



Hari OM  
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Whenever peaceful emotions of happiness, generosity, and renunciation; violent moods of anger, desire, and greed; dull moments of delusion and confusion surge up in the mind, one should have the discrimination to see them as mere attributes of the inner equipments of the mind and intellect, distinct from the Self. One should see that I, the Self, am just the Seer of these emotions. Owing to this discriminative knowledge, the awareness that I am just the Witness of all the experiences of objects during the three states of existence (waking, dream, and deep sleep) gets fully affirmed.

Swami Tapovanam Maharaj

The law of memory is that one cannot oneself remember any experience of another. Applying this law as a test, we find that the waker, dreamer, and deep sleeper are strangers among themselves, each living in his own world, seemingly without a passport to travel across his frontiers. Since we can remember all our experiences in all the three different planes, there must necessarily be a single common factor that was a Witness of all the happenings in all the three planes. There must be some entity within us who is present in the waking world, who moves to illumine the dream, and who is a distant observer in the deep sleep world, and yet, all the same, is not conditioned by any of these three realms. The Witness is, as it were, the "fourth"—the real, changeless, intelligence Principle.

Swami Chinmayananda

A pilgrim, before starting his journey, asks how long he will have to walk to reach a distant temple. After a few steps, he again wants to know the distance covered. For such a person, the journey becomes tedious, and he does not enjoy [its] beauty along the way. In the case of Self-inquiry, the seeker and the sought are not separated by time and space, but by a misunderstanding. If one asks, "How long would it take to clear the misunderstanding?" The answer would be, "As long as you wish to remain in it." How long would it take the dreamer to meet the waker? As soon as he wakes up, he meets the waker.

Swami Tejomayananda

## SPIRITUAL TRAILS

To Wander in God

by Pujya Gurudev Swami Chinmayananda

*An editorial published in USHA (a monthly spiritual journal) in January 1960*

To listen to philosophy is a joy. To grasp intellectually its significance can almost give a thrill to the sincere student. But alas! However much we may listen to or remember the words and repeat them, however much we may even come to give brilliant discourses upon the philosophical contents of the scriptures, the student's individual personality cannot experience any unfoldment of its latent beauty unless he is able to train himself and come to live the spiritual values of life.

In fact, compared to the head, the heart seems to be more impregnable. We can push in ideals and new visions through the skull and retain them in our intellect, but rarely can we persuade our heart to change its rhythm and sing the new song of divine peace and perfection. And until this is achieved, the promised goal remains only a dream, the path a confusing mystery, and individual life a complete confusion.

The technique of training the heart to step truly to the new beats of the educated intellect is not very difficult. Meditation upon the ideal and worship of the idol that represents the ideal are the paths that have been uniformly insisted upon, perhaps with varying emphasis, in almost all religions of the world. But here it is that a true seeker finds many practical difficulties. His mind refuses to stay at the altar of the idol. His concentration gets blasted and wanders into a thousand purposeless objects. And at this juncture, the student, in utter despair, leaves his practices.

The mind can stay only on an object where it has discovered for itself a source of happiness and love. When his mind wanders, a true seeker of Vedanta need not despair, since the Infinite, the Lord, is not exclusive of the world of objects. Wherever the mind runs, it can only run into things and beings that exist if not in the outer world, then at least in the seeker's own mind. This existence is the infinite Reality.

Somewhere in the middle of the last century, in North India lived a very, very rich queen-mother, who poured out all her love on her pet dog. A great artist of the North was commissioned to paint her portrait. The painter carefully finished his masterpiece and on an appointed day, the queen-mother visited the painter's studio to have a look at the piece. It was a great day for the state. In short, it was to them a miniature art exhibition.

The appointed hour came. The queen arrived. She was received and conducted to the hall where her picture was kept in a conspicuous place, with lights so arranged as to play upon it with maximum effect. The great artist was at the hour of his success. Everyone in the audience appreciated the work. The queen approached the canvas and gazing at the picture, called out, "Tommy, Tommy! Who is that?" Tommy, her pet dog, gazed at the canvas. The smell of the paint was far from attractive, so it walked away. The old queen became angry and immediately turned her face away and walked out of the studio-hall.

The artist was broken and now, desperate. In a royal voice, the queen thundered, “Even my Tommy cannot recognize me in it! This, then, does not resemble me. It is not a true painting!” Everyone was aghast. But the young artist had enough mental courage and equipoise. He bowed low to the queen and requested her royal permission to bring the picture retouched the following day to the palace.

The following day, the painter took the canvas to the palace. The queen reached with her dog at her heels. The moment the dog reached the canvas it jumped forward and started licking the face of the picture. The queen was happy and the painter was rewarded amply.

After a couple of days, the minister, who was most curious, wanted to know the charm the artist worked on the canvas to attract the dog with such a mad frenzy of devotion and evident love. The artist said, “Dogs can never understand art. So I smeared the face of the painted picture with a piece of fish.”

The great rishis of the past knew that the formless Infinite is too difficult for an average mind to focus on, so they gave a coating of sensuality around it, so that the mind gets evidently attracted toward the great divine Principle. To recognize one’s beloved Lord of the heart in all names and forms of the world is the easiest method of making the mind fix all its attention upon the Truth. Let the mind wander during the meditation. Stop despairing. Where it wanders, there, too, recognize the Lord’s manifestations.

Living Forever, Richer and Richer  
by Pujya Guruji Swami Tejomayananda  
*Originally printed in Mananam*

Every single being wants to live, not only live, but to live happily and forever. This is an undisputed fact borne of everything we see around us. Even a person who commits suicide does so because he wants to end all the pain and be happy. Though we all know that we have to die one day, no one wants to die. In fact, we want to expand and grow. Even a child watching his elder sibling wants to grow up quickly. We all want to become better in our chosen field of interest.

Let us understand the spiritual reason for this need in each of us to keep growing and living happily forever. Vedanta says you are Brahman. “That thou art. *Tat tvam asi.*” Brahman is Existence-Knowledge-Bliss, or *Sat-Chit-Ānanda*. Our nature is blissful, and therefore we cannot tolerate the presence of sorrow in life. Our nature is eternal, and therefore we do not like the idea of death and mortality. Our nature is all knowing, and therefore we do not tolerate ignorance. Brahman also means big or infinite. Brahman itself does not grow, but our nature being Brahman, we want to grow to become infinite.

While our true nature is Brahman, we also have—what seems contradictory—a natural and

compelling attraction for money. There is nothing sinful about this attraction, but it needs to be understood. The first reason for this attraction is because our daily needs, and our desire for pleasure and comfort, can be fulfilled only through money. If we have some passion or ambition in life, we need money to fulfill it. Businessmen want to grow their industry or enterprise, for which money is needed. If a person wants to become politically powerful, money is needed. One needs money to start an ashram or run a Vedanta course. Even to perform charitable work or service one needs money. Hence, money is required at all levels and in every field. Therefore, the attraction for money is in all of us.

The second reason for the attraction is the immediate, tangible result of the work done. With money we can buy material objects and gain access to power. In itself there is nothing wrong in this attraction for money. But it becomes a problem when a person becomes individualistic and self-centered, wanting all the wealth only for himself by whichever means, fair or foul, and does not want to spend it. There are people who have plenty of money but they cannot spend it at all, not even on themselves. The thought of spending on others gives them great pain. And there are many people who have an abundance of wealth, but act like they have nothing. They live poor and die rich.

Then there are people who are only concerned about themselves or, at the most, their own family. There is nothing great about such people, because most everyone lives for himself, and this person is no different. A person who does not give to anyone else does not get any more from the Lord. But a person who gives to others receives more from the Lord so he can continue to give. The more you give, the more you get.

#### Aspire for the Higher

In life, our mind is generally preoccupied with getting more and more of the same. If we get money, we work for more money. If we have political power, we want more power, and ultimately we want absolute power. Whichever field we are in, we want more and more of the same. More and more of the same may add numerical value, but will not bring any inner transformation in us. We have all heard and used this expression, "In the rat race, even if you win the race, you are still a rat." To become better, we should not only aspire for more and more, but must also aspire for the higher in order to become richer and richer.

All of us want physical comforts and money, but we must also seek greater and nobler goals. Then only will we realize the importance of higher things in life. They could be emotionally satisfying achievements or intellectually satisfying ideas. Suppose we ask a great musician, whose material needs have been met, to stop singing in exchange for a lot of money. He would most likely would refuse the offer. Similarly, a sportsman is unlikely to stop playing in return for money. This shows that we don't do everything only for wealth, for there is a greater satisfaction beyond wealth that is prompting us to act and do our chosen work.

There are two ways of understanding the concept of seeking higher goals and becoming richer. One, is to use whatever we already have for higher and nobler purposes. Two, is to seek something higher. If I have talent for music, sports, or some field of art, I can render service to this art in such a way that more people learn and master the art. This talent is thus used not just to earn, but for a greater purpose. Then, I become richer and richer. When I sing or perform to benefit a noble cause, my satisfaction is far greater than singing for myself. Money will come anyway, but the joy experienced is incomparable when it is dedicated to a greater cause.

Knowledge is higher than all worldly things. Among the various types of knowledge, knowledge of the absolute Truth is the highest. Therefore, in India's history and Puranas, we see rulers eventually renouncing the world and taking to *sannyāsa* in the quest of

Truth. Renunciation, or sacrifice, is always greater than enjoyment. A man of indulgence and self-enjoyment has never become the ideal of any nation. It is only a man of sacrifice who is respected as an ideal. This is why the Upanishads say it is only by renunciation that a person attains immortality.

If Shri Rama, in the *Rāmāyaṇa*, had by force hung on to his kingdom and refused to go to the forest, he would not have become Rama, the ideal person who is worshipped and revered even today. Bharata, though he got the kingdom, sacrificed it, which is why he became great. In renunciation is the gain of the highest Truth; there is no loss at all.

### The Highest Gain

What is the true gain in life? In the *Bhagavad Gītā* is a beautiful verse that says the attainment of Self-knowledge is that, having gained which, one does not consider any other gain greater. Here, “having gained which” are important words. At a given time, when a person desires something, he may not consider any other gain greater than fulfilling that one desire. When we desire something we do not have, fulfilling that desire may appear to be the greatest gain. But as soon as that desire is fulfilled that gain does not seem to be the biggest gain after all, because another strong desire has arisen in the heart. What is significant is the state of mind after an object of desire has been attained. When a child asks for a toy, the child promises not to ask for anything again, but keeps the promise only as long as he gets the toy. The moment he gets it and breaks it, he wants something more. But the *Gītā* speaks about the highest Gain, having gained which man does not seek anything greater than that.

In the world, when we gain something, we can also lose it. Our gain is subject to loss. Even when a poor man becomes a rich man, he loses something—the joy he had when he was a poor man. The greatest joy was that no one came to him for donation! Further, as a poor man, he could sit under a tree or go wherever he wanted. As a rich man, he cannot do any of that. Poverty has its own joy and gains. Worldly gain is always associated with the loss of something in exchange for the gain, as well as the danger of someday losing what has been gained.

But the gain of spiritual knowledge of our own Self, which is infinite and blissful, is such that it can never be lost. I can lose something other than myself, but I cannot lose myself. Once I know this, in this gain, I cannot lose anything. In this joy, everything is already included. This is why the *Gītā* says, the person established in the highest Truth is not shaken even by huge, mountain-like sorrow. A true sannyasi does not lose anything or have the fear of losing anything.

### Growth through Knowledge

As we continue to use what we have for a higher purpose, and at the same time seek what is higher and higher, we find that the pursuit of knowledge is wonderful. And the knowledge of the Absolute is the highest. Our nature is Consciousness, blissful and infinite; this is why we are not satisfied with little things. We want to grow continuously, and this is possible only through knowledge.

We can be infinite by either becoming nothing or by becoming everything. This is the most important thing to know. We all want to become somebody in life. Either we should become everybody or we should become nobody. On the path of total surrender, called *bhakti mārga* in our scriptures, is where a devotee says, “I am nothing, o Lord! You are the only one.” On the path of knowledge, or *jñāna mārga*, the seeker says, “That infinite Truth cannot be different from me. It is my own Self.” He sees that Self in everyone and thus becomes the richest person! He continues to expand, but without any attachment to anything. Totally content in the Self, in him, everything grows, including material gain. Such a person continues to live forever, richer and richer. Even after his

death, the name of such a person remains a source of inspiration for countless years. Not only does he become rich, he also enriches everyone else's life.

There are two types of famous men. One is like Ravana, who, wanting to grow himself, pulls everyone down. The other type is like Shri Rama, whose greatness was that he made every tiny creature great, including the monkeys. Everyone reveres such a person. As Tulasidāsa-ji says in *Ramacharitamānasa*, Lord Rama's greatness was such that he raised even the likes of monkeys, who jump from one tree to another, to the level of divinity. Thus, a truly great person is one who is not only great himself, but who also raises every small being to the level of greatness. Such a person lives forever, richer and richer. One who wants to grow at the expense of making everyone small is hated by everyone around him, and can never become a source of inspiration.

