

**Hari OM**  
**CMW NEWS 147**  
**MAY 2012**

"O Mother! Daughter of Jahnu Rishi! When the false names and forms made up of the [five] elements are negated, That which remains undeniably, That is Thy real form, non-dual, unmoving. This Brahman, which is the cause for everything, which is untainted by merit or evil, and which is ever pure and immaculate, is Thy real nature. "

Source: *Hymn to Ganga*

"Mother Ganga is herein conceived, in the heart-vision of the poet, as the pure, infinite Consciousness, Brahman. . . . To the Hindu saints, Ganga is not merely a geographical river, but a permanent symbol of the infinite Truth, which is the eternal Substratum for the phenomenal play of all impermanent names and forms."

Source: Commentary on *Hymn to Ganga*

"The world seems real when the Truth is not known. A projection or superimposition, however real it may seem, cannot be counted different from its Substratum. For example, the snake appearing on the rope may seem real, but it cannot be taken to exist apart from the rope. Therefore, the Truth is absolute—before, during, or after creation."

Source: Commentary on *Panchadashi*

# SPIRITUAL TRAILS

## Life Principles of Hinduism

by Pujya Gurudev Swami Chinmayananda

*Articles originally published in Mananam 2005 issue,*

Youth: Keeping the Balance

To realize our full spiritual nature is to experience the fullness of life. As long as we have not attained this state of being, our intellect will continue to suggest methods for overcoming feelings of imperfection, which manifest as desires. Desires are nothing but an expression of the ignorance of our real Nature. This ignorance has made us identify with the body, mind, and intellect, and is the cause of our egocentric life of pains and limitations. Therefore, there is no achievement more sacred and glorious than the realization of our true identity with the unlimited, eternal Self.

The purpose of religion is to eliminate ignorance through spiritual practices until the devotee comes to gain the light of wisdom. Ignorance, manifesting as desires on the mental plane, extend themselves as actions in the world. Therefore, spiritual masters advise that the most practical way of overcoming ignorance is through controlling our actions. They suggest that we first purify and regulate these actions. All religions advocate qualities such as goodness, kindness, tolerance, mercy, and selflessness. They insist on moral and ethical perfection as the fundamental condition for spiritual evolution. Without these qualities we will end up far short of the goal, even after a lifetime of devotion and worship.

Let us try to understand the scope of moral and ethical values as explained in Hinduism. The three cornerstones upon which the temple of Hinduism has been built are self-control, non-injury, and truthfulness. The vast amount of spiritual literature in India is nothing but annotations, amplifications, and commentaries on these three principles. Ancient Indians planned their individual, communal, and national life upon these three fundamental duties.

When these values are practiced they enable us to master our mind, which leads to mastery over ourselves and the world around us. Although these principles are essentially the same in all religions, differences may appear due to the way in which they were presented to meet the needs of the people of the time. These three fundamental moral codes of behavior are: self-control (*brahmacharya*), non-injury (*ahimsa*), and truthfulness (*satyam*). They are the source of all values and refer to the three layers of our personality—physical, emotional, and intellectual.

### Self-Control

The physical body longs for contact with the world of objects in order to gain sense gratification. The eyes wish to see beautiful forms and colors, the tongue craves good food, the nose likes to smell pleasant fragrances, and so on. But when we continue to live only for the gratification of our sensual demands, passions multiply and ultimately consume us. To avoid such a condition, discipline (*brahmacharya*) at the physical level is prescribed. The meaning of the word *brahmacharya* has been so badly distorted that the real value of this discipline has been lost. *Brahmacharya* is an attitude of intelligent contact with the world. It does not mean a total denial of sense enjoyments, but only insists on not overdoing anything. Thus to read, watch television, talk, or walk too much, or to eat a morsel more than is necessary would be considered as breaking the vow of *brahmacharya*. When we live in self-control, we discover in ourselves a renewed dynamism and become pillars of strength in society. If this sacred doctrine is not followed, we abdicate our own freedom and become slaves to the ever-changing circumstances of life. Thus, *brahmacharya* is a value to be lived at the physical level.

### Non-Injury

The second discipline, prescribed for the mental level, is non-injury (*ahimsa*). *Ahimsa* does not simply

mean non-killing or non-injury at the physical level. It is to be understood as a mental attitude regarding our relationship with others. Non-injury is the spirit that should dominate the realm of our motives. Sometimes it is necessary that our actions be cruel, though the underlying motive is totally loving and kind. Shakespeare beautifully expressed this idea in Hamlet: "I am cruel only to be kind." For example, a surgeon may outwardly appear to be cruel while performing an operation but his motive is honorable. Such actions, though causing physical pain, would be considered as *ahimsa*. To physically resist a burglar in our homes or stand up to the unwise policies of a priest or politician, is not transgressing *ahimsa*. Non-injury is not a passive, ineffectual attitude. Restraining the wicked to protect the good is the very creed of every true Hindu.

Thus, non-injury, as advised by the architects of the Hindu culture, is a value of life to be applied at the level of our motives. Our motives should be blessed and pure without any cruelty or hatred. In the execution of a pure motive, we may have to weed out the thorny shrubs to make the garden beautiful again.

### **Truthfulness**

*Satyam*, or truthfulness, is the means to govern our inner world of mind and intellect. The outer world is a great university, providing us with innumerable opportunities from which to learn. When these experiences have been well churned in our mind, and the intellect has come to a firm decision, we must have the honesty and conviction to act upon it. When we do not make full use of our mind and intellect, they lose their efficiency and we suffer as a result. Religion constantly reminds us to exercise our mind and intellect through its insistence on the principle, "Be truthful to your previously gained wisdom."

Thus, truthfulness enjoins us to live according to our intellectual convictions. We all have ideals, but we often fall prey to our senses and compromise with them. This is dishonest living. Our dignity depends on our ability to live up to our convictions at all times.

The edifice of life stands on these three great principles. By following them, we can integrate our personality and gain inner health. It is by this method alone that we can enjoy living in the world and develop the strength and courage to overcome all our problems in life.

When a person has learned to live in perfect self-control, ever vigilant to gather knowledge from life's experiences, practicing non-injury in his motives, and being truthful to his convictions, he becomes the chosen child of nature to be lifted to the top of the evolutionary ladder. It is true, no doubt, that there are only a few in society who practice these great principles, but those few grow to such a stature that they lead the world with an irresistible spiritual power. It is these people of heroic personality, with integrated head and heart, who will continue to guide humanity to new levels of spiritual evolution.

*The following excerpts are from the question and answer session after the talk.*

### **Why is vegetarian food considered better than non-vegetarian?**

Eat we must. What we like to eat depends upon one's taste. There are only four things available: Stones, plants, animals, and humans. Unfortunately, we cannot eat stones because our system is not geared to digest and assimilate them directly. And even though we sometimes destroy human beings with our cruelty, our progressive culture does not allow eating them. That leaves us the vegetable and animal kingdom from which to choose.

No doubt, since prehistoric times, animals have been eaten, but we find that the very first progenitor of humanity, Adam himself, was eating only vegetables. It is only his second son who started this easy method of obtaining food because agriculture seemed to be too difficult for him, as it required a continuous process of putting forward effort in order to produce. Whereas sitting behind a stone, waiting for innocent animals to come along, and destroying and eating them, seemed to be the easier way!

**How did the idea of vegetarianism develop in India?**

We learned that vegetables can stay fresh for up to 48 hours, but meat deteriorates and becomes harmful very quickly. Furthermore, within the human body, during the process of digestion, food remains in the digestive system for about 48 hours. Fruits and vegetables digest much faster than meat. Whatever stays longer in the intestines starts to decay with the heat of the body system and this creates a lot of toxins. You must have noticed that generally man eats only those animals that don't eat other animals. It is very difficult for man to digest and assimilate carnivorous animals, suggesting that they are highly toxic to his system. It also suggests that a certain amount of toxicity is present in the first round of eaten animals, because twice-removed, the meat of carnivorous animals is impossible to eat.

#### **In what way does vegetarian food affect a person's mind?**

The food that we take in, and the thoughts and actions that spring forth from us, have a distinct relationship. In the computer world, there is a well-known saying, "Garbage in, garbage out." This seems to be true of our bodies as well. If you put toxic food, garbage, into your system, in the long run, the texture of your thoughts and actions have a tendency to become more un-reconciling, extremely selfish, less concerned for others, and lusty, and therefore, potentially dangerous to the social order.

We can see that toxins in the system bring about a lot of mental disturbances. The same principle applies to drinking alcohol. Since our culture is essentially geared for the life of meditation, the mind that is constantly agitated and wandering finds it difficult to plunge into meditation. To such an individual, the toxin is an obstacle in reaching his goal. This must have been the reason why the rishis in the jungles partook of only fruits, roots, leaves, and water.

Those who partake non-vegetarian food may be highly uncontrolled because of the toxins in their food. Watch a vegetarian and a non-vegetarian animal. All herbaceous animals are available for eating, whereas non-vegetarian or carnivorous animals are never eaten, even by hardcore non-vegetarians. Why is this? Because carnivorous animals have so much toxicity in them that it means almost death to eat them.

#### *Days of Grace at Sandeepany Sadhanalaya*

*by Pujya Guruji Swami Tejomayananda*

*Edited for print from Mananam 's Chinmaya Birth Centenary*

*Series: Vedanta: Swami Chinmayananda, His Words, His Legacy*

He is the worldwide Head of Chinmaya Mission, and he carries the hearts of the entire Chinmaya Mission family. He is the special, luminous grace aptly named Swami Tejomayananda, Pujya Guruji, the beloved disciple of Pujya Gurudev. In this excerpt, Guruji shares his thoughts on his happy learning days and loving teaching days on *Sandeepany* soil.

#### **Saving Grace in Student Days**

I went to *Sandeepany Sadhanalaya* [Chinmaya Mission's ashram in Mumbai, India] inspired by the saints of Maharashtra, Swami Vivekananda's literature, and Pujya Gurudev's lectures. There was extreme enthusiasm and eagerness to learn Vedanta, even though I did not know what Vedanta was. There was also a great fascination for *sannyasa*. I realized later that *sannyasa* is far from just taking new clothes and changing the name. Only the man of Realization is the true *sannyasi*.

I entered as a student in the Vedanta Course with great enthusiasm, but the course is not very easy; different temptations arise. People think that just because someone has joined the ashram, that person is dispassionate within; this is not true. Being dispassionate is a great *sadhana*. One does fall again and again.

As you study Vedanta, you read the characteristics of a man of Wisdom. You look at yourself and realize, "He is wise; I am otherwise!" This very discovery is disappointing and full of frustration. Gurudev used to say that there is nothing wrong if you fall, but you must bounce back like a rubber ball or tennis ball. "Don't fall like an iron ball." With double the force you should be back on your feet. You may ask me, "Did you commit mistakes?" I committed many. But the one right thing I did was not quit.

Sometimes people would ask me, "Do you have regrets that you have taken the wrong decision of coming to an ashram?" By God's grace, not a single day did I feel that I had taken the wrong decision. If I was not able to live and abide by that great value or knowledge, it was my mistake. But the goal was right, the path was right. And I held on to it. So the first saving grace was the determination and understanding that this path is the only right path.

The second saving grace moves me beyond words—the unconditional love of Pujya Gurudev. Many times I saw that I had done a great blunder, but somehow, he did not scold me. I don't know why.

The third grace was the immeasurable grace of God. People ask questions such as, "Have you seen God?" I found the answer in the words of a mahatma, whose name I don't know. He pointed out beautifully that when people ask this question, they have some image of God in their mind. So he would say, "I have not seen God, but I have seen His grace." If someone asks if we have seen the sun, we don't have the ability to see the sun in its entirety, but isn't it true that in the light of that sun we are doing everything in our life? Who can separate the sun from its light? The resplendent sun cannot be "seen," but we can see its light. Similar to this is God and His grace.

In all this, I cannot forget the blessings of my mother, who was always the first source of inspiration. When I asked her about going to the ashram, she said, "Of course you can go, but don't come back halfway." Later, I asked her, "Suppose Swamiji calls me and says that he will give me *sannyasa*. Do I have your permission?" Because a mother's permission is necessary. She said, "I have already given that to him, so you don't have to take my permission." These few things were the saving grace.

So what does a fall, disappointment, or temptation mean? Nothing. There is virtue in every experience, and as long as you learn something from it, it is very good. This was my experience as a student.

### Guiding Grace in Teaching Days

My experience as a teacher at *Sandeepany* [was another learning experience]. When we are students, we feel so great that we tend to evaluate the teacher! And we ask, "Why did Swamiji say this? Why did he do like this?"

