



MARG

A Path to Hindu Heritage

KAILASH TEMPLE AT ELLORA



SECOND FLOOR OF NANDI MANDAPA.

THE MARG FOUNDATION

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Marg welcomes original articles for possible publication in the following areas: Dharma, Philosophy, Scriptures, and Culture; Hindu way of life; growing up as Hindu in America; Holistic living; problems and needs of multicultural Hindu families; and materials, including stories for the young readers.

We also invite our readers to send their comments regarding the **Marg** articles, or about other issues falling within the scope of **Marg**. We reserve the right to select, abbreviate, and edit for clarity submitted materials to conform to the editorial policy of **Marg** and the available space.



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ADVERTISE IN MARG

MARG is distributed nationwide, however, a large majority of readers are in the greater Washington DC, Baltimore Metro area, and Virginia. MARG magazine offers an excellent opportunity to publicize your message to the Indian community and as well as supporting the Marg Foundation – a worthy cause. The rates of advertisement are as follows:

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Swami Jyotirmyananda

March-April 2024

multiplicity. This temporary absence of all problems is not God-realization. If you went on sleeping all the time you would not be enlightened.

However, if you could lead your mind to a state of consciousness in which the ego is thoroughly transformed, you would enjoy the positive counterpart of sleep—perpetual samadhi. When you enjoy this higher samadhi, the ego is filled with blissful spiritual awareness and no longer wears the same robes of illusion. The unconscious becomes flooded with Divine impressions and your entire life is lit up with the glory of the transcendental Self.

In normal meditation, if you are meditating on a flower, you preserve the distinction of meditator and object of meditation. However, Vedantic meditation possesses a special characteristic: identity with the object of meditation. This form of meditation is called "Aham Graha Upasana." Vedantically, when you inwardly feel, 'I am the flower' or 'I am the Divine Self,' there is no trace of ego in it. You are transcending your ego and becoming identified with the object of meditation in such a way that the concepts of 'subject' and 'object' are transcended.



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UNIQUENESS OF HINDUISM

It is the unique and all-encompassing nature of Hinduism that one devotee may be worshiping Ganesha while his friend worships Subramaniam or Vishnu, and yet both honor the other's choice and feel no sense of conflict. The profound understanding and universal acceptance that are unique in Hinduism are reflected in this faculty for accommodating different approaches to the Divine (Brahman), allowing for different names and forms of God to be worshiped side by side within the temple walls.

-- Satguru Sivaya Subramuniyaswami (1927-2001), founder of *Hinduism Today*

RISE BEYOND ATTACHMENT

Swami Lalitananda

EXCESSIVE ATTACHMENT to any person or object can suppress a strong creative and spiritual movement within. Attachment means dependence upon the object of pleasure. Consequently, a festering weakness develops, leaving the person in a state of dejected helplessness.

The dynamic energy that once supported willpower withdraws into a state of inertia. The spiritual power that might have carried one to mystic heights is suppressed in an unknown cave of the unconscious.

Attachment is like the large-leaved tropical plants that cling and entwine the trunk of a healthy green tree. As each day goes by, it is enjoying and relishing the nourishment from the tree, thus reducing the strength of the tree to a low ebb.

Strangely enough, those who are more attached to their loved ones have greater capacity to hate them and torment them. The slightest shadow of doubt can

throw the loved one into a high degree of fury. Most violent acts are committed against the very person one had adored so passionately with a thousand sweet words. Therefore, attachment and hatred are like twins externally, but could without warning switch their names.

Deep down in the subconscious, these two giant snakes are coiled attachment (raga) and hatred (dwesha), one as deadly as the other to the blooming of the lotus in the heart of a spiritual aspirant. The cause of both is the sadistic ego that persists in its identification with the body. This brings about a separation from the universal stream of consciousness. The mind is kept in a state of agitation, resulting in lack of discrimination and dispassion. Life is then completely filled with miseries, turmoil, and unfavorable conditions.

In order to remove the chains of attachment and hatred, you

must understand: "I am not this body, nor this mind, nor the senses, nor the intellect, nor this personality. All this will pass away, but I am essentially eternal spirit, ever free, without limitations."

You will surely be able to rise beyond the snare of attachment by reading the scriptures and reflecting upon their profound teachings; by hearing sublime lectures by highly qualified Sages; by beginning a definite trend of mental austerity; and by foregoing the evil habit of mulling over past events, recalling memories of pleasant experiences, and removing your dependence on future expectations.