This simple secret of living forever is the most beautiful topic of spirituality. What is spirituality? Spirituality does not lie in any particular action. It lies in being who you are. It is being and remaining rooted in that Being. Then whatever you do becomes spirituality. So what is this being and doing?

### The Vision of Oneness

If someone says he is a singer, we can ask him to sing and show his talent. If someone says he is a yogi who knows asanas, we can ask him to demonstrate. But if we hear that someone is an honest man, can we ask him to show honesty to us? Is honesty an action? But if a person is truly honest, honesty will be in all actions—in what he thinks, feels, and does. If a person is kind, everything he does, speaks, or thinks will be kind. In the same way, if a person is spiritual, then everything about him is spiritual.

Spirituality is the vision of the oneness of all beings—that you are one with all there is, and no one is different from you or separate from you. The more you feel oneness with all, the more you become spiritual. You learn to look at your life as a whole and you live a whole life. You do not fragment or divide your life as a personal life versus a public life. There are no such divisions; it is only one life and you are the same in all. When a person feels oneness, he cannot cheat anyone because he will be cheating himself. This vision of oneness is called spiritual vision. When you have this, you live forever, richer and richer.

## REFLECTIONS

### Learning from Pujya Guruji

by Swamini Supriyananda

*The following anecdotes are from Swamini Supriyananda's (CM Hong Kong) travels with Pujya Guruji Swami Tejomayananda through the Far East in 2013. To view Pujya Guruji's itinerary and North American tour in 2014, click [here](#).*

Many CM devotees had come to the airport on Pujya Guruji's day of departure to bid him bon voyage. He prefers an early check-in, but many hoped he would spend some time with them at the airport. Guruji checked-in and then began walking toward the gate. People started saying, "Guruji, it is still early . . . Guruji, you have more than 2 hours . . . Guruji can sit for a while before going in, as there is so much time."

Pujya Guruji said firmly, "You have not understood the spiritual significance of time. You think there is lots of time and you don't realize. I am saying we are late. This illusion of time keeps us in samsara. We think there is time and the next moment we are gone. We are already late."

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A family had come to visit Pujya Guruji at the ashram. Some of them left early, but soon called soon to say they had left behind one of their cell phones. Some devotees looked for it and then informed they could not find it. One member of that family who had stayed behind said to Guruji in amazement, "Look at technology! The son is sitting in the office and insisting the phone is in the ashram because he is tracking it and the system is giving the ashram address." A few people commented that everyone has also lost privacy because of technology. Pujya Guruji said, "In all this technology, we don't realize we have lost ourselves."

The phone was later found on a shelf in a closed cupboard in the ashram. When Guruji was told, he laughed slightly. He didn't say it, but I thought, "But we are not yet found."

\*

Pujya Guruji and I were being hosted by a most lively and carefree lady. She was herself and would say things that made Guruji chuckle. One evening, Guruji was ready for the *yajña* early, as usual, and pacing in the living room. The lady of the

house walked down the stairs, ready in full style. When she reached the bottom of the stairs, she posed for Pujya Guruji. He smiled and chuckled, and said, “Very nice.” Two days later, she again walked down the stairs ready in her new outfit. This time, however, Pujya Guruji did not say anything. When we got into the elevator, she looked at me playfully and loudly exclaimed, “Some people don’t like to compliment when people look nice.” Guruji burst out laughing and said, “*Hamko to ye sab kuchha dikhtā hi nahin hai! Dikhegā to bolenge na!*” Meaning, “I don’t see any of this at all! I could say something only if I saw, isn’t it!”

The host’s face fell. She did not realize he sees only the Self. The next day, as we left for the *yajña*, Pujya Guruji stood in the elevator with a big smile, looked at the host, and playfully said, “*Boliye sundari* (tell me, o beautiful one).” The lady was over the moon! A satisfied smile stayed pasted on her face the whole evening as Pujya Guruji had so charmingly given her the compliment she had so badly wanted. For he who sees the Self, the Self alone is beautiful.

\*

Pujya Guruji was seated casually in the living room. He needed a cushion and someone slipped one behind him. He looked toward the newspaper on the table and someone brought it to him. He reached for his glasses, and someone opened the case and gave it to him. Guruji looked up at us and said, “Bhagavan did not carry His weapons. When He needed, the chakra would appear. He would just make the gesture of holding the chakra and then give a surprised look that it had come.” We all smiled. He, too, smiled, and said, “I also don’t carry anything. I sit, and when I need, it all appears.” Giving a huge, sweet smile, his face was soon hidden behind the newspaper.

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Someone had just given Pujya Guruji a generous donation for Chinmaya Mission. She said, “Guruji you are rich!” Guruji smiled affectionately at her and said, “Yes, I am rich. Do you know who is called a rich person?”

“That’s easy Guruji—one who has lots of money.”

Guruji looked at me and asked, “What do you say?” I had heard Guruji say this definition before, but didn’t want to reveal the answer, so I replied, “When you have love.”

Pujya Guruji said, “When you have enough for what you need you are rich. If I need \$5 and I have it, I am rich. And I am rich because what I need just comes.” His face showed wonder and delight, faith and gratitude.



## Simply Spring by Chetana Neerchal

Follow  
the shadow  
of the bird

Sleep  
in the  
cave of the trees

Dip into  
the grass  
with the goose  
and sheep

Hop with  
the oriole  
in the  
sunshine

Stroll with  
the cat on  
the lawn

Turn  
the shiny doorknob  
on an  
old wooden door

Listen to  
the song  
of the artist  
painted  
in the dreams  
of a child  
swinging  
in spring

## Chinmaya Inspiration Yatra by Srivani Ganti

“What is life?” was the question. Everyone looked at each other hoping for a brilliant answer. “What is living?” I tried to think of a reply that would reflect what I had learned over the past 14 days. In a simple 40-minute satsang, Swami Sivayogananda (CM Madurai) asked us at the Chinmaya Gardensashram in Coimbatore these philosophical questions that have been asked for centuries by great thinkers. These have puzzled some of the wisest of scholars, yet in this satsang, the questions were answered simply, beautifully, and eloquently. For me, in modern lingo, my mind was blown.

This satsang summed up what my fellow *yātrīs* (pilgrims) and I had experienced on our 20-day journey of the second “Chinmaya Inspiration Yatra.” On this pilgrimage, we each had a unique moment in which our mind was forced to think so outside the box that we could no longer find our way back to the box, even if we tried! Our Chinmaya Inspiration Yatra was most certainly an outward expression of an inward journey.

I hadn’t been to India in 15 years and was eager to go back, to say the least. Landing in India, the chill of the American winter melted away for a humid Mumbai hug. There were many things I was about to learn over the next 20 days. For one thing, I learned that patience is a virtue, but we shouldn’t be doormats. Because when you travel in a group of ten, securing a taxi can be quite the challenge that requires some serious skill. I think crisis negotiators could learn a thing or two

after dealing with Indian taxi drivers.

Every CM ashram we visited had its own charm, a special quality that left me wishing I could always live there. We were blessed to stay at numerous Mission ashrams, but none resonated with me as much as *Sandeepany Sadhanalaya* (*Sāndīpanī Sāadhanālaya*) in Mumbai. My love for *Sandeepany* likely stemmed from the fact that when we first arrived there, it was 3:30 in the morning and I was desperate to be under the shelter of Pujya Guruji. After experiencing a slightly terrifying taxi ride with a less than friendly driver, I was thankful to be at the ashram. It was the middle of the night and the ashram was cloaked in its own tranquil silence. As I eagerly stumbled out of the taxi, I looked to my right and, to my surprise, saw Pujya Gurudev standing tall, welcoming me. This *mūrti* is situated outside his *kutir* near the entrance gates.

*Sandeepany* has its own brilliance of lush greenery that protects one from the harsh Mumbai sun, and busy auto rickshaws. The sattvic beauty of *Sandeepany* has power even over its canine residents that roam the ashram and drink in satsangs that many seekers clamor to attend.

As we traveled from ashram to ashram, my mind relaxed more. It was rare thing to witness my mind focus on God instead of the dozens of thoughts that usually run through it. As my mind quieted, I was absorbing the world around me, living in the moment instead of the next moment.

With a quieter mind, I was able to appreciate the lessons of the many CM acharyas we met en route. Each showered us with love and wisdom and we could hardly believe our great fortune to have so many satsangs. I learned a great deal on this yatra, not only scriptural teachings, but much about myself as well. I found that I was learning, but I wondered if I was living. I then realized that I felt most alive when I was serving.

The outward expression of my inward journey taught me to give without expectations. Through the ashram visits and satsangs, I witnessed immeasurable love from complete strangers, a love that I only ever experienced within my family. A love that was shared through a small bowl of *pohā* given to me after 30 hours of *maunam*.

I learned that love is simple, and loving completely is fulfilling life. So, what is life? What is living? Breathing is not living. Actual living is living for the sake of others. This yatra taught me to live beyond breathing. And now, every day, I ask myself, am I breathing or am I living?

I discovered there is a way we all must live. If we are to truly live, as Pujya Gurudev did, as Pujya Guruji does, we must live to serve others. We must give selflessly and love endlessly.



## Floating in the Dark by Chetana Neerchal

Floating  
in the dark.  
Shining  
bright,  
lighting  
my thoughts.

Beatles songs,  
playing  
on a modern grammy,  
floating  
in the dark.  
Turning  
back  
my clock.

Musical conversations  
in the car  
floating  
in the dark.  
This moment  
met memory,  
made a bond.

Silhouettes  
floating  
in the dark.  
Do I  
love thee  
more  
or your  
shadow  
in the morn?

Thoughts  
floating  
in the dark.  
I finally  
caught them  
in my own song.

## I Learned When I Failed by Anonymous

When I was in third standard in India, I failed math by one mark. The passing mark was 35 and my teacher gave me 34. When my teacher called me and said that I had failed math, I burst into tears. I don't cry easily, and I didn't even as a child. My teacher was surprised and asked me if I was crying because of shame of failing. I replied, "No. I am crying because my father said if any one of us flunked in our exams, we would have to drop out of school and become a maid, and go around washing vessels. I don't want to be a maid." It was only due to the blessings of Pujya Gurudev that I realized what my parents were trying to do. They were pushing me to my potential so that I did not end up with any regrets.

Pujya Gurudev taught me the difference between education and knowledge. Academic schooling does not prepare us for life, where we so easily get hoodwinked. We wake up every day with an expectation that the cave called life has buried treasures, and that our solutions and solace are therein or “out there.” Pujya Gurudev taught me that the knowledge, not education, teaches one live life with right understanding, to realize the Self.

Pujya Gurudev came into my life only recently. But the moment you come in contact with fire, the intense experience of fire, its heat, is immediate. So when Pujya Gurudev, who is the very embodiment of the fire of Knowledge, comes into our lives, how can we not know his glory? Our Pujya Gurudev is the very embodiment of knowledge—*bodhamaya*. His grace is flowing like his beloved Mother Ganga. We are so blessed to have been blessed by him. To our beloved Gurudev, salutations and salutations! With eternal gratitude we are his workers.

## Tracing the *Rāmāyaṇa* in Sri Lanka

by Dipti Shah

Several paths are prescribed for purifying the mind and eliminating *vāsanās* in order to climb the spiritual ladder. Of these, *yātras* in the company of wise and like-minded people, is one. CM members, 47 in total, came together from several centers across the U.S. and Canada to undertake a *yātra* with Swami Ishwarananda (CM Los Angeles) to Sri Lanka, December 3-14, 2013. It was truly a rewarding and uplifting experience.

Although a foreign country, Sri Lanka did not feel foreign due to its proximity and intricate role in the *Rāmāyaṇa*. Sri Lanka is clean, its citizens friendly and hospitable. The country is blessed with great beaches, luscious landscapes, pretty tea gardens, beautiful flowers and fruits, and of course, historical temples and stupas—the very reason for the *yatra*.

The delegates reached the seaside hotel in Negombo on December 4, the day of arrival and rest. Most made good use of the day with a relaxing walk on the silky beach, meeting new people in the group and revitalizing friendships with the known ones.

The next day’s first stop was the Muneswaram Temple in Chilaw, an ancient temple dedicated to Lord Shiva, where it is believed that both Shri Rama worshipped Him to overcome the *dosha* of slaying and Rāvaṇa, a brahmin.

Isurumuniya Rock Buddhist Temple, beautifully situated in natural surroundings of huge rocks and a lake, was the next stop, which houses a museum of ancient stone carvings. From here, the *yātrīs* drove to Anuradhapura, the first capital of Sri Lanka and now a UNESCO World Heritage site. It is home to the 2,200-year old Shri

Mahabodhiya tree, believed to have grown from a sapling of the original Bodhi tree from Gaya, under which Lord Buddha attained enlightenment. Nearby was the Ruwanwelisaya Dagoba stupa, built in 140 B.C. In addition to its deep religious significance for Buddhists, the stupa is an architectural marvel, 338 feet tall, with a circumference of 950 feet.