I first became a teacher at *Sandeepany*, Himalayas, and later, I became a teacher at *Sandeepany*, Mumbai. This was a great privilege on one hand, but the job was very challenging, because to teach the same group of students for two years or two-and-a half years is not easy. To sustain their enthusiasm while teaching was challenging.

As a student, we commit many mistakes. But as a teacher, we seem to have knowledge of Vedanta, and we are even able to teach and communicate, yet different events around us keep happening. How to tackle them? Initially, there is immaturity due to lack of teaching experience. After our Vedanta Course, we go out in the world and conduct seven or ten days of a *jnana yajna*. Giving a lecture and moving from place to place is relatively easy, but to stay on at one place and teach is different. So the lack of practical experience and immaturity causes mistakes in the teaching role.

What I slowly learned as a teacher, and am still learning, is that learning is a process; it just goes on and never ends. So it is best to teach without giving sermons! Nobody wants sermons: "Thou shall do this. Thou shall not do this." The teaching has to be a type of unfolding, not sermon-like.

Teach without being judgmental. When you teach, sometimes a student appears to be bright and

brilliant, and others don't appear to be that bright. As a teacher, you tend to judge that this student is good and he will do wonderfully. But I learned from experience that those I thought would be very good, sometimes failed to be. And those I thought not to be very bright, or even able to complete the Course, came out shining. So if someone asks me, "How are your students?" I say, "Only time will show."

As teachers, we had to discipline students, but without harshness. Let me tell you an incident with our Pujya Gurudev. Once, we were in Bangalore with him. None of the *brahmacharis* attended the morning meditation class and he came to know this. He said, "No lunch for the *brahmachari* students." So we had no lunch. But when he went for lunch, he asked, "Where are the *brahmacharis*?" The organizer reminded him, "Swamiji, you said there was to be no lunch for the *brahmacharis*." At teatime that day, we got hot *upama* and snacks instead of just tea. Gurudev had made his point firmly, yet with kindness. This is called discipline. On one hand, you have to discipline, but without harshness.

Another aspect of a teacher is that you have to be friendly with your students, but not intimate with anyone. You have to keep our distance, yet remain friendly. I read in *Valmiki Ramayana* that when Lord Rama and Bharata met, Bhagavan Ram asked Bharata, "Are you too intimate and friendly with all the ministers and other people, so that they are not afraid of you and they take advantage? Or are you too intimidating that no one comes near you and then they don't even speak?" See, you should not be intimidating, and at the same time, not too informal.

In my experience as a *Sandeepany acharya*, I have committed many mistakes, and from all those, I have learned. I have learned compassion with discretion. Compassion we must have, but if there isn't proper discretion, it can become binding.

Even as a teacher, the only saving grace has been God's grace and Pujya Gurudev's blessings, because of which so many Vedanta Courses have been completed. What is the whole purpose of this Vedanta Course [is clear in this incident with Pujya Gurudev.] When I was teaching at *Sandeepany*, Himalayas, our Gurudev used to come for the camps, and in every camp, I used to take all the students to spend some time with Gurudev. So when the Course was over and I took all the students to him, Gurudev said to all of them, "You have learned Vedanta now. You have to go and teach alright, but don't suddenly think that you are a great teacher and that you are here to change the whole world. You can't change the world." He then paused for a second, and asked, "Could I change you?" and laughed in his inimitable style. The lesson is that the whole exercise of the Vedanta Course is meant for you to change. The whole purpose is for you to use knowledge to become the change you want to see.

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## REFLECTIONS

*"Where is my guru dakshina?"*

by Acharya K. Sadananda

*Based on the article originally printed in Hinduism Today, January 2010; edited for print herein*

A long time ago, I requested Pujya Gurudev to record a series of 30-minute talks for public radio broadcasts. After he kindly completed the same, when he was handing over the tapes to me, he asked, "Where is my *guru dakshina* for this?"

At that time, I was still new to the Mission. I was not sure what I should give him. So I spontaneously gave him a signed blank check, asking him to fill it up with whatever amount he thinks I should give.

Swamiji took it, looked at me, and kept the check. After two days, the secretary returned the check to me and I found that he had filled it as payable to “Hari Om,” and under the box for the amount, he wrote, “Lots of blessings.”

In spiritual evolution, *sadhana chatushtaya* curbs the overly free lifestyle of the *sadhaka*. While *karma yoga* first converts the *adharmik ajnani* to become a *dharmik ajnani*, *jnana yoga* blesses the *dharmik ajnani* to become a *dharmik jnani*. The *ajnani* seeker follows dharma deliberately; the *jnani* follows it spontaneously.

### When the Day Is Done by Chetana Neerchal

The candles	The prayers	Fullness
are lit.	in my heart	fills the
The day	are	remaining
is done.	silent, calm.	hours.

### He Who Kindles Love

*Talk by Uma Bhatnagar; transcribed by Akhilesh Menawat*  
*Students at the 2011 Dharma Sevak Course were asked to reflect and speak on three spiritual questions. Below is the satsang presentation made by long-time devotee, Uma Bhatnagar.*

I’ve been dreading this moment [to speak] although I teach at a university in San Francisco. This is a very personal topic, so I can’t guarantee that there might not be tears.

When I first saw those three questions [all students were asked to answer], I first thought, actually my answer to all three of them is Param Pujya Gurudev. He is the person who has given my life meaning, direction, and through the most terrible times, total support. This has been the case since 1983 until today.

When I was about 13-14 years old, I went on a ski trip and came across a copy of *Vivekachudamani*, which was too profound for a young girl. But at that point, there was some resonance. I read it and just felt there is something in it that just calls me and to which I willingly respond. Later, when I went to college and majored in Philosophy and Religion, I studied with Joseph Campbell.

Then, I went on to the University of Pennsylvania to do graduate work in South Asian Studies and worked on a Ph.D. in Vedanta. I was working on Ramanuja’s commentary on *Bhagavad Gita*. My family members were saying, “What are you doing? You’re studying Sanskrit. You’re studying Hindi. Is this a practical course of action?” But I had also found in a bookstore when I was maybe 16-17 a small booklet of Ramana Maharishi, and again, I felt some resonance. So, I did a terrible thing that I should always regret as a booklover: I cut out the photo from the book, and I put it—not knowing about *mandirs* or anything—on some small space in front of which I would sit and do whatever kind of meditation, or at least concentration, that you can do when you don’t know very much. That was a constant.

I never thought I would have a teacher, or at least a living teacher, in my life. So, in the meantime, I got married in India. My husband is originally from Punjab. I had two children born in India, Chandra

and Gayatri. I see a lot of familiar faces here also; we all know each other as the parents of individual kids in Bala Vihar and CHYK.

We had travelled extensively in India; our family hobby was to go on *yatra*. We went to Badri, Kedar, Gangotri, Rameshwaram, Mathura, Vrindavan, Ayodhya, Chitrakoot, almost everywhere. And again, it was a very profound experience. I was immersed personally and professionally in Indian culture, as it has been my deepest interest. Sometimes I shock myself when I look in the mirror to comb my hair, realizing then that I am white. But everything I love derives from Indian tradition and culture. There is an old song of Raj Kapoor: "*Mera juutaa hai Japaani, ye patluun Englishtani, sar pe laal topi ruusi, phir bhi dil hai Hindustani.*" So, yes, that is my predicament, as it were.

It is at this point, in 1983-84 that I met Pujya Gurudev. I was in our study room at the University of Pennsylvania and there was a flyer on the wall with his photograph. The photograph just struck me, so I called and the number and the person who answered said, "Why don't you come over and meet him?" So I did.

I arrived at Kusum Patel's house and I remember distinctly that there was a dining area to the left, it was teatime, and the room was rather dim. And Swamiji's—we used to call him Swamiji—Swamiji's back was to me in the chair and there was a light over the table where he was eating; I think it was *poha*. There was quite a narrow distance between him and the wall, so I was kind of guided over to him. He didn't look at me; he was just eating. I *pranam*-ed, and as I came up, we both kind of looked at each other at the same time, and as he gave me, what I'm sure many of you have had, that deep, penetrating look. A look where, from his beautiful eyes, you feel he is really seeing you, in your entirety, to the bottom of your soul, the good and the bad. And then there was a gentleness and a kindness there. I was (I basically had no chance) done at that point.

Thereafter, I was inspired. I went to camp, I came back and started Chinmaya Bala Vihar, I started Study Groups at home, and all this evolved into the Tri-state center. Swami Shantanandaji came and things began to just blossom, with more devotees joining. And it's just been wonderful since then.

The time came when it was just by Pujya Gurudev's grace that I was able to travel with him around the world and render him service. I accompanied him in the United States and Canada, and then internationally as well—London, Switzerland, Bahrain, Nigeria, Kenya, Mauritius, Thailand, Singapore, Hong Kong, Jakarta, Australia, and around India (with the exception of some cities, such as Ahmedabad and Indore). That was purely his grace; I have no explanation to this day as to how it happened.

As many of you know, when Pujya Gurudev willed something to happen, even though I had 2 kids at the time, it just manifested. So I am forever indebted to him. And the irony of course is that when I approached him, I approached him as an Advaitin, a Vedantin, and of course, he was quite a jokester, so he transformed me into a *bhakta*. And I am his *nitya-dasi*. I can never, repay that debt to him.

What gives me peace is Pujya Gurudev—all that he represents. And while he gives me tremendous peace, he also give me exquisite joy. There are moments of burning anguish and tremendous pain. And, as a scholar, I know this is a certain spectrum that is a given. For anyone who thinks that maybe the *bhakti* path is a light one, I would say it is quite the contrary. You need a lot of fortitude—because your mind is not your own. It is not in your control because you relinquish that control—willingly relinquish it. If a symbol exists for this, it is the idea of a hollow bamboo, the *venu* [flute]—that you surrender yourself so that you can be played to the touch of the Divine. You surrender your actions, your entire agenda.

After Pujya Gurudev departed from his physical form, as with many people, I was shattered. My life fell apart completely. In a space of six months, six relatives died—my mother, my father, my mother-in-law, my two brothers-in-law, and my sister-in-law. And I don't have any brothers and sisters, so my husband's family was my family—so many people in such a short time. It was tragic and shocking. And to top it off, I had been married for 28-29 years and that marriage broke. So there I was, with



everything broken.

Again, my rock and support was Pujya Gurudev, and those who are accomplishing his work—in particular, Swami Shantanandaji. People said to me, “What are you going to do now?” And I was in servant mode. I didn’t have anything to accomplish. I knew I had to survive somehow, but I didn’t have a burning ambition to suddenly become an attorney. I thought I could go back to school and finish my doctorate, for which I had done all the course work.

Finally, I reinvented myself in another way. What was my focal point, and remains my focal point, is Pujya Gurudev and what he represents. To me, he is many different things, and certainly, a portal to something greater. In serving him, I began to understand that I had thought of myself as an Advaitin, thinking that the *bhakti* tradition is not for me. And I had even cheekily said that to him at some time. I had said, “Oh, I’m not a *gopi*.” And he had just laughed and said, “We’ll see.” It was true. He sometimes had that quality of pushing you beyond your comfort zone into an area where things were new and unexpected, and you had to just surrender and trust.

Pujya Gurudev was an ultimate *rasika*. He was a great connoisseur of music, dance, literature, and poetry, both Indian and Western. He was also a great connoisseur of tennis; he loved watching Wimbledon and the French Open. He allowed us to serve him. And he allowed us to bring whatever interest we had and offer it to him.

He was ever *santushta*, and everyone left his presence feeling satisfied, whether it was a child, or an adult, or someone with a burning problem. I think everyone went away feeling that they had been acknowledged, that the problem had been taken off their shoulders. They went away with a warm feeling, a feeling that they had really been blessed.

I am reminded of when Pujya Gurudev would come back after the last class of the day, or after the last *bhiksha* of the day, or after the last *pranam*. There is a beautiful verse from *Gopi Gita* (verse 12) and its rough English translation is, “At the end of the day, You show us again Your lotus face, framed by blue-black curls, covered in dust from herding the cows. O gallant One, kindle love in our hearts.”

*Tasmai Shri Gurave Namaha*

*Based on talks on Guru Stotram by Brahmachari Uddhav Chaitanya (now Swami Sarveshananda);  
transcribed by Rupali Gupta*

How does the master help us grow?

At a camp in Chicago, somebody asked Pujya Guruji, “In spite of attending *satsanga* regularly for 30-40 years, I don’t find a systematic development or change in myself. So, what is the necessity or the purpose of attending *satsanga*?”

