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# Chinmaya Sandesh



Monthly Newsletter of Chinmaya Mission, Mumbai  
Chinmaya Sandesh - Lotus XXXXV, Petal 2, 3<sup>rd</sup> & 4<sup>th</sup> February, 2017



**19<sup>th</sup> January, 2017, the historic day when  
Puja Guruji Swami Tejomayanandaji passed  
the "Guru Seva Padak" (baton) to  
Puja Swami Swaroopanandaji, of being Global Head  
of Chinmaya Mission @ Sandeepany Sadhanalaya**

An unforgettable day for the Chinmaya Family, as Puja Guruji Swami Tejomayanandaji passed the "Guru Seva Padak" (baton) to Puja Swami Swaroopanandaji, of being Global Head of Chinmaya Mission.

The audience at the Tapovan Hall of Sandeepany Sadhanalaya (Mumbai) was made up of Acharyas, Devotees and Well-Wishers, and thousands more watched the webcast from around the world. It was especially heartwarming to have the family members of Guruji and Swamiji present.

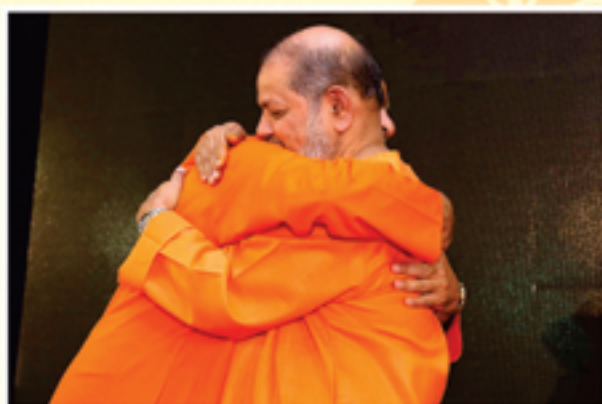
The highlight of the event was a most touching docu-film called "Ever In His Service, Ever At His Feet", beautifully presenting Guruji's deep and absolute tuning with beloved Puja Gurudev Swami Chinmayanandaji. In his talk, Guruji said, "Let us be always in His Service, remaining always at

His feet. There lies our welfare and wellbeing."

Swami Swaroopanandaji's words overflowed with poignancy. Swamiji's talk, about the grace and guidance of Gurudev and Guruji, moved everyone in the audience. His faith and surrender were very evident. When he said that Guruji is not stepping down but rather "stepping up" the audience was in raptures.

Swamiji presented his Hanumanji, his Guruji, with a beautiful Rama Parivar statue, after which the trustees of CCMT, TCT and CST Mumbai presented many offerings of love, the best of the lot being a giant cheque for infinite amount of Love, Love, Love.

From the entire Chinmaya Mission family, today and always, to Gurudev, Guruji and Swamiji, we offer an outpouring of the same: Love, Love, Love...



# Chinmaya Sandesh

February 2017 Spiritual Monthly Bulletin of Mumbai.

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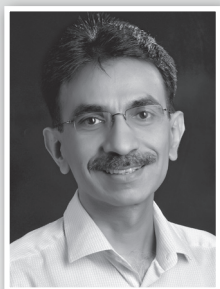
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# From the President's Desk

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Om Shree Chinmaya Sadgurave  
Namah!

19<sup>th</sup> January 2017 was a historic day for Chinmaya Mission. This was the day when Pujya Guruji Swami Tejomayanandaji passed on the “Guru Seva Padak” (baton) to Pujya Swami Swaroopanandaji of being Global Head of Chinmaya Mission. The ceremony took place at Sandeepany Sadhanalaya, Powai in presence of many Acharyas, Trustees and members of Chinmaya Mission and thousands who watched the event live online. All eyes were moistened and hearts swelled with respect and pride in witnessing this historic event.

Such events are indeed very rare. In other organisations, the “head” usually remains a “head” for lifetime. He/she tries to be centre of all their activities.

There are controversies about succession. But Chinmaya Mission is different. How?? Pujya Guruji during the ceremony mentioned that the foundation of Chinmaya Mission is very strong. It is based on Vairagya of Param Guru Swami Tapovanji Maharaj, it is blessed by Swami Sivanandaji and laid on great Tapas by our Pujya Gurudev Swami Chinmayanandaji. Pujya Gurudev, during his lifetime, has inspired and prepared many of our Acharyas and the same tradition continues today as our Sandeepany Sadhanalayas create our torch bearers year after year. Mission is supported by thousands of sevak/sevikas and millions of members. It is a tradition set by Pujya Guruji and other Acharyas to remain focussed and anchored to Pujya Gurudev.

Pujya Guruji is indeed a “saint” of the highest order. A great teacher, full of love and compassion. Ever anchored and devoted to his Guru. Simple and always approachable. He seems to have applied all the teachings of his Guru in his life. From the day Pujya Guruji took over as Global Head, our mission has witnessed tremendous growth. Many new

centres have opened all over the world. Many new Ashrams have been built. Chinmaya Vibhooti and Chinmaya Vishwavidyapeeth have been established. It was a great moment of pride for all of us when Pujya Guruji was awarded Padma Bhushan by the Government of India. He remains a “Chinmaya Bhushan” for all of us. As management experts say “retire at the peak of your career”. Pujya Guruji seems to have done just that. A decision to appoint a successor during one’s lifetime as a global head requires great amount of dispassion and devotion. By doing this, Pujya Guruji has proved himself to be a true disciple of a great master Swami Chinmayananda. This is a brilliant idea, setting a precedent and a system for succession. Pujya Guruji has, as though, taught us that we all must ever remain anchored and devoted to Pujya Gurudev. Pujya Guruji said “let us always be in His Service, remaining always at His feet. There lies our welfare and wellbeing”. Such an inspiring and touching words, can come only from our Pujya Guruji.

Pujya Guruji has expressed full confidence in Pujya Swami Swaroopanandaji and while passing on the “Guru Seva Padak” (baton) wished and blessed that Pujya Swami Swaroopanandaji will bring

greater growth and glory to the mission. We all are in consonance with Pujya Guruji. The entire audience was moved when Pujya Swami Swaroopanandaji spoke about the grace and guidance of Pujya Gurudev and Pujya Guruji. His faith, devotion and surrender were very evident. Usually words like “stepping down” and “taking over” are used at such ceremonies. But, Pujya Swami Swaroopanandaji said that Pujya Guruji has “stepped up” and “risen above” the level of global head and at that moment the entire Chinmaya Family was in raptures.

We must be proud that we belong to lineage of such great masters. Let us do whatever we can to carry forward the vision and mission of our Pujya Gurudev. Chinmaya Mission must keep serving humanity for eternity till we achieve our motto “Giving Maximum Happiness to Maximum People for Maximum Time”. By the grace of the Guru Parampara, it is sure to happen.