*Yātrīs* traveled on Day 3 to Trincomalee, home to the sacred Koneswaram temple of Lord Shiva. What a spectacular view! The temple was on a hill, surrounded on three sides by the ocean. It is called the “Kailāsa of the south.” Several legends are associated with this temple. One such legend involves Rāvaṇa, an ardent Shiva devotee who regularly worshipped here. He is believed to have brought the Shiva-*lingam* here from the Himalayas. This place is also the site of a *Shakti Pīṭha*.

That evening, we stayed in Kandalama at a very interesting hotel built on a cliff. At the reception, you directly enter the 5th floor and then go downstairs to your room. The balcony of the room and the lobbies opened to the natural rocky surroundings. Interestingly, in the lobbies there were bats flying and lizards on the walls. The next morning, the monkeys paid a visit.

The morning began with a visit to Sigiriya, or Lion Rock. The rock is of the shape of a lion with paws carved at the bottom of the stairs. Some *yātrīs* climbed to the top and were awestruck by the stunning view at that elevation. They also got a chance to meditate with Swamiji on the top of the rock. The next stop, the popular Buddhist temple called the Tooth Relic, was quite crowded.

The next day began with a meditation session with Swamiji on the banks of the Mahāvīra River, followed by the visit to the Chinmaya Mission temple of Lord Hanuman, atop a mountain in Ramboḍā, a site picked by Pujya Gurudev. Chinmaya Bala Vihar kids ushered Swamiji with the *pūrṇakumbham*. Hanumanji’s *darshan* was wonderful. The 16-foot tall granite idol, was majestic yet simple, divine and loving, epitomizing a true Shri Rama *bhakta*. It is believed that when Hanumanji first came in search of Sitaji, he landed on this very spot.

On the way to Nuwara Eliya was a stop at the Sītā Amman Temple. This is the place in *ashoka vāṭikā*, where Sitaji had been kept by Rāvaṇa. There is a small spring there, where it is believed Sitaji had bathed. Opposite to that spot, at a considerable distance, is a mountain, atop which Rāvaṇa’s palace was located, from where he could keep an eye on Sitaji. On the rock opposite to where Sitaji had sat are two footprints that are believed to be of Hanumanji. The soil in that area is black and it is said this is because of the fire Hanumanji set to Lanka. We meandered through beautiful Hakgala botanical gardens, believed to be part of Rāvaṇa’s *ashoka vāṭikā*. We also made a short stop at Rāvaṇa Falls and the cave by it is where Sita was said to have been hidden for a brief time when Rāvaṇa had sensed the proximity of Shri Rama’s army. Interestingly, it is believed Ravana had a great network of caves for his escape and security.

Next morning was an early start, before breakfast, to the Kataragama Temple. It is said Lord Kārtikeya protected Shri Rama from the impact of

Rāvaṇa's *brahmāstra* on the battlefield. In this temple, there is no idol of Lord Kārtikeya—only his *yantra*.

In the beautiful town of Bentota, the beach was flawless and the ocean mild. We enjoyed the natural settings and meditated on the beach. En route to Colombo was the Panchamukha Ānjaneya Temple. Hanumanji had to take this form to save Shri Rama and Lakshmaṇa during the war. At the temple, we witnessed an interesting ritual sacrifice of 108 coconuts.

The visit to the Colombo Chinmaya Mission center was like a homecoming! After puja was offered to Shri Rama *parivāra*, we enjoyed satsang. Gowrie Mahenthiran, CORD Sri Lanka Director, spoke of the desperate situation of the people of northern Sri Lanka (Jaffna and surrounding areas). We witnessed there the extreme suffering and urgent need of money and manpower, many shedding tears on hearing the plight of women and children in these areas. Within an hour, various *yātrīs* made pledges and raised \$35,000 to help CORD acquire a small building that can be a center from where relief work can be coordinated. Until then, they were working from under a tree! Some groups members pledged to sponsor over 20 children for a whole year.

The last stop on the final morning of the *yātrā* was the Vibhīshaṇa Temple. The well-planned *yātrā* allowed us to enjoy the beauty of Sri Lanka and included visits to a gem factory, spice gardens, a peep into Ayurveda, the Yala National Park, tea gardens, and a Sri Lankan cultural show in the pretty town of Kandy.

Everyone returned home with a mind full of devotion, gratitude, knowledge, widened horizons, and a strong inspiration to grow spiritually, offering humble thanks to Swamiji for making all this possible.

## NEWS

### ***Sannyāsa Dīkshā on Mahāshivarātri at Sāndeepany Sādhanālaya***

*Report submitted by CCMT*

On the auspicious day of *Mahashivaratri*, on February 27, 2014, *brahmacharin*s of Chinmaya Mission were initiated into the monastic order of *sannyāsa* with the blessings of Pujya Guruji Swami Tejomayananda, at the *Sandeepany Sadhanalaya* ashram in Powai, Mumbai.

Pujya Guruji announced, “Today, on the auspicious occasion of *Mahāshivarātri*, five more Chinmaya Mission *brahmachārīs* and *brahmachārīṇīs* cast off their yellow robes to enter *sannyāsa āshrama* at *Sāndeepany Sādhanālaya*, Mumbai. I am glad to announce the initiation of these yellow-clothed *brahmachārīns* into the flaming orange of *sannyāsa āshrama* as *swāmīs* and *swāminīs* on this auspicious morning. May the grace of God and the blessings of our entire *Guru Paramparā* lead them to the ultimate goal of Self-realization. May we all be blessed to benefit from their dedicated *sevā* offered at the holy feet of Pujya Gurudev.”



Shown in the photograph (left to right) with Pujya Guruji (center), are the new initiates (new name/previous name):

Swami Shāradānanda (Brahmachari Samvit Chaitanya)

Swamini Shubhadānanda (Brahmacharini Subhadrā Chaitanya)

Swami Samyuktānanda (Brahmacharini Suchetā Chaitanya)  
Swamini Prakarshānanda (Brahmachari Prahlād Chaitanya)  
Swamini Dharmeshānanda (Brahmachari Prapanna Chaitanya)  
[Click here to watch a short video.](#)

Pujya Guruji also expressed his appreciation that arrangements had been made to webcast live the *Mahāshivarātri* celebrations at *Sāndeepany Sādhanaśālaya* this year. The celebrations at the ashram's renowned Jagadīshvara Temple brought in over 100,000 devotees from all areas of Mumbai. Throngs of devotees came in and out of the temple in organized and disciplined lines that kept moving throughout the day with the help of dozens of CM volunteers. The lines began forming as early as 4 a.m. and stood still at the stroke of midnight for the day's final *aarti* to Lord Shiva amid the sacred chanting of "*Om namah Shivāya*," waving of oil lamps, blowing of conches, and ringing of bells.

### ***The Quest: A New Film on the Life of Pujya Gurudev***

*Report submitted by Chinmaya Creations*

In celebration of Pujya Gurudev's centennial, Chinmaya Creations is pleased to announce the making of *The Quest*, coming to the screen in 2014!

Pujya Gurudev is one of the world's most renowned and revered exponents of Vedanta, the foundation of Hindu religion and culture. His life is a story of an unconventional seeker, a mischievous child, a rebellious youth, a revolutionary freedom fighter, a witty journalist, and a daring skeptic. Who was he before he became the great Swami Chinmayananda? How did the passionate, witty, and outspoken freedom fighter and atheist turn into an enlightened Master?

Chinmaya Creations is proud to present a new film in the making—*The Quest: A Visionary's Life and Mission*. *The Quest* is an unbelievably inspiring story, one that will touch hearts and open minds. It is a story that needs to be told. [Click here to watch the trailer.](#)

The Chinmaya Family worldwide is invited to help make *The Quest* come alive. Please generously support this noble project through financial donations so that the film can reach the maximum number of people as soon as possible. Join Chinmaya Creations' campaign to raise 30K in 30 days! All contributions over \$75 will be sent a tax-deductible receipt. For more information, visit the website or e-mail Shabana Dipchand.

### **YEP 2014**

*Report based on materials submitted by CHYK West*

By the Lord's grace and Pujya Gurudev's blessings, CHYK West's Youth Empowerment Program (YEP) 2013 was a wonderful and fulfilling experience, with 31 students successfully graduating from the program as Yuva Veers. The 2013 Yuva Veers are presently completing their fieldwork of service at various Chinmaya Mission centers. These services include conducting Chinmaya Bala Vihar, Junior CHYK, and CHYK classes and camps, promoting sales of CM publications, authoring study materials for CHYK, and fundraising for social service projects, and planning



and fundraising for YEP 2014.

For YEP 2013, various CMW centers held fundraisers and generous donors supported the cause. For YEP 2014, a national “Hanumān Chālīsā-thon” will be held on April 19, 2014 in which all Mission centers and members are welcome to participate by organizing and supporting the event locally. This offering by CHYKs and Bala Vihar students of *Hanumān Chālīsā* chanting will help raise funds for YEP 2014. Pledges may be collected for the number of chants or the number of hours, collectively or individually. The auspicious occasion of *Hanumān Jayanti* falls on April 15 this year. As part of a national service project, the Yuva Veers have prepared all the details and promotions for this event. Contact CHYK West to get details.

CHYK West looks forward to being instrumental in furthering Pujya Gurudev’s vision to develop youth as dynamic, positive contributors of society and insightful leaders of the future. [Click here to view the YEP 2014 promotional video.](#)

### Music and Prayer Mark Celebrations as *Chinmaya Rameshwaram* Turns Four by Nimmi Raghunathan

The *Chinmaya Rameshwaram* ashram of CM Los Angeles (CM LA) celebrated its fourth anniversary on January 18, 2014. It was a day when long-time CM LA members recalled the beginnings of the Mission in Southern California, their unparalleled moments of when Pujya Gurudev visited, the start of the Chinmaya Bala Vihar movement in people’s homes by Acharya Mahadev Parameswaran (CM Los Angeles), and the exponential growth of the Mission with the arrival of Swami Ishwarananda (CM Los Angeles).

Both the acharyas participated in the *Ganesha*, *Navagraha*, and *Rudra homas* led by the priest and CM LA *rtviks*. After this, the entire congregation met in the main auditorium, where Pujya Gurudev’s *pādukas* were carried in a procession, to the accompaniment of *chendi* music, by Acharya Mahadev-ji, and another set of *pādukas* blessed by Pujya Guruji were carried by CM member, Madhu Sharma. The entire congregation actively joined in the puja, chanting *Guru Stotram*, *Chinmaya Ashṭottara Nāmāvali*, *Guru Pāduka Stotram*, and *Purusha Sūktam*. Offerings of music and song, invoking God/Guru, were made by the adult Chinmaya Swaranjali group and the children’s Chinmaya Shruti group.

Swamiji, in his trademark succinctness, pointed out that the mind about which the children sang in their *bhajan* related to the moon in its characteristic of waxing and waning, that the mind would remain in darkness were it not for the sun of the intellect. According to the Hindu calendar, the day marked the start of *Uttarāyaṇa* and the end of winter. Swamiji said it was this period of auspicious beginnings when Rameshwaram had been inaugurated. He said without the sun, little would be possible in life, so it was important for everyone to work toward gaining control of the mind.

After the *Chinmaya Ārti*, everyone received fruit *prasādam* from Swamiji and then partook of lunch.



## CM Boston Starts Classes in Newton by Sumana Rao

After a chilly start to the New Year, Boston residents saw the early arrival of spring on Sunday, January 12, 2014. Despite recent talk of snowstorms and a polar vortex bringing bone-chilling temperatures, the sun shone brightly in a clear blue sky, and everyone saw it as the visible loving grace of Pujya Gurudev and the blessings of Lord Hanuman.

Under the leadership of Shashi Dwarakanath and the able guidance of CM Boston's new resident acharya, Swami Chaitanyananda, the new classes began with great enthusiasm. Volunteers gathered at 1 p.m. to set up the classrooms and assembly hall in Lasell College Newton, and awaited the arrival of the new families. By 2 p.m., the assembly hall was filled with 40 children and their parents. After prayers and *ārti*, Swamiji and the volunteer teachers welcomed the community to Chinmaya Mission. The eager children followed the teachers to their respective classrooms while Swamiji conducted satsang for the parents. At 3:30 p.m., the first day of Chinmaya Bala Vihar in Newton concluded with students coming out happily to share stories with their parents. The smiles and the joy in the faces of these children said it all: Pujya Gurudev's vision continues.