Guruji replied with a story. He said a similar question had been in a spiritual journal and it had stirred up a lot of doubts and discussions. Finally all the discussions came to a finish when one gentleman wrote this beautiful letter to the editor: For the past so many years, I have been eating regularly, three times a day. And today if you ask me what I have eaten and when, I will not be able to give you exact answers. But I definitely know that if I had not eaten regularly for the past so many years since I was born, I would not have been able to write this to you.

We may not be able to remember what has happened, how it happened, what we have read, or what we have undergone. But whatever we have gone through has made us what we are now. So all our efforts will definitely have their effect, and these effects will impact our life. It’s just that these effects may not manifest immediately because we are trying to clean up an accumulation of lifetimes of dirt.

*Aneka janma samprapta*: We have accumulated all kinds of tendencies through different lives. All these impressions have to be totally wiped out from our *chitta*, the memory bank. *Chitta* can be defined as RAM (Random Access Memory) in computer terminology, where everything we process or experience gets recorded. And as these recorded patterns pile up, they express as actions. To reach this state we must have gone through several different kinds of *yonis* (wombs). If someone does something wrong or if someone says something wrong, we tend to get irritated, "Have I not told you how to do it? Why did you make the mistake?" But imagine the guru's love and compassion. He keeps repeating the same *tattva* in different ways so that different students can easily understand it. Never does he get disappointed that the students are not catching it.

Once there were two disciples who fought vigorously with each other. They both approached the guru and said, "Swamiji, he did this . . . !" "Tell me," said the guru, "who started it all?" One said, "Swamiji, he beat me! He called me names!" and the other disciple said, "He also called me names!" The guru asked, "What did you call him?" "I called him a donkey."

The guru, instead of solving the problem, started laughing loudly. The students were puzzled. The guru asked, "How many years have you been in the ashram?" One student said, "Five and a half years" and the other said, "Six years." The guru laughed even more loudly and said, "For five and half to six years, I have been telling that you are *satchidananda svarupa* and it never clicked. Yet today he called you a donkey and you think that is real!"

The guru always repeats the same thing to us: you are *satchidananda*. In spite of this repeated knowledge, seeing that we are still not grasping it, the guru does not feel disappointed. Instead, he teaches us the knack of eliminating the tendencies that we have accumulated over many lives through these beautiful processes called *karma yoga* (for the body), *bhakti yoga* (for the mind), and *jnana yoga* (for the intellect). When someone asks, "Are you a *karma yogi*, *bhakta*, or *jnan?*" the three cannot be separated, because we don't just exist at a body level, mind level, or intellectual level. Whatever action expresses through the body should be *karma yoga*. All our emotions should be dedicated to the Lord. And intellectually our *manana* should be continuous.

The guru communicates spiritual knowledge to us with a tremendous amount of compassion and understanding. In *Vivekachudamani*, Adi Shankaracharya calls it *ahetuka daya*, or compassion without cause. It is not a compassion born out of reasoning or logic. If logic and reasoning were to be applied, we would not be deserving of such compassion. In spite of what we are, the master still showers his grace on us.

## FEATURE

*Upanishad Ganga Wins Overwhelming Acclaim*  
*Based on reports submitted by CCMT*

By the Lord's grace and Pujya Gurudev's blessings, *Upanishad Ganga* has received overwhelming worldwide response and rave reviews at every turn. With such high acclaim for this first-ever unique, original, and creative series—conceived by Pujya Guruji Swami Tejomayananda and directed by Dr. Chandraprakash Dwivedi (of *Chanakya* series and *Pinjar* fame)—Door Darshan immediately began offering weekly original and repeat telecasts of *Upanishad Ganga's* 30-minute episodes on two of its channels: DD National and DD India.

Viewers outside India can tune into DD National (click icon on home page of [zengatv.com](http://zengatv.com)) to watch the week's episode online, on Sundays at 12:30 p.m. or 2:30 p.m. EST.

As soon as airing began on March 11, 2012, the momentum picked up with each episode, and the

response was heartening and overwhelming. The *Upanishad Ganga* fan club on Facebook crossed 50,000 by the end of March. CCMT recognized and thanked all CM centers and members for their unending support and enthusiasm in promoting this one-of-a-kind series.

In the first eight episodes, Vedic literature was introduced and presented in a nutshell. In the first two episodes, the theme of the Upanishads was systematically introduced, stating it to be knowledge that is relevant at all times, for all persons universally. In the third episode, the astonishing story of Ratnakar and Maharishi Narada showed how powerfully Vedantic knowledge can transform lives.

#### Episode 4: Universal Welfare

Power corrupts; absolute power corrupts absolutely. Knowledge is power, and it is meant to be a blessing to society, not a weapon or means to establish anyone's supremacy. This concept is beautifully brought out through the story of Rishi Ashtavakra, whose father, Rishi Kahod, had to give up his life as a result of losing a scriptural debate to Acharya Bandi. Destiny takes Ashtavakra to the court of King Janaka, where he encounters the very same *acharya*. This time, it is Ashtavakra who engages the *acharya* in a debate on the true purport of Self-knowledge.

#### Episodes 5-6: *Vedas*, the Source of Dharma

The culmination of the *Vedas* are the *Upanishads*, also known as the philosophy of Vedanta. But what are these *Vedas* that form the very basis of Indian thought and wisdom? Vedanta helps harmonize individual lives, uplift society, and integrate humanity. To introduce the universal glory and timelessness of Vedic scriptures, the fascinating story of the scholarly Mughal prince, Dara Shikoh (elder brother of Aurangzeb), is revealed. Dara Shikoh, arrested and imprisoned by Aurangzeb, recounts the inspiring teachings of his master, Miya Mir, and the Vedic teachings of Baba Lal Das of Kashi. One of Dara Shikoh's life achievements comes to be the translation of the *Upanishads* into Persian.

#### Episode 7: The *Vedangas*

The study of the *Vedas* is incomplete without the knowledge of its six limbs, known as *Vedangas*, which cover the sciences of phonetics, grammar, etymology, design of religious sites, prosody (meter), and astronomy and astrology. The story of India's great astronomer, Bhaskaracharya, shows how his knowledge helped so many, but what great difficulty he faced personally in getting his daughter married because there was no auspicious time that could be determined. To overcome this grief, he passed on all his knowledge to a new, surprising student.

#### Episode 8: *Upavedas*

Health and medicine, fine arts, architecture and engineering, warfare, and economics and commerce are the sciences considered as the *Upavedas*, or subsidiary *Vedas*, and they all contribute to the peace, prosperity, health, and happiness of a nation. In the fight between the *devatas* and *danavas* (celestials and demons), the *devatas* lose because of their lack of interest and attention given to the *Upavedas*. Their guru, Maharishi Brihaspati, advises the *devatas* to send someone to learn *sanjivani vidya* (the art of bringing back the dead to life) from Shukracharya, the guru of the demons. Kacha, Brihaspati's son, volunteers, and marches forth into dangerous territory.

In the next four episodes (9-12), each of the four *purusharthas*, or goals of human life—*dharma* (righteousness), *artha* (wealth), *kama* (pleasure), and *moksha* (enlightenment)—is depicted through a dramatic story.

#### Episode 9: *Dharma*

Through the popular story of King Harishchandra, this episode depicts how *dharma* is the basis of the other three goals. After offering all his possessions to Rishi Vishwamitra, Harishchandra goes to Kashi. But the Rishi tests him further and demands *dakshina* and gives him a month to collect it. Calamity knocks the doors of Harishchandra and his family one after another, but is Harishchandra able to please Vishwamitra? Watch the episode on May 6 to find out.

### Episode 10: *Artha*

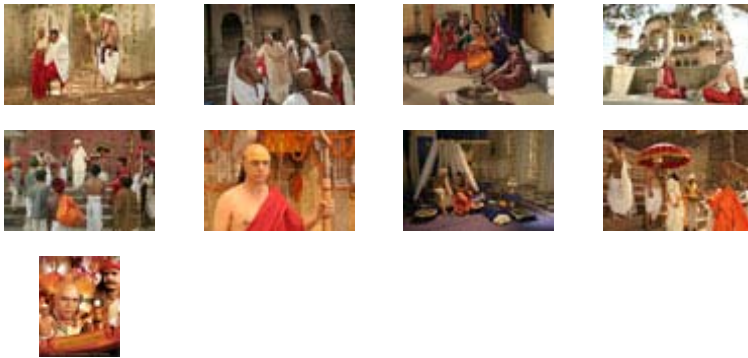
*Artha* is the means for security. When *dharma* is held as the foundation, *artha* blesses one with fulfilment. Without *dharma*, *artha* leads only to self-destruction. This concept is presented through the story of Chanakya and Chandragupta. Once Chandragupta ascended the throne, Chanakya assertively implemented the righteous means of wealth management. Here, the idea of equal distribution of wealth in society is driven home.

### Episode 11: *Kama*

King Bhartrhari was a man of literature and poetry. He would spend a lot of time in the company of beautiful women and sensual enjoyment became the main activity of his life—until he discovered a bitter truth. A *brahmin* comes to offer him a divine fruit that can bestow immortality to the one who eats it. Considering his queen, Pingala, to be the center of his life, King Bhartrhari gives her the fruit. But does Pingala eat it or is there more than meets the eye? To find out, watch this episode on May 20.

### Episode 12: *Moksha*

*Moksha* is the highest calling and ultimate purpose of life. Transcending one's sense of limitations, realizing one's true nature, and abiding in the Self is *moksha*. Kotikarna, the wealthiest and most efficient businessman in his town, would move about with great pride. Even his acts of charity were tainted with arrogance. One day, a beggar came and asked him to give something highly unusual. This incident left Kotikarna restless. Many questions started troubling him. Did he find answers to those questions? Was he successful in giving away what was asked of him? Find out on May 27.



## NEWS

### *Bhajan Sandhya* by Pujya Guruji Online

During the Pranav Ganesh Mandir inauguration camp at the end of January 2012, a special *bhajan sandhya* was offered by Pujya Guruji Swami Tejomayananda. Each of the delightfully melodious and heartwarming bhajans was written, composed, and sung by Pujya Guruji himself. In the first week of April 2012, CCMT began uploading one *bhajan* video per week as part of a ten-week video series. This long awaited devotional treat for the global Chinmaya Family is available on YouTube.

### *Sandeepany Sadhanalaya* Golden Jubilee

In his letter to CM *acharyas* worldwide, Pujya Guruji Swami Tejomayananda wrote, "To spread the message of Vedanta is the main objective of Chinmaya Mission. *Sandeepany Sadhanalaya*, Mumbai has played a great role in fulfilling this objective. I am pleased to inform you that Sandeepany will be

celebrating its 50th year in 2013, on January 9.”

To commemorate this milestone event, the 300+ Chinmaya Mission *acharyas* worldwide are expected to come together on January 9, 2013 to express their gratitude at the lotus feet of Pujya Gurudev. The day's events will include Lord Jagadishvara's *aarti*, *paduka puja*, *guru dakshina* offerings, and words of gratitude from select *acharyas*. Most of the day's celebratory activities will be organized in the Tapovan Open-Air Auditorium and will conclude with lunch *prasad*. To offer *bhikshas* for all *acharyas* on this auspicious day, contact Tara Cultural Trust.

### Tapovan Prasad New Subscription Rates

Chinmaya Mission's worldwide international news magazine began printing select portions in color, which has received much positive feedback. Effective May 1, 2012, the new subscription rates are:

- 1 year \$35
- 2 years \$65
- 3 years \$95
- 5 years \$170
- 15 years \$350

### “7 Days, 7 Powers”: First CM Global Camp for Teenagers

Chinmaya Mission is excited to offer the first-ever global camp for teenagers, to be conducted by Swami Swaroopananda at the Chinmaya International Residential School (CIRS) in Coimbatore, India, December 19-26, 2012. Swamiji will be assisted by Brahmachari Rishi Chaitanya (CIRS and CM Coimbatore) and Brahmacharini Nishita Chaitanya (CM Hong Kong). This camp is open to children 12-16 years old.

The camp theme of “7 Days, 7 Powers” focuses on the glories of various Hindu deities, and on finding and invoking the presence of these deities in one's inner qualities and outer expressions. Evenings will include cultural programs and festival celebrations (such as playing *Holi* or rafting in the school lake to immerse Lord Ganesha *murtis* for *Ganesha Chaturthi*). While the days are timetabled, there is always room for surprises!

Campers will have the privilege of spending a week of personal time with all attending CM *acharyas*. The camp will be filled with Vedantic teachings that bring value-based living to life, and creative activities and interactive sessions that inspire and uplift the spirit. Attendees will leave the camp energized and unmistakably changed, reveling in an experience that will stay with them forever.