Let us pledge that we shall remain “Ever in His Service, Ever at His Feet”.

*Unto Him Our Best.*

**Mukul Patel**

President -

Chinmaya Mission Mumbai



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# Chinmaya Chintan

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## Yoga and Dynamism

Swami Chinmayananda



Spiritual living helps the unfolding and blossoming of our inner personality in its fullness. According to Darwin, the sequence of evolution is from stone to plant, from plant to the animal and from the animal to man, the complex Organism which you and me are. Darwin Biologist he was, was looking into the physical frame of man only the development or evolution of the physical organs of the body. But the Seers of India looked far deeper into the personality and nature of man. Centuries and centuries before Darwin, they knew that man is the highest evolved of beings with the Faculty of intellect at his disposal and with potential

for further unfoldment. They stressed on the Spiritual Core of the personality of man, which is the Pure Intelligence.

Stone is insentient and inert; it has no consciousness and it has not got the capacity to gain any experience from the outer world. But when stone has evolved into plant, with life pulsating, it has gained a little consciousness. It is conscious of two things atleast, one is the water-vapour and the other is sunshine. With the evolution of the plant into animal, its, consciousness is further developed. It has sense perceptions and a larger field of awareness. The animal has love for its offspring and it has a sense of fear of danger. It has much more

awareness than a plant has. And in man the awareness is far more developed; he has the capacity for ratiocination, the faculty of Intellect that distinguishes him from the plant and the animal. The scheme of Nature seems to be highly rational—from the state of no consciousness in the stone to a, little-consciousness in the plant then to a larger-consciousness in the animal, and then to a far more developed consciousness in man. This is the sequence of evolution. But man can raise himself into even a far higher state of consciousness, into Pure Consciousness itself. Once he unfolds or expands this consciousness in himself, in all its fullness, he is the supreme master. Man has got the potential in himself, to attain to and to manifest this consciousness in life. Having understood this, let us see how we can bring out more and more of our inner consciousness into our field of activity, how we can awaken and arouse the dynamism fully and express it in our life.

When one manifests the vigour of life, vitality of expression, the dash, the brilliance, the wisdom, it is called Dynamism. We have already discussed how to generate the dynamism and how to conserve the dynamism. We will

now discuss how to channelise and direct the conserved energy into constructive fields of activity.

Majority of people, 98 per cent of us are not that evolved. They are mediocre. They are led. If you happen to be among the 2 per cent, then you lead. You become the leader. You are the ‘evolute’ and others are all ‘adapts’. Adapts are traditionalists, conservatives, lacking in originality, complacent in their smallness and littleness. Evolutes are rebels, adventurers. They would like to explore new vistas. Take the case of the flying fish. It is not content to remain in water only. It knows it may die if it tries to get away from the water, but it is not afraid. It tries to jump out of water to experience the thrill of adventure. It is restless till it takes the leap. That is how evolution marches on.

Like the flying fish, a few evolutes among men, instead of continuing to dwell in caves or on forest trees, they have moved out, moved out of the caves and woods into pasture lands. They started cultivation. They ushered in a civilisation. It is due to the adventure of a few evolutes that the civilisation is what it is today.

There is the overhead tank for water on the terrace of your building. The tank is full, but you



are not getting water in the tap in your ground floor flat. The fault then must be due to some choking in the pipelines, which has to be rectified. Likewise, there may be good ideas in your brain, you may have all the proficiency, but unless the ideas are efficiently executed, of what avail is all your proficiency? Success depends on execution but not on ideas. In India we are not lacking in proficiency, but we suffer from lack of efficiency. Ideas make proficiency while execution make efficiency. Arjuna was most proficient, he showed his valour on a number of occasions, he fought successfully many battles before, he was a good strategist but when facing the greatest challenge of his life at the Kurukshetra war, he totally collapsed because he could not channelise his proficiency into action.

The mind should remain where the hand is working. There should be concentration in the work undertaken. If you cannot execute because of the clogging of the mind, your physical effort and toil are all wasted. The clogging in the mind dissipates the dynamism. Unless the mental attention (concentration) is riveted on the job undertaken, the work will not meet with

success. The mind should be collected and fixed on the job with single-pointed attention for successful execution of any job.

There are three causes for dissipation of mental energy. Energy dissipated, your activities turn out to be empty movements of limbs but not acts of efficiency. The three causes of dissipation are (1) Regrets of the past; (2) Anxieties for the future and (3) Excitements of the present. The regrets of the past are one of the main gutters through which dynamism gets dissipated. Regarding future, we weave out imaginary fears and get frightened. Excitements of the present shatter any confidence left, and we become bankrupt, nervous in limbs and blank in mind. How then can work be anything but a failure, how can there be any efficiency at all? The hero becomes a zero. If so, then how to keep the mind collected, how to liberate it from these three clutches? This can be achieved, firstly by surrendering ourselves at the altar of our adoration. Surrender everything to the Ideal. Then the dissipating factors get scotched. Once you have surrendered yourself to an Ideal, the success or failure of your action no longer belongs to you. Surrendering the Fruit of Action

to the Altar of your dedication, apply yourself in the work in all sincerity and to the best of your ability. There will be no agitation of mind now to distract your attention and to dissipate your energy-so the work will have to come out perfect and it will.

**Yogaha Karmasu Kausalam** -Geeta says. Dexterity (skill) in action is YOGA. Secret of success lies in doing a given act in all sincerity and in all perfection, as an act of worship and in a spirit of self-surrender to the Ideal. There is nothing like the work being small or big, low or high. Whatever work you do, whatever work falls to your lot, the mind should be fixed on the job. This is concentration, this is meditation, this is **Yoga**.

The body is the vehicle, the mind is the charioteer/driver. The mind has to be vigilant, alert. If the mind gets agitated, it becomes impure. When the mind is calm, quiet and serene, it is pure. Pure mind is a no-thought mind. To subdue the agitations of the mind, to bring it back to always a single line of thought relevant to the task undertaken, is **Yoga**. This is **Abhyasa Yoga**. This brings in skill, dexterity and efficiency in action.

**Yogaha Karmasu Kausalam-this is the Summary of the Teaching of the Geeta.** This Yoga is not meant for half an hour recital of the Geeta verses once in the morning. It is to be practiced all the time, all through your work-a-day life, in all your activities. Spirituality is not a cap or cloak to be worn when you feel like and thereafter to be hung on the peg in a corner. It has to be your very texture. It has to become your very nature. This is Culture. This should be part and parcel of one's life.