## Pack Your Values and Make College an Exciting Adventure by Shalini Pettime

As the rest of the country shivered and hunkered down, the Caspers Regional Park in the hills of San Juan Capistrano showcased a perfect California day, at a balmy 75° F. The 40 CM Los Angeles Bala Vihar students in grades 10-12, took full advantage of the weather on their day-long retreat with Swami Ishwarananda (CM Los Angeles) to engage in activities that was fulfilling and fun.

The students met in the early a.m. at *Chinmaya Rameshwaram* ashram and were carpooled by volunteer parents and teachers to the park. The picturesque morning began with yoga under

the trees. After some dynamic surya namaskars, everyone enjoyed a light breakfast.

Led by Swamiji, and with energy and enthusiasm, the entire group then began the 1.5-hour hike on the Quail Trail. Swamiji mixed and mingled with the kids as they hiked and enjoyed the fresh air and brilliant views. After seeing only Nature and mountains (and signs to beware of mountain lions!) the city felt much further away than a 40-minute car ride.

After the hike, Swamiji spoke with the prospective college students about the need to “pack” the core values learned during their Bala Vihar years and the importance of truly appreciating the exciting adventure they were going to about to embark on—college.

As the parents and other adults stepped away, the students enjoyed lunch and conversations with former graduates, listening to college experiences and asking insightful questions. By the day’s end, everyone had made new friends and were anxiously talking about and planning the next hike, even contemplating an overnight camping event.



## News@Chinmaya Naada Bindu

*Report based on Chinmaya Naada Bindu newsletter*

Chinmaya Naada Bindu’s (CNB’s) Winter Arts Intensive 2013 was a seven-day adventure in music and dance that brought heartwarming camaraderie to CNB in Kolwan, India through a group of over 45 students who attended the week-long intensive in Hindustani vocal, flute, and Bharatanatyam, December 15-21.

Coming from both India and abroad, the reasons that brought the students to CNB varied, but by the end of the week, the energies of the group united through the common link of the performance arts. The intensives were planned and conducted by CNB Directors Pramodini Rao, Ramaa Bharadvaj, and Himanshu Nanda, along with support from CNB faculty and staff.

Volaine Bhawana said, “I speak for all of us in saying that this was life-transforming experience, way beyond the scope of just learning dance.” Anand Roy said, “What engaged our mind, body, and spirit during the arduous hours of *riyāz* (practice) was the fact that the teachers at CNB told us not only what to do, but also showed us how and why to do it.” Read more experiences online.

“*Svara to Ishvara*,” a five-day residential *bhajan* workshop, was attended by 14 students and conducted at CNB January 6-10, 2014. The students included regular *bhajan* singers as well as those who have never sung before. Singing together brought the group closer as they learned solos and group songs, breaking free of personal inhibitions and becoming more confident of themselves.

A musical *shraddhānjali* at CM Kolhapur was offered by CNB on the eve of January 16 to commemorate at the *mahāsamādhi* day of Pujya Swami Purushottamananda-ji. CNB Director Pramodini Rao and CNB vocal faculty, Vijay Shivane, led the evening with *bhajans* in the presence of Pujya Gururji. The event concluded with the audience longing to be longer in the devotional homage.

Local children who study music in CNB's Chinmaya Social Responsibility Program gave a power-packed performance during the *Bhāgavatam* camp conducted by Pujya Gururji December 24-31, 2013. CNB provides free music in music for the children in local schools around Kolwan and Paud. Some of these students earned First and Second Place in a district level group-singing competition conducted by the Pune District Education Association. The Paud school students went on to win Second Place in the state level competition. CNB is proud to be associated with these exceptionally talented children.

Rāga Mishra Khamj is an evening rāga used predominantly in semi-classical forms of Hindustani music, such as *Thumrī*. Click [here](#) to hear a rendition by Himanshu Nanda, CNB Music Director. Follow CNB on Soundcloud for additional recordings on Indian classical and devotional music.

Upcoming Events at **Chinmaya Vibhooti** include:

- › 4th Annual Chinmaya Naada Bindu Performing Arts Festival, May 23-25, 2014
- › Summer Arts Intensive, May 31-June 6
- › Monsoon *Mastī*: Workshop on Music and Rhythm, July 12-13
- › Monsoon Music and Dance Intensive, July 16-August 5

E-mail CNB for details.



## CORD USA News by Subha Pathial

CORD USA's Bhutanese Refugee Empowerment Program (BREP) is an effort to help Bhutanese communities maintain their heritage and integrate into their new surroundings successfully. Efforts for adults include issues such as health, education, awareness, and financial independence. Efforts for children include Bala Vihar, and preparing for school and college entrance exams. CORD USA's CHYK chapter kicked off a BREP fundraiser called "Penny Wars" in December 2013. CM Vancouver's Bala Vihar children did something unique by singing select verses from the *Gītā* and explaining their correlations to charity and service, and raised \$370 for BREP.

CORD USA's chapter at American University (AU) in Washington D.C., led by Puja Balachander, is making great progress. It received official recognition as a student organization in October 2014, and has already had its first meeting and event. The event, a panel discussion on rural development and youth efficacy in India, was well attended and included representatives from the Indian Embassy, IREX, and the Association for India's Development. The chapter's general meeting also generated a lot of interest.

CORD USA's chapter at the University of California, San Diego is nearing the end of its third quarter. Three of its members volunteered at CORD Siruvani, December 16-30, 2013. The chapter is exploring partnerships with local nonprofit organizations to further CORD USA's local exposure. This year, the chapter will also seek to obtain funds for research and projects through fundraising and global health grants, as well through the sponsorships by private and public bodies throughout the United States.

Agriculture flourishes at CORD Tamaraiakkam. Community development workers are receiving training to plant vegetable gardens and are promoting the use of these gardens in Magalir Mandrams (MMs) and Self Help Groups (SHGs). Manjula, a member of the Chinmaya Venkateshwara SHG in Velliyur, has created a garden and harvested a good crop of many useful vegetables. Another agricultural initiative was spearheaded by Amritha Preetham of Anna University, Chennai. At the invitation of CORD, she conducted presentations on a new drip irrigation scheme for Chinmaya Farmers' Clubs in three villages. As a National Agriculture Development Project of the government of India, the scheme is fully subsidized, and is expected to increase yields of vegetables and cash crops. Many farmers seem willing and ready to take advantage of the system.

CORD Siruvani supported a theme-based awareness program carried out in Coimbatore by Thennamanallur Vennila Mahila Mandal with the backing of Nehru Yuva Kendra (NYK). Over 500 women, including the members of the 19 Mahila Mandals of CORD Siruvani, participated in the event, as did boys from various Youth Clubs. Speeches were presented on self-defense, environmental preservation, and global warming, and some participants gave dancing and singing presentations. Several items made by SHGs were sold and Chinmaya Mission books were gifted to all program guests.

There were 20 students selected from CORD Kaza for the Springs New Analytical Program, which teaches the same class syllabus in an analytical way by dividing each topic into three levels—textbook matter, topic extension, and creativity. As a result, students can pursue IIT as well as apply for medical, civil services, and other exams.

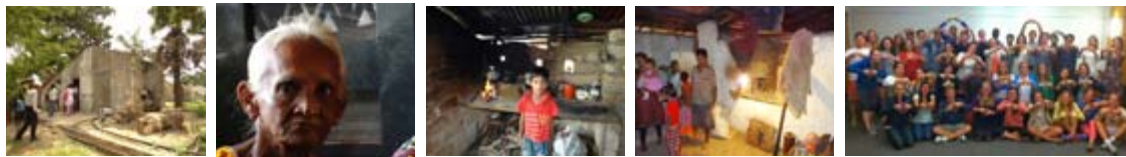
CORD Lathikata continues its mission to provide affordable and holistic health care through the Swabalambi Swasthya initiative. Swami Kevalananda is project director of this program, which has treated 390 people so far. In addition to the holistic treatments that include yoga, pranayama, and herbal applications, experts in allopathic medicine, Ayurveda, acupuncture, and naturopathy are consulted on a regular basis. Individuals are also educated on nutrition, hygiene, and sanitation.

CORD Deuladiha is all about youth empowerment this quarter. In the village of Santeibhanja, 13 new Yuvati Samoohs (adolescent girls' groups) were formed, with 138 members.

Opportunities such as tailor training are provided to the girls so they can generate income. Two new youth clubs have also been formed in nearby villages. Through these groups, youth are responsible for cleaning their village area and giving back to the village where they can.

CORD Sri Lanka collaborated with the Lanka Health Care Hospitals and Academy and held an eye care medical camp for over 100 women and children in Jaffna, wherein a team of 11 optometrists conducted tests on visual fields, color definition, and refraction. The CORD center in Jaffna also offers tuition for under-privileged children. The need for wellness counseling for the war-torn families is immediate and urgent. CORD Sri Lanka has been discussing ways to offer health and wellness counseling in collaboration with Shanthiham, an NGO.

CORD USA began its Globemed partnership with Boston College at the beginning of the 2014 academic year. Founded by students in 2007, the GlobeMed network engages over 1,500 undergraduates at 50 university-based chapters throughout the U.S. Each chapter is partnered one-to-one with a grassroots health organization in one of 19 countries throughout Africa, Asia, North America, and South America. Fundraising and on-site efforts at each chapter contribute to one or more of six key areas of impact: maternal health, water, sanitation and hygiene, nutrition, income generation, communicable disease prevention, and capacity building. Through their involvement today, Globemed students and partners commit to a life of leadership in global health and social justice. CORD USA has forged the Globemed's partnership with CORD Siruvani, where five lucky interns from Boston College will visit and serve.



## **Chinmaya Yuva Veer Wins National Youth Award** by Cauvery Bhalla

India's National Youth Award is conferred on youth who have demonstrated leadership and excellence in fields of development activities and social services. In recognition of her outstanding services to the community, Yuva Veer Sumi Roy was awarded the 2013 National Youth Award. The award was conferred by Jitendra Singh, Minister of State, on January 12, 2014 at the 18th National Youth Festival held at Punjab Agricultural University. Distinguished guests included Manish Tiwari, Union Minister of Information and Broadcasting, and Sukhbir Singh Badal, Deputy Chief Minister of Punjab.

Sumi Roy has been associated with Chinmaya Mission Guwahati since 2009. She is a Yuva Veer and has been rendering service to the youth and community of Assam. She is an active social worker who has also received the District Youth Award and State Level Youth Award. She has

rendered services in the field of health, sanitation, nutrition, and environment protection. She has also participated in blood donation camps, youth workshops on motivation, trekking programs, and AIDS and HIV prevention awareness.

## CM Boston *Jnānā Yajña* and Celebrates *Shrī Tapovan Jayanti* by Venkat Pula

Several CM Boston members gathered on the eve of Thursday, December 12, 2013 to celebrate *Shrī Gītā Jayanti* and *Shrī Tapovan Jayanti*. CM Boston's resident acharya, Swami Chaitanyananda, conducted the celebrations in the *Chinmaya Maruti* ashram shrine and these included *Guru Pādukā Pūjā*, and the chanting of *Guru Pādukā Stotram* and *Tapovan Shaṭkam*. This was followed by chanting of *Gītā Dhyānam* and *Gītā* Chapters 2 (*sāṅkhya yoga*), 3 (*karma yoga*) and 12 (*bhakti yoga*). Swamiji then gave a brief discourse on the glory of Param Pujya Swami Tapovan Maharaj and his *vairāgya*. The event has concluded with *ārti* and *prasād*.

Swami Chaitanyananda conducted a *jñāna yajña* in Hindi, on *Shrī Rāma Gītā* from Goswami Tulasidasa's *Shrī Rāmacharitamānasa*, December 26-28, 2013 at a local temple in Billerica, MA.

In this text, Lakshmaṇa approaches Lord Rama as his Guru and asks Him to explain what is knowledge, non-attachment, maya, devotion, *Īshvara*, and *jīva*. Lakshmana, himself a *jñānī*, asks these questions for the benefit of mankind. Lord Rama answers the questions in a different order, explaining that all that is perceived by the senses and mind is maya. He says, "I and mine, you and yours are maya." The Lord says maya's two powers are veiling (ignorance) and projecting. Ignorance leads a person to attachments, the sense of doership, and the pride of ownership, and brings much pain and suffering to the *jīva*. True knowledge is the right understanding that all is the Lord's grace. The eradication of the influences of maya—sattva, rajas, tamas—leads the detachment and knowledge. Detachment is attained when one performs actions without the sense of doer-ship and without expectations. Detachment is not easy, but can be achieved by practicing good values. Through a pure and controlled mind, one realizes the Lord (*Īshvara*) is the true Controller of all and comes to be freed from the sense of all bondage.