The camp venue of CIRS is fully equipped to provide safe, clean, and more than comfortable residential accommodation for all attendees. Campers will reside in separate boy/girl dormitories, with approximately eight teens and one *sevak*. Campers are welcome to provide roommate preferences. CIRS food is fully vegetarian, but far from boring school food! Campers will experience a range of cuisines from across India, as well as comfort foods like pizza and pasta

Experienced *sevaks*, chaperones, and medical staff will be there throughout the camp. Campers must arrange for their own travel and health insurance coverage, as well as all the necessary vaccinations.

Campers may start their course of malaria tablets as and when recommended by their doctor.

Chinmaya Mission teenagers will get to spend a week with peers from around the world—India, Australia, Kenya, Philippines, USA, and more. The wonderful camaraderie felt at local and national camps with likeminded youngsters will carry forward to a global level, allowing campers to discover that their Chinmaya Family doesn't stop at country borders, but really does traverse the world.

Such camps have proven to be grand successes with various age groups, who enjoyed camp as one of the most fun, exciting, and memorable weeks of their lives. With the magical presence of Swami Swaroopananda, his transformative teachings, and the friendships they formed at the camp, CIRS is ready to welcome the global Chinmaya Family of teens for "7 Days, 7 Powers."

Camp registration is \$315 before July and \$350 after July. Campers must ensure their visa requirements are met to enter and leave India. Campers should plan to arrive at CIRS by 4 p.m. on December 19. Return flights should be booked for the morning or afternoon of December 27.

Campers may choose to travel with fellow campers from their country by contacting our camp's country coordinators (information given to campers after registration is confirmed). Coimbatore is an international airport and has direct flights from various international cities. FYI: Previous campers have used and recommended cleartrip.com to book their internal flights to Coimbatore. Low cost airlines with several flights a day into Coimbatore include JetLite and Indigo.

The address of CIRS is as follows: Chinmaya International Residential School, Nallurvayal Post, Siruvani Main Road, Coimbatore, Tamil Nadu. The school is 45-60 minutes from Coimbatore airport and is well known by local taxi drivers. Campers may request country coordinators to pre-arrange their transport to/from the school and Coimbatore Airport.

To receive a camp form, email or call Lavina Chotrani (Hong Kong +852-94-75-75-75) or Roushika Gawne (U.K. +44-78-121-4648).

## Swami Mitrananda Tours USA by Sharanya Rao

CMW is pleased to announce the visit of Swami Mitrananda (CM Chennai, India). To get details of Swamiji's programs to be conducted at various CMW centers, contact CHYK coordinator, Sharanya Rao.

Swami Mitrananda is the *acharya* of CM Chennai and the director of AICHYK (All-India Chinmaya Yuva Kendra). Inspired by Pujya Gurudev, he joined the two-year Vedanta training course at *Sandeepany Sadhanalaya*, Mumbai, in 1989. Since then, he has dedicated his life to serve in Chinmaya Mission, traveling all over India and Southeast Asia.

Today, in addition to his conducting with appealing logic and clarity multifarious spiritual classes, workshops, and youth activities in the forum of Vedanta, Swamiji is also a highly sought speaker in the corporate circle, in which he has delivered spiritual-related management talks to various leading corporate houses.

Swami Mitrananda has a vast youth following, largely because of his innovative methodologies in making the ancient wisdom of Hinduism extraordinarily appealing to the rational and adventure-seeking young minds. Under his leadership, AICHYK organized two large-scale projects, namely, "Awakening Indians to India," a national quiz that received high acclaim, and the Youth Empowerment Program (YEP) which has produced scores of "Yuva Veers" working across India. The "Awakening Indians to India" quiz reached half a million youth across India, making it the largest quiz on the subcontinent.

YEP was designed by Swamiji to create empowered and dynamic youth leaders who engage in socially relevant work in different parts of India and abroad.

Swami Mitrananda has traveled to many countries, including United Kingdom, Turkey, Indonesia, Philippines, Singapore, Hong Kong, China, and UAE to spread the message of Hinduism and Vedanta. He has lectured at Hyundai Motors, Polaris Industries, TVS Group, and has addressed students of leading business schools in India, such as the Symbiosis Institute of Management. Swamiji represented India at the Global Forum of Faith-based Organizations for Population and Development, which was organized by UNFPA in Turkey in October 2008. To watch Swamiji's interview on "India Talks," [click here](#).

Swami Mitrananda's inaugural visit to the US in 2012 is scheduled as follows:

May 28: Dallas, TX  
May 29: Boston, MA  
May 30-June 1: Chicago, IL  
June 2-3: Austin, TX  
June 3-6: National Junior CHYK Camp, Brownwood, TX  
June 7-9: Washington, DC  
June 10-12: San Jose, CA  
June 12-17: Piercy, CA

## Retreat for University Students on Four Yogas by Eric Roberts

Chinmaya Mission's *Krishnalaya* ashram in Piercy, California hosted its second retreat for Humboldt State University students from during April's Easter Sunday weekend. As in the previous year, the students described it as an eye opening and beneficial experience.

The retreat was designed to offer students an introduction to the popular four paths of yoga, techniques of meditation, chanting, *yoga nidra*, and *pranayama*. The retreat, offered by the university's Religious Studies department, served as a one-credit course for attending students.

Humboldt State's Professor William Herbrechtsmeier, who teaches classes on Hinduism, and a group of almost 20 students, arrived on Friday night. After the orientation, Swami Ishwarananda introduced *karma yoga* with Powerpoint presentation that culled teachings from *Shrimad Bhagavad Gita* and the Upanishads.

The next two mornings began at 6:30 with the practice of *hatha yoga*, followed by Swamiji's guided meditation, and teachings on *dhyana yoga* and *jnana yoga*. Breakfast was followed by discussions and teachings on *yoga nidra*. The afternoons were relaxing by the Eel River with Swami Ishwarananda as everyone got to know one another better.

After Swamiji's teachings on *bhakti yoga*, the students watched a video discourse by His Holiness Swami Chinmayananda on the nature of God according to the Upanishads. During evening *arti*, prayers were sung with tabla accompaniment. A sense of inspiration was aglow throughout dinner, which was followed by a group campfire to end the day.

During the last group discussion, students reported their impressions of the retreat experience. Most common was the heightened awareness of the differences in the state of mind from daily activities to meditation. Many students also said they identified with *karma yoga*.

The retreat was greatly benefited by the loving labor of Mr. Lalit Kapoor in the group discussions and of



Mrs. Kapoor in the kitchen. The students said they were happy with the retreat and the teachings of the four yogas had made quite an impression on them. They left with smiles, finally prying themselves from Swami Ishwarananda's company, ready to recommend such partnerships to other local universities.



## Laughter and Merriment at CM LA *Holi* Event

by Nimmi Raj

As is the case each year, 2012 also saw a huge turnout of CM Los Angeles (CM LA) members and friends—over 1,300—at its annual *Holi* picnic in the park. The morning began at the Mile Square Regional Park in Fountain Valley with lines at registration, everyone waiting to get their wristbands and lunch coupons. Thereafter, the kids rushed off into the green lawns to meet friends and take part in the organized games, which included the ever popular tug-of-war; *Kho!*; the three-legged, sack, and lemon-n-spoon races; and musical chairs. Children cheered on adults and vice versa, as everyone played and reveled in howls of laughter.

*Tikki chole*, sandwiches, and *jalebis* were featured on the lunch menu that was enjoyed by everyone as they ate and socialized. But nothing could compare with the shining moment of colors in the air. *Holi* colors, pre-bagged, were distributed to everyone and the park was soon resounding with joyous shouts of "*Holi hai!*" and myriad colors. Soon, not a single face was recognizable under the smeared mask of colors—a visible submergence of all differences. Swami Ishwarananda, CM LA *acharya*, was drenched in no time, accepting throughout colorful *Holi* wishes from the entire CM LA family, especially the children!

The successful event was a testament to the dedicated efforts of all the volunteers, who, tired yet energized by the joy and enthusiasm in the air, continued their *seva* and soon restored the park grounds to their original, pristine state. Undoubtedly, the journey home for one and all was filled with colorful memories of love and laughter.



## Swamini Vimalananda Visits CM Trinidad

by Rama Heeralal

### First *Dharma Sevak* Course in Trinidad

Swamini Vimalananda (CM Coimbatore) recently completed a seven-week visit to the Caribbean's West Indies, during which she conducted the first *Dharma Sevak* Course in Trinidad with *upacharya* Swami Prakashananda (CM Trinidad). Delegates from Trinidad, the U.S., and Canada were instructed in the foundations of Hindu dharma during the six-week (February 12-March 9, 2012) residential course hosted at the Chinmaya Ashram in Trinidad. The students gained inspiration through texts such as *Chandogya Upanishad* (Chapter 6), *Sat Darshanam*, *Bhagavad Gita* (Chapters 3 and 8), *Aranyakanda* of *Ramacharitamanas*, and *Shivaparadhakshamapana Stotram*.



Coupled with study of the scriptures, the course was interspersed with daily Vedic chanting, meditation, yoga, Sanskrit, *pūjās* and *homas*, and talks on contemporary topics, including personal relationships, *pūja vidhi*, and *sadhana*.

The uniqueness of the course was also reflected in the weekly cultural programs that exposed the students and public to various cultural art forms of India and the Indo-Caribbean region. Concerts included Hindustani vocal and tabla, classical Manipuri dances, and folk dances all by teachers of *Chinmaya Vidyalaya*. Also featured were performances of local Indo art forms that have evolved over time in Trinidad, such as *Jaal Ramayana*, *Kabir* songs, and *Chowtal (Holi)* songs.

Students celebrated *Mahashivaratri* and *Holi* during the course, and enjoyed visits to holy places in Trinidad, such as *Ganga Dhara*.

### **At Chinmaya Vidyalaya**

Chinmaya Vidyalaya, Trinidad, the first Chinmaya school outside India, was fortunate to have Swamini Vimalananda, Director of Central Chinmaya Mission Trust's Education Cell, grace the halls and address the students and staff on the six *Vidyalaya* campuses across Trinidad. In addition to interactive sessions with students in various grades, she also conducted staff training on the Chinmaya Vision Program (CVP), training in value education, and discussions with the management of Chinmaya Vidyalaya Trinidad. Her guidance and inspiration provided integral and holistic methodologies for continued progress in the schools.

Shivanand Seenarine and Darrien Da Silva, two students of Chinmaya Vidyalaya, were bestowed the prestigious *Chinmaya Gaurav* Award in February 2012 and received their tokens from Swaminiji and Swami Prakashananda. Shivanand Seenarine was also recently conferred the National Youth Award for Excellence in Education by Trinidad's Ministry of Youth Affairs, while Darrien won the same for Excellence in Sport.

### **Gita Jnana Yajna and Workshop**

Swaminiji conducted a series of public discourses at the Chinmaya Ashram and other neighboring areas. Her programs included a seven-day *Gita*, Chapter 8 *jnana yajna* on "The Art of Living" (February 5-11), which was attended by Trinidad and Tobago government officials, including the Minister of Labor; a "Happy Parenting" workshop attended by parents of Chinmaya Vidyalaya, Chinmaya Bala Vihar, and the general public; a talk on "Love and Sacrifice" in Tobago; and a talk on "Harmony in Relationships."

### **Chinmaya Bala Vihar and Yuva Kendra**

Chinmaya Bala Vihar and Yuva Kendra students were treated to quality "Ammma-time" in various sessions her seven-week visit. She spoke on topics relevant to each age group and accompanied senior CHYKs on a hike to the Tourure Water Steps, where CHYKs offered her a special *bhiksha*.

### **Visit to Guyana**

Swaminiji's two-day visit to the neighboring South American country of Guyana took place on March 14-15. The simplicity of the country, its green beauty, expansive Amazonian rivers, and warm people greeted her and the traveling party from Trinidad graciously. She delivered talks to teachers and students of the Saraswati Vidya Niketan, and then drove along the coast to the county of Berbice to speak on various aspects of Indian culture to devotees of the local temple.

The last day in Guyana saw two programs in the capital city of Georgetown. Swaminiji was welcomed by students of the University of Guyana, where she engaged them in discussions on Hindu dharma. The students were motivated to think decisively about the future of their country and the role they play as educated citizens. The tour ended with a talk at the Pegasus Hotel in Georgetown, where Swaminiji addressed a gathering of representatives of Hindu organizations around the city, as well as members of the public, on "The Art of Living." The talk was flavored with a lively question-and-answer session at its conclusion and attended by the former First Lady of Guyana.