To summarise, fix the mind where your instruments of action are working. When you practice this, it is called Yoga. Yoga only makes the mind surrender "all regrets of the past", "anxieties of the future" and "excitements of the present" at the feet of the Lord. After doing this, undertake the work as an Act of WORSHIP at the Feet of the Ideal. Then your work will be dynamic. The best of efficiency will flow in your work. Your Act will have quality, beauty, fragrance and perfection. You too will become a GENIUS. This is **Karma Yoga**. This is the **Theme and Message of the Bhagavad Geeta**.

Source - Tapovan Prasad, January '75



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# Tejomayam

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## Symbolism of Lord Shiva

Swami Tejomayananda



### His many facets

Every god and goddess in Hinduism can be understood from at least four different standpoints: the absolute, the cosmic, the 'departmental' (in charge of a particular aspect of Creation), and the incarnation who appeared on earth to re-establish dharma.

From the highest standpoint, Lord Shiva is the Formless, Absolute Reality, which is of the nature of Pure Consciousness. The name "Shiva" itself means "auspiciousness". Interestingly, there is a similar-sounding word in Sanskrit, sava, which means "a dead body". A body by and in itself is nothing but inert matter, a corpse; but in the living form, Shiva's presence transforms the

body into a beautiful and holy thing, because of which we bestow love, honour or affection on a person. That divine Presence is the pure Consciousness, Shiva, auspiciousness, and it is our own true nature.

From the cosmic standpoint, Lord Shiva represents the Lord of the Universe - the creator, sustainer and destroyer of the world. From the departmental standpoint Lord Shiva is worshipped as the deity in charge of destruction, while Lord Brahman is considered to be the creator and Lord Vishnu, the deity in charge of sustenance. However, since there can be no creation without destruction nor any destruction without creation,

we cannot attribute the power of creation exclusively to one deity and the power of destruction to another. Our distinction between these three powers is merely to help clarify the various processes of life. • In His fourth aspect, as a particular form that manifested on earth, Lord Shiva is said to have appeared in numerous incarnations as a guru, avatar, an enlightened Master who reaches the knowledge of the Self to His disciples. Sri Adi Shankaracharya and Dakshinamurti Bhagavan were considered to be such avatars of Lord Shiva.

In his *Ramayana*, Goswami Tulsidas explains that Lord Shiva is Brahman, the Absolute Reality, and Parvati, His spouse is Adi-Sakti, the Lord's primordial power.

Tulsidas gives another beautiful verse on Lord Shiva in the *Ramacharitamansa*, which is full of deep significance:

*yasyanke ca vibhati bhudharasuta:  
devapaga mastake  
bhale balavidhur gale ca garalam  
yasyorasi vyalarat  
so yam bhutivibhusanah suravarah  
sarvadhīpah sarvada  
sarvah sarvagatah shivah  
sasībhah srishankarah patu mam*

*Yasyanke ca vibhati bhudharasuta:*  
In the first line of this verse, Saint Tulsidas salutes Lord Shiva as He on whose left side sits the beautiful goddess Parvati and on whose head is the goddess Ganga, devapaga mastake. Even though there are beautiful goddesses above and beside him, Lord Shiva is never distracted and is ever in meditation! In our case, as we know, if we have practiced meditation, the slightest scent of perfume distracts our attention! This picture of Lord Shiva with the two goddesses shows us His power of concentration and meditation.

## The River Ganga

The river Ganga on Lord Shiva's head has several interpretations. By some it is said that she is Gyaana Ganga, the flow of knowledge from teacher to disciple, as we conceive of knowledge flowing into the head. Saint Tulsidas gives another interpretation: He says that Ganga represents devotion or knowledge, both are the same, for just as we keep knowledge in the head we must also revere and sustain the attitude of devotion in our minds.

When someone asked me why Lord Shiva had Ganga on His head I told him, "He is showing

you that you should keep your head cool!" This meaning is also important because, in general, we are very hotheaded people! There is a saying in Hindi that a healthy person is one whose feet are warm, whose stomach is soft, and whose head is cool! For most of us, it is just the opposite; we get "cold feet" (a sense of isolation, fear, or reluctance toward life), our stomach gets upset from eating the wrong kind of food, and our head is hot with anger! I often tell people, "You have so many hangers in your house, why don't you hang your anger in the closet?" Just as we are able to take out our clothes and hang them up again, we should be able to remove or put away our anger when it arises. Keep the head cool and you win the world. A person who has no control over his temper becomes "temperamental" - fifty percent temper and fifty percent mental!

We can keep the head cool only through knowledge and devotion, just as Bharat did - to demonstrate his great love and respect for Sri Ramachandra - when he took the sandals of Sri Rama at Chitrakuta and kept them on his head as he went all the way back to Ayodhya.

## The Crescent Moon

*Bhale balavidhur gale ca garalam:*  
On Shiva's forehead is the crescent moon and in His neck is poison. The crescent moon that is seen on Lord Shiva's forehead represents the nectar of life. It is said that the nectarine rays of the moon fall on earth and nourish the entire vegetable kingdom. But poison is just the opposite, it brings death! Lord Shiva holds both the moon and the poison, yet is ever in meditation. This image has a deep significance, for it indicates that our lives are full of pairs of op-posites: life and death, creation and destruction, joy and sorrow, honour and dishonour, success and failure. We should be able to bear these pairs of opposites with calmness of mind and not let them destroy our mental equipoise. Generally we want only life; we do not know how to handle death. We want only joy but not its opposite. The symbols of the crescent moon and the poison in Lord Shiva's neck indicate that we should 'be able to accept pain as well as pleasure and that we should have inner balance and equipoise in the midst of all good and bad experiences.



## The Blue-Necked One

We all know the famous story in the Puranas, about how Lord Shiva saved the world by drinking the poison which came out of Vasuki, the celestial snake, when the milky

ocean was being churned by the gods and the demons, who wanted to get the nectar of immortality. Because Lord Shiva is the embodiment of compassion, *karuna* avatar, He took the poison and drank it. However, He did not swallow the poison; He merely held it in His throat. This made His neck blue, and thus He came to be called *Neelakantha*, the Blue-necked One.

The meaning behind this story is that only a great and wise person will be able to swallow all the poison in life. Ordinary people lay claim only to the good things in life - beauty, comfort, success, and so on, and even take credit for achieving them; but when they have bitter experiences, they reject them! Many ask, "Why is it that only good people suffer?" It is because only the good and noble ones have the capacity to suffer, whereas other people would break down under the same circumstances.

The fact that Lord Shiva did not swallow the poison entirely but kept it in His neck is significant; He did not become poisonous or bitter himself. Many people become very bitter themselves and then vomit their bitterness upon others. Lord Shiva neither swallowed the poison completely nor did He spit it out. Rather, as He held it in His neck, the poison beautified Him and became like an ornament. In the same way, one who is able to go through all experiences of life and still abide in his own true nature, without becoming bitter, without grumbling or complaining while suffering, and inwardly always remaining immersed in meditation, becomes another Lord Shiva.