The easiest path for any seeker, where least preparation is needed, is total devotion (*bhakti*) to the Lord. A true seeker is able to attend to all household duties peacefully by constantly focusing ones thoughts on the Lord. Lord Rama expounds on the nine modes of devotion here, devotion that leads to detachment from the world and attachment to the Lord. These nine modes are *shravaṇam* (listening to Lord's praises and stories), *kīrtanam* (chanting the Lord's name), *smaraṇam* (constantly thinking of the Lord), *pāda-sevanam* (prostrating to the feet of the Lord), *archanam* (worshipping the Lord), *vandanam* (revering the Lord), *dāsyam* (serving the Lord as one's Master), *sakhyam* (befriending the Lord), and *ātma-nivedanam* (surrendering oneself to the Lord completely).

Swamiji said when a seeker makes the Lord his nearest kith and kin, the Lord is most pleased with such a devotee and is ever present with him. He cited the example of Hanumanji as the perfect example of true devotion.

Tulasidāsaji said Lakshmaṇa shed tears of joy on hearing Lord Rama’s blessed teachings. Swamiji’s talks exuded ease and humor. One attendee said, “Swamiji presented deep insight into the *chaupāīs* of Sant Tulsidāsa that we were not aware of, though we sing them all the time.” The three-day satsang concluded with the melodious rendering of *Shrī Rāma Gītā* in different ragas by CM Boston’s Chinmaya Swaranjali group.



## Meditation in Action by Yatin Dullabh

The first-ever CHYK Toronto winter retreat, themed “Meditation is Action,” (MIA) took place over the weekend of February 7-9, 2014. It was led by Acharyas Gaurang Nanavaty (CM Houston) and Vivek Gupta (CM Niagara).

The group of 16 CHYKs, born in eight different countries, gathered at the *Chinmaya Dhārā* ashram in Niagara Falls, many meeting for the first time, drawn in by a curiosity to try to understand meditation better. The spiritually enlightening weekend was infused with the fun outdoor winter activities of skiing, snowboarding, and snowshoeing. Although the 2013-14 North American winter will be entered into the record books as one of the coldest winters in the past few decades, by the grace of the Lord, this CHYK retreat had great weather conditions throughout. Conditions at Holiday Valley Resort were ideal and enjoyable.

Over the past few decades, the word “meditation” has become very popular in the West. Busy lifestyles juggling work, family, social, and personal commitments have made the mind increasingly restless, continuously pursuing opportunities. Inherently in striving for peace and happiness, the understanding of what happiness is has become significantly skewed. Bombarding thoughts in undisciplined minds has made the initial attempts at meditation seem futile. But just as Olympic athletes practice consistently with discipline and commitment, so, too, are the requirements for the spiritual seeker.

The acharyas reminded the young adults to not get discouraged, for one who understands meditation—not as peace to be gained by a process, but as one’s very nature of peace—will succeed. In order to temporarily withdraw from the world and tame the mind’s extroverted passion for the world, the acharyas taught the need of controlling our five sense organs of perception from unnecessarily wandering into the world. To teach the mind to turn within, Acharya Gaurangji said newcomers to meditation can begin with simply sitting quiet for 15 minutes a day, doing nothing but developing physical posture. He said, “When the body is quiet, the mind is quiet. Our very nature is peace. You are the very source of what you are seeking. Meditation will unfold on its own accord.”

All the attending CHYKs offered their deep and humble gratitude to both acharyas and the CM Niagara family for a retreat filled with love and insight.





## Feature

### Chinmaya Prakashan: Bringing Knowledge to Light by Subhasree Raghav

What distinguishes true masters from ordinary teachers is the desire to see the student independent. Of such caliber was our Pujya Gurudev Swami Chinmayananda. Not everyone could follow him everywhere or be with him all the time, but when the seeker needed to fall back on something, Pujya Gurudev gave an answer. Books. “Meet me in my books,” Pujya Gurudev once told a devotee who asked when he would see Pujya Gurudev again.

### The Making of an Institution

From Day One of his first public discourse, Pujya Gurudev had the foresight to get his lectures transcribed. These transcriptions were then edited by him and eventually distributed as *yajna prasād*, or booklets that attendees received on the last day of the *jñāna yajña*, or series of spiritual discourses.





As Chinmaya Mission expanded, so did the needs of its members. The magazine, *Tyāgī*, was introduced, featuring a wide range of spiritual articles. Soon came the need for detailed and comprehensive English translations commentaries on Hindu scriptures, such as *Bhagavad Gītā*, the Upanishads, and other introductory Vedantic texts, that would be suited to modern-day seekers. To fill this void, Pujya Gurudev brought to life a publications division in Central Chinmaya Mission Trust (CCMT, the apex body of Chinmaya Mission worldwide).

The publications division grew in leaps and bounds, and is now known as “*Chinmaya Prakāshan*.” Chinmaya Prakashan was formerly registered as the Chinmaya Publications Trust in Chennai in 1961. The publications division was blessed to receive in 2103 its new Sanskrit name from Pujya Guruji Swami Tejomayananda (Head of Chinmaya Mission worldwide).

### The Work of Chinmaya Prakashan

**CHINMAYA  
PRAKASHAN**

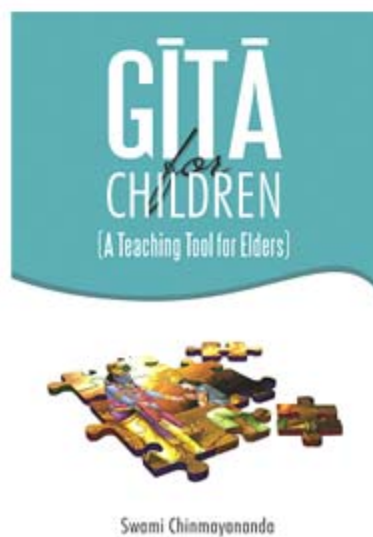
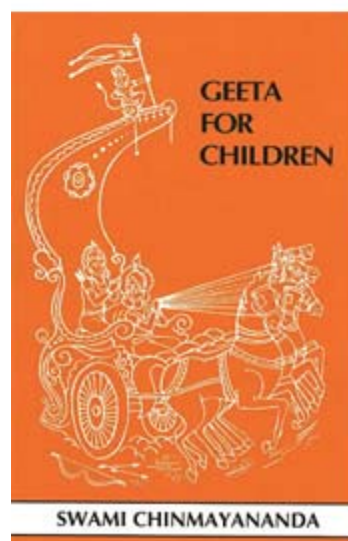
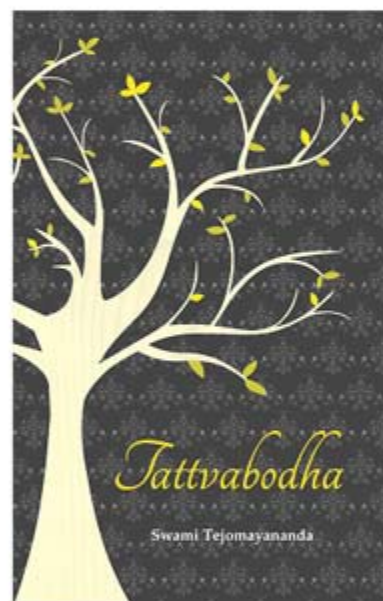
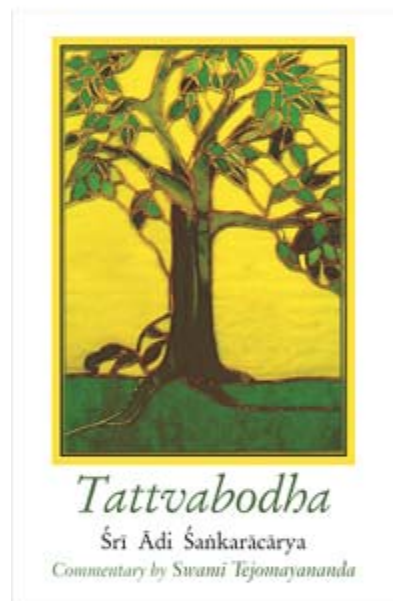
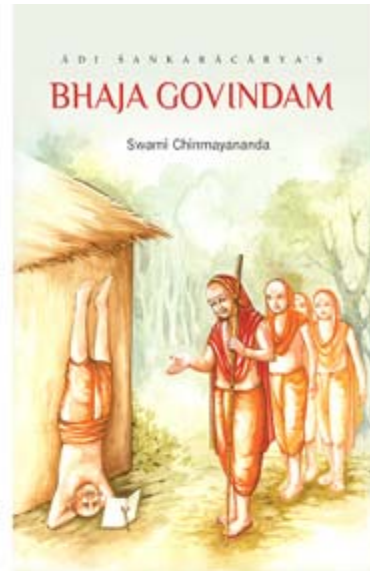
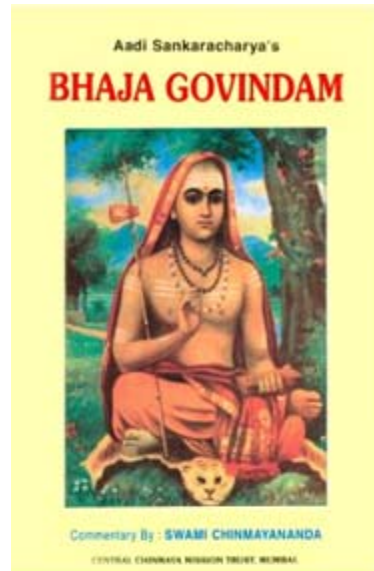
BRINGING KNOWLEDGE TO LIGHT

The Publications Division of  
Central Chinmaya Mission Trust

Since its inception, Chinmaya Mission’s publications division has been bringing the knowledge of Vedanta to light. The primary purpose of Chinmaya (Self-knowledge) Prakashan (light) is to provide and make available an intelligent interpretation of Indian scriptures in a language the modern generation can relate to and understand. The right understanding can bring about inner growth and spiritual empowerment on individual and societal levels.

Situated within the hallowed grounds of Chinmaya Mission’s *Sandeepany Sadhanalaya* (*Sāndīpanī Sāadhanālaya*) ashram in Powai, Mumbai, Chinmaya Prakashan is a vast

publishing house that presently offers over 950 titles in various languages, with one inspiring vision. Its various departments carry out the publishing processes of editing, designing, formatting, promoting, distributing, and selling print, audio, video, and digital publications of Chinmaya Mission. It has a dedicated staff as well as part-time volunteers who work from home. Here are some recent cover re-designs:



Chinmaya Prakashan offers a refreshing array of titles to meet the needs of spiritual seekers of different aptitudes and attitudes. Be it advice to householders, management mantras to maintain balance in the workplace, fun stories and teachings to delight and nurture children, thought-provoking ideologies to awaken youth potential through dynamic spirituality, in-depth scriptural translations and commentaries for highly intellectual seekers, tender and fulfilling teachings for sincere devotees, or teachings on various fundamental tenets for the service-oriented. There is something for everyone.

The network of Chinmaya Prakashan spreads across India and the world through its in-house retail bookstores of *Chinmaya Vani* (*Chinmaya Vānī*).



In addition to paperbacks, Chinmaya Prakashan offers a large range of digital media content in CD, MP3, VCD, and DVD formats. Chinmaya Prakashan has a wide online platform as well as collaborations with retailers, publishing houses, and distribution centers in India and worldwide. These include Crossword, Oxford, Landmark, and Jaico in India, and Amazon, Flipkart, Infibeam, and iTunes online. Visit Chinmaya Prakashan's e-shop.

## CP E-books on iTunes

<i>Ah! Wisdom</i>	<i>Graceful Aging</i>	<i>Purajana Gītā</i>
<i>Art of Contemplation</i>	<i>Guru Stotram</i>	<i>Pursuit of Happiness</i>
<i>At Every Breath, a Teaching</i>	<i>I Love You Letters</i>	<i>Right Thinking</i>
<i>Avatar</i>	<i>Journey into Health</i>	<i>Say Cheese</i>
<i>Bhaja Govindam</i>	<i>Kindle Life</i>	<i>Shiva's Swish Fish</i>
<i>Conflicts and Confusions</i>	<i>Manīshā Panchakam</i>	<i>Simplicity and Meditation</i>
<i>Dewdrops</i>	<i>Manual of Self Unfoldment</i>	<i>Sri Krishna Charita</i>
<i>Dhyānasvarūpam</i>	<i>Marriage: A Melody</i>	<i>We Must</i>
<i>Evergreen Messages</i>	<i>Our Culture at a Glance</i>	<i>You Ask, He Answers</i>
<i>Game of Life</i>	<i>Pathways to Peace</i>	

## CP E-books on Amazon

<i>At Every Breath, a Teaching</i>	<i>I Love You Letters</i>	<i>Right Thinking</i>
<i>Dewdrops</i>	<i>Manīshā Panchakam</i>	<i>Say Cheese</i>
<i>Game of Life</i>	<i>Pursuit of Happiness</i>	

## Think Big

“Think big” was the clear message depicted by Pujya Gurudev in his vision and work. It was the Lord’s work, so nothing small or ordinary would do. It is no wonder that Param Pujya Swami Tapovan Maharaj once quipped, “A little ambition is good, but this young man wants to carry the whole Himalaya!”

Today, Chinmaya Prakashan offers a wide range of titles in print, audio, video, and electronic formats, in various Indian regional languages. As of January 2014, this collection features 978 titles: 332 in English, 122 in Hindi, 103 in Marathi, 44 in Gujarati, 96 booklets (used for *yajña prasād*), 192 audio CDs, 83 DVD/VCDs, and 6 CBCC *Mananam* titles. Its vast collection also features two *Om Cooking* books.

For its diverse assortment of readers, various categories are offered. These include *Bhagavad Gītā* and other *Gītās*, the Upanishads, other Vedantic texts, meditation, devotion, self-help, Indian culture, and titles for children, youth, and corporates.

## The Holy Gītā

Whether in corporate houses or personal living rooms, *Shrīmad Bhagavad Gītā* has become a practical guide for purposeful living for millions of spiritual seekers around the world. Pujya Gurudev’s *Gītā* commentary, *The Holy Geeta*, is considered as one of the foremost expositions on the sacred scripture. This book features:



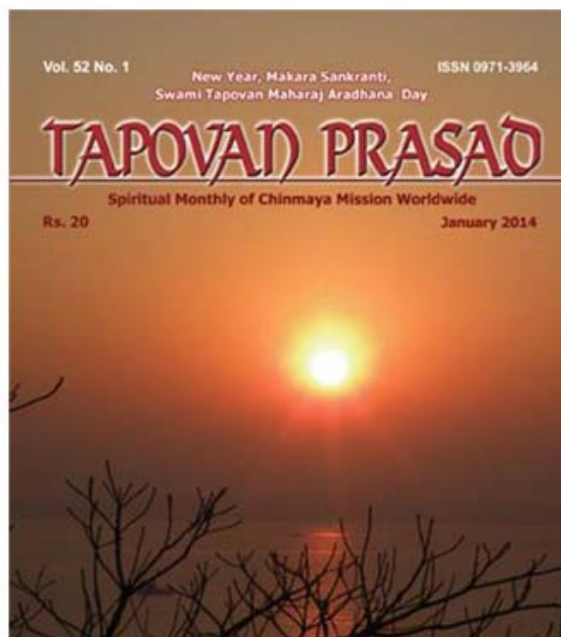
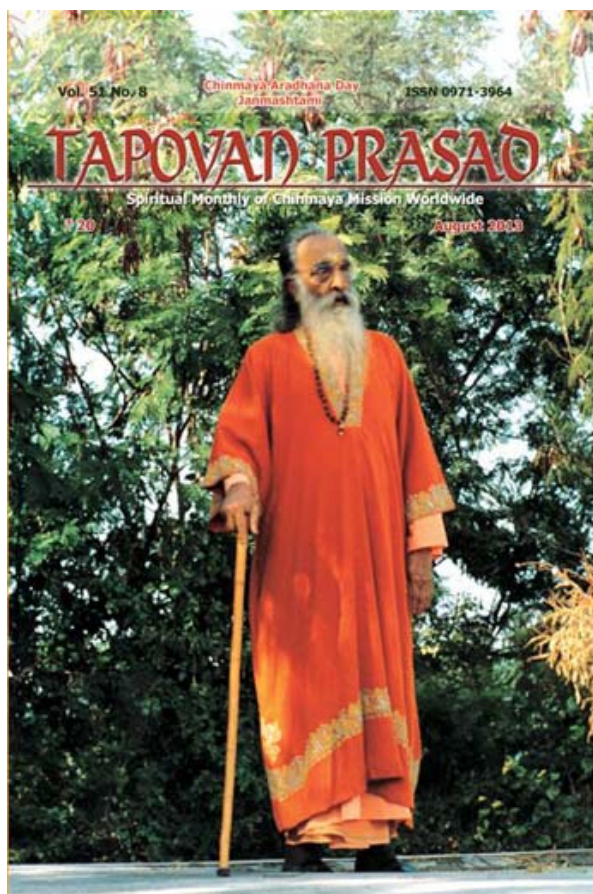
- Devanagari script and English transliteration for each verse
- Word-by-word Sanskrit to English translation for each verse
- Overall meaning and detailed explanation of each verse
- An index listing the overall topic of each verse
- An index of frequently asked questions, from various fields, with easy-to-find verse references



## Magazines

To cater specifically to needs of a subset of its diverse audience Chinmaya Mission offers three main independently published international magazines, namely, *Tapovan Prasād* (spiritual articles, news, and upcoming events of CM worldwide), *Chinmaya Udghosh* (for young adults, ages 18-28 years), and *Bālvihār* (for children).

***Tapovan Prasād*** is a monthly spiritual magazine of Chinmaya Mission. It features reports on Mission activities as well as inspiring articles that kindle spirituality within. Words of wisdom provide deep insight into translating scriptural truths in daily life. It also gives an overview of camps, retreats, lecture series, and other events to come. *Tapovan Prasad* is offered in print by mail (\$35/year) and online (\$20/year). [Click here to get more information and subscribe.](#)



Read an article from *Tapovan Prasad*

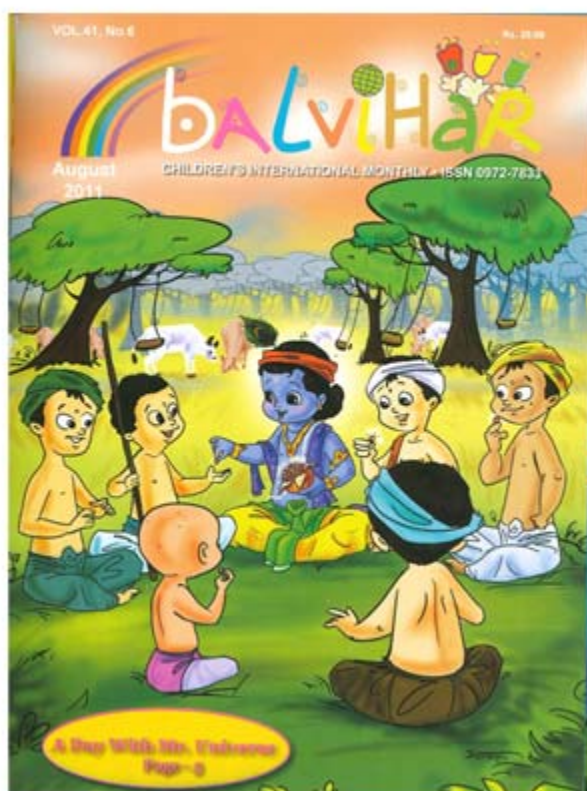
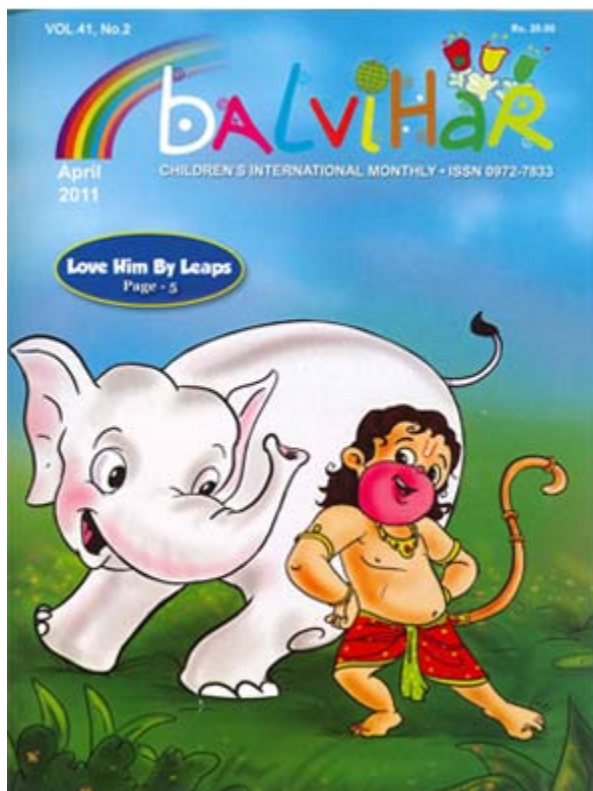
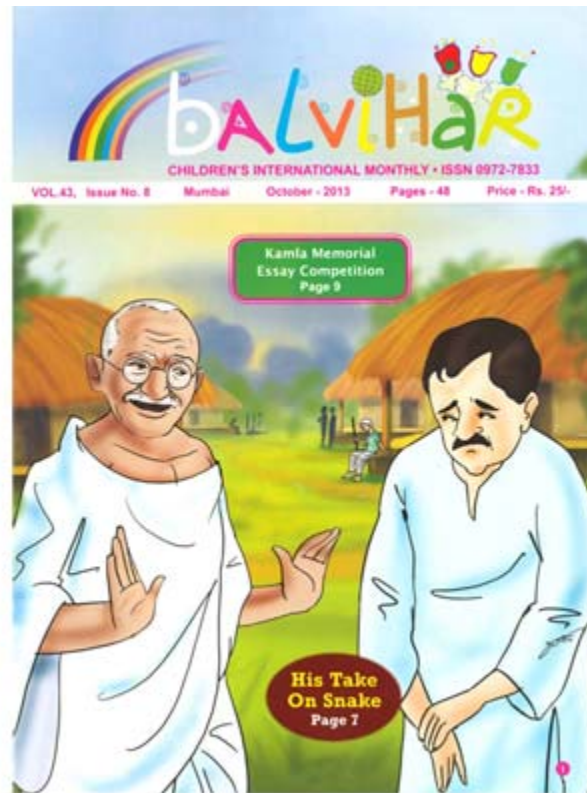
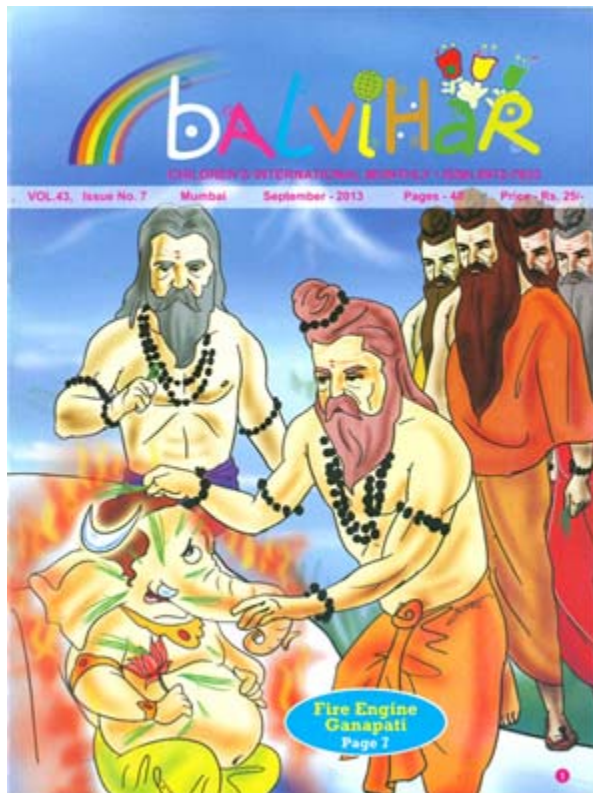
**Chinmaya Udghosh** is the monthly online magazine of Chinmaya Yuva Kendra, the youth wing of Chinmaya Mission worldwide. The magazine aims at inspiring young adults to nurture a positive outlook and balanced mind. With 12,000 subscriptions and growing, *Chinmaya Udghosh* has been gaining in popularity over recent years. This magazine, for youth, by youth, pools writers from around the world to share their experiences. With empowered agents of change as its readers and writers, *Chinmaya Udghosh* provides a platform that allows them to say, "The whole world is waiting for me." The online subscription rate is only \$7/year. Subscribe now.





Read articles from *Chinmaya Udgosh*

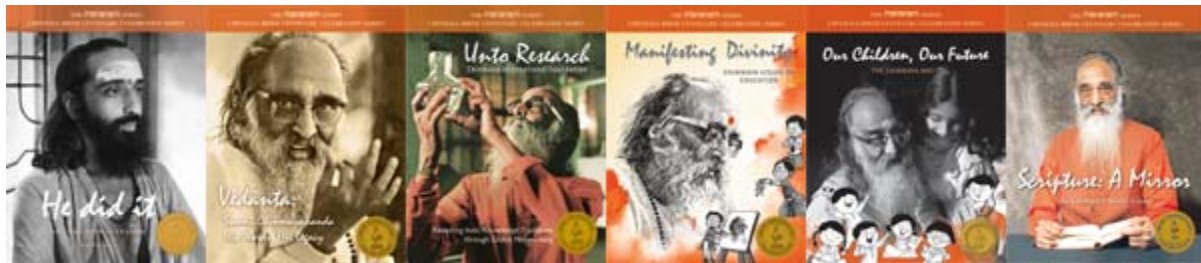
Pujya Gurudev said about *Bālviḥār*, Chinmaya Mission’s international monthly magazine for children, “We shall, through this magazine, build bridges of love and understanding everywhere, and leave this world a better place than what our parents have given us!” *Balvihar* has won the Best NGO Magazine Award for two years in a row. It is replete with kid-friendly gems on Indian culture and traditions, Hindu festivals, and spiritual practices that lovingly impart samskaras to children without dictates. It balances Hindu scriptural stories, moral-based tales, and historical legends of Indian heritage, with puzzles, jokes, and activity pages that happily engage children and create in them a curiosity to learn more. Also featured are pages by children that showcase their innocent and honest expressions. Pujya Guruji Swami Tejomayananda, Head of Chinmaya Mission worldwide, has appealed to parents, saying, “Give your kids values instead of valuables!” His motto for the magazine—“Love, Learning, Laughter”—is reflected in its pages. *Balvihar* currently has a circulation of 40,000 and is poised for greater heights. The annual subscription is \$50, only \$4+ per month for a treasure trove of good values and thought-provoking wisdom that is delivered at the child’s doorstep. To enhance children’s lives and the lives of those in generations to come, subscribe and/or sponsor a page here.





### The Chinmaya Birth Centenary *Mananam* Series

Featuring 12 books on 12 aspects of the work Chinmaya Mission, as conceived by Pujya Guruji Swami Tejomayananda, the Chinmaya Birth Centenary Celebrations (CBCC) *Mananam* series gives readers the overall “Chinmaya Vision.” Commemorating the birth centenary (1916-2016) of Pujya Gurudev Swami Chinmayananda, Chinmaya Mission West, in collaboration with CCMT, aims to publish 12 books (2014-2016) that feature Pujya Gurudev’s life sketch, a compendium of his spiritual vision, and a detailed analysis of the various wings of Chinmaya Mission—how they were formed, the vision behind them, and, how to continue to take his vision forward. The titles released so far are listed below.



***He Did It:*** Pujya Gurudev’s life itself is a scripture; his words are hymns; and his actions are blessings upon the world. In such an enlightened master, we watch God and His play. How an extroverted youth changed his destiny and transformed himself to become an ideal is the focus of this compelling narrative.

***Vedanta:*** A true Guru’s words live on far beyond the time of his embodied form. This book offers a glimpse into his spiritual vision and teachings, and the vast legacy he has left to benefit mankind for all time to come.

***Unto Research:*** This book on the Chinmaya International Foundation (CIF), the academic and research wing of Chinmaya Mission, features Pujya Gurudev’s vision for CIF and CIF’s continuing work in the fields of Sanskrit, Vedanta, and Indology. These include the collection and protection of scriptural texts and manuscripts, home-study courses, and more.

***Manifesting Divinity:*** Amrita, a journalist, and Rishi, a Chinmaya Vidyalaya alumnus, take readers on a journey to discover and unravel Pujya Gurudev’s lofty vision for education in modern day. The book delves into Pujya Gurudev’s farsighted thinking on education, its impact on management principles and practitioners, and his vision for the arts.

***Our Children, Our Future:*** Pujya Gurudev’s vision for today’s children and the generations to come provides a panoramic view of Chinmaya Bala Vihar—its vision, mission, and reach. Peppered with witty sayings and cherished memories, it blends deep wisdom with childlike lightheartedness.

***Scripture: A Mirror:*** The transformative vision that forms the basis of Chinmaya Study Groups is pointed out here. In the pursuit of immortality, spiritual seekers are guided to the scriptural touchstones of transformation through systematic study. Chinmaya Study Groups remain a core

for continuing spiritual studies and provide a haven for sincere seekers.

Additional topics to be published in this CBCC *Mananam* series include CHYK (young adults), CORD (service), *vānaprastha* (senior citizens), CM publications, and sadhana. The tentative title of the final book is *Read, Reflect, Realize, Revel*.

### The Marketing Yajna

Chinmaya Mission publications contain the sacred messages of Indian scriptures, expressed in myriad ways, for the benefit of layman and scholar, alike. Chinmaya Mission publications have the potency to sell themselves, but require visibility. Accordingly, Chinmaya Prakashan uses various avenues, including collaborations with bookstores, social media, and direct promotions of book fairs and book readings to connect with spiritual seekers and book lovers, alike.



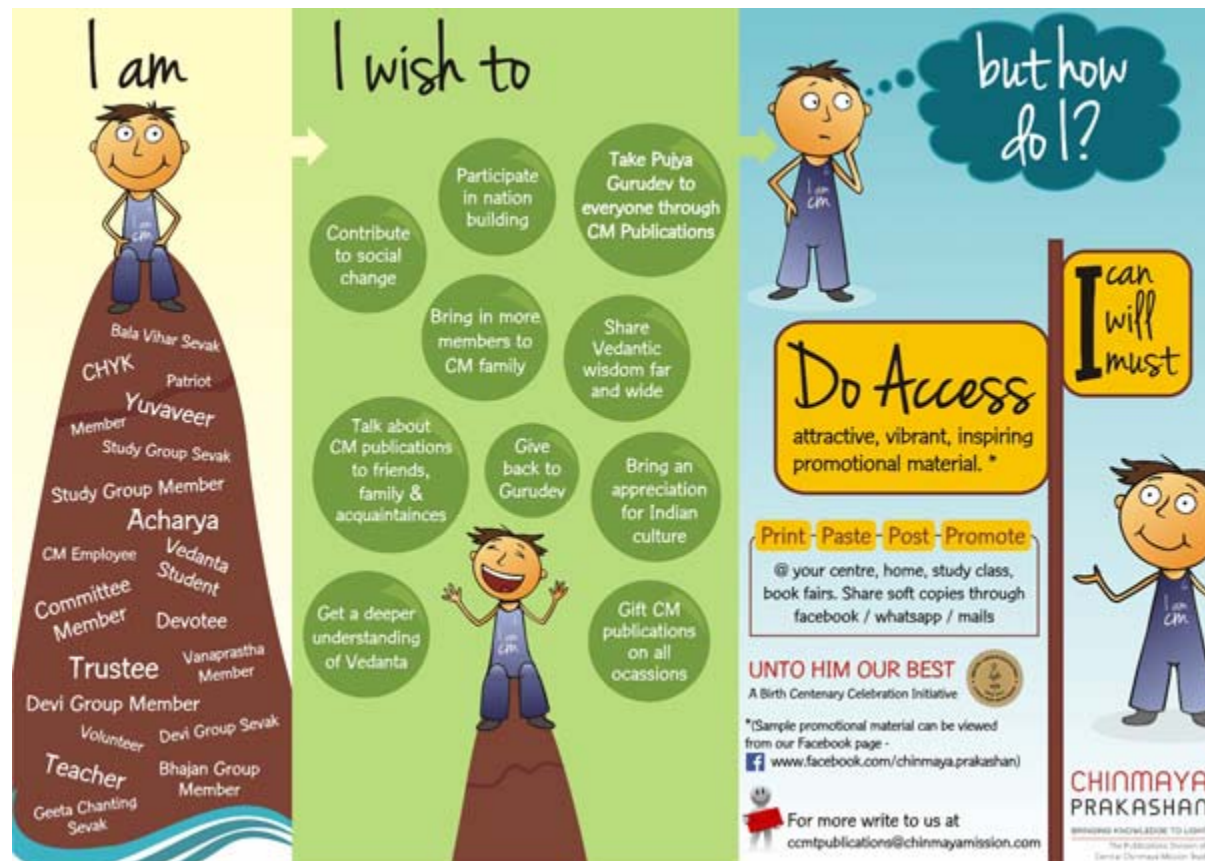
A notable initiative by Chinmaya Mission Chennai is the Chinmaya Vani Mobile, which is a minibus that has been converted into a mobile bookstore to traverse Chennai daily and reach out to local urbanites. This low-cost, high-impact project has been a success since its inception.



Chinmaya Prakashan also encourages and reaches out to Chinmaya Mission centers and devotees to help promote Mission publications. It recently began its FTP Initiative to provide



easy access to promotional resources, ideas, guidance, and materials. For more information, contact Chinmaya Prakashan.



### Gifting Values over Valuables

Life offers a continuum of occasions and events to celebrate and cherish, honor and commemorate. Whatever be the occasion, a little inspiration goes a long way, and CM publications make ideal gifts for all occasions. With the aim of gifting values over valuables, Chinmaya Prakashan invites all CM centers and members to gift CM publications:

- For special celebrations: Festivals, birthdays, weddings, other ceremonies, other special days
- As return gifts at birthday parties, weddings, housewarmings, or even when just paying a friendly visit
- To offer solace and inspiration to those in grief or crisis
- As gifts to business colleagues and corporate peers to lighten and rejuvenate their work day, week, or month
- As donations to children in schools or patients in hospitals

# Top 10 BEST SELLERS – Books

CHINMAYA  
PRAKASHAN

based on 2009-2013 Sales



# Top 10 BEST SELLERS – Audio CDs

CHINMAYA  
PRAKASHAN

based on 2009-2013 Sales



# Top 10 BEST SELLERS – DVDs

CHINMAYA  
PRAKASHAN

based on 2009-2013 Sales



## Looking Ahead

With over 950 titles and over 1,000 retail shops, distributors, hotels, hospitals, corporate offices, and other such institutions, Chinmaya Prakashan's outreach continues to grow with infinite potential. For this work, an army of volunteers is needed, especially considering that there are over 300 CM centers, 83 Chinmaya Vidyalayas, 8 Chinmaya Colleges, and over a million members.

Chinmaya Prakashan invites and welcomes any and every helping hand to continue spreading the illustrious knowledge of Vedanta as taught by Chinmaya Mission's glorious *Guru Paramparā*. Join its FTP Initiative and promote CM publications locally—to print, post, and promote via hard copy, emails, and social media. To offer help in other ways, contact Chinmaya Prakashan.

## One Vision

Chinmaya Prakashan has been evolving successfully with the times. From its start with distribution of booklets at spiritual discourses, to its current publishing of a wide range of scriptural commentaries; from its simple paperbacks and designs to its new and multiple media formats that include e-books; and from its local *yajña* bookstalls to its current global sales and distribution network, the single vision of Chinmaya Prakashan remains one and the same: "Bringing Knowledge to Light."



## Announcements

Shri Chinmaya *Mahāsamādhi Ārādhana* Spiritual Family Camp 2014 in Trinidad  
Click here to register



CHINMAYA MISSION TRINIDAD  
hosts

# 21<sup>ST</sup> SHRI CHINMAYA MAHASAMADHI ARADHANA FAMILY CAMP

Discourses On  
**Chapter 18**  
**ESSENCE OF  
BHAGAVAD GITA**

By His Holiness,  
**Pujya Swami Tejomayananda**  
Head of Chinmaya Mission, Worldwide

## JULY 29TH TO AUGUST 3RD, 2014

### HYATT REGENCY TRINIDAD

#### CAMP HIGHLIGHTS



- Additional Discourses on 108 names of Pujya Gurudev by Swami Nikhilananda, Chinmaya Mission New Delhi
- Yuva Kendra Programme (CHYK) for College Students and Young Professionals
- Bala Vihar Classes for Children
- Cultural Programmes displaying the diversity of the island
- International and Local Vegetarian cuisine
- Island Tours



*"Ancient Wisdom In the Land of Rhythms"*  
~ RELAX...REFLECT.....RE-ENERGIZE ~

Register at: [www.chinmayamahasamadhi.org](http://www.chinmayamahasamadhi.org) Tel: 1-868-747-9268 Email: [ms2014.tt@gmail.com](mailto:ms2014.tt@gmail.com)

YEP 2014



# Mission: One Clear Vision

Clarity, Conviction, Commitment

**Date:** June 12, 2014 – August 12, 2014  
**Venue:** Sandeepany Krishnalaya, Piercy, California  
**Age:** 18-28 years\*  
**Registration:** Free  
For registration and program details, visit  
[www.chykwest.com/yep](http://www.chykwest.com/yep)  
\*Exceptions will be considered on a case-by-case basis

## Youth Empowerment Program 2014

A value-based leadership program for dynamic youth

**What is the Youth Empowerment Program?**  
YEP is an initiative by Chinmaya Yuva Kendra (CHYK), the global youth wing of Chinmaya Mission. YEP was designed and conducted in 2003, especially for young adults, to learn the principles of Vedanta and self-development, serve the community, and grow as dynamic, positive contributors of society. Graduates of the YEP are known as Yuva Veers. Since 2003, more than 350 Yuva Veers have graduated the program, which is conducted every year at Chinmaya Vibhooti, Pune, India.