## CM Chicago *Yamunotri's Rama Navami* Celebrations by Jayanthi Jayanth

*Shri Rama Navami* was celebrated with much devotion and enthusiasm at CM Chicago's *Yamunotri* ashram on Saturday, April 7, 2012. The event was presided by resident *acharya* Swami Sharanananda and the *Sita-Rama kalyana* ceremony was performed by a local priest. The Chinmaya Bala Vihar children performed a beautiful "*Sampurna Ramayana*" dance-drama, which was attended by over 400 devotees.

The morning program commenced with *Rama Stuti* and *Sita-Rama Kalyanamahotsava Puja* for the grand, celestial wedding ceremony of Lord Rama and Mother Sita. Several devotees participated in the *kalyanam puja*, *ashtottara namavali*, and *bhajans*. Bala Vihar students chanted, "*Sita kalyana vaibhogame*" during the marriage procession as Lord Rama and Mother Sita were taken to the shrine. The *puja* concluded with a *mangalam* song performed by students and *Shri Rama Aarti*.

Swamiji gave a short yet meaningful message on the *kalyanam* ceremony, which also symbolizes the union of the *jiva* and the supreme Self through single-pointed devotion. The Bala Vihar students' music, dance, and drama presentation depicted important episodes from the *Ramayana*. Children in Grade 1 sang *Nama Ramayana*, which sings the glory of Lord Rama and narrates the entire *Ramayana* in a nutshell.

The *Ramayana* is a treasure house of values, and enshrined in every incident is a rich message of deep significance. The presentations all brought out the symbolic meanings behind many popularly known stories, such as Maharishi Vishwamitra's visit, Sita Swayamvara, Manthara's evil counsel, Bharata's resolution, *Sita-haran*, *Vibhishana-sharanagati*, and *Ravana-vadha*.

The program concluded with a sumptuous *mahaprasadam* lunch prepared and served by Mission volunteers.



## CM Orlando Celebrates *Mahashivaratri* by Sree Nambiar

CM Orlando observed the auspicious day of *Mahashivaratri* on February 19, 2012 at its *Kaivalya* ashram,

beginning with a 6 a.m. *kalasha sthapana* and *Ganesha havan*.

Under the guidance of Acharya Shailaja Nadkarni, over 200 Chinmaya Bala Vihar students and 150 parents participated in the *Mahamrtyunjaya havan* in the *Annashree* hall. Each child and parent had the unique opportunity to make an offering into the holy flames. The hall reverberated with Vedic chants recited by local priests. At the *havan's* successful conclusion, Acharya Shailaji unveiled the beautiful new addition to the *Annashree* hall, a seven-foot photograph of Pujya Gurudev.

The day included Lord Shiva's *Laghurudra Puja* and *Sahasranama Archana*. In the evening, the *Maharudra Puja* was performed in the main shrine of the *Kaivalya* building, where hundreds of devotees lined up to offer *abhishekham* to the *Shivalingam*. *Rudri* was chanted continually throughout and the evening was transformed into a divine experience, particularly at midnight, when devotees were blessed with the indescribable *Lingodhbhava darshan*.



### CM Houston Offers *Shivoham* to the Lord of Dance by Shalini Somraj and Sreedevi Gundamaraju; photos by Nilesh Shah

Divine art united with spiritual inspiration produced a spectacular dance drama, "*Shivoham*," which was offered to the Lord of Dance at the Stafford Civic Center on February 29, 2012. The spectacular event marked a hallmark fundraiser for Pujya Gurudev's birth centenary celebration to be held in India in 2015.

The magical and mystical presentation was performed on the eve of *Mahashivaratri*, and attendees were treated to the scintillating choreography of internationally renowned dance instructor, Dr. Rathna Kumar, of Houston's Anjali Center for Performing Arts.

The tastefully decorated foyer of the Civic Center was abuzz with friends and family greeting and mingling in happy and gentle tones before promptly strolling into the main auditorium to be ushered to their seats. Inside, women aligned in customary cream and gold Kerala saris brought a reverential note to the royal birth heritage of Pujya Gurudev. Attentive ushers directed guests as musical notes of the Sanskrit hymn, *Nirvana Shatakam*, resounded.

The CM Houston choir and orchestra, positioned against a creative, adorned backdrop, looked resplendent in their peach and cream uniform attire, greeting guests with a soft and serene musical prelude to a promising evening.

The program commenced at 7 p.m. with invocation prayers to Lord Ganesha and Pujya Gurudev, after which the evening's emcee gave a brief and clear welcome and description of the performances soon to unfold.

Gasps of pleasant surprise echoed in the auditorium when the first performance began with the sudden opening of the main entrance doors. A divine procession from Mount Kailasa, consisting of Lord Shiva, Devi Parvati, Nandi, Bhrngi, Kartikeya, Ganapati, and Shiva-*ganas*, merrily jaunted through the center aisle and onto the stage amid the auspicious Vedic chant of *Rudram*. Thus setting the mood, the dance presentation depicting the divine mysticism and glory of Lord Shiva began. The dances were a brilliant cohesion of *Kuchipudi* and *Bharatnatyam*. The talented troupe of performers included Sangeet Natak Academy award winner Dr. Kumar, assistant Venugopal Josyula, and 18 senior students.

Throughout the artistic presentations, the *srishthi* (creation), *sthiti* (preservation) and *samhara* (dissolution) aspects of the Lord were highlighted. Woven into the dance drama was the story of Nandana, a low caste devotee who yearned to get *darshan* of the Lord at the Chidambaram temple. Devotees Patanjali and Vyaghrapada were granted the vision of Lord Nataraja's cosmic dance of bliss. A graceful rendition depicted how Lord Shiva made possible Mother Ganga's descent to Earth to protect all devotees. The Lord is merciless to evildoers, as was vibrantly depicted in "Tripura *Samharam*." "Ananda *Tandavam*" featured Lord Shiva as Nataraja, the Lord of Dance. The dance drama drew to a spellbinding conclusion with a portrayal of *Shiva Panchakshara Stotram*.

Dr. Kumar said the performances related to Lord Nataraja are most inspiring because such artistic interpretations require a great depth, intensity, and spiritual surrender from the performer. She said, "It is the greatest honor for me to make this humble offering for Chinmaya Mission. I have always held Pujya Gurudev Swami Chinmayananda in the highest regard and have the greatest respect for all the activities undertaken by the *acharyas* of the Mission to promote Hindu culture and discipline."

CM Houston's Acharyas Gaurang and Darshana Nanavaty brought the evening to a close by felicitating Dr. Rathna Kumar and Venugopal Josyula. The evening of extravaganza ended with the echoes of traditional *shanti paths*.



### A Glowing *Mahashivaratri* at *Chinmaya Prabha* by Padmashree Rao; photos by Jayesh Mistri

*Mahasivaratri* was celebrated with two days of prayers and devotion at CM Houston's *Chinmaya Prabha* ashram, on February 19-20, 2012. Beginning with the *Mahamrtyunjaya homa* on the bright Sunday morning of February 19 and culminating with the midnight *aarti* of February 20, the celebrations inspired and transported thousands of devotees to a realm of divine bliss.

The *Mahamrtyunjaya homa*, a hallowed ritual for world prosperity, personal well being, and spiritual evolution, turned the *Chinmaya Smriti* hall into a powerful repository of divine vibrations. Hundreds of families chanted the *Mahamrtyunjaya mantra* in perfect unison 108 times, the air reverberating with the collective purity this sacred prayer brings. With the mantra echoing in each heart, the stage was now set to invoke Lord Shiva's presence.

The cool, crisp morning of February 20 was immersed in the sanctity of *Rudrabhishekam*, which was offered in the serenity and beauty of the ashram's *Shri Saumyakashi Shivalaya* temple. The atmosphere was fragrant with devotion as the resident priest bathed the *Lingam* with water, milk, yogurt, honey, ghee, and fruits, and then worshipped the *Lingam* with turmeric, vermilion, sandalwood, and sacred ash. The smile on Lord Shiva's enchanting face captivated one and all, and even the breeze that gently wafted to the altar was thought of as bringing great spiritual promise for all seekers.

That meditative spirit was unbroken throughout the day even as over 4,000 devotees came through the temple doors this day. There was much rejoicing, yet an overpowering sense of peace that made every devotee linger in the temple courtyard with eyes seeking the Lord at the altar.

The evening of *Mahashivaratri* was abundant with more festivities. Devotees were treated to the temple's aesthetic display of lamps and flowers, all of which embellished the pristine glory of Lord

Shiva. The chanting of “*Om Namah Shivaya*” tuned devotees’ minds to the resplendent Lord. Families were enchanted by the Vedic rituals being performed at the altar and felt blessed to offer milk *abhishekam* to the *utsava murti* of Lord Shiva. From babies, to teens, to elders, people of all ages and backgrounds were moved by the pious beauty of the surroundings.

A well-coordinated army of volunteers gently guided devotees and tended to their needs with a sense of devoted service. From the decoration volunteers, to the parking lot guides, to the welcoming ushers, to the kitchen team with *bhoga prasada*, to the audio-visual team harmonizing silence with melody, to the youthful energy of the CHYKs, the spirit of *seva* and *bhakti* was served with a smile. The celebrations were a grand offering under the guidance of resident *acharyas*, Gaurang and Darshana Nanavaty, who both uphold the Chinmaya tradition of tireless spiritual *seva*.



### CM Minneapolis Spring 2012 Celebrations by Manu Madhok

Chinmaya Ganapati celebrated *Mahashivaratri* grandly, beginning with a *Shiva puja*, *Lingabhishekam*, *mahaprasadam*, and another traditional evening *abhishekam* on February 12, 2012. The *puja* continued through the night, and included *dvitiya* and *tiritiya kala pujas* with *bilva ashtotranamavali*, and the final *usha kaal puja* on the morning of February 20.

The CM St. Paul satellite also celebrated its first event of Holi. The parents and teachers organized a beautiful cultural program in which all the Chinmaya Bala Vihar children participated. Everyone came together to make this event a wonderful success.

CM Minneapolis has hosted two *yajnas* in 2012 so far, with *Purushasuktam* and *Bhagavad Gita*, Chapter 17 by Swami Shantananda (CM Princeton), and *Prahlada Charitra* by Swami Sarveshananda (CM Dallas). The center celebrated its tenth anniversary with Swami Shantananda in a successful fundraising luncheon. Swami Sarveshananda’s eloquent discourses brought unwavering *bhakti* and faith to life, teaching the importance of facing the everyday pinpricks with strength and poise.



### CORD USA Interns for Sidhabari Project by Subha Pathial

CORD Sidhabari’s 2012 summer service program, announced in January 2012, has received enthusiastic responses, with all spaces filling up well before the deadline. This summer, 35 children and 6 parent chaperones will be volunteering at CORD Sidhabari for two weeks in July.

A new year always brings new challenges and offers a new start. In looking back and assessing CORD USA’s progress, 2011 saw various CMW centers fundraising to bring donations to a grand total of \$201,000! This is a significant increase compared to 2010’s total of \$143,000. It is with heartfelt appreciation and gratitude that CORD USA recognizes the enthusiastic and dedicated efforts of all our CMW Family members across North America in bringing awareness and funding for so many needy CORD

projects. A big thank you to one and all: CM Princeton and Philadelphia \$51,000; CM Ann Arbor \$40,000; CM Chicago \$1,700 (marathon) + \$20,000 (music program); CM Los Angeles \$17,800; CM Boston \$15,000; CM Minneapolis \$13,200; CM Portland \$12,500; CM Miami \$12,000; CM Columbus \$8,500; CM Kansas City \$3,600; CM Austin \$2,900 (kite festival); CM Atlanta \$2,400; CM Buffalo \$1,000.

The recent December 2011 CHYK *yatra* in India included a visit to CORD Siruvani. Moved by the quiet work and progress witnessed there, Toronto CHYKs organized a unique CHYK retreat entitled, "Starving for Service," and raised \$14,000. The retreat was conducted by Swamini Shivapriyananda (CM Toronto) and Acharya Vivek Gupta (CM Niagara).

Pranji Lodhia, CORD USA director, gave a presentation on CORD at the India Development Coalition of America Conference in Milipitas, Northern California. A local publication, *India West*, gave a write up on the conference and CORD.

The CORD USA chapter of CM Princeton is partnering with World Cares to help local communities affected by natural disasters. Lisa Orloff, founder and executive director of World Cares, did a training seminar on October 16, 2011 for the Princeton chapter on understanding and implementing disaster relief and recovery efforts.

