

## EVENTS

**Krishna Lila****AUGUST 15**

A musical drama to be performed on the steps of the BAPS Shri Swaminarayan Mandir  
**When:** Aug 15, 2009 from 6:30 pm  
**Where:** BAPS Shri Swaminarayan Mandir, 460 Rockbridge Road NW, Lilburn, GA 30047  
**Contact:** Jigar Patel, Tel : 4042970501  
**Web Site:** <http://atlanta.baps.org>

**Festival Of India 2009****AUGUST 15**

Festival visitors enjoy a gala environment with planned special attractions and exciting events happening all through the day. Attractions include indoor exhibition area with a variety of attractive merchandise, food, music, dance performances, arts, culture, seminars, and rich history.  
**When:** Aug 15, 2009, Time: 10:00 AM to 7:00 PM  
**Where:** Gwinnett Center, 6400 Sugar Loaf Parkway, Duluth, GA -30097  
**Contact:** Padma Rallapalli  
[padma.rallapalli@yahoo.com](mailto:padma.rallapalli@yahoo.com) Tel : 770-378-5211  
**Web Site:** <http://www.myiaca.org/foi>

**Bal Vihar****AUGUST 16**

Orientation and First Class starts on August 16th. We will meet at 1:00 pm for orientation and registration. Prayers and classes will start at 2:15 pm.  
**When:** Aug 16, 2009, Time: 1:00 PM to 5:00PM  
**Where:** Interactive College of Technology (ICT) 5303 New Peachtree Road, Chamblee GA-30341  
**Contact:** Devarshi Dwivedy, Tel: 770-995-4608  
[webmaster@balvihar.org](mailto:webmaster@balvihar.org)  
**Web Site:** <http://www.balvihar.org/>

**Hindi Vihar****AUGUST 16**

Hindi School Of Greater Atlanta for children ages 4 and up, Pre-K through sixth grade.  
**When:** Aug 16, 2009,  
**Where:** Duluth High School, 3737 Brock Rd, Duluth, GA-30097  
**Contact:** Niranjana Jain, Tel: 678-663-4999  
**Web Site:** <http://www.hindivihar>

**Family Camp****AUGUST 21**

**The Atlanta Chapter of Vishwa Hindu Parishad of America** Presents Family Camp, at Indian Springs State Park, Register early for a special discount. Registration is open now.  
**When:** Aug 21-23, 2009, Time: Friday 5:00PM to Sunday 12 Noon  
**Where:** Indian Springs State Park, 678 Lake Clark Rd, Flowville, GA-30216-2309  
**Contact:** Swati Gaur / Tel: 770-535-5025  
[gaur72@yahoo.com](mailto:gaur72@yahoo.com)  
**Web Site:** <http://www.vhp-america.org>

**“Wine, Chocolate And Tie Talent”****AUGUST 26**

Drinks, Dessert, and Discussion... Join TiE Atlanta and its Charter Members as they host a unique networking event. Attendees will rotate between tables with each table having a current topic discussed by an industry expert Charter Member. This pioneering event gives attendees an opportunity to “speed network” with Charter Members in a personal setting.  
**When:** Aug 26, 2009, Time: 6:00 p.m. to 9:00p.m.  
**Where:** The Ashford Club, 5565 Glenridge Connector, Suite 100 Atlanta, GA-30343  
**Contact:** [admin@tie-atlanta.org](mailto:admin@tie-atlanta.org)  
**Web Site:** <http://www.atlanta.tie.org>

**The 4th Annual India****AUGUST 29**

**Run for Hope is a 5k run in support of the American Cancer Society's India Cancer Initiative.** All of the proceeds from this event will help raise awareness of the harms of tobacco use as well as provide screening and treatment options for potential cancer victims in India. Breakfast, live entertainment, and recognition of the top-ranking runners will be provided at this family-friendly event!  
**When:** Aug 29, 2009, Time: 7:30 a.m - 12:00 p.m  
**Where:** Georgia Tech campus: Intersection of Cherry St and Ferst Dr  
**Contact:** Uma Patel, Tel : 770-572-3993  
 Email: [umapatel88@gmail.com](mailto:umapatel88@gmail.com)

**Does Therapy Work?**

Continued from Pg20.....

practice that several people are unable to keep up with. Additionally, the guru/teacher is only available at certain times. The benefit of a therapist is that he/she can help you hold the intention (goal) that you have for yourself by keeping in touch with you regularly. For example, if you have a goal of enhanced communication with your spouse, the therapist will remind and gently guide you in that direction when you go off-course. Also, a therapist will use techniques such as meditation and visualization that are specific to your situation. He/she may help you discover your intuition through other ways too (journaling, drawing, painting, music).

Last but not least, a therapist has a license that protects your confidentiality and has to follow legal regulations. Therefore, unlike other healers, a licensed therapist has to have the training, experience and regular continuing education in order to keep their license.

A therapist is NOT going to discuss their personal life with you. Their focus will always be you.

Several of my friends have talked about the expense of therapy when I suggest it to them (I cannot counsel my friends as much as they would like me to). Here is the question, though. Is your happiness, sense of peace and self-confidence (if not more important) just as important as getting your car serviced, buying a new IPOD or dining out three times a week?

I hope you consider therapy as an option for personal self-growth and development. If you have any questions about the process, please feel free to email me at [info@deepessence.com](mailto:info@deepessence.com).

**\*\* Aqsa Zareen Farooqui is a writer, counselor, public speaker, relationship coach, playwright and filmmaker. The advice may be helpful but is not intended as a substitute for professional care. To send her a comment or a question, email her at [info@deepessence.com](mailto:info@deepessence.com). Call her at (404) 312-4950 for a free phone consultation. Check out her website: [www.deepessence.com](http://www.deepessence.com). All inquiries will be kept strictly confidential. No name or identifying information will be used. \*\***

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