



Newsletter ~ Vallabh Vidya Mandir ~



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An Expression...

Every one of us comes to a place and time in life when we think we need a new beginning. We have stumbled down, took a turn that didn't suit us and life's ups and downs have worn us. During those times we wonder whether we can start all over again!!

New Year is one of those moments where we are energized and ready for a new beginning. The desire to have a new start without any past baggage is the key. Many a time the dreams for a new beginning fade and often forgotten. To keep the desires and dreams alive and to keep the momentum going we need action.

Hu Dalconzo, founder of HLC, (Holistic learning center) said - *"Your spiritual growth and your learning requires you to take action. You must study, practice and emotionalize what you are learning in order for you to self-actualize your own divine potential. A farmer can't harvest his crops with prayer alone. After he is done praying, he must get off his knees and go into the fields. You have taken human form to experience*

things for the evolution of your immortal soul. So why don't you experience what it is you came to learn? The truth is that without action...prayer, affirmations, and meditation can be the beginning of self-delusion. And for a spiritually awakened person there is nothing worse than self-delusion! You need to take action by going out into the world and experiencing what it is you came here to experience for the evolution of your immortal soul. Struggle, effort, and action are God's spiritual fitness program that makes you fit enough to master the game of life."

We know that in the game of life, there is constant change, and movement. We came into this life to achieve many goals. We all have different goals and different dreams. Reaching one success or getting to one goal is not the journey. We can't reach a goal and then bask in the achievement for the rest of our days. In the journey of life, there are many stops, many turns and many goals.

While attempting to get to those goals we often stumble, and make mistakes.... BUT in fact our mistakes can be viewed as

learnings. Robert Kiyosaki wrote, *"Just remember the frustration you went through as you struggled to learn how to ride a bicycle. All your friends are riding but all you are doing is climbing on the bike and immediately falling off. You make mistake after mistake. Then suddenly, you stop falling off, you begin to peddle, the bike begins rolling, and then suddenly like magic, a whole new world opens to you. That is the magic found in mistakes.*

Holiday Cancelled

Pls Note:

Classes WILL be held on

January 18th, 2009

(No Uttarayan Holiday due to multiple class cancellations earlier in the year)

As we celebrate New Year and make new resolutions, our action for this New Year is to move forward and learn from our past mistakes. One thing to remember as well is that new beginning just doesn't happen only in the New Year. It can be any day, with each morning sun, with each positive



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breath just as the weeds in the lawn, after being uprooted every week, comes back again as a new beginning. Igor Stravinsky – the famed musician once said, “*Not only are mistakes a great source of insight that we can apply to next steps in our journey, sometimes they're absolutely required to make us stop and listen.*”

Phalguni Kikani

Bridging the Gap....

(Seniors Tea Party)

Jan 24th Saturday (3-5 pm)

VPSS Vallabh Hall

(All Seniors 60+ invited)

RSVP Phalguni 281-565-2996

or e-mail kikanis@earthlink.net

The March is On..

Each month I go through my collection of good write-ups and select the ones I consider educational or inspirational. The purpose of educational program at VVM is to help our children build

good value system and help them learn valuable lessons.

ABC OF MOTIVATION

Avoid negative sources, people, places, things and habits.

Believe in yourself.

Consider things from every angle.

Do not give up and do not give in.

Enjoy life today, yesterday is gone, and tomorrow may never come.

Family and friends are hidden treasures, enjoy their richness.

Give more than you planned to.

Hang on to your dreams.

Ignore those who discourage you.

Just do what has to be done.

Keep trying, no matter how hard it seems. It will get easier.

Love yourself first and most.

Make it happen.

Never lie, cheat or steal. Always strike a fair deal.

Open your eyes and see things as they really are.

Practice makes perfect.

Quitters never win and winners never quit.

Read, study and learn about everything important in your life.

Stop procrastinating.

Take control of your destiny.

Understand yourself first in order to understand others better.

Visualize it.

Want it more than anything.

Xcelerate your efforts.

You are unique in all God's creations. Nothing can replace you.

Zero in on your target and go for it.

“Everyone is motivated to do something or nothing. Motivation is the internalized drive toward the dominant thought of the moment.”

– Denis Waitley

“Belief in success is the one basic, absolutely essential ingredient in successful people.”

– David J. Schwartz

Sureshbhai Patel

Community Service

On December 19th, VMM/VPSS along with few other international volunteers (Refugee Support Committee– Phalguni Kikani is part



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of this committee) and Houston's refugee resettlement agencies hosted a Winter Shopping Extravaganza, benefiting refugees from around the world who now call Houston "home"!

Through the support of over 50 volunteers and numerous donors, we were able to serve 27 families from 7 different countries of origin on Saturday. In all, 134 people were served, including 76 children.

Particularly during this extremely busy time of the year, volunteer's willingness to take time out of their routine to make this event a success is commendable.

Whether they dropped off donations, helped us set up and run the "store", or accompanied the refugee families during their shopping spree - their generous and compassionate spirit is what made the refugee families feel welcomed and cared for. I want to especially thank VVM's Youth group. They were awesome!! Each one of them worked very hard. My sincere thanks to each one of you.

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**The following nonprofit agencies partnered in this event, providing screening

& referral of families, and transportation and interpretation assistance: *Alliance for Multicultural Community Services, Catholic Charities, Interfaith Ministries for Greater Houston, Refugee Services of Texas & YMCA International.*

