

# WIC . News

October 2004

## GENERAL MEETING

### Live Life God-Size

By Vikas Malkani

**Ever felt you want more meaning in your life ? Ever felt you are searching for why you are here ? Ever wanted to make a difference in the world? Want to be more empowered as women? Many of us ask these questions at certain times in our life, and sometimes we are fortunate enough to have the courage to find answers.**

Born and brought up in a reputed business family in India, **Vikas Malkani** was the head of a large business enterprise till the age of 29 when Awakening struck him, as he chooses to call it.

Today, he is considered one of the top contemporary **SPIRITUAL TEACHERS** in India and an expert on motivation, leadership and human relationships. He has been a guest on numerous TV and radio shows and lectured at international seminars worldwide.

Vikas Malkani is the founder of SoulCentre and is a regular contributor to numerous national publications. The best selling author of 20 books, his wise and simple insight goes direct to the heart and cuts through all superficial levels. His forte is to make the ancient wisdom of the spiritual masters simple to understand and easy to apply in our daily lives.

**Wednesday, 13<sup>th</sup> October, 3 p.m.**

**At the Triveni Kala Sangam  
Tansen Marg, near Bengali Market**

## The President's Letter

**Dear Members,**

A hearty welcome to all of you who missed the September General Meeting. After a sizzling hot summer the 'rain gods' finally showered their blessings in abundance. Delhi is looking clean and green notwithstanding the potholes and the traffic jams.

October is a month of Festivals and Birthdays. We celebrate Mahatma Gandhi's birthday on the 2<sup>nd</sup> followed by Valmiki's Birthday. We then have Durga Puja and Dussehra to keep us on our toes till Diwali which follows just twenty days later.

The Committee has planned some interesting and varied activities, which I hope, will satisfy members with diverse tastes.

"Let us seek to love and respect each other's views and seek happiness in limiting desires rather than in attempting to satisfy them".

With these beautiful thoughts I wish you a happy festive month

Sincerely



Mona Aggarwal  
President

## Festivals in October

By Mona Aggarwal

### Durga Puja

Is the 9-day festival in Bengal when Goddess Durga is worshipped. The myth is that the Gods unable to kill Mahisha who was troubling the worlds of heaven, earth and space took Shiva's advice to perform a sacrifice. They put all their female powers "Shakti" into the fire from where arose a woman of dazzling beauty.

She was named Shakti and after she succeeded in killing Mahisha she was named "Mahishsuramardini" and was later known as Durga.

Months before the festival clay images of Durga are made portraying her in the act of killing the demon.

On the 10<sup>th</sup> day her image is immersed in the river. This act symbolizes the return to her husband Lord Shiva.

### **Dusshera**

During this period, the life of Lord Rama is enacted for 9 days, showing various stages in his life. On the 10<sup>th</sup> day effigies of Ravana, the King of Lanka, along with his brother Kumbkarana and his son Meghanatha are burnt. This symbolizes the triumph of good over evil. Ravana had abducted Sita, wife of Lord Rama and Hanuman the king of the monkeys had rescued her.

On this day in certain parts of India including Delhi sisters apply Vermillion "tikha" on their brothers forehead and bless them. In our family, the grandfather and later the father noted the current price of his profession. He also wrote down all the members, present on that day. This helped him keeping a record of the family tree. The sugar cane crop is harvested and the winter crops are sown.

### **Valmiki**

was a sage poet. A shudra by caste and a robber and murderer by profession on the advice of some sages he became a devotee of Lord Rama. During their exile Rama and Sita lived in his forest hermitage. Sita even gave birth to her twins Luv and Kush when she took refuge in his hut after Rama had banished Sita on some heresy.

He wrote the famous epic Ramayana in Sanskrit. He is worshipped by his devotees on Sharad Purnima, the full moon.

### **New Members**

**We welcome our new members in the club and wish them an enjoyable time**

Zofia Majka, (Krystof), Poland  
Residence of Embassy of Poland  
1 Tilak Marg  
New Delhi 110 001  
T: 23782748

Kathy Moignard, Australia, (Michael),  
Residence 3,  
Australian High Commission,  
Chanakyapuri,  
New Delhi – 110 021  
Tel: 51399900 Ext. 226, M: 9810058830

Shawn Runacres, UK/USA, (Mark)  
Bungalow 3  
British High Commission  
Chanakyapuri  
New Delhi 110 021  
T: 24192494, M: 9811300610

Norma Heine, (Jorge), Chile  
6/32 Shanti Niketan  
New Delhi 110 021  
T: 26876423/26887283

Gionvannella Armellini, Italy (Antonio)  
E – 50 Chandragupta Maarg  
New Delhi 110 021  
T: 26114355

Kim Jung Ock, Korea, (Kyu Ock Park)  
C 7 Anand Nijketan  
New Delhi 110 021  
T: 51661361

Yasmita Mehta  
40 Poorvi Marg  
Vasant Vihar  
New Delhi 110 057

**HEALTH**  
**'Planet Water'**  
by Vikram Soni

Vikram Soni, a professor of Physics at the national physical laboratory of G.N. University will talk about the availability of fresh water on the planet - both quality and quantity. Hew will speak about the water situation worldwide and especially the situation in Delhi.