## The Snake Garland

*Yasyorasi vyalarat*: He is adorned with the snake garland. People often ask why there is a snake around 'Lord Shiva's neck because, for most of us, the very mention of the word "snake" creates fear. This image of Lord Shiva shows us that He is fearless.

The snake also represents time, *kaala*. When a poisonous snake bites a victim the person dies. So too, the snake of time eventually

catches up with and bites every created being. Time and death are ordinarily frightening ideas to us, but Lord Shiva is the Lord of time, indicating that the timeless Reality is our own nature too. How then can time and death frighten us?

The snake on Lord Shiva's neck also represents the mind that hisses and spits poisonous, negative thoughts. Yet if we keep the mind under perfect control so that it is quiet within and no longer agitating ourselves or others, it will lie as peacefully in meditation as Lord Shiva Himself, neither hissing nor spitting.

*So'yam bhutivibhmanah* - Ashes of the cremation ground smeared all over His body. These ashes are vibhuti, a great glory for Him. By this Lord Shiva shows as that our bodies are already dead, inert matter, which will turn to ashes one day. We should, therefore, rise above our identification with the body even while we are living.

### The Ruler of All

*Suravarah sarvitdhipah sarvada, sarvah saroagatah shivah:* (Lord Shiva is) the best among the gods and is the ruler of the entire world. When one rises above

one's body-identification does one not become a master of the world? Thereafter, can anyone frighten, tempt, bribe, or compel him to do anything wrong? No, for all our wrong actions, temptations, fears, insecurities, and corruptions arise only out of identification with the body. As long as this identification remains one can never become a master of situations. But Lord Shiva is the one who is able to destroy all these negativities; such a person becomes all-prevading and is famous everywhere, *sarvagatah*.

*Sasinibhah* means "He whose glow is like that of the moon (which pleases everybody's heart)." This in turn makes the mind calm and quiet. Saint Tulsidas concludes by saying, "*Sri Shankarah patu mam:* May that Lord Shiva protect me." Shankara, another name for Lord Shiva, is derived from *sama*, auspiciousness, and *kara*, He who brings. Lord Shiva is "the One who brings auspiciousness into our lives." Such is the beautiful representation of Lord Shiva's form in Tulsidasji's verse. I have explained only a portion of its entire meaning.

### The Three-Eyed One

Lord Shiva as Trilochana, the three-eyed One, is another

important aspect. It is said that the third eye, located between the eyebrows, is the eye of wisdom. The other two eyes represent love and justice. When the Lord looks at and deals with this world, He is both loving and just. Some people want to be just without compassion; but in that case, justice becomes too harsh. On the other hand, if one is too loving, with no sense of justice, then he becomes sentimental. This creates a problem because then the number of unjust, criminal people in society grows. Lord Shiva exemplifies a good ruler who has both love and justice and also looks at this world with the vision of Knowledge that destroys all ignorance and passion.

Thus we find that Lord Shiva represents the Absolute Reality, the substratum of the world, and also the

Self of all beings; He is the Master of the universe as well as the deity in charge of the total destruction of this world - the destruction that will subsequently bring about a new creation. In addition, Lord Shiva represents different incarnations of the guru; and finally, He is the faith whereby we reach the Truth.

Please think more about these different aspects of Lord Shiva, and after gathering a greater understanding of Him, contemplate on the deeper meaning of His form.

*Source : Tapovan Prasad, February '98*

### H. H. SWAMI TEJOMAYANANDAJI'S ITINERARY FEBRUARY - 2017

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10 to 12 Feb, 17	Kolwan	(91) 90110 04542
13 to 15 Feb, 17	Pune	+91-9881192859 +91-9975596394
16 to 17 Feb, 17	Anantapur	
19 to 24 Feb, 17	Mumbai	(91 - 22) 2857 8647
01 to 20 Mar, 17	Kolwan	(91) 90110 04542

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# Swaroopam

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## A Message

Swami Swaroopananda



Hari Om to all devotees of Chinmaya Mission, Mumbai!

The New Year has started on a very high note for Chinmaya Mission Mumbai. On 16<sup>th</sup> January 2017, the state-of-the-art, unique outdoor exhibition depicting Puja Gurudev's work and vision, Chinmaya Pradeep was reopened in the presence of Puja Guruji.

I heartily congratulate Swami Swatmananda, President Mukul Patel and all those who have worked tirelessly in making Chinmaya Pradeep possible.

On 22<sup>nd</sup> January 2017, Puja Guruji inaugurated a new centre, Chinmaya Narayan at Chembur. Hearty congratulations!

By now all of you would have been ready with the new year plan for all activities in your respective zones after the Samanvay programme at Chinmaya Vibhooti.

My best wishes all Acharyas and sevaks of Chinmaya Mission Mumbai as you work together as one team and reach Puja Gurudev's vision and knowledge to maximum people in Mumbai.

May Bhagwan's grace and the Guru Parampara's blessings be showered on one and all.

Love  
At His feet  
**Swaroopananda**



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# Acharya Manan

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## A Stress Free Life - SIMPLE

by Swami Swatmananda



Stress is a part of life today. We don't like it, but it cannot be avoided altogether in life. There is good stress and bad stress. Stress which makes us feel low, pressurized and anxious actually harms and hurts our health and is called bad stress or distress. Good stress is that which helps us to perform better. For example, students study hard for examinations and put forth their best. Hence it is considered good stress. It is also called eustress.

Let us first understand what creates stress. Circumstances, attachments, a fast-paced life, multi-tasking, impatience, expectations, our own habits, being attached to the results, the sense of doership - the reasons

are multitudinous. Even simple things like the maid or driver not turning up for work causes stress. We can make a list of our trigger factors to become more aware of them. We may be surprised to see how different each one's list is in comparison. If we know how to handle our minds, we can cope better, and even overcome stress eventually.

In spirituality, we believe that stress is the response of our mind, independent of any external situation. Two people in similar situations may not necessarily experience the same levels of stress, because their response to the external stimuli is different. That depends upon their minds and personality.

Arjuna, the mighty warrior, had prepared himself rigorously for twelve years to fight the Kauravas. He was the best archer; he could shoot blindfolded; he was ambidextrous, but faced with the enemies at Kurukshetra, he collapsed. Sri Krishna had to sing

the entire Bhagavad Gita to get him to fight! Pujiya Gurudev used to say that before the exam the student is wise, after the exam, the student is equally wise, but during the exam, the student is 'otherwise'.