YEP will be conducted in Sandeepany Krishnalaya, Piercy, California, from June 12-August 12, 2014 under the guidance of His Holiness Swami Tejomayananda (Head of Chinmaya Mission Worldwide). The program will be led by Swami Sarveshananda (Acharya of CM Dallas-Fort Worth and National Director of CHYK West). Course faculty includes Swami Mitrananda (Acharya of CM Chennai and Director of National Projects, All-India CHYK), Swami Ramakrishnananda (Acharya of Chinmaya International Foundation) and other Acharyas from Chinmaya Mission West. Visiting faculty will also be drawn from management industries.

**LEARN**  
In the program, participants will be trained in Hindu philosophy, Indian culture and principles of management, ethics, and organizational skills. The goal is to empower youth to become pillars of positive influence among their friends and community. Equipped with this training, the confident young adults will be able to effectively reach out and inspire their peers with their dynamic vision. They would bloom into caring, responsible individuals, with a sense of pride and duty toward the society and nation.



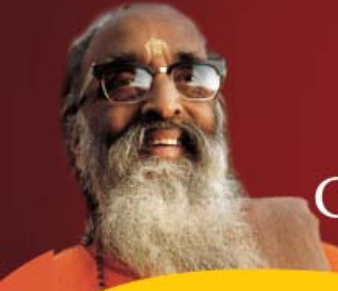
**SERVE**  
Following the 60-day residential training program, each Yuva Veer will serve in an assigned Chinmaya Mission center for a period of 10 months. During this period of voluntary service, the Yuva Veer will organize and lead the youth-related activities of the center, including classes for children and youth, bhajan groups, personal development seminars, and retreats. Yuva Veers can choose to serve on a full-time basis, or volunteer at the mission on a part-time basis, while pursuing their careers or studies.

**GROW**  
The program gives youth a clear focus for the future and a motivating life goal. Yuva Veers are enriched with life skills and a positive experience of internal transformation. Their clarity and dynamism enable them to be global citizens with a universal outlook. Through experiential learning and service, YEP aims to create insightful leaders of the future.

**For registration and program details, please visit [www.chykwest.com/yep](http://www.chykwest.com/yep)**


**For more Information, please contact Ramesh Cheruvu at 409-351-4310**






**TARA CULTURAL TRUST**  
**CHINMAYA MISSION**  
SANDEEPANY SADHANALAYA, MUMBAI

## VEDANTA COURSE 2014 - 2016



**H.H. SWAMI TEJOMAYANANDA** (Head of Chinmaya Mission Worldwide)  
invites applications for the 16th Vedanta Course (in English)  
(study of the Upanishads, Bhagawad Gita and other Vedantic literature)



**ELIGIBILITY**  
University graduates, unmarried men or women,  
with a sincere interest in the study of Vedanta  
Age: 20-30 years (exception allowed for deserving candidates)

**DURATION**  
Two years residential course (commences on Ganesh Chaturthi, 29th August 2014)

**FREE OF COST (Only INDIA Regular Students)**  
Accommodation, food, clothes, books and medical care will be provided.  
( Overseas and Guest Students will have to bear the full charges )

**CHIEF ACHARYA:** H.H. Swami Tejomayananda  
**RESIDENT ACHARYA :** Swami Bodhatmananda


**APPLICATION FORM**  
Request by email to [sandeepany@chinmayamission.com](mailto:sandeepany@chinmayamission.com) or write to  
The Chief Executive, Tara Cultural Trust, Sandeepany Sadhanalaya,  
Chinmaya Mission, Saki Vihar Road, Powai, Mumbai – 400 072  
Ph: +91-22-2857 0368/2857 5805 Fax: +91-22-2857 8105  
Mobile: +91-9702586155/9920223361

Download Application Form from <http://sandeepany.chinmayamission.com>

After completing the course students may opt to serve the Chinmaya Mission  
or pursue their individual goals.

**APPLICATION DEADLINE : 30th April 2014**

**Upanishad Ganga** DVD Release (Episodes 1-17 \$50; Order from Chinmaya Publications)



**FIRST-EVER TV SERIAL BASED ON UPANISHADS**

- A unique and unprecedented concept of dramatising subtle teaching of Upanishads
- A serial with deep research spanning over two years before filming

**WHY SHOULD I BUY UPANISHAD GANGA DVD ?**

- A valued souvenir which will be treasured for generations
- Ideal reference material for individuals as well as research and educational institutions, spiritual organisations, corporate companies, management and consulting firms
- A suitable gift for an individual or organisation on any occasion
- Compilation of Sanskrit verses with Roman transliteration (in English) with their simple English translations from each episode
- Collection of resources, including books and DVDs for further study and reflection on the concepts from each episode
- Option for English subtitles

**DVDs OUT NOW**  
VOLUME - 1  
EPISODES 1-17

Conceptualised by **Swami Tejomayananda**, Head of Chinmaya Mission Worldwide Produced by **Chinmaya Mission**  
Executive Producer **Wisdomtree Productions** Written and Directed by **Chandraprakash Dwivedi**

**TELECAST on DOORDARSHAN NATIONAL CHANNEL (DD-1) Every SUNDAY 10 to 10:30 am (IST)**

[www.facebook.com/upanishadganga](http://www.facebook.com/upanishadganga) [www.twitter.com/upanishadganga](http://www.twitter.com/upanishadganga)

*Chinmaya Naada Bindu Summer Festival 2014*



**CHINMAYA NAADA BINDU**  
GURUKUL FOR INDIAN PERFORMING ARTS



## **4<sup>th</sup> Annual Chinmaya Naada Bindu Festival**

**May 23-25, 2014**

*Chinmaya Vibhooti, Kolwan, India*

### **Featured Artists**

Pt. Nayan Ghosh (Sitar)

Pt. Venkatesh Kumar (Hindustani Vocal)

Vidwan Neyveli Santhanagopalan (Carnatic Vocal)

Vidwan T.H.Subash Chandran and Team (Taal - Vadya Kutcheri)

Parshwanath Upadhye - Punyah Dance Company (Bharatanatyam)

Nirupama and Rajendra (Kathak Duo)

**To get details and register: [reachus@chinmayanaadabindu.org](mailto:reachus@chinmayanaadabindu.org)**



**Dharma Sevak Course in  
Coimbatore**

# **Foundation Vedanta Course** in English (12th Chinmaya Dharma Sevak Course)



Learn the  
fundamentals of  
Vedanta / Jnana  
Yoga, Bhakti Yoga  
and Karma Yoga.

Experience the  
joy of  
Gurukala  
living.

Learn spiritual  
practices like  
Meditation, Japa,  
Puja, Homa.

Celebrate  
auspicious  
occasions like  
Ganesh Chaturthi,  
Janmashtami.

Bond with the  
Global Chinmaya  
Mission

Learn Sanskrit



Course Acharya **Swamini Vimalananda**  
Assisted by Brni. Sucheta Chaitanya

**Divine Days in the presence of**  
**Pujya Guruji Swami Tejomayananda**  
(Head of Chinmaya Mission)

Venue: **Chinmaya Gardens,**  
Coimbatore

Dates: **16th July to**  
**26th August 2014**

Course donation:

Rs. 9,000 per person  
Rs. 7,500 (below 40 years)  
Rs. 4,000 (below 25 years)  
Rs.16,000 ( AC Room )

**Contact**  
Co-ordinator  
**09360461566**

**Chinmaya Gardens,**  
Nallur Vayal Post,  
Coimbatore - 641114  
0422 - 2615637 / 2613493  
[chinmayagarden@gmail.com](mailto:chinmayagarden@gmail.com)





## Dharmena Dhaaryate Lokah

Dharma in Sanskrit means that which is the very essence and substratum which upholds, nourishes, sustains and integrates. Sweetness is the dharma of sugar for without sweetness sugar is not sugar.

Values uphold one's character, nourish one's life, sustains joy, gives meaning to life and integrates the society. Hence values are called Dharma. At a deeper level the Lord Himself is called Dharma, He is the very essence of the world of names and forms and sustains and nourishes it.

Then who is a Dharma Sevak? He is one who humbly and daringly nourishes the right values, seeks the Lord within and serves Him through service to Mankind.



*Welcome to Chinmaya Gardens.*

### *The Salient features*

- ★ Experience the joy of Gurukula living
- ★ Learn the fundamentals of Vedanta/ Jnana Yoga (Prakarana granthas, Upanishads, Geeta), Bhakti Yoga (Portions of Ramayana and Bhagvatam) and Karma yoga.
- ★ Learn the fundamentals of Sanskrit Language.
- ★ Learn how to conduct and be firmly grounded in spiritual practices (sadhanas) like Meditation, Japa, Puja, Homa.
- ★ Celebrate auspicious occasions like Raksha Bandan, Janmashtami.
- ★ Bond with the Global Chinmaya Mission through the various activities and learn how to be a sevak/sevika of grass root activities like Bala Vihar and Study Classes.

**Accommodation:** Comfortable sharing rooms with attached bathrooms.

**Food:** Sattvik Vegetarian food will be served.

**Course Donation:** (Includes boarding and lodging. Does not include course material)

- ★ Rs. 9,000/- per person
- ★ Rs. 7,500/- per person (below 40 years)
- ★ Rs. 4,000/- per person (below 25 years)
- ★ Rs. 16,000/- per person for air-conditioned accommodation

**For registration and further enquiries contact**

**Course Coordinator**  
Administrator, Chinmaya Gardens  
Nallur Vayal Post, Coimbatore - 641 114.  
Tel/Fax : 0422-2615637/2613493  
Email : chinmayagarden@gmail.com  
Mobile : 09360461566

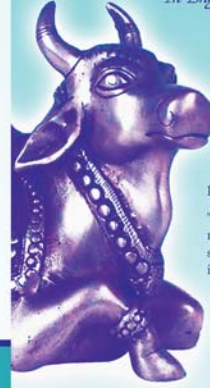
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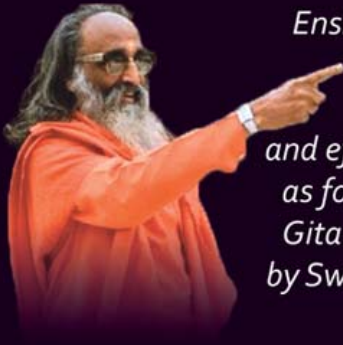
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### ABOUT CIF

Established in 1989, CIF is a research center for Sanskrit and Indology, recognized by the Mahatma Gandhi University, Kerala, India. Swami Chinmayananda visualized CIF as a bridge between East and West, past and present, science and spirituality, pundit and public. CIF is located in Kerala, India, at the maternal ancestral home and birthplace of the Advaita Vedantin, Adi Shankara.

### REGISTRATION

Students may choose to enroll at any time during the year in either a postal correspondence course or an online correspondence course [lessons are sent via e-mail].

E-COURSE: US\$100; POSTAL COURSE: US\$175  
VISIT [WWW.CHINFO.ORG](http://WWW.CHINFO.ORG) TO REGISTER  
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## - Easy Sanskrit Course



The poster is a vertical rectangular card with a light beige background. It features decorative golden motifs at the top and bottom corners, resembling stylized lotus petals or leaves. The title 'Easy Sanskrit Online Study Course' is prominently displayed in a large, bold, dark red font. Below the title, the text 'Blessed Self,' and 'Hari Om! Salutations!' are written in a smaller, dark red font. The main body of the poster contains several paragraphs of text in a dark red font, providing details about the course, its duration, and the institution. At the bottom, there are two lines of text in a dark red font, providing contact information for registration and inquiries.

# Easy Sanskrit Online Study Course

Blessed Self,  
Hari Om! Salutations!

Chinmaya International Foundation (CIF), a center for Sanskrit Research and Indology, is pleased to introduce its new "Easy Sanskrit Online Study Course" for beginners interested in starting their journey into Sanskrit. This course covers the salient aspects of Sanskrit grammar and vocabulary, and simplifies intricate details for easy learning. Students do not even need to know the Devanagiri (Sanskrit) script, or the script for any other Indian language for that matter. So it is truly Sanskrit made easy!

The course covers 13 topics that presented in modules, which students have up to 30 months to complete. A student who completes the full course will be awarded a Certificate of Completion from CIF. CIF is the academic front of Chinmaya Mission worldwide, and is affiliated to Rashtriya Sanskrit Sansthan (New Delhi) and recognized by Mahatma Gandhi University (Kottayam).


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CIF Vedic Math Course from

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1. A time-saving aid for performing calculations
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5. Get an insight into the development of Mathematics in India during the past 3000 years

**Mode of Study:** Postal/Online

<b>Course Duration</b> 9 months	<b>Course Fee</b> (Postal & Online) For Students upto Grade XII: ₹ 2000/US\$ 150 For Others: ₹ 3000/US\$ 200	<b>Eligibility</b> 12 years and above No knowledge of Sanskrit is required
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Register Online/View Sample Lessons:  
<http://vedicmaths.chinfo.org>

Contact:  
Administrator, CIF Home Study Courses  
Chinmaya International Foundation  
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