**Friday, October 1<sup>st</sup>, 3 p.m.**  
**at the home of Sheila Ghatate**  
**AB-19 Tilak Marg**  
**Tel: 230 735 68**  
**Limit 25**

Please send your reply card to Sophia Blake latest by September 30th,  
Tel. 24198000 only from Mon.-until Fri. from 9 a.m. until 1 p.m.

**HEALTH**  
**'Aging with Grace'**  
By Dr. Malvika Sabharwal

Malvika Sabharwal, a seniour Consultant and the head of department of ObGyn Yeewan Mala Hospital , will talk about tips and tricks about aging usefully and a stress free menopause.

**Tuesday, 5<sup>th</sup> of October 3 p.m.**  
**At the home of Sofia Blake**  
**17, Amrit Shergill Marg**  
**Tel. 24198000**  
**Limit 45**

Please send your reply card to Sophia Blake latest by September 30th,  
Tel. 24198000 only from Mon.-until Fri. from 9 a.m. until 1 p.m.

**German Coffee Morning**

We will meet every month in the morning of the first Wednesday. This time we meet at the home of Sevim Burghardt, C-2/24 Safdarjang Development Area, Tel 26566532 and will show 'How to bake bread with sauer dough' on Wednesday, the 6<sup>th</sup> of October at 11 a.m.

## **FOCUS**

### **'Tibetans in Exile'**

**By Dr. Dagmar Bernstorff**

The Countess, a political scientist, correspondent senior adviser and lover of India, Dagmar Bernstorff will speak about her adventurous life and about the book "Exile as Challenge – the Tibetan Diaspora" she has recently edited on behalf of the Friedrich Naumann Foundation.

**Wednesday, 6<sup>th</sup> of October, 3 p.m.  
at the home of Nayana Goradia  
145 Sunder Nagar, Tel 2435 7859  
Limit 40**

## **CULTURE**

### **'Devi – the supreme power'**

**by Chhote Bharany**

The author, philosopher and art collector, Chhote Bharany will talk about the Goddess Devi – the ultimate power – the significant and metaphorical interpretation of Devi in Hindu Philosophy.

**Tuesday, 19<sup>th</sup> October 3 p.m.  
at the home of Nitya Bharany  
71, Golf Links, Tel 24641280  
Limit 40**

## **CUISINE**

### **'Chilean Cuisine'**

**By Norma Heine**

Our new member Norma will explain and demonstrate some dishes from Chile. The food preparations will be absolutely non vegetarian. Members, who are not interested in non-vegetarian cuisine, are requested to withhold their reply. The hostess is unable to accommodate more than 16 ladies. Please appreciate the limitation.

**Wednesday, 27<sup>th</sup> October at 10:30 a.m.  
at the home of Norma Heine  
6/32 Shanti Niketan, Tel. 26887283  
Limit 16 !!!**

## The mystery of Macchu Picchu – Peru by Mona Aggarwal

I cannot start my trip to Macchu Picchu without quoting a few lines from Paplo Neruda:

Then upon the ladder of the earth I climbed  
through the barbed jungle's thickets  
until I reached you Macchu Picchu  
tall city of stepped stone.

Home at long last of whatever earth  
had never hidden in her sleeping clothes.  
In you two lineages that had run parallel  
met where the cradle both of man and light  
rocked in a wind of thorns'

Macchu Picchu on the temple citadel of the Incas is about 50 miles North West of Cuzco, Peru. A natural fortress it is perched at an altitude of 6,750 ft. The age of Macchu Picchu is unknown but it appears to have been the stronghold of the Incas after the Spanish conquest. It was abandoned and lost after the last ruler was slain in the 16<sup>th</sup> century. In 1911 Hiram Bingham discovered it and called it Macchu Picchu though the Incas probably called it 'Vilcapampa'.

To this day archeologists have not succeeded in discovering the purpose and history of this city of stone almost a km in extension and built by the Incas in a magic geographical region where the Andes and Amazon meet.

Perhaps the mystery may never be discovered. So far there are only conjectures and hypothesis. For some it was an outpost of the Incas forthcoming expansion, others believe it was a monastery for educating young girls "Acclas" who were to serve the Incas and the "Willac Uno" (Supreme Priest). This is assumed because of the 135 bodies discovered while exploring belonged to 105 women.

It was perhaps founded in the waning years of the last Incas in an attempt to preserve Inca culture. It was never mentioned in the chronicles kept by the colonizing Spaniards since the Incas never had a written language.

Macchu Picchu is not even its original name. Macchu Picchu means "old peak" named after the mountain ridge on which it was found.

"The Temple of the Sun" is a curved tapering tower containing some of Macchu Picchu's finest stonework. The Intihuatia is the major shrine of Macchu Picchu and lies atop a small hill. Although the curved dial at the summit is called the "Sun Dial" it was used by the high priests to tell the seasons rather than the time of the day. It is the only dial to have survived.

Then there is the Central Plaza dividing the ceremonial sector of Macchu Picchu from the residential and industrial sectors. The surprising perfection and beauty of Macchu Picchu walls built by joining stone to stone without using cement or adhesive has led to many myths in respect to its construction.

It is said a bird named "Kakaqulia" knew the formula for softening stones, but by the command of an Inca God had its tongue torn out. Another myth is that there was a magic plant, which could dissolve and compress stone.

Mysteries and myths aside, the real attractiveness of Macchu Picchu declared cultural Patrimony of Humanity lies in its squares, aqueducts watch towers, observatories and its 'sun clock' – evidence of the wisdom and skill of the Andean builders.

The beauty of its location and the genius construction makes M.P. the most precious jewel of the Inca settlement.

For me it was being at one with nature. Macchu Picchu is indeed spectacular and awe inspiring

As Pablo Neruda said:

"The fleece of the vicuna was carded here to clothe mens loves in gold, their tombs and mothers  
the king the prayers the warriors."

Surrounded by the high green mountains that cradle the famous lost city one is shrouded by a feeling of tranquility and bliss.

*Mona Aggarwal*  
Mona Aggarwal

## Change of Addresses and Telephone Numbers

**New Telephone:** Annie Howard: 5101 1272

**New Addresses:**

Mi Ran Lee  
KUMGANG Restaurant  
Ashoka Hotel  
New Delhi 110 021  
Phone: 26888878298/26151651  
Mobile: 9818111980

Gopika Nath  
104/5 Maharani Bagh  
Western Avenue  
Paramand Estate  
New Delhi 110 065  
Phone: 26827190

## Announcements

**Jane Priestman** spent 2 nights with Sunaina Aggarwal and sends love to all. Mona Aggarwal met **Anna Maria Padilla** in Lima, Anna also sends her love to all of us.

For any Hospitality matter, please contact Sofia Blake only between 9 a.m. and 1 p.m. from Monday until Friday. Thanks

Our member Dr. **Shanno Khuranna** will be singing at the Habitat Centre on October 20<sup>th</sup> at 7 p.m. The duration of the performance will be for one and a half hours. All music lovers are invited.

## Farewell

We bid farewell to the following members and wish them all the best for their new postings!

**Velia Anderson, Marianne Soderlund and Elisabeth Huthinson**

## Condolences

We were sorry to hear that **Dr. Shakti Gupta** lost her husband in August. We all think of her, are with her in these difficult times, and convey our condolences.

## Events Calendar October 04

Friday, October 1 <sup>st</sup> , 3 p.m.	<b>Health</b> – at AB – 19 Tilak Marg
Tuesday, October 5 <sup>th</sup> , 3 p.m.	<b>Health</b> – at 17, Amrit Shergill Marg
Wednesday, October 6 <sup>th</sup> , 11 a.m.	<b>German Coffee Morning</b> – at C-2/24 SDA
Wednesday, October 6 <sup>th</sup> , 3 p.m.	<b>Focus</b> – 145 Sunder Nagar
Wednesday, October 13 <sup>th</sup> , 3 p.m.	<b>General Meeting</b> – at Triveni Kala Sanga
Tuesday, October 19 <sup>th</sup> , 3 p.m.	<b>Culture</b> – 71, Golf Links
Wednesday, October 27 <sup>th</sup> , 10 a.m.	<b>Cuisine</b> – at 6/32 Shanti Niketan

### WIC Committee 2004-2005

<p><b>Mona Aggarwal, President</b> Phone: 2569 3824, 2569 4552 Mobile: 9810238810</p>
<p><b>Sibylle von Welck, 1<sup>st</sup> Vice President</b> Phone: 2689 1015 Mobile: 9810030845</p>
<p><b>Kusum Ansal, 2<sup>nd</sup> Vice President</b> Phone: 23737755/44, Mobile: 9810016006</p>
<p><b>Sophia Blake, Hospitality</b> Phone: 24198000</p>
<p><b>Sushma Nanda, Treasurer</b> Phone: 55633930, 2651 8935 Mobile: 9810122184</p>
<p><b>Ute Laser, Membership</b> Phone: 26805666 Mobile: 9811103594</p>
<p><b>Bina Singh, Secretary</b> Phone: 24640144, 24640145 Mobile: 9811117421</p>
<p><b>Cosima Klinger-Paul, Newsletter</b> Phone: 5160 3275, Mobile: 98 11 22 83 75</p>

### Circle leaders

Cuisine	Bapsi Nariman Kiran Anand Bubbles Suneja
Culture	Shameem Varadarajan Benu Bharany
Focus	Sunaina Aggarwal Radhika Birla Rita Gharekhan
Health	Dr. Shakuntala Dawesar Serita Kakar Neena Malhotra
Trips & Tours	Sheila Ghatate Zakia Zaheer Yasmita Metha