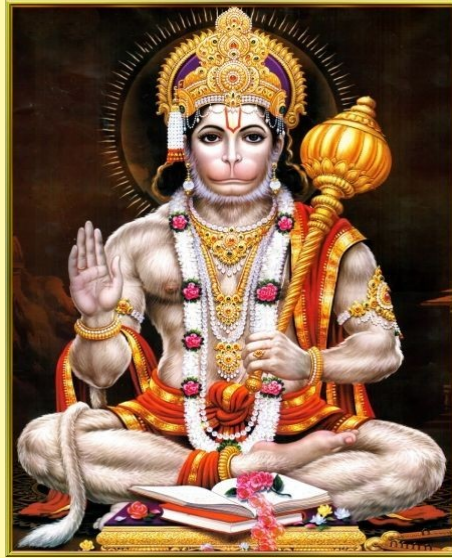


Hindu Temple Society of the Capital District, Inc.

invites you to participate with your family & friends

Hanuman Jayanti Celebrations

Tuesday (3:30PM-07:00PM) April 7, 2020



Tuesday, April 7th:

03:30 PM - 07:00 P M: 108 times recital of Hanuman Chalisa

Lord Hanuman was born on the Anjaneri mountain. His mother Anjana was an apsara who was born on earth due to a curse. She was redeemed from this curse on giving birth to a son. The Valmiki Ramayana states that his father Kesari was the son of Brihaspati, he was the King of a place named Sumeru. Anjana performed intense prayers lasting 12 long years to Shiva to get a child. Pleased with their devotion, Shiva granted them the son they sought. Hanuman, in another interpretation, is the incarnation or reflection of Shiva himself.

Importance of Hanuman Chalisa:

Hanuman Chalisa is an ode to the greatness of Hanuman. The poem describes the strength, generosity, intelligence, devotion towards Lord Rama and valor of Lord Hanuman. It is believed that chanting Hanuman Chalisa brings positive energy and strength.

5 Life lessons to learn from Hanuman Chalisa:

1. Not just physical strength, but even strength of mind is also important.
2. It is believed that Lord Hanuman can change form. He teaches us to adapt to situations.
3. One should help out friends in need like Lord Hanuman helps Sugriva.
4. Never let power corrupt you. One should stay humble and have a compassionate heart.
5. One should fulfill their task with commitment.

Please send your sponsorship donations to Hindu Temple Society, Albany NY

Contact: Pt. Sridhara: 518-867-6998; Pt. Srinivasa: 518-867-6720; Pt. Ghanashyam: 518-313-2380