

JYOTI

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Hindu Worship Society

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We're on the Web:
www.hwst.org

What Services Does the HWS Offer?

- Open for worship on Sundays from 11am to 2pm for Religious Discourses, Bhajans, Aarati, and Prasadam
- Celebration of religious programs
- Perform pujas upon request either at the temple or at a devotee's house

MEDITATION

Meditation is the highest *yoga* practice. The human mind continuously receives information about the outer world through the five "gates" of the senses: smell, taste, sight, touch and hearing. Among the data received through a certain sense, the mind can select only those that are of interest at a given time. This selection is realized through focusing the attention upon that particular data and ignoring the other unimportant data.

The more the attention is focused upon a certain sense, the more the amount of information received through that sense increases and the information coming from other senses becomes 'less important' and can even be completely ignored by the mind. A special characteristic of the human mind is the capacity of focusing the attention toward the inner world of feelings, thoughts and ideas. More than that, the human mind can be focused even upon itself -- this fact is of paramount importance, because it creates the possibility of controlling the mind. This faculty of the human mind to modify at will the orientation of the conscious attention is the basic mechanism of mental concentration (*dharana*).

Dharana means to be able to focus at will the mind and to maintain it focused for long periods of time upon any object, even if this object does not spontaneously catch our curiosity.



CONSTRUCTION UPDATE

- ?? Crew is working on Sheetrock, interior doors, ceiling and main hall ceiling.
- ?? Electrical contractor is hanging the light fixtures etc.
- ?? We will be able to finish by second week of May, except following.
 1. Flooring in the main hall.
 2. Brick and Chain link fence with motor operated sliding gate.
 3. Replacement of roof and A/C in Existing Building.
 4. Remodeling of Existing Facility (Bathrooms and Kitchen).
 5. Breaking the wall between new and existing building.
 6. Landscaping etc.
- ?? We are inviting the bids for Brick fence and motor operated sliding gate along the road and chain link fence on other two sides.
- ?? Replacement of roof and A/C in Existing Building will be done next



Donations this quarter (January– March)

HWS Trustees & Executive Committee Members thank the donors for their generosity

?? A-1 Travel - \$100
?? Advani, Dilip-\$100
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?? Arora, Raju & Anjali-\$1000
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?? Singh, Sanjeev K-\$ 301
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?? Varma, Jitendra & Purnima-\$21
?? Varma, Vinay-\$100
?? Verma, Meena K. - \$151
?? Wadera, Madhu & P.K.-\$1005
?? Wagle, Ravindra P & Dr. Jyoti R-\$25
?? Wali, Ashutosh & Sharmilla- \$151