Break those fetters of attachments that obstruct your spiritual progress. Always move forward with giant strides, like a lion in the forest of worldly entanglements.



Courtesy:
International Yoga Guide.

Time is too slow for those who wait,
too swift for those who fear,
too long for those who grieve,
too short for those who rejoice,
but for those who love, time is eternity!

DIVINITY IN EVERYTHING

Swami Bhoomananda Tirtha

If the earth is divine, then whatever has grown on the earth is also divine, including our own body. Instead of realizing this divinity, which is already there in us and around us, we construct temples to install God there.

I was speaking about sublimity—how to generate sublimity by one's own sublime practices. You have to become sublime, and then you will find sublimity in everything around you.

People are looking for God, praising God, and in order to have a touch and protection from God they erect temples, construct puja rooms and perform various rituals. Is it not quite away from the ideal, from the reality? The fact is that the whole earth itself is godly or divine, as are the other heavenly bodies hovering in the sky. All are born from the unfathomable space or void. Are they not divine?

If the earth is divine, then whatever has grown on the earth is also divine, including our own body. Instead of realizing this divinity, which is already there in us and around us, we construct temples to install God there. Not being able to find God in the rock created by God Himself, we create an idol out of it and worship it as God! Well, it is ok as a preliminary lesson, initial practice. But sooner or later we

must try to feel divinity in the entire creation.

There is a beautiful verse Ma often sings:

लोकेश चैतन्यमयादिदेव
श्रीकान्त विष्णो भवदाज्ञयैव।

प्रातः समुत्थाय तव प्रियार्थं
संसारयात्रामनुवर्तयिष्ये॥

lokeśa caitanyamayādideva
śrīkānta viṣṇo bhavadāññayaiva |
Prātaḥ samutthāya tava
priyārthaṁ
saṁsārayātrāmanuvartayiṣye | |

O Controller of the worlds, who is of the nature of consciousness and the first of all gods (of the nature of brilliance), O Mahaviṣṇu, the consort of Sri (all these are names addressing the supreme Presence; some are personal, some are impersonal) — waking up by Your command in the morning, we undertake this voyage in the world for the sake of Your pleasure alone.

The consciousness within you, the power and presence within you, puts you to sleep. The same power wakes you up. Can you see how the divinity and sublimity are generated and felt by these thoughts? We find divinity in the very first involuntary action of waking up. The same divinity we find in all our activities throughout the day—in brushing teeth, taking bath, taking food, in going to the office and coming

back home, in walking, talking, thinking, in everything that comes our way. The same divinity we find in the very purpose of our life: “I follow the course set by You for Your own Ultimate purpose”. The whole life thus fits into the system of the world. It becomes a part of the Divine’s huge Karmayajna.

You grow up, go to school, get employed, get married, bring up children, do many things in the domestic, social or professional field—all these you are able to do because the earth revolves, seasons follow, the sun rises and sets, the heart beats, lungs bellow and the mind thinks. When you link up all the activities—big and small—with the inner presence, the universal power and its will, then where is the scope for any preference and prejudice? The whole life will become divine and sublime when looked at with this comprehensive vision.

My dear souls, divinity is not to be gained from outside. It has to be generated. You have to become divine.

Your problem is that you think the samsara-yatra (voyage in the world) as yours and you keep God at a distance, allocating only a few minutes or hours for His thoughts. And you want to reach Him!

.....CONTINUES ON PAGE 19

TAP (तप) – THE PENANCE

Ram Prakash Singhal, Ahmedabad, India

Eight gems of Gita (6/1-3) namely: "1) Fearlessness, 2) Purification by Righteousness, 3) Situating Self in Pursuit of Knowledge, 4) Charity, 5) Restraint & Control of Senses, 6) Yagya - the Sacred Works, and 7) Swadhyay - the Study of Self" were discussed in earlier MARG issues. The eighth gem, called Tap (तप) – the Penance, is described below.

WHAT IS TAP

Tap is often misunderstood as severe penance done by torturing the body, starving, remaining awake for long periods, standing on one leg, burying in sand, sitting in fire or on thorns etc. legends also talk about many demons resorting to Tap to achieve demonic powers to overpower righteous people.

However, Gita considers Tap as a means to purify Self by observing austerities & doing penance with fervor and commitment. Tap empowers a practiser of Yog with 1) Power to support righteousness and resist wickedness; and/or 2) Tolerance for the harsh dualities and hurt, insult and injustice in the life.

Illustration: Milk spoils within 1-2 hours but remains good for few hours after heating. Seeded with rennet, it becomes curd that lasts for 2-3 days. And curd becomes butter on churning and remains good for many days. Nevertheless, when butter is

boiled on slow fire, it separates impurities and becomes Ghee, which stays good for years. A practiser can similarly rise from lower to higher stage by constantly engaging in Tap.

Sage Patanjali prescribed Tap as one of the five sub-rules under *Niyams*, the regulations in his eight-fold path to attain Yog. Catholic Church also prescribes penance for the faithful ones to absolve from sins.

QUALITATIVE CLASSIFICATION OF TAP

Gita classifies Tap into three categories of *Sattvic* (imbued with nobility), *Rajasic* (shadowed with passion) and *Tamasic* (overpowered by ignorance) in 17/17-19:

"Penance practiced ardently by people having unflinching faith without desiring anything in return but engaging with the Supreme Being only, is the noblest. Penance done with desire of felicitation, honor & worship and/or out of ostentation is of the inconstant quality of passion. And the penance undertaken foolishly by torturing own body; and to harm others is of the lowest quality."

SATVIC TAP

Sattvic Tap enables its doer to purify his whole being including body, mind, heart and soul. Sometimes, it is undertaken for atonement of sins or to get relief from pain & distress. But the best type of Tap is performed to acquire power, courage and

resources to fight against Adharm and protect Dharm. Arjun performed such Tap many times and acquired divine weapons. High principle of goodness, virtue & faith without desiring personal gratification guide its doer towards realizing his ethical, social, and spiritual duty and responsibility. Ancient Indian Rishis practiced *Sattvic Tap*.

Example: Mahavir Swami attached greatest importance to penance for attaining liberation. He, who sincerely performs *Sattvic Tap* becomes a pure, calm, equipoise compassionate soul. Mahatma Gandhi undertake fasts unto death for just causes.

RAJASIC TAP

Rajasic Tap is done to gain favor of gods to obtain material objects, honor, or to gratify passionate desires and ego. Though it may give joys in this world, and a place in heaven after death for some time, it is worthless for the liberation of soul. Tap done with arrogance, pride, and self-elation even for a right cause, is also *Rajasic*.

TASMIC TAP

Tamasic Tap is done by deluded, foolish people to pursue mean ambitions like gaining control on others, destroying natural resources or taking revenge. Demons like Hiranyakashipu, Raavan etc. got

KAILĀŚA TEMPLE - (ELLORA CAVE 16)

Dr. Omesh K. Chopra

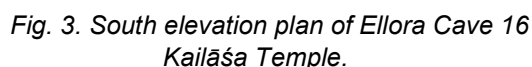
The Kailāśa temple (Cave 16) is one of the cave temples and monasteries known as the Ellora Caves. Ellora, also called Verul or Elura is the short form of the ancient name Elloorpuram. These caves are located 29 km (18 miles) from Aurangabad in Mahārāṣṭra, India. There are more than 100 caves at that site, but only 34 caves that extend ≈ 2 km, are open to public. These caves have been excavated from basalt cliffs in the Charanandri Hills. Ellora caves occupy a relatively flat rocky region of the Western Ghats, known as the Deccan Lava Plateau or Deccan Traps. The term trap has been derived from the Swedish word for stairs (trapp) and refers to step-like hills. Deccan Traps consist of multiple layers of solidified basalt with a combined thickness of >2000 m (6500 ft) of flat-lying lava flows, and cover $\approx 500,000$ sq km (200,00 sq miles) in west-central India. They were created some 65 million years ago (mya) when the Indian subcontinent, minus northeast corner of India, was drifting northeast from the south pole. Before 180 mya, Madagascar, Seychelles and the Indian subcontinent were part of East Gondwana supercontinent, wedged between Africa and Australia with Antarctica to the south and ocean to the north. Later ≈ 150 mya East Gondwana began splitting apart. First, Madagascar, Seychelles and the Indian subcontinent broke away from Africa, Antarctica and Australia. Then, Madagascar broke off

≈ 100 mya and Seychelles broke off ≈ 70 mya. Deccan traps were created while India was located over a volcanic hotspot under Reunion Island in the Indian Ocean ≈ 65 mya.



Fig.1. Some of the Buddhist Caves at Ellora.
A Lower number of caves are to the right.

Ellora and Ajantā Caves are located in the middle of Deccan Traps or Deccan Plateau between Tapti and Godāvarī Rivers. Deccan Plateau is made up of basalt, a volcanic igneous rock produced when magma exits from Earth's core and cools rapidly very near the surface. More than 90% of all volcanic rock on Earth is basalt, an incredibly hard rock used extensively for sculpture in Egypt and India. Ajanta Caves are Buddhist caves, whereas Ellora Caves are a multi-religious rock-cut cave complex in Charanandri Hills with inscriptions dating from 6th century CE. These consist of 12 Buddhist caves (1-12) built between 5th and 8th century, 17 Hindu caves (13-29) built from 7th to 10th century, and 5 Jain caves (30-34) built in the 10th century. Each cave represents deities and mythologies that were popular during that period. A photograph of the



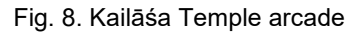
Kailāśa temple is one of the largest monolithic structures in the world and considered an architectural marvel. It is 50-m (164.0 ft) deep, 35 m (114.8 ft) wide and 33 m (108.3 ft) high. Some of the other examples of large monolithic structures are 17 m (55.8 ft) high statue of Bahubali (*Gommateshwara*) on Vindhyagiri Hill in Shravanbela Gola, Karnataka, and a 26-m (85.3 ft) high statue of his father Lord *Rṣabhadeva* the first Tirthaṅkara and founder of Jainism. These two were built in 983 CE and 12th century, respectively. Though, the Pancha Rathas or Pandava Rathas monolithic monument complex at Mahabalipuram, in Chengalpattu district, Tamil Nadu were built earlier ≈630-668 CE.

Fig. 4. Aerial view of Ellora Cave 16, Kailāsa Temple from the southwest corner.

The Kailāśa temple is believed to have been built in stages. Although Kṛṣṇa I (Kṛṣṇarāja) of the Rāṣṭrakūṭa dynasty completed major portions of the temple, e.g., central temple, the Nandi shrine and entrance gateway, construction of the temple is believed to have begun under his predecessor, his uncle and founder of the Rāṣṭrakūṭa dynasty Dantidurga (735-757



The courtyard is surrounded by a three-stories arcade along the outer wall (Fig.8). Originally, there used to be bridges connecting these galleries to the central temple structure. With time these bridges have been destroyed. In addition, there are five dedicated shrines along the outer walls honoring Ganesh, Rudra, and the three river goddesses, Gaṅgā, Yamunā and Sarasvatī. The river goddesses panel is located to the left of the main entrance. Gaṅgā is shown sitting on *makara* with lotus petals and leaves behind her, Yamunā on a tortoise with creepers and water plants behind her and Sarasvatī on a full-



This is a large, intricate stone relief carving, likely from the Gupta period. It depicts a central seated figure, possibly a deity or a royal figure, surrounded by standing figures. The base of the carving features a complex arrangement of smaller figures, including what appears to be a reclining figure and several smaller standing figures. The carving is highly detailed, showing various attributes and postures. The style is characteristic of Gupta art, with its emphasis on naturalistic representation and complex iconography.

Also, scholars believe that the river goddess panel on the northern cliff face and the yajñashala (sacrificial hall) panel on the southern cliff face, were added by the later Rāṣṭrakūṭa kings. Some examples of these panels are shown in Fig. 9(a) Ravana lifting Kailāśa, the abode of Śiva, and Fig. 9(b) Mahabharata scenes.

WHY INVADERS MOSTLY WON FIGHTING INDIANS

Deepak Seth, Faridabad India

The views presented in this article are exclusively of the author."

That Indians invariably lost most of the battles with invaders is a fact of history. This has been true from prehistoric times to our recent past. The India China battle of 1962 to some extent fits into this pattern. It will be well to note that this trend is not confined only to Muslim invasions and to view it in this manner will be to miss the larger picture. There were many pre-Islamic invasions as that of Huns and Sakas with similar end results. Foreign invasions go far back in our history-perhaps the Aryans were among the earliest invaders and settlers-but the debate has largely been centered around the Islamic invasions because those invasions were not just physical invasions but had an added dimension of cultural and religious invasion.

Our almost constant defeats in battlefields have been the cause of great pain and embarrassment to Indians who have some sense of their roots and history. From the civilization point of view, India has been a great country which has had more than its share of saints, sages, mathematicians, and other wise men. But they could do nothing to save the country from repeated humiliations at the hands of invaders. And this is what we V.S. Naipaul call our civilization a wounded civilization. Historians have called India the land of easy conquest where time and again much smaller armies of invaders have defeated much larger armies of India. So, what made India the land of easy conquest? Generally, the answer given is

that it was because of Jaichand's - this is traitors within the country as also due to lack of unity among Indians. This is, definitely, one of the reasons, but it cannot be the main reason as there have been traitors in almost all countries and there has been infighting and deceits everywhere, but no country has had such a pitiable record of defending itself against foreign invaders.

I think the main reason of our poor showing on the battlefield is as follows: -

In the centuries gone by-leaving aside the last 3- 4 centuries- the only power available in the world was MUSCLE POWER either of the humans or of the animals. Science, Machine power and the technology associated with warfare came only in the last 3-4 hundred years. Since muscle power was the only power going those who had muscle power dominated those who had less of it (It is also because of this reason that males dominated females). Indians for various reasons have been deficient for muscle power. This was true centuries back and is true even today. Our poor performance in the Olympics, high incidence of heart decease and diabetes proves this point. The physically weak Indians could not withstand the onslaught of muscular tribesmen who came from across the Khyber. Later these very tribes embraced Islam.

But why is that Indians are so poor in physical fitness? There could be multiple reasons. Is it in our genes? Perhaps! But then there have been so many waves of

IS INDIA DOOMED TO REMAIN AT THE RECEIVING END OF THE INVADERS

The answer is a big no. Historians have divided Indian history in three parts- Hindu period, Muslim period, and the British period. I would like to divide the Indian history or rather the world history in two parts- The Age of Brawn and The Age of Brain. As I have already written that the people living in India for various reasons were always deficient in muscle power and since in the age of Brawn that was the only power available, they were at a great disadvantage. The result was their domination and exploitation by outsiders who were superior in muscle power.

The Renaissance in Europe was a period which produced many thinkers who produced a flood of new ideas in physical sciences and social sciences. This ushered in the age of brain power. Science gave rise to technology which in turn brought the industrial revolution.

This hugely impacted the techniques of warfare. Brain was now giving a tough competition to brawn in the battlefield. Brawn was losing its pre-eminence if not its relevance. This works to India's advantage as it is endowed with immense brain power. Here one can give the example of Israel. The Jews were never known for their martial qualities, but they

made great scientists, artists, doctors and managers. Soldiering was never their profession. And yet Israel has been able to maintain themselves in the hostile surroundings in the middle east.

India must learn the right lessons from history. It must realize that what we have gone through in the past we never have to go through again. Our old handicap is becoming less and less relevant and we must build up on science and technology. However, the importance of a sound body cannot be overstated. A few years back there was news report that a village not very far from Delhi had more than 60% of its population infected with TB. This is worrying as areas such as these provide recruits for our defense forces.

We should give due priority to our defense preparedness. Our defense apparatus needs cutting edge technology which this nation can easily develop. And finally, today's wars are also a matter of good management both in times of peace and in times of war. This is again where we must hone our skills as traditionally, we have been lacking in skills of war management.



About the Author: Deepak Seth is an Electrical Engineer by profession but also a very passionate reader of wide range of subjects particularly relating to Indian civilization and history.

There is no limit to the power of the human mind. The more concentrated it is, the more power is brought to bear on one point. The world is ready to give up its secrets. If we only know how to knock, how to give it the necessary blow. The strength and force of the blow come through concentration!

HOW MANY CROWS?

(From Akbar - Birbal stories)

Akbar was a great Emperor of Mughal era during the late 17th century and Birbal was his wisest and witty minister.

One day, Akbar was taking a long walk in his garden with Birbal, as he looked towards the sky, he observed that many crows were flying around. He cooked up a question in his mind to test the wisdom of Birbal.

He said to Birbal, "for a long time I have been thinking of getting to know the count of all the various animals in my kingdom." To start with I want you to tell me how many crows there are in my kingdom?" Birbal started thinking about the number and after a moment Birbal started laughing.

Akbar enquired, Birbal why are you laughing., I am the king and want to keep track of everything happening in my kingdom.

Birbal said, Hazoor (Sir) I was laughing because as I was computing the crows, I realized that there are some baby crows must have just hatched. However, the exact number of all crows, per our last count, in your kingdom are ninety-five thousand, four hundred and sixty-three crows."

How are you so sure that your computation is correct," the King asked.

Birbal replied, Sir, you can get them counted.

The emperor said, "If there are less than or more than the number you quoted then you would be fined two thousand Muhars (round gold coins).,

Birbal replied immediately, Hazoor, "I agree with your punishment, but if I am correct then what would be my reward?"

Birbal continued, Hazoor, let me add here that if you get the crows counted and the count is more than the number I mentioned, in that case you also must take into account of all those crows who have come to your kingdom from the neighboring area to visit their relatives.

"After a long pause, Akbar started speaking again and said, if there are less crows than the number you quoted, you will still be punished."

Birbal immediately quipped, in that case you will have to get the count of all those crows who have gone to the neighboring kingdoms on vacation. Hazoor, my count is correct.

Akbar was very pleased with all the answers that Birbal gave. After reaching the palace Akbar awarded Birbal for his wisdom and for his witty answers.

Moral: Even if the question is silly, you can manage the situation by thinking on your feet and giving a witty answer.



HINDU CALENDAR 2024 (VIKRAM SAMVAT 2080-81)

March - 2024 (Falgun – Chaitra)

| | | |
|----|-----|--------------------------------|
| 06 | WED | Vijaya Ekadashi |
| 07 | THU | Pradosh |
| 08 | FRI | Maha Shivaratri |
| 09 | SAT | Amavasya |
| 14 | THU | Meena Sankranti |
| 20 | WED | Amalaki Ekadashi |
| 22 | FRI | Pradosh |
| 24 | SUN | Purnima Holika Dahan |
| 25 | MON | HOLI |



April - 2024 (Chaitra – Vaisakh)

| | | |
|----|-----|-------------------------------------|
| 04 | THU | PapMochani Ekadashi |
| 06 | SAT | Pradosh |
| 08 | MON | Amavasya |
| 09 | TUE | SAMVAT 2081 BEGINS |
| 09 | TUE | Gudi Padwa, Navratri Begins |
| 13 | THU | Baisakhi, Sankranti |
| 16 | TUE | Navratri Ends |
| 19 | FRI | Kamada Ekadashi |
| 20 | SAT | Pradosh |
| 21 | SUN | Mahavir Jayanti |
| 23 | TUE | Purnima , Hanuman Jayanti |

May - 2024 (Vaisakh – Jyeshth)

| | | |
|----|-----|------------------------------------|
| 04 | SAT | Varuthini Ekadashi |
| 05 | SUN | Pradosh |
| 07 | TUE | Amavasya |
| 14 | TUE | Vrishabha Sankranti |
| 18 | SAT | Mohini Ekadashi |
| 20 | MON | Pradosh |
| 23 | THU | Purnima – Buddha Jayanti |



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VEDANTA CENTER OF GREATER WASHINGTON, DC

3001 Bel Pre Road ♦ Silver Spring, MD 20906 ♦ www.vedantadc.org

The Center holds regular Sunday morning lectures at 11 AM, and Wednesday and Friday night classes at 8 PM.

Daily morning meditation and worship from 5 to 8:30 AM, and āratī and meditation from 6:30 to 8:00 PM.

All are welcome. For further information about other monthly programs please see our Website at www.vedantadc.org or call the center at 301-603-1772

Chinmaya Mission- Vienna Center ♦ 1314 Towlston Road ♦ Vienna, VA 22182

The Mission conducts the following classes by Acharya Pramila Poudel:

- **Thursdays:** Discourse on Bhagavad Geeta - 8 to 9:30 PM
- **Sundays:** Discourse on Bhagavad Geeta - 10 to 11:30 AM (At the West Springfield High School, 6100 Rolling Road, Springfield, Virginia 22152)
- **Saturdays:** Guided Meditation : 8 to 8:45 AM;
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14000 Darnestown Road, Darnestown, MD 20878-3606. For information, please call Amrit Nayyar at 240-899-6497 or Email: shreeramsharnamusa@live.com or shreeramsharnamusa@gmail.com



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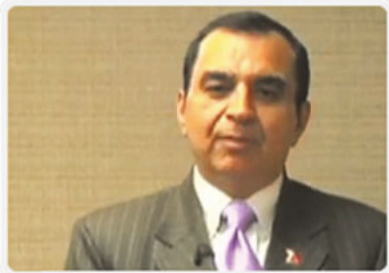
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