

## How do Ugadi Festival and Sri Ram Navami help your life?

Clyde, NC. March 9, 2015

Ugadi Festival (the Vedic New Year) and Sri Ram Navami (Lord Rama's birthday puja) are happening soon at Sri Somesvara Temple. Ugadi Festival is an auspicious day that Vedic temples celebrate which can set a positive momentum for the upcoming year. Lord Rama is the perfection at the depth of who we are, and a Vedic temple helps people resonate with that depth.

Pujas at Sri Somesvara Temple at Mount Soma, near Asheville, North Carolina:

Ugadi Festival            Friday, March 20, 11:30 am

Sri Ram Navami        Saturday, March 28, 6:00 pm

*"The Vedic calendar specifies many specific moments throughout the year. By doing so, the psyche (and in fact all levels of our life) align with the rhythm and flow of nature. This can be viewed as a technique to live in harmony with nature and thereby gain the support of nature." - Dr. Michael Mamas (Michaelji)*

Following Vedic tradition, at Sri Somesvara, Ugadi is a day when a Vedic puja is performed and predictions are made for the New Year. Ugadi brings people's awareness towards being an embodiment of divinity and the dawning of profound wisdom, supporting a path to enlightenment. It can be used for making resolutions to change one's way of life and purify one's mind, heart, and behavior. Says Michael Mamas, *"Enlightenment is what lies just beyond the horizon. Aspire to that. It is your birthright."*

Lord Rama, the embodiment of righteousness, is one of the best known incarnations of Lord Vishnu. Rama is the indweller in everybody. His blessings upsurge from that inner spring that confers peace and bliss. He is the very embodiment of dharma, of all the codes of morality that hold mankind together in love and unity.

Sri Somesvara Temple is a Vedic Shiva Temple that lies at the heart of Mount Soma, a spiritual destination center in the Blue Ridge Mountains of North Carolina. Sri Somesvara contains 50 tons of hand-carved granite from India, is 100% Vastu, and employs Vedic technology in all ceremonies. Sri Somesvara is the first of five temples to be built at Mount Soma, a community that is being built according to the Vaastu Shastra guidelines for an enlightened city. The visionary, developer, and spiritual leader of Sri Somesvara and Mount Soma is Dr. Michael Mamas (Michaelji).

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