



An Expression...

Through ignorance all of us have and will make some kind of mistake during the course of our lives. The act of forgiveness allows those mistakes to transcend these into memories of the past, so that we can live dynamically in the present. *"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned."* - Buddha

Forgiveness is often associated with religious or spiritual teaching. However, such teaching or belief is not necessary for forgiveness. Forgiveness can be motivated by love, philosophy, and appreciation for others.

Few weeks back, I got an e-mail from a young friend and an ex-VVM teacher (Amala) from Dallas. She had heard an interview on National Public Radio and was touched by it. She immediately wrote to me summarizing the interview. Here is the abstract of the mail I received: *"Today's show had a guy (Azim Khamisa) whose one and only son (20 yrs) was*

killed by a gangster while delivering pizza in 1995. The killer was only a 15-year-old boy. The victim's father forgave the killer after 40 days of mourning. The father shares a brother-like relationship with the killer's grandfather. He and the victim's grandfather travel around the country and talk about forgiveness and non-violence. The father and the grandfather met only after the tragedy. One of the most outstanding things he mentioned was that when he first got a call from the police about his son's murder he just hung up in disbelief. Then later on when he found out that it was the truth he went into a shock. He said that it felt like he left his body and went into the arms of God. And in His arms he stayed for a long time and that is when God told him that there are victims on both sides of the gun. Later, he came back to his body but with a different perspective towards this whole tragedy. He also mentioned about forgiveness and that he had two options - 1). To see the killer executed OR 2). To forgive the killer and see that he turns into a mature individual. He said that we should have a forgiving policy, and the attitude of

revenge will take us nowhere. He quoted Gandhi -- "An eye for an eye and soon the whole world will be blind."

Tony (the killer) lives in the highest security prison in California. He was born to a 15-year-old girl. He never lived with his father. When he was young he only met his father thrice and each time the father beat him up. When he was 9 yrs old his mother sent him to live with his grandfather. He joined a gang when he was 11 years old and killed Tarik when he was 15 years old. Today he is like a monk. He took the GED and SAT and is taking community classes from jail.

*The victim's father, Azim Khamisa, goes around the nation and talks about his miraculous journey. He says he went from forgiveness to fulfillment. He thinks he was put to this test of forgiving someone who gave him so much pain. One of the things he said was that he forgave due to selfish reasons. We do not want to and should not live with the burden of hating someone. **He quoted -- "Resentment is like drinking poison and then waiting for your enemy to die."***



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One should forgive and move on. He mentioned that when somebody commits a crime it is shortsighted to blame their parents, since the overall society is responsible. Forgiveness is the only way to break the cycle.”

Amala's mail moved me and I contacted Dallas KERA Radio station and got hold of the "THINK"

VVM Picnic....

Kitty Hollow Park
9555 Hwy 6 South
Missouri City, TX 77459

Saturday March 3 11- 3 pm

*For details contact Priti Parikh -
pparikh@gardenridge.com or
call 281-277-0903*

show coordinator. The victim's father Azim Khamisa found a path to forgiveness of his son's killer and has shared his message with thousands through speeches and workshops ever since. Azim Khamisa Homepage -
<http://www.azimkhamisa.com/>

Tariq Khamisa Foundation --
<http://www.tkf.org/>

Studies show that people who forgive are happier and healthier than those who hold resentments. One study has shown that the positive benefit of forgiveness is similar whether it was based upon religious or secular counseling as opposed to a control group that received no forgiveness counseling. Kshama (Forgiveness) is the tool, which was practiced by all, without exception! Lord Krishna, Mahavira, Buddha, Christ and Prophet Mohammed ... none could do without it. Every society has its share of scavengers, who may stoop low. Left with no alternative one has to learn to forgive others. The ecstasy one feels after forgiving the perpetrators of crime cannot be explained in words Forgiveness means releasing: the mind and heart from past hurts. The act of forgiveness is an act of healing. It lightens our load so we can move forward. If we hold on to resentment or hurt or grudges or grievances, we will remain a victim of the experience. If we forgive others we are free of them. To remain angry is like taking poison in order to punish someone else. To remain angry is to remain a victim and a victim is vulnerable

and powerless. From a civic perspective, we want individuals to do the good work of informed citizens. This requires a sense of political and personal efficacy, not victimization and powerlessness. Oqbah Ibn 'Amer reported that the Messenger of Allah said: *you shall keep relationship with one who cut it off from you, you shall give one who disappointed you, and you shall pardon one who oppressed you.*

Special Thanks....

Dr. Anand Vyas
For conducting a successful seminar on
Meditation

Sri Krishna says to Arjuna:

**“Tejah ksama dhrtih
shauchama-droho natimanita
Bhavanti sampadam daivim-
abhiyatasya Bharata”**

(Brilliance, forgiveness, fortitude, purity, absence of hatred, absence of arrogance – These are the marks of the one who is endowed with divine nature).

Bhagwad Gita: Ch- 16

Phalguni Kikani



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March Goes On...

Vallabh Vidya Mandir (VVM) incurs enormous expenses to conduct its activities and needs funds to improve or expand its facilities. Since we charge nominal fees, we do not generate enough funds internally to meet our needs. We need to look at other avenues to raise funds. Occasionally, in this publication I will describe different ways in which the readers can help. In this month's issue I would like you to consider Impact of Real Estate Commission.

Most among us at different times, rent or lease an apartment, office or store, or buy and sell used or new home or buy and sell commercial property. Next time you need to go through a real estate transaction, please keep VVM in mind. You can benefit Yourself and VVM. Many of these transactions pay the Broker a commission.

I have been a Texas State Licensed Real Estate Broker since early 1980's. I can help you with any of your real estate transactions. If you do the transaction using my services,

VVM Annual Show...

It is that time of the year again.
The show will be held on

April 21st

Saturday (3 – 5 pm)

Please Mark Your Calendars

whatever net commission I earn I will split in two parts – First half will go to you. Other half will be donated by me to VVM.

I do this simply to help VVM and will be happy to provide references of people who have done this and have consented to give out their information. You can ask them to describe their experience.

You May Ask :

How much help will you give? As much or as little as you need.
From start to finish.

Can I negotiate my deal on my own? No problem.

When should I contact you? Right at the start. Not after you have already talked to a Landlord, Seller or a Builder.

Will it increase my cost? No. Most landlords and sellers have figured

this cost in their equation. If you do not take advantage of it, you are leaving the money on the table.

Will you maintain confidentiality of my transaction? Absolutely yes.

Will you do this for my non-Gujarati or non-Indian friends? Yes I can and will do it for anybody.

Real Estate Commission is a great source of funding and most under utilized. I urge you to consider it. You will be pleasantly surprised when your transaction is consummated.

For questions please contact me at 832-603-1850/

ssp1940@gmail.com

Sureshbhai Patel

Free Workshop

“Ortho & Dental Care”

Dr. Manish Dhutia

(covers braces, dental hygiene, and gum diseases for children, adults & seniors)

Sunday March 25th, 2007

(Pls Register at the Front Desk)



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...No Classes

VVM will be closed on
March 4th & March 11th
for Holi & Spring Break
respectively

Kids Corner..(Poem)

Peace

You will always find peace if you learn
to share and care.

Peace is like sitting on the beach and

Listening to the waves of the oceans

No tension, no fear, no worries.

You always did good deeds in your life
if not,

Then you learned to fix them,

And that's why you deserve this
wonderful moment.

It's like a dream come true, all your
wishes and goals you

Wanted to achieve are complete.

Now you are just relaxing and

*Enjoying the beautiful moments in your
life.*

The fresh breeze in your face and your

Hair blowing in the air,

*With your eyes close and you see a
light with*

A path to a new life.

Peace Is what we all dream about.

NIKITA SHAH, age 15

Free Seminar...

*Course Selections & Graduating
Requirements*

For

*Middle & High School
(April 15th 10 AM)*

By

*Ms. Anuradha Nigam
Counselor, Fort Bend County*

VVM Youth Group...

Meeting

March 23rd, Friday
At
7 PM