The CORD USA chapter of CM Washington DC began a monthly drive in Virginia to help cook and serve food at a local homeless shelter. One volunteer said, "It was priceless to see the smiles on the faces of our children as they engaged in this noble service of spreading warmth and love to those in need."

The CORD USA Princeton chapter held a winter clothes drive in December 2011 and gave the donated items to TASK, or the Trenton Area Soup Kitchen. Chinmaya Bala Vihar students in Little Rock, Arizona collected and donated food and sundries to the Arkansas Food Bank.

The CORD USA Portland chapter collected food, volunteered over 150 hours, and donated \$1,000 to the Oregon Food Bank, which has purchasing power to get the equivalent of \$8 of food for every \$1 donated.

It is a little known fact that currently downtown Los Angeles has the maximum number of homeless people in the US. The Chinmaya Bala Vihar students of CM Los Angeles fed the homeless and conducted a Christmas toy drive to put their Vedantic studies into action. For the toy drive, they collected a toy from every BV student and donated it to a local fire station to pass onto needy children who cannot afford toys.

CORD Deuladiha has extended its arms even further. During the last quarter, it had set up four new *mahila mandals*, thereby increasing the membership base from 856 households to 935 households, four new self-help groups, and two new *yuvati mandals*.

CORD Kaza brings home the gold: In the last quarter, the children of the CORD Kaza orphanage participated in a local interschool sports competition, in which the gold medals in the long jump, high jump, 100m, and 400m running competitions were all won by the children of *Chinmaya Vijaya*.

With a *paduka puja* of Pujya Gurudev, CORD Lathikata inaugurated a new building that includes a dining hall, five residential rooms, and a kitchen on October 5, 2011. Swami Kevalananda presided over this auspicious occasion and encouraged CORD Lathikata to continue dedicatedly serving the tribal people of the area.

CORD Siruvani promoted preventive medicine to over 1,000 patients between October and December 2011 by administering Hepatitis B vaccinations and pap smears, and sharing lifestyle modification information for people with high cholesterol and other preventable diseases. Special eye camps in collaboration with the Eye Foundation and Sankara Eye Center treated over 250 patients, some of whom received cataract surgeries and other interventions. Dental screenings and treatment camps



continue to provide excellent care to patients.

CORD Tamaraipakkam members visited CORD Siruvani to meet and learn about their procedures and activities. CORD Tamaraipakkam members also met with the Farmers' Club members and received valuable information on forming cluster groups, such as paddy groups and sugarcane groups.

CORD Sri Lanka took education to the next level when it facilitated a two-day workshop conducted by Swami Ramakrishnananda and Brahmacharini Mahima Chaitanya for 605 teachers! The workshop focused on CVP, the Chinmaya Vision Program, which promotes four key areas of child development: physical, mental, intellectual, and spiritual.

An inspiring and touching story comes from CM Hyderabad, where Brahmacharini Sulabha Chaitanya silently works to help empower local women through the art of threads and needles. The handicrafts created by the rural women have received wonderful reviews.

To help the livelihood opportunities for young girls of rural Andhra Pradesh, *Chinmaya Swasti* organized a special health care assistants' training program, which trained attendees to properly address the needs of the elderly, sick, and physically challenged, and learn post-operative and neonatal requirements. The three-month program includes two months of practical training in a recognized hospital.



## CM Houston's Annual Bala Vihar Teachers' Training 2012 by Shalini Somaraj

CM Houston held its annual Chinmaya Bala Vihar Teachers' Training at its *Chinmaya Prabha* ashram on April 7, 2012. Welcoming the teaching staff of CM Houston and visiting teachers from across the U.S., Acharya Darshana Nanavaty (CM Houston), collaborative author of Chinmaya Mission's new ten Bala Vihar teaching manuals, conducted the training to a receptive and discerning audience of 80 teachers, some experienced and some new.

The session began at 9 a.m. with the vision and blessings of the Lord in the serene Shri Saumyakashi Shivalaya temple. The short walk through the delightful courtyard leading to the temple on a beautiful spring morning paved the way for a perfect inspirational start.

Back in the *Sarasvati Nilayam* hall, the program commenced with the traditional invocation and a meaningful interpretation of the Chinmaya Mission lamp that features the quintessential *hamsa*. Darshanaji lucidly explained how one needs to have, like the *hamsa*, right and subtle *viveka* between the real and unreal, seer and seen. She described the *Chinmaya Pradipa* as the lamp of Consciousness, in which the oil of dharma lights the flame of Knowledge within.

Darshanaji spoke on the values infused in the Chinmaya Mission Pledge, stating that teamwork divides efforts and multiplies success. She also highlighted how the strength of unity allows a *sevak* to focus on Oneness and how commitment to the Ideal leads to harmony. She quoted Pujya Gurudev with, "The

nobility in your heart must shine out in your actions, in your conduct, in your work.” To emphasize how the Chinmaya army spirit should be deeply ingrained in us, the teachers were given Chinmaya Army caps to don for the rest of the morning session. The articulate instructions, accompanied by amazing visuals, instilled in attendees the enthusiasm to learn more.

During the short break in the ashram’s dining hall, the teachers interacted in small groups as they enjoyed refreshing tea, fruits, and snacks. In the second session of the day, Darshanaji elaborated on Pujya Gurudev’s principle of, “Tell. Never teach.” She spoke on how instruction does not constitute education, which is a goal to be reached by one’s own reflection, and how Chinmaya Bala Vihar material should be presented to children so that it kindles the thirst for knowledge in young students and inspires them to imbibe values through a creative learning process. Exemplifying her point a drawing of a Chinese bamboo tree, she said that after the seed of this tree is planted, for the first four years, nothing can be seen except for a tiny shoot coming out of a bulb, because all growth during this time is underground, in a massive root structure that spreads deep and wide in the earth. Finally, in about the fifth year, the Chinese bamboo tree grows—to over 80 feet tall.

Quoting *Kathopanishad*, Pujya Gurudev had said, “Stop not until the goal is reached.” Darshanaji selected examples from the curriculum and related them to the well-established methodology of Dr. Bloom’s educational psychology. This demonstration was a very helpful for all the teachers, who got hands-on experience on using Dr. Bloom’s taxonomy to prepare a lesson from a Bala Vihar textbook.

For the afternoon session’s brainstorming activity on the value of respect, the teachers split into four groups and wrote various points on a poster board to conceive a statement that answers the four basic questions of what is respect, why respect, whom to respect, and how to express respect. A representative from each group presented the group’s thoughts, which led to enriching and lively discussions. Darshanaji closed the discussions by impressing on how following any one spiritual principle in every walk of life steers one toward a fulfilling spiritual and ethical life.

In the concluding afternoon session after the tea break, Darshanaji spoke on the importance of righteous living, how the Om within us is the dharma that enlivens us, and how dharma protects one who lives by dharma. She spoke on the cornerstones of dharma—*satyam* (truth), *ahimsa* (nonviolence), and *brahmacharya* (self-control)—and how reflection and meditation on the Lord helps one provide nurturing care and unfolds a meaningful spiritual life. She ended with an emphasis on picking any one relatable value from the Chinmaya Mission Pledge and living it without compromise.

Finally, the teachers were taken on a brief classroom tour to see the structure, displays, and activity boards. The event ended with a question and answer session, and the stirring resonance of the traditional closing prayer.



## Festival Celebrations by CM Calgary

### Report submitted by CM Calgary

CM Calgary devotees celebrated *MahaShivaratri* and *Holi* on February 14 and March 11, 2012, respectively, offering inspiring and devotional joy to the entire community. Both occasions were marked with chanting, *puja*, cultural presentation, talk, *bhajans*, and *prasad*.

At the *MahaShivaratri* celebrations, everyone offered abhishekam with milk and *archana* with flowers. During the *abhishekam*, devotees chanted *Nirvana Shatakam* and *Lingashtakam*. Shiva Ashtottara



Namavali (108 names of Lord Shiva) was chanted throughout the *archana*. The *puja* concluded with *aarti*, which was followed by a presentation from Chinmaya Bala Vihar students on the significance of *MahaShivaratri*. The presentation included the legends, symbols, celebratory traditions across India, and the meaning of *MahaShivaratri* in everyone's life. The event concluded with Shiva *bhajans*, a talk presentation on the characteristics and symbolism of Lord Shiva, and *mahaprasad*.

*Holi* was also celebrated with traditional prayers, the story of *Bhakta* Prahlada and *Holika* and Prahlada, the significance of *Holi*, *bhajans*, and *prasad*. The event beautifully captured the zeitgeist of *Holi* in India, as captured in the photos.



### CM Washington D.C.'s *MahaShivaratri* Celebrations by Andrea Beri and Ananya Krishnan

*Mahashivaratri* was a grand celebration at CM Washington D.C., commencing before sunrise at 5 a.m. with a *Shiva Manasa Puja*. A few hours later, Chinmaya Bala Vihar students participated in the *Shiva Puja* led by resident *acharya*, Swami Dheerananda. Over 75 students sat on stage, prepared their own altars, and offered *bilva* leaves in their *puja*.

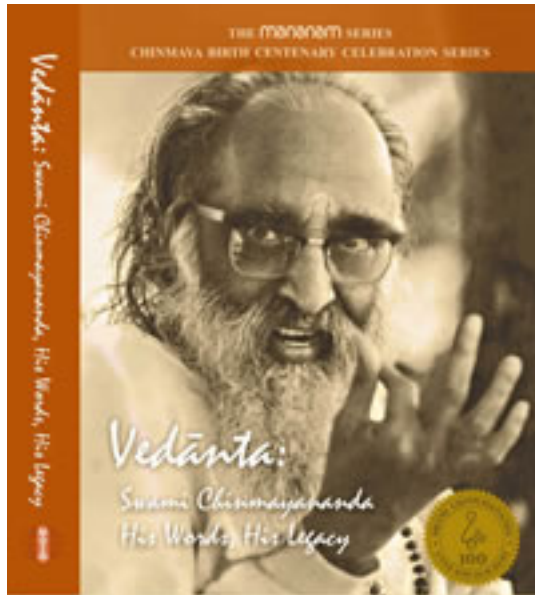
Swamiji guided devotees through a second *Shiva Manasa Puja*, which began in daylight and ended after sunset. The night was ushered in with powerful chanting by select Bala Vihar students from the Virginia chapter and a Shiva *bhajan*. Once more, Swamiji led the traditional *puja*, which was enhanced by a few dances by students from the Fredrick chapter. Devotion filled the air as the performers sought to touch the Lord's heart with their offerings.

The remainder of the evening was spent in singing the glories of the Lord and *mahaprasad*. The sacred celebrations were concluded with Swamiji's blowing of the conch at the altar.



# Announcements

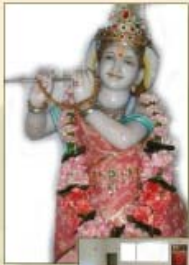
New Mananam Release: Vedanta



Pujya Guruji's Camps and Discourses in Summer of 2012:

- Meditation Camp at CMW's Retreat Center in Piercy, California

*Chinmaya Mission West  
welcomes you to  
Vedanta Camp 2012  
June 2-8, 2012*



*Conducted by*  
Pujya Guruji Swami Tejomayananda

*Topic for Study*  
Meditation Texts: Various



*Where*  
Krishnalaya Ashram, Piercy, California



*Dates*  
Arrival: Friday, June 1  
Departure: Saturday, June 9.  
This camp is for adults only




*Registration*

\$800 per person. Registration includes  
lodging and boarding (vegetarian meals),  
and excludes transportation.

*To get more information or register online,  
go to [krishnalaya.org/krishnalaya/index.php/vedanta2012](http://krishnalaya.org/krishnalaya/index.php/vedanta2012).  
or call (707) 207-5011.*

- Madhurashtakam at CM St. Augustine

**Pujya Guruji Swami Tejomayananda**  
Visits St. Augustine, FL  
May 21-23, 2012




*Chinmaya Govardhan*  
Vedanta Spiritual Center

With great joy and gratitude we invite you to share the blessing of Pujya Guruji's love, wisdom, and divine presence during this special visit! Join us at Chinmaya Mission St. Augustine's beautiful 17-acre retreat site!


**EVENING TALKS – 7 - 8:30 pm**  
Guruji will be speaking on Madhurashtakam, the sublime devotional hymn on Lord Krishna by Sri Vallabhacharya.

**GURUJI AVAILABLE TO MEET DEVOTEES**  
10:30 - 12 noon & 4:30 - 5:30 pm



This is a FREE event! Due to limited space, please register early as we have very important information regarding directions & parking restrictions, hotel accommodation & details of Guruji's program. Please email [staugustine@chinmayamission.org](mailto:staugustine@chinmayamission.org) or call 904-692-4121. Visit [www.chinmayamissionstaugustine.org](http://www.chinmayamissionstaugustine.org).



Harī Om!





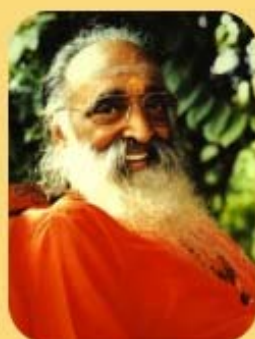
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-Glory of Ganesha at CM Minneapolis



Chinmaya Mission Twin Cities  
*Presents*  
**Talks on Glory of Ganesha**  
*by*  
**His Holiness Swami Tejomayananda**  
Head of Chinmaya Mission Worldwide



H. H. Swami Chinmayananda  
(Founder, Chinmaya Mission)

H. H. Swami Tejomayananda  
(Current Head, Chinmaya Mission)

**PROGRAM SCHEDULE**

**May 28-30<sup>th</sup>, 2012**  
**Monday – Wednesday**  
6:30 pm Bhajans  
7:00-8:30 pm Discourse on Ganapati Atharvashirsha

**Free Child Supervision provided for kids 5 years and above.**  
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Phone: 952-368-6000  
Visit: [WWW.CHINMAYA-TWINCITIES.ORG](http://WWW.CHINMAYA-TWINCITIES.ORG)

## - Ramayana Yajna in Virginia



**Chinmaya Mission Washington Regional Center**  
Invites you to

***Tulsi Ramayan Mahotsav***

June 24-30, 2012 at Herndon High School, 700 Bennett St, Herndon, Virginia 20170

**Pujya Guruji Swami Tejomayananda**  
Worldwide Head of Chinmaya Mission



***Tulsi Ramayan***  
Discourses in English

**JUNE 24: 10:00AM to 11:30AM;  
7:30PM to 9:00PM**

**JUNE 25 to 29: 7:30PM to 9:00PM**

**JUNE 30: 6:00PM to 7:15PM**

**Kaivalya Upanishad**  
Discourses in English

**JUNE 25 to 29: 8:00AM to 9:00 AM**

*Brahmachari Prabodh Chaitanya*  
Acharya, Chinmaya Mission San Jose



**SPECIAL CHILDREN'S PROGRAM**  
Concurrent with Morning and Evening Pravachans  
During Upanishad: Grades 1-10  
During Ramayan: Grades 1-6  
UNDER GUIDANCE OF  
ACHARYA VIVER GUPTA  
CHINMAYA MISSION NIAGARA FALLS



**DAILY BHAJANS**  
(BEFORE EVENING PRAVACHANS)

FREE ADMISSION. ALL ARE WELCOME.

**Mahotsav Sponsorship Opportunities are Available. Your Generous Support is Greatly Appreciated**  
For More Information or to Sponsor an Event, please contact us  
Email: [mahotsav@chinmayadc.org](mailto:mahotsav@chinmayadc.org) Web: [www.chinmayadc.org](http://www.chinmayadc.org)

YOUR TAX-DEDUCTIBLE CONTRIBUTION MAY BE MADE OUT TO: "CMWRC", 46 Norwood Road, Silver Spring MD 20905



**Chinmaya Mission Washington Regional Center**  
Invites you to

***Tulsi Ramayan Mahotsav***

June 24-30, 2012 at Herndon High School, 700 Bennett St, Herndon, Virginia 20170

***Tulsi Ramayan Pravachan*** by Pujya Guruji Swami Tejomayananda

Sunday, June 24th Morning	Inauguration	10:00 AM
	Tulsi Ramayan Pravachan	10:30 - 11:30 AM
Sunday, June 24th Evening	Bhajans	6:30 PM
	Pothi Yatra	7:15 PM
	Tulsi Ramayan Pravachan	7:30 - 9:00 PM
	Aarti	9:00 PM
Mornings, Monday, June 25 Thru Friday, June 29	Kaivalya Upanishad by Prabodh Ji	8:00 - 9:00 AM
Evenings, Monday, June 25 Thru Friday, June 29	Bhajans	6:30 PM
	Tulsi Ramayan Pravachan	7:30 - 9:00 PM
	Aarti	9:00 PM
Saturday, June 30th Morning	Guru Paduka Puja	9:30 - 10:30 AM
	Special Cultural Program by Children	10:30 - 11:00 AM
	Message by Pujya Guruji	11:10 - 11:30 AM
Saturday, June 30th Evening	Bhajans	5:00 PM
	Tulsi Ramayan Pravachan	6:00 - 7:15 PM
	Aarti	7:15 - 7:30 PM
	Guru Dakshina	7:30 - 8:00 PM

**Mahotsav Sponsorship Opportunities - Details on the website: [www.chinmayadc.org](http://www.chinmayadc.org)**

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*Pothi Yatra Yajaman     Arati Yajaman     Food Sponsor*

**Your Generous Support is greatly appreciated**

**Hotel Accommodations**

CMWRC has negotiated special rates with the following hotels, subject to first-come, first-served.

- The Crown Plaza, Dulles Hotel (Hilton brand), [www.cpdulles.com](http://www.cpdulles.com). Negotiated Group Rates of \$119 + 9% tax per night (Sun-Wed); \$79 + 9% tax per night (Thur-Sat) for dates 6/22/2012-7/1/2012. Reserve by 6/4/2012.
- The Holiday Inn Express, [www.HIHerdon.com](http://www.HIHerdon.com). Negotiated Group Rate of \$99 + 13% tax per night for dates 6/23/2012-7/1/2012. Reserve by 5/22/2012.

Email: [mahotsav@chinmayadc.org](mailto:mahotsav@chinmayadc.org) Web: [www.chinmayadc.org](http://www.chinmayadc.org)

YOUR TAX-DEDUCTIBLE CONTRIBUTION MAY BE MADE OUT TO: "CMWRC", 46 Norwood Road, Silver Spring MD 20905



# Chinmaya Mahasamadhi Aradhana Family Camp 2012

July 29 - August 3, 2012

## Flight to Freedom



Conducted by *Swami Swaroopananda*

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  - Cultural Programs
- Optional Tour of Historic Boston

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5-Day Family Camp Rates Per Person	Per By March 31	After March 31
Quad Occupancy	\$440	\$475
Triple Occupancy	\$535	\$585
Double Occupancy	\$650	\$725
Single Occupancy	\$1,000	\$1,100

Rates given are per person; include lodging and  
boarding (vegetarian meals); exclude transportation

Tapovan Prasad Celebrates 50 Years:

- Message from Pujya Guruji Swami Tejomayananda



**SWAMI TEJOMAYANANDA**



17 December 2011

All Chinmaya Mission Centres and Acharyas

Dear All,

Hari Om!

Our magazine *Tapovan Prasad* is entering the 50<sup>th</sup> year of its publication in January 2012. Throughout this Golden Jubilee Year, it should be our endeavour to give wide publicity to the magazine. For this, a special video presentation of four minutes duration has been prepared. It will be forwarded to all the centres, along with other publicity material.

The video presentation is to be screened at *jnana yajnas* and all other events where people gather in large numbers. One person can be appointed to collect the subscriptions at the book stall or other specified place. Since *Tapovan Prasad* is a window to all our Mission activities, it should be circulated widely.

With Prem and Om,

P.S. For more details, please contact the Tapovan Prasad office.

Email: [tapovanprasad@chinmayamission.com](mailto:tapovanprasad@chinmayamission.com)

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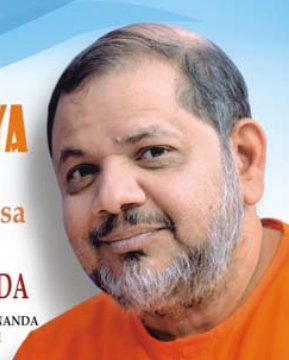
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**MAKE THEM YOURS, FOREVER!**

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**SWARANJANEYA**  
A divine rendition of  
**Shri Hanuman Chalisa**  
in 7 Ragas by  
**SWAMI TEJOMAYANANDA**  
COMPOSED and SUNG by SWAMI TEJOMAYANANDA  
GUEST ARTIST: Violin Maestro KALA RAMNATH




**RAGAs** ◊ Mishra ◊ Hamsadhwani ◊ Kedar ◊ Yaman ◊ Gaati ◊ Durga ◊ Shankara

**Live Recording**  
of the 7-Raga Shri Hanuman Chalisa  
Svara-pravachan at JAI BHARATI VII  
Swaranjaneya Festival held at  
Chinmaya Mission, New Delhi  
on 11th March 2012


**Set of 2 AUDIO CDS**  
with Shri HANUMAN CHALISA BOOKLET  
CD-1  
Shri HANUMAN CHALISA in 7 Ragas  
with PRAVACHAN  
CD-2  
Only Shri HANUMAN CHALISA in 7 Ragas

*Sing the joy-showering glories of Shri Hanuman ji  
with Swami Tejomayananda!*  
**A HANUMAN JAYANTI OFFERING!**  
To be released by Pujya Guruji at Chinmaya Vibhooti, Kolvan  
during the Sundar Kand Camp (29th March to 6th April 2012)

CHINMAYA MISSION WEST, Publications Division, 560 Bridgetown Pike, Langhorne, PA 19053, USA  
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 **CENTRAL CHINMAYA MISSION TRUST**

**NEW RELEASE**  
by PUJYA GURUJI  
at KOLWAN  
MARCH 29<sup>TH</sup>  
- APRIL - 6<sup>TH</sup>



**MAHAPURUSHA**  
Swami Chinmayananda

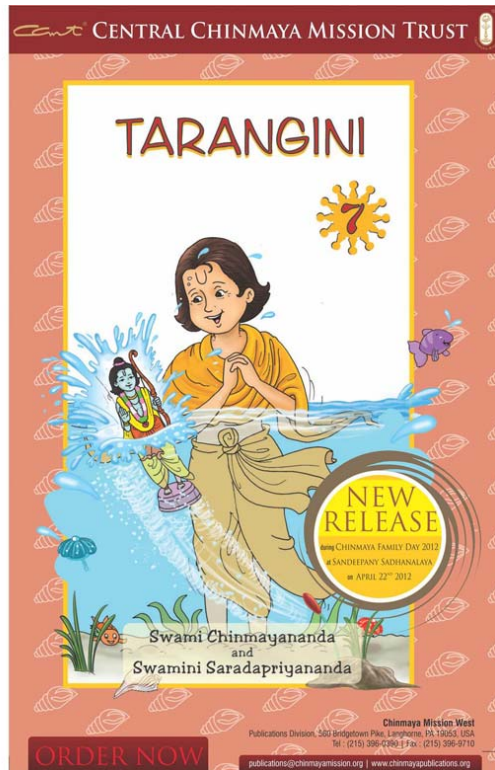
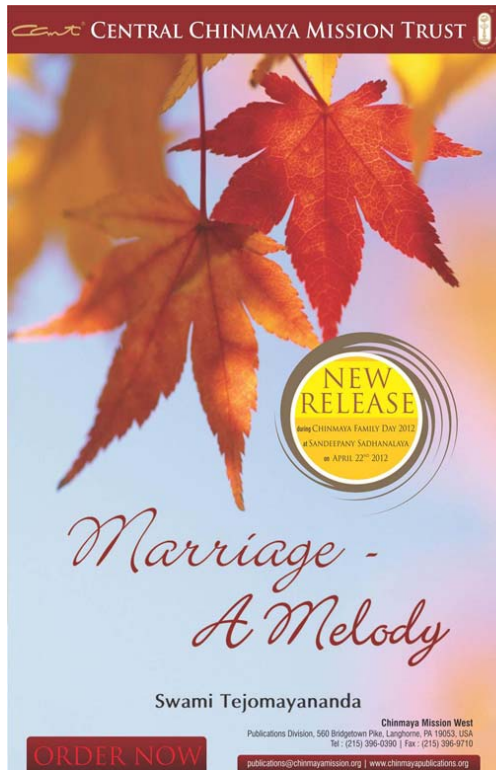
MAHAPURUSHA

Shankaracharya ... Ramana Maharshi... Ramakrishna ... Vivekananda ...  
They are not individuals.  
They are Mahapurushas! They are Embodiments of Infinity!  
Their lives offer a kaleidoscopic view of the values and ideals that enshrined the way of  
living of the masses, at a certain period in time. Yet, they are not limited to that time frame  
and the essence of their teaching holds true even today! Swami Chinmayananda  
enlightens us on the Mahapurushas, and how we too can become larger than life!

**Bet...you have not heard this before,  
book now or regret for ever**

**Rush and Pre-book**

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## National Junior CHYK Camp in Austin, Texas



### National JCHYK Camp

"Yoga is skill in action"  
- Swami Chinmayananda

## Life is a Jungle Are you game to survive?

#### Time for adventure!

Are you ready for life's challenges? It's a jungle out there and you'll need the proper survival skills to make it. CHYK West is organizing the first National Junior CHYK Camp in North America.

Come join the adventure and empower yourself in the principles of vedanta!

More details on [www.chykwest.com](http://www.chykwest.com)

Questions may be sent to [chykwestnjcc@gmail.com](mailto:chykwestnjcc@gmail.com)

**What:** National Junior CHYK Adventure Camp

**When:** June 3rd - June 6th, 2012

**Where:** Texas 4-H Conference Center  
Brownwood, TX

**Who:** Youth in Grades 9 to 12

**Acharyas:** Swami Sarveshananda  
Brahmachari Girish Chaitanya  
Acharya Vivekji



CHYK Camp in New York City

Chinmaya Mission & CHYK NY Presents

# Seeker<sup>In</sup> The City



with  
Acharya Vivekji

Oct 5-7, 2012  
New York City

To Book:  
[placeholder.com](http://placeholder.com)

Engage in a three day quest  
to delve into Geeta Chapter 3  
The Yoga of Action



CM Chicago Kids' Summer Camp

 									
<h1>CHINMAYA MISSION CHICAGO</h1> <p>A School of Vedantic Studies • Badri &amp; Yamunotri</p>									
<p>30<sup>TH</sup> ANNUAL</p> <h2>Vedic Heritage Youth Camps 2012</h2> <p>Conducted by Chinmaya Mission Acharyas for Age Groups 5 yrs – 18 yrs</p> <p>Scriptural Education • Daily Arts &amp; Crafts • Puja, Prayers &amp; Chanting • Cultural Program • Recreation • Fun Fair</p>									
<p><b><u>CAMP AT BADRI</u></b> <i>11S080 Kingery Hwy (Rte 83), Willowbrook, IL 60527</i> <i>Monday, July 16 to Sunday, July 22, 2012</i> <b>8:30 AM – 4:30 PM</b> <i>Themes:</i> <i>Stories from Mahabharat</i> <i>(KG - 2<sup>nd</sup> Grade)</i> <i>Values from Shrimad Bhagavad Gita</i> <i>(3<sup>rd</sup> - 6<sup>th</sup> Grade)</i> <i>Serve-Love-Know (from Bhaja Govindam)</i> <i>(7<sup>th</sup> - 12<sup>th</sup> Grade)</i></p>	<p><b><u>CAMP AT YAMUNOTRI</u></b> <i>30877 N Fairfield Rd, Grayslake IL 60030</i> <i>Monday, June 18 to Sunday, June 24, 2012</i> <b>8:30 AM – 4:30 PM</b> <i>Themes:</i> <i>Stories from Mahabharat</i> <i>(KG - 2<sup>nd</sup> Grade)</i> <i>Values from Shrimad Bhagavad Gita</i> <i>(3<sup>rd</sup> - 6<sup>th</sup> Grade)</i> <i>Gratitude is the Attitude</i> <i>(7<sup>th</sup> - 12<sup>th</sup> Grade)</i></p>								
<p>•Fees for each camp: \$200 per child, \$375 for two siblings, Max. \$450 per family •Fees for attending both the camps: \$300 per child; \$560 for 2 siblings; \$675 per family •Partial attendance @ \$50/day (min. 2 days) •Fees include all materials, lunch, snacks, supervision before &amp; after camp hours</p> <p>Please Contact:</p> <table><tr><td>•Jyoti Shah: 630-842-4653</td><td>•Shanker Pillai: 630-789-6607</td><td>•Ashok Dholakia: 708-349-6396</td><td>•Suresh Kumar: 630-362-0104</td></tr><tr><td>•Anuja Naik: 847-215-4787</td><td>•Viji Char: 847-312-8538</td><td>•Ashok Bhatia: 847-680-4735</td><td>•Rajul Bhalala: 847-302-2383</td></tr></table> <p><i>Out of Town Participants: Free accommodation and local transportation for out-of-town children, 10 years and above</i></p> <p><b>Register online: <a href="http://www.chinmaya-chicago.org">www.chinmaya-chicago.org</a></b></p>		•Jyoti Shah: 630-842-4653	•Shanker Pillai: 630-789-6607	•Ashok Dholakia: 708-349-6396	•Suresh Kumar: 630-362-0104	•Anuja Naik: 847-215-4787	•Viji Char: 847-312-8538	•Ashok Bhatia: 847-680-4735	•Rajul Bhalala: 847-302-2383
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•Anuja Naik: 847-215-4787	•Viji Char: 847-312-8538	•Ashok Bhatia: 847-680-4735	•Rajul Bhalala: 847-302-2383						

## First-Ever CM Global Camp for Teenagers: December 2012, CIRS, India

### Chinmaya Mission



### Global Teenage Camp

**December 19th to 26th 2012**  
**Chinmaya International Residential School, Coimbatore, Tamil Nadu, India**

**Ages 12 to 16**

**USD \$350**  
**Early Bird Special**  
**USD \$315 for payments by July 30 2012**

**Please Contact:**  
**Lavina Chotrani**  
**+85294757575 (Hong Kong)**  
**lavinachotrani@gmail.com**  
**Roushika Gawne**  
**+44781214648**  
**roushika@gmail.com**

Swami Swaroopananda: Is famous amongst the teens and youth for His inimitable style, wit and ability. Swamiji has worked tirelessly to fulfill the vision of His Guru, Swami Chinmayananda, and along the way has inspired countless individuals to not only take interest in spirituality, but to put elevating teachings into practice. At present Swamiji is the director of the Chinmaya International Residential School in India but He still manages to travel the world, spread the knowledge of our Ancient Culture, and inspire generations to live up to the values put forth by our Rishies.



### THE POWER OF

LEADERSHIP	DEDICATION	GOD	ETHICS	FREEDOM	SELF ACTUALISATION	NATURE
						



In seven inspiring days, Swami Swaroopananda will reveal the Seven Powers that at present lie dormant within us. Swamiji will not only reveal these powers, but will also show us how we awaken them and bring these powers, but will also show us how we can awaken them and bring them into manifestation in all aspects of our lives! Along with Swamiji's revelations on The powers, the camp will feature self-discovery workshops and entertaining cultural activities to invoke and celebrate the 7 Powers and their festivals while engaging in our profound Hindu culture.

Nestled in the foothills of the western Ghats, Chinmaya International School (CIRS) is located on the fringes of Nilgiri Biosphere Reserve. With this unique locale as the backdrop, the school offers excellent amenities and modern technologies that are sure to make the stay more pleasant.



Project CIF

Register Now for these Home-Study Courses from CIF:

- E-Gita Course



**cif Chinmaya International Foundation**  
Affiliated to Rashtriya Sanskrit Sansthan, New Delhi, Recognised by Mahatma Gandhi University, Kottayam  
and Indira Gandhi National Open University (IGNOU)

welcomes you to a home study

# BHAGAVAD GITA COURSE

**Go through Gita... Grow through Gita...**

Author: **His Holiness Swami Tejomayananda**  
Head, Chinmaya Mission Worldwide

**Course Highlights:**  
18 Chapters covered in 30 lessons  
15 months duration @ 2 lessons per month  
shows you the art of living Vedanta in your daily life

**Course Donation:**

Residents of the Indian sub-continent: ₹3,000	Postal Course	Other Residents: US\$250
Residents of the Indian sub-continent: ₹3,000	Online Course	Other Residents: US\$200

Knowledge of Sanskrit is not required  
as the medium of instruction is English.

## REGISTER NOW!

To see lesson samples, get more details, and to register online:  
**[www.chinfo.org/courses/bhagavadgita](http://www.chinfo.org/courses/bhagavadgita)**

For further details contact:  
Administrator, CIF Home Study Courses  
Chinmaya International Foundation  
Adi Sankara Nilayam, Adi Sankara Marg, Veliyanad, Ernakulam – 682 319, Kerala, India  
Phone: +91-484-2749676, 2747307 Fax: +91-484-2749729  
Email: [gita-course@chinfo.org](mailto:gita-course@chinfo.org)

- E-Vedanta Course

## CIF'S CORRESPONDENCE VEDANTA COURSE

THE CHINMAYA INTERNATIONAL FOUNDATION (CIF) IS PLEASED TO INVITE ALL SPIRITUAL STUDENTS TO ENROLL IN ITS PROGRESSIVE HOME-STUDY PROGRAM FOR VEDANTIC STUDIES.

### OBJECTIVE

The primary aim of these courses is to provide clarity and depth in a seeker's Vedantic studies. Each course covers, in a series of 24 detailed lessons, various central Vedantic concepts as taught in introductory texts such as Vivekachudamani, Atma Bodha, Tattva Bodha, Vakya Vritti, and Panchadashi.

### LEVELS

CIF's one-year correspondence Vedanta Course is offered on two levels, Basic/Foundation and Advanced. While students must have general Vedantic knowledge before opting for the advanced course, CIF's specific basic course is not a pre-requisite to sign up for the advanced course, which provides an in-depth understanding of principal Vedantic concepts.

### 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  
OR GET MORE DETAILS.

## - Easy Sanskrit Course



The poster is a vertical rectangular card with a light beige background. It features decorative golden motifs in the corners, including a stylized 'Om' symbol and a lotus-like flower. The title 'Easy Sanskrit Online Study Course' is prominently displayed in a large, bold, dark red font. Below the title, the text is in a smaller, dark red font, including a Sanskrit greeting, a description of the course by Chinmaya International Foundation (CIF), details about the curriculum and certification, registration information, and contact details. The overall design is clean and professional, with a focus on the Sanskrit language and its study.

# 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).

Registration is US\$150. Hurry to register online and become one of the first students to begin this Easy Sanskrit Course!

You can also get your own Easy Sanskrit Self-Study Kit, which includes a textbook, workbook, and interactive CD for only \$75!

Visit [www.easysanskrit.chinfo.org](http://www.easysanskrit.chinfo.org)

Questions? E-mail [easysanskrit@chinfo.org](mailto:easysanskrit@chinfo.org)

## Tenth Chinmaya Dharma Sevak Course at Coimbatore



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



Experience the joy of Gurukul living.



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

Celebrate auspicious occasions like Ganesh Chaturthi, Janmashtami.

Bond with the Global Chinmaya Mission

Learn Sanskrit



**10th**  
**Chinmaya Dharma Sevak**  
**Course**

Course Acharya **Swamini Vimalananda**  
Assisted by **Br. Shaunak Chaitanya**

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

Venue: **Chinmaya Gardens,**  
Coimbatore

Dates: **16th July to**  
**26th Aug 2012**

Course donation:  
Rs. 8000 per person  
Rs. 6000 (below 40 yrs)  
Rs. 3000 (below 25 yrs)  
Rs. 14000 (ac room)



**CONTACT**  
**Co-ordinator**  
**09360461566**

Chinmaya Gardens,  
Nallur Vayal Post,  
Coimbatore - 641114  
0422 - 2615637 (t) / 2613493 (f),  
chinmayagarden@gmail.com



Two-Year Residential Vedanta Course 2012-2014 (Tamil/English)



CHINMAYA MISSION

**VEDANTA COURSE**  
**2012 - 2014**  
(TAMIL - ENGLISH)

**SANDEEPANY VIDYAMANDIR, COIMBATORE**

**H.H. Swami Tejomayananda**  
(Head of Chinmaya Mission Worldwide)

*invites applications for Vedanta Course*  
(Study of Upanishads, Bhagawad Gita & Vedantic Literature)

**ELIGIBILITY**

Graduates, Unmarried men or women, with a sincere interest in studying Vedanta  
**Age : 20 - 30 yrs.**  
(exception allowed for deserving candidates)

**DURATION**

Two years residential course  
(Commences on 2nd September, 2012)

**FREE OF COST**

Boarding, Lodging and all study materials will be provided

Chief Acharya : **Swami Tejomayananda**  
Resident Acharya : **Swami Sivayogananda**

Last date for filled up application **31<sup>st</sup> May 2012**

For Application



**SANDEEPANY VIDYA MANDIR,**  
**CHINMAYA GARDENS**  
Nallur Vayal Post, Siruvani Road, Coimbatore - 641 114 Tamil Nadu, India  
Phone : +91 422 2615637, 93604 61566 E-mail : svmcbe@gmail.com



Application can be downloaded from <http://sandeepany.chinmayamission.com>