## **Stress Management**

How can one be successful and yet stress free? To manage stress, both skill and strength are required. In a competitive world, skills are essential to succeed. However, skill alone is not enough. Strength, mental strength in particular, is needed to keep stress at bay. Today, depression, divorce and suicides are very common, especially amongst youngsters. This is because one is not equipped to handle the challenges of life.

If our attitude is strong: "Come what may, I can face it," there will be no stress. In fact, this is the first step in de-stressing the mind. We need to cultivate the mental strength to handle whatever causes us stress. Then we can go ahead and objectively think about how to accomplish the task within the given time-frame. If you are stressed out, nothing can be accomplished.

Swami Chinmayananda gave us the formula: We can, we

must, we will. Whenever we are stressed, we should recollect this formula. Any time the mind says we can't do it, we should say "No, I can." Someone has said, "Success comes in 'cans' and not in 'cannots'." The moment we start thinking that we cannot do it, we will be stressed.

When we undertake a project or a proposal, we should first evaluate the feasibility of the project. If a committee is formed with a group of people who individually cannot do anything and collectively decide that nothing can be done, then nothing will be done! If we brood over the situation of our country and feel that things are going from bad to worse, then we get stressed. We must think about what can be done and start doing it. We should register and exercise our vote. It is our country and we have to choose our leader. If we do not vote, we have no right to complain, as we are not doing our duty.

So stress comes when we focus on the 'cannot'. If something can be done, then just do it. If something cannot be done, then just drop it. The problem is that we do not do what can be done and brood over what cannot be done. Hence we are stressed.

## SIMPLE Formula

Here is a six-level formula to handle stress - SIMPLE. Let us discuss this acronym in the reverse order.

E - External Environment

L - Lifestyle

P - Physical Strength

M - Mental Courage

I - Intellectual Clarity

S - Spiritual Depth

E - External Environment

It is true that most of our stress appears to come from outside. For example, one of the biggest causes of stress is the condition of the roads and the traffic. It is a challenge to reach the destination on time. One can become a nervous wreck in the process. It is better to accept the situation, instead of building up stress.

Several situations can cause stress. Sometimes we feel that the planetary conditions are not auspicious and that causes stress. Whatever be the external factors, if they can be changed, we can manage to change them; what we cannot change, we have to learn to accept.

Procrastination is another major cause of stress. Kabirdas has said *kāl kare so āj kar, āj kare so ab,*

*pal mein pralaya hoyegi bahuri karoge kab - Tomorrow's work do today, today's work now.* If the moment is lost, how will the work be done? By postponing, we build up the list of things to do and end up in sheer despair. We don't do our exercises till our health collapses. Students study at the last minute for their exams, feeling frustrated and tense. If we wake up late, the first thing we skip is our meditation and prayer. We say that we have no time! Because of procrastination, a situation which is external becomes a factor of stress, which is internal.

There is a nice quotation which says, "If we do not face a cub when it is a cub, we will have to face a lion." Procrastination makes the situation a challenge, the challenge becomes a problem, the problem develops into a crisis and the crisis creates stress and failure. Systematically, an external situation becomes a cause of internal stress due to mere procrastination.

If we wake up and get up at the same time, there will be no procrastination in life. We wake up with the alarm, but press the snooze button, pull the blanket closer and go back to sleep. A spiritual seeker is very alert and

efficient, never dull. Dakshah is the word used in the twelfth chapter of the Bhagavad Gita. Procrastination is tamo-guna. Tamas causes a lot of stress. Pujya Gurudev said, "Plan out your work and work out your plan." External environment need not cause us stress if we learn to accept the situation and avoid procrastination.

### **L - Lifestyle**

Another reason for procrastination is our lifestyle. We have too many things to do, so we are constantly dealing with the day-to-day situations on a war footing. We do not have enough time to sit down, plan and make a 'to do' list. To minimise stress in our life, we should learn to slow down. Doctors are of the opinion that many chronic heart diseases and other ailments are caused only because of our hectic lifestyle. More than medicines, what we need is to make changes in our lifestyle - in the type of food we eat, our exercise regimen and our sleeping habits. Even a fitness freak can collapse due to lack of sleep.

Our body has a 'sleep-clock'. The body gets tired when we deprive it of sleep. When the sleep is in excess, the body becomes lazy

and wants to procrastinate. We require a minimum of six to seven hours sleep, and we need to change our lifestyle accordingly. For our youngsters, relaxing begins at night, after 10 o'clock, by watching television late into the night. Social media takes up a big chunk of our time. We sleep late and rarely do we enjoy the beauty of sunrise and the fresh morning air.

One has to learn to slow down. Instead, life in the modern world is becoming faster. Children are taught to read fast because they have to prepare for competitive exams. Instead of reading for relaxation, one is taught to speed read - one page a minute! While shopping, we get stressed because there are so many brands to choose from.

Now and then one has to do things fast, no doubt, but speed should not become our lifestyle. We eat our meals mechanically, gobbling down the food to save time. Often, we are not even aware of what we eat. Eating while watching television is yet another distraction.

### **P - Physical Strength**

There are five aspects to be taken care of to develop physical strength. This can be

remembered easily with the acronym 'BREAD'.

### **B for Breathing**

Breathing must be slow, steady and deep. When we get stressed, our breathing becomes quick and shallow, and a large amount of stress hormones are secreted in the body. One simple technique is to set a reminder every hour or so to sit back for a few minutes, stretch and relax, close the eyes and breathe slowly, steadily and as deeply as possible.

### **R for Recreation or Relaxation**

One must have some good recreation or some hobby in life which will rejuvenate the senses. One should avoid passive entertainment that makes a person dull and lethargic. Depending upon one's own talent and background, one can choose from a variety of creative activities.

### **E for Exercise**

Exercise is a must. Three times a week, minimum twenty minutes a day, one has to exercise to maintain a healthy body. Our lifestyle has become sedentary. Young people work ten to fourteen hours at the computer. So gym and yoga sessions have become

a part of corporate culture. We have to stretch and relax each part of the body consciously to let go of the accumulated stress. When stress accumulates in the body, the muscles, nerves and various parts of the body become stiff.

### **A for Adaptability**

Each one's body is made differently. We cannot blindly follow the lifestyle of other people. We have to adapt ourselves to our own body and lifestyle after proper stocktaking and analysis.

### **D for Diet**

Simple and sãttvic diet with plenty of fresh vegetables and less of oily, spicy or stale food will provide us with more prãnic energy. The Bhagavad Gita gives excellent guidelines for this in chapter seventeen.

### **M - Mental Strength**

Mental stress is caused when thoughts are teeming in our mind uncontrollably. On an average, we think 60,000 thoughts a day, and with each thought, we expend a lot of energy. So, just by thinking, we get tired. Pujya Guruji says that some people get tired because of work, but a majority of people get tired by the very thought of work.



The mind gets stressed when we do not control the quality and quantity of our thoughts. If 60,000 thoughts come to our mind, the mind will obviously be tired and exhausted. Lesser the number of thoughts, greater is the peace of mind. But we cannot stop the flow of thoughts altogether.

We have so many thoughts because we take everything personally and brood over it. If somebody does not smile at us, we take it personally. The person may not have done it intentionally, but the mind projects and reacts.

If we live selflessly and without conflict, the number of thoughts in the minds will automatically reduce. There are six enemies of the mind known in Vedanta as Shadripus: They are kâma (selfishness), krodha (anger), lobha (greed), moha (delusion), mada (arrogance or pride) and mâtsharya (jealousy). Even one of these is enough to create agitation. Our minds have all the six, along with bhaya (fear), shoka (sorrow), râga and dvesha (likes and dislikes). Nobody teaches us how to handle these enemies. The root cause of all of them is selfishness. The more selfless we are, the stronger we

become, and our stress is reduced automatically.

Pujya Gurudev's heart was functioning at less than 20% capacity in the last few years of his life, which meant that his heart could stop beating at any moment. In spite of this, he worked very hard, running an organization that depended solely on volunteers and donations. He worked without any semblance of stress or worry, because he was working selflessly for a higher cause.

When we love something more than ourselves, we become selfless. It is not difficult - a mother loves her child selflessly. When we think of how to give more, selfless love happens. So expanding our mind to love selflessly is one important method of reducing stress.

## **I - Intellectual Clarity**

One of the reasons for stress in today's world is the availability of too many choices which leads to indecision. So many career choices are available today. Advertisements of food, consumer durables, clothing etc. bombard us with many tempting alternatives. The mind oscillates between the various choices available. Faced with innumerable

choices, we are unable to decide, and this indecision invariably causes stress. Clarity of thought makes us stress free.

We eat food to nourish and nurture our body, but we do not nourish the intellect. So the intellect becomes grosser and grosser. Food for the intellect is to train it to think logically and increase its capacity of discrimination and decision making. Intellectual stimulation and inspiration is essential exercise for the intellect. If we study scientific and spiritual literature, our thinking becomes deeper. We get a wider perspective, a macro picture of life.

Any inspiring thought, be it in terms of relationships or projects or education or any other selfless cause, where we can give time, effort and service, is constructive and helps us to grow intellectually. Today, we have a glut of information, but inspirational guidance is not adequate. Hence we get swayed easily.

Twenty minutes of study in a day would help strengthen the intellect. Any philosophical book can be read. When our mind is occupied with higher ideas, petty problems do not disturb us. Satsanga and svādhyāya (self-study) help to stimulate the

intellect and it is best done early in the morning. If the intellect is inspired, our decisions will be objective and consequently our life will become stress free.

It is important to have a goal in your life. Absence of a goal creates stress, which we may not even be aware of. If we have a goal, our energy gets harnessed; when there is no goal, our energy is dissipated. Let us take the example of water. When it is flowing freely, energy cannot be generated, but when a dam is built across the flowing water, all that energy gets harnessed. Sunlight is full of energy, but a convex lens is required to harness that energy, which can then burn the paper below it. Solar energy is used to generate electricity for big projects. Therefore, a goal is very important to harness our energy in life.

Intellectual clarity is very important. It involves four aspects. Firstly, we must have clarity about our role in life. Without that, one gets stressed out. This was the cause of Arjuna's confusion and stress on the battlefield. He was a kshatriya, whose duty it was to protect dharma. However, overwhelmed by his personal relationship with the Kauravas, he got confused and lost sight of his immediate role as a warrior.

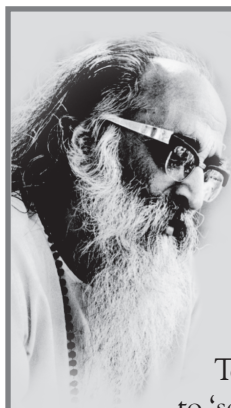
The second aspect of clarity is to keep one's focus consistently on the goal. The third aspect refers to one's identity - the basic question of 'Who am I?' As long as we are attached to our individuality, it will create stress. For lack of a better word, we can call it soul clarity.

The fourth and most important aspect is moral clarity - what is right and what is wrong. There are universal values which determine right and wrong. For example, honesty is a universal value, irrespective of whether one is a doctor, engineer or home-maker, a youth or a senior citizen, a student or a professional - all have to be honest at all times, in order to avoid stress.

## S - Spiritual Depth

We must have the necessary spiritual knowledge to withdraw the mind from external disturbances in order to experience the peace and silence within. Through daily prayer and meditation or prāṇāyāma, we can consciously try to make our mind quiet. When we are anchored within ourselves, problems do not disturb us.

If we manage our minds efficiently at these six levels of SIMPLE - Spiritual Depth, Intellectual Clarity, Mental Courage, Physical Strength, Lifestyle and External Environment, then we can manage our stress well. Living in this holistic way, we become stress free.



When the sea has cast the foam upon the beach, go and ask the foam, "Where are your swirling dash, your gushing on-rush and your maddening dance?" it can only answer; "Ask the ocean!" How can the foam dance without riding upon the waves !

How can dust rise without the wind?

To 'see' the ocean through the dancing foam to 'see' the wind through the rising dust, is to 'see' God through the noisy world of actions and achievements.

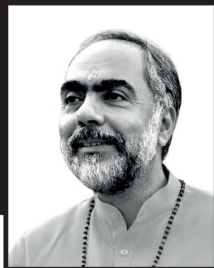
- Swami Chinmayananda

# Master Your Mind

Through Dhyana Yoga based on Chapter 6 of Bhagwad Geeta

27th Feb - 2nd Mar 2017 (Mon - Thu)

7pm - 8:30pm at Bhaidas Hall, Juhu



by

## HH Swami Swaroopananda

Global Head, Chinmaya Mission

**Master Your Mind** is a series of talks by **Swami Swaroopananda** to reach the vision and knowledge of the Geeta to maximum people. Participation in the talk-series will be open & free to all. It aims at empowering the modern-thinking, educated members of our society with life-transforming spiritual tips and techniques to transform life.

- Swamiji has taken over as the Global Head of Chinmaya Mission in January 2017 from HH Swami Tejomayananda
- Swamiji has spent 25 years traversing the globe, sharing the wisdom of Vedanta with hundreds of thousands of people
- Equally at ease expounding ancient scripture in an ashram or conducting a management seminar at Ford or Harvard, Swamiji's practical and contemporary approach makes him a highly sought-after speaker and spiritual guide
- Over the past quarter of a century, Swamiji has written dozens of books, spoken on spiritual texts such as the Hanuman Chalisa and Bhagavad-Gita and provided timeless spiritual guidance on contemporary issues
- Swamiji's Annual Global Camp for youngsters and teenagers in CIRS (Coimbatore) is one of the most looked-forward and fun youth-programs of the CHYK year all over the world
- Swamiji has conceptualised a unique corporate program called "Make It Happen" which is a highly sought-after module with companies world-wide
- Swamiji's CDs and books are some of the best-seller publications of Chinmaya Prakashan, and are popular amongst audiences and readers all over

***Your generous donation will support this event and also the visionary project "Chinmaya Pradeep".***

Chinmaya Pradeep is a first of its kind permanent outdoor Vedantic Vision park using multiple mediums & multimedia. It is designed to invoke deeper thinking, reflection, contemplation & silence.

Chinmaya Pradeep is the story of a sceptic's transformation to a seeker & a spiritual master. It is also the story of the decline of Vedic Saraswati Culture and the role that Swami Chinmayananda played in its revival. It has the essence of the Upanishads, Bhagavad Geeta, Vedanta, Hindu Culture, Personal transformation and Service.



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Built around the Kutia of Swami Chinmayananda in Sandeepany Sadhanalaya Powai, Mumbai, Chinmaya Pradeep is spread over 20,000 sq.ft. It is based on 11 verses of Kritajnataa, a composition of Swami Tejomayananda which expresses gratitude to Swami Chinmayananda.

Chinmaya Pradeep is to illumine the timeless vision that Swami Chinmayananda had for the individual, for Chinmaya Mission, for Hindu culture, for India and for the whole world.

The Vision park was inaugurated on 12th June 2016 and has been inspiring many visitors everyday.



**Donation Options:** (Please tick your preference and fill up the details in the form overleaf.

Tear this page and handover the same with the cheque/cash to the Chinmaya Priyam centre, Juhu or call on numbers provided at the end of the form.)

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(Light the Gnana Jyoti Lamp on Stage on any one day of the event)

☐ ₹ 10000 per day

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Dainik Yagna Arati Yajmaan

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(Free Bhagwad Geeta books will be distributed to all attendees)

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To,

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Please find enclosed here with a sum of ₹ .....

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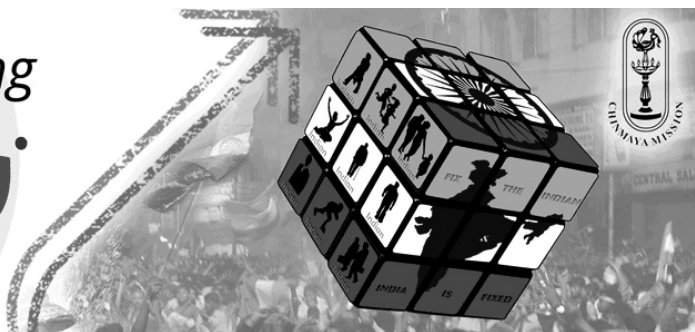
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# Transforming INDIANS to Transform INDIA

A Chinmaya Mission Initiative



## ITransform Workshops

- 2014-16 over 1308 workshops conducted across Mumbai
- 2017 is the fourth year of Transforming Indians to Transform India
- Hinglish, Hindi, Marathi - workshops conducted in languages other than English
- New format workshops successfully kick off with Emotionally Intelligent Parenting in 2016
- Lots of new activities and workshops planned for 2017!!!

**Let 2017 be the Year of  
Change, Be the One!!!**

Come join us,  
Be The Change we wish to see

Experience the joy of  
Selfless Service,

## My Transformation Transforms Nation!

Start the journey of 2017 with  
every month of bliss and hope

- Jan.** - Be \*J\*oyful  
**Feb.** - Get great \*F\*ortunes  
**March** - \*M\*arch with determination  
**April** - Be \*A\*spirant  
**May** - \*M\*aster the mind  
**June** - Be \*J\*ubilant  
**July** - Be \*J\*ust to everyone  
**August** - Surrender to  
               \*A\*lmighty  
**Sept.** - Be \*S\*erene  
**October** - Be \*O\*ptimistic  
**Nov.** - \*N\*ullify ego Nurture  
               knowledge  
**Dec.** - \*D\*estroy Delusion  
               Develop Dedication.

- Geetha Raghavan,  
TITI Trainer

(conducted over 200 workshops in  
Mumbai in the past 3 years)

**Workshops conducted between  
16<sup>th</sup> Dec' 2016 and 15<sup>th</sup> Jan'  
2017 ...**

**@ Jhunjhunwala College,  
Ghatkopar**



Emotional Transformation was conducted on 16<sup>th</sup> Dec by Chitra assisted by Manisha for FY students!

**@ B. M. N. College, Matunga**

A series of transformation workshops were conducted for the S Y students on 16<sup>th</sup> and 22<sup>nd</sup> Dec. Spiritual Transformation by Chitra assisted by Mala and Chithra respectively, and on 12<sup>th</sup> Jan Intellectual Transformation by Manisha assisted by Paresha.



**@ Jai Hind College,  
Churchgate**

A workshop on Universal Transformation was conducted by Shivam on 16<sup>th</sup> Dec. which was attended by both students as well as the faculty.

**Babulnath Int balvihar**

An interactive Emotional Transformation by Nimisha was conducted on 16<sup>th</sup> Dec for 20 children.



**@ Udaan Byculla**

Spiritual Transformation, was conducted by Nimisha on 17<sup>th</sup> Dec in Hinglish at this NGO. As usual the children thoroughly enjoyed the session.



**@ Saraswati Vidyalaya,  
Chembur**

Two back-to-back Patriotic Transformation sessions were conducted by Yuvaveers Malvika



& Ashwini on 20<sup>th</sup> December for 150 students of Std.V & Std.VI. The children were very energetic, enthusiastic & enjoyed the sessions very well. Patriotic fervor was in the air & it was heartening to see & hear the kids' nonstop 'Vande Mataram' post session for some time. The trustees & the teachers present also were quite happy.

Energetic & engaging Physical Transformation sessions were conducted by Yuvaveers Malvika & Ashwini on 5<sup>th</sup> Jan for the students of Std. V & Std. VI.

Two back to back sessions on Emotional Transformation were conducted by Yuvaveers Malvika & Ashwini for the students of Std. V & Std. VI on 10<sup>th</sup> Jan.

**@ Powai Ashram**



Geethaji and Sandhya conducted a Cultural Transformation for 13 Balvihar kids at Powai Ashram.

**@ LJNJ college**

On 9<sup>th</sup> Jan an Emotional Transformation session was conducted by Geetha ji assisted by Yuvaveer Varsha for around 55 NSS Junior college students

On 10<sup>th</sup> Jan . 2 sessions on Physical Transformation and Patriotic Transformation by Yuvaveers Varsha & Ashwini.

**@ SIES Institute of  
Comprehensive Education,  
Sion West**

11<sup>th</sup> Jan. Patriotic Transformation by Yuvaveer Malvika assisted by Yuvaveer Varsha for Teacher trainees & Counseling students

Yuvaveer Ashwini conducted Intellectual transformation on 12<sup>th</sup> Jan. The college will be giving the dates for the remaining modules soon.

# Chinmaya Yuva Kendra

## #Moksha Camp @ Sidhbari

*35 campers including 20 youngsters embarked on a journey towards reaching the Goal of Life guided by Swami Swatmanandaji and Brni. Nidhi Chaitanyaji at the abode of the Siddhas! The collective experience of the campers was certainly beyond what words could describe but this report is an attempt to relive the inspiration and share it with those who read the same.*

The campers reached Chandigarh on 25<sup>th</sup> December and travelled to Sidhbari by road. Enroute, we visited the Viraasat-E-Khalsa which is a beautiful exhibition of the history of Sikhism. The unimaginable torture both physical and emotional that the Sikh Gurus endured to protect our culture left us in tears of gratitude. It also set the tone for the camp where we felt inspired to cheerfully accept every challenge in our Quest towards the higher.

The entire schedule of the Moksha camp was created

in such a way that there was enough balance of Shravanam, Mananam, Nidhidhyaasan as well as Karma Kaand, Upasana Kaand and Jnaana kaand!

The Ice-breaker itself made sure we understood the illusory nature of bondage as well as the fact that Freedom is immediate for those who choose wisely!

Swamiji's talks on Amritabindu Upanishad were transcendental to say the least. The manner in which Swamiji managed to give real life examples sprinkled with wit and humor made even the most subtle concepts easy to grasp and understand! Swamiji made us understand the various levels of bondage as well as what is really meant by Moksha.

The Upanishad used the method of contradiction, reflection theory, limitation theory and so many other methods to drive home the Truth. As the Upanishad itself says, "The mind should be restrained only so long as it gets dissolved in the heart. This is knowledge and meditation; the rest is just theory".



Swamiji also made sure that we got a first-hand experience of the ideas of freedom and bondage! We spent 24-hours physically tied to a partner that too in complete Mouna! Even performing simple actions became so much more challenging with our 'attachments'. The relief we experienced when we were freed from bondage gave a small glimpse of the joy of liberation!

A visit to the cremation ground made us reflect deeply on the ephemeral nature of life which made us feel more determined to prioritise our life correctly. Soaking the beauty of nature through our walk in the woods and meditation near a stream made us appreciate the inherent oneness of creation!

We also saw the destructive trail of garbage that man selfishly dumps into the lap of nature! Stirred by it we decided to give up our trek and instead chose to do what we could to clear the garbage from the forest area.

We faced our fears when we walked in pitch darkness during our night walk. We also realized how much bound we are to our sense of security that light brings to us! The solitude time that we had each day was also a great

time to reflect and contemplate on the wonderful experiences we were having each day.

Nidhiji ensured that our contemplative minds were lifted to the highest point during the guided meditation sessions everyday morning including one under an open sky! Nidhiji clearly gave step-by-step directions towards our inward journey correlating whatever we had listened and reflected upon during Swamiji's sessions. Nidhiji also taught us the technique of using japa as a means of quietening the mind. The effect was clearly visible as most campers chose to remain in silence after the meditation session even though it was not designated as solitude time.

We also sought the blessings of God and Guru throughout the camp. Everyone energetically participated in the Aartis that happened twice a day. The Gayatri Havan at Ram Mandir, Paduka Pooja inside Gurudev's



Kutia, chanting Hanuman Chalisa 7 times at the altar of the majestic Hanumanji all infused the required spiritual energy among the campers.

It was capped off by the Vishnu Sahastranama Archana performed at the eve of the New Year and we welcomed the New Year at Gurudev's Samadhi lighting lamps and launching sky lanterns.

There were visits to different places of cultural and spiritual significance which made us respect our culture and we could correlate as to how these trips can greatly enhance one's spiritual growth if undertaken in the right spirit.

Our inspiration for seva was kindled by a visit to CORD and meeting the inspiring and loving Dr. Kshama Metreji. We



visited Norbulingka, a Tibetan Monastery which showcased the love of Tibetans for their culture. We also visited the beautiful temples of Aganjar Mahadev and

Jwalamukhi Devi, the spiritually charged Kapila Muni temple and the majestic and historic Kangra fort.

We also visited the magnificent Harmandir Sahib, Jallianwala Bagh and witnessed the famous beating retreat ceremony at Wagah border! We also found many Sattvik means of entertainment like doing yoga standing on a river bed, bhajans, camper talent show and a JAM session.

One of the heartening aspect of the camp was the bonding among the campers of all ages. The entire camp was planned by Chyks and Yuvaveers with Swamiji and Nidhiji's guidance.

As Nidhiji said the fact that so many teenagers and youngsters chose to spend New Year's Eve at Sidhbari pursuing intense Sadhana for 'Moksha' away from all the dazzle and enchantments of the city is a miracle in itself!

The camp was a very fulfilling one and as it came to an end each one of us resolved to carry a bit of Sidhbari with us wherever we go and commit to strive and attain the highest Purushartha of human life!

*-Compiled by  
Aravind Raghavan*

## Regular Classes of Chinmaya Yuva Kendra

### Art of Man-Making

Saturday • 7.00 to 8.30 pm

16-28 yrs

**Sevak : Sw. Swatmananda**

Venue : Chinmaya Sagar, Churchgate

Contact : Ananya Somani - 9820131623

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### Game of Life

Saturday • 3.15 pm to 4.45 pm

12-16 yrs

**Sevak : Br. Yukta Chaitanya**

Venue : Chinmaya Mahima, Mahim

Contact : Devika Kanse - 9619861476

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### Bhaja Govindam

Saturday • 6.30 pm to 8.30 pm

12-28 yrs

**Sevak : Brni. Nidhi Chaitanya**

Venue : Chinmaya Priyam, Juhu

Contact : Sanyukta Kumbla - 9833044421

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### Bhagavad Gita

Sunday • 9.30 am to 11.30 am

16-28 yrs

**Sevak : Brni. Nidhi Chaitanya**

Venue : Chinmaya Priyam, Juhu

Contact : Sanyukta Kumbla - 9833044421

## **Bhaja Govindam**

Sunday • 10.00 am to 11.00 am

16-28 yrs

**Sevak : Sw. Sacchidananda**

Venue : Sandeepany Sadhanalaya, Powai

Contact : Mathangi Raghavan - 9791912889

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## **Bhajan & Chanting**

Sunday • 11.00 am to 12.00 pm

12-28 yrs

**Sevak : Maatangi Raