyad	(Feb 17)
Sarvesh Shirashyad	(Feb 23)

Its beginning of the year and a time when everyone makes resolutions. If you haven't already done so, include leading a healthy lifestyle in your list. Breakfast is the most important meal of the day. After a long period without eating your blood sugar levels will be low. Skipping breakfast can mean your body will start to crave something sweet and you'll end up snacking on unhealthy foods. Start the day with a filling and nutritious meal and you will give your metabolism a kick start. A healthy breakfast should contain some protein and some fiber. Here is an example of healthy breakfast.

1. One bowl of Oatmeal (Add flaxseed meal, almonds, cashews and raisins/craisins)
2. Yogurt
3. One whole fruit (e.g. Banana, orange, apple)
3. Milk

If you are a oatmeal hater and only love Indian breakfast, replace oatmeal with cracked whole wheat Uppittu (also famously known as concrete!). You may make the uppittu / upama healthier by adding flaxseed meal, nuts and vegetables to it (more cement and less sand ;-)

Here are 6 Diet Strategies to Fend Off the Flu

[http://www.active.com/nutrition/Articles/Your\\_diet\\_can\\_be\\_a\\_powerful\\_tool\\_for\\_boosting\\_your\\_immune\\_system.htm](http://www.active.com/nutrition/Articles/Your_diet_can_be_a_powerful_tool_for_boosting_your_immune_system.htm)

**Career Center**



**"4 Mindsets of a Successful Leader"**

Have you found yourself thinking of starting your own business? Are you trying to climb the corporate ladder while the company is working through the recession? In other words, are you aiming to be a leader? Well, behind every great leader, at the base of every great tale of success, you will find an indispensable circle of trusted advisers, mentors and colleagues. These groups come in all forms and sizes, and can be found at every level and in nearly all spheres of both professional and personal life. What they all have in common is a unique kind of connection with each other that I've come to call "lifeline relationships."

Read more...

<http://www.careerbuilder.com/Article/CB-2063-Leadership-Management-4-Mindsets-of-a-Successful-Leader/?pf=true>

**EPRI (Electric Power Research Institute) is looking to fill the following positions**

**Senior Network Architect (Full Time)**

**SharePoint Developers (Contract possibly long time)**

For more information about this and other opportunities at EPRI

please visit [www.epri.com](http://www.epri.com) and click on Careers link at the bottom of the page.

Contact [chandra@vsnanc.org](mailto:chandra@vsnanc.org) for more information.

**Unish is a full service IT/PM consulting company** doing business with fortune 500 clients in Bay area has the following job openings for qualified consultants:

**Project Manager (Business Operations)**

**Network Engineer**

For more information visit

[www.unish.net](http://www.unish.net) or call 408-400-3680

**CORN CUTLET - Delicious healthy Snack!**



- by SumaAnand.

Makes 10 small cutlets.

Serves 2 People.

**Ingredients:**

- |                             |              |
|-----------------------------|--------------|
| Fresh corn/or 1 canned corn | 2            |
| Roasted channa (Dalia)      | 1 cup        |
| Green chillies              | 4            |
| ginger grated               | 1 spoon      |
| onion(finely chopped)       | optional     |
| coriander leaves            | ¼ of a bunch |
| Salt to taste.              |              |

**Method:**

Boil the fresh sweet corn ( If you are using canned corn , then it can be used as is)and strain the water from it and leave it for 5min and then grind it to coarse.. Grind the Dalia into fine powder.

In a big bowl mix Corn , Dalia powder, coriander , ginger, chillies and salt . Roll into patties( patties should be small and thin), and then roast them with very little oil on tawa for 5 to 6 mins on each side until they are golden brown.

Enjoy these hot n spicy Cutlet with chilli sauce or ketchup!



## 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

## Charity Partners



[www.osaat.org](http://www.osaat.org)

[www.ekal.org](http://www.ekal.org)

## Upcoming Events 2011

### Shivaratri Event

**When:** Saturday, March 12th 2011.

**Where:** Historic Hoover Theater  
1635 Park Ave., San Jose, CA, 95126

[http://www.sjUSD.org/school/hoover\\_theatre/info/C1810/](http://www.sjUSD.org/school/hoover_theatre/info/C1810/)

**Food:** Very delicious

**Food Cost:** FREE for paid members. \$10 for non-members

#### Event highlights:

4:00PM: Tea, Snacks

4:45PM: Prarthana (Vachana) by VSNA kids

5:00PM: Shiva Bhajan by VSNA Ladies

5:10PM: Ishta Linga Pooja by Veeresh Javali

5:35PM: Impana dance (Bharatanaty)

5:45PM: Group Bharatanaty ( Kids)

5:55PM: Kanadanthe Mayavadanu dance (Cute Little kids)

6:00PM: Committee Introduction

6:10PM: Kolata ( Kolu Kolanna Kole by VSNA Kids)

6:20PM: SHiva Nataka ( by Fremont VSNA kids)

6:30PM: East Bay VSNA kids dance

6:40PM: Bharatanaty by Adult

6:45PM: Kajra re dance by VSNA kids

6:55PM: Bhagyada Balegara dance by VSNA kids

7:00PM: Shivanolidare Bhayavilla dance (Cute little kids)

7:10PM: Lingashtakam dance by VSNA kids.

#### 7:15 to 8:00 PM Dinner Break

8:00AM to 8:20PM Medal Distribution

8:20AM to 8:30PM Karaoke by VSNA adults

8:30PM : Dance by VSNA ladies

8:40PM : Bolly wood dance

**Don't miss this exciting, religious and fun filled event. Mark your calendars today. Why wait in line to become a member on the event day? Join online today at [http://vsnanc.org/vsnanc/?page\\_id=73](http://vsnanc.org/vsnanc/?page_id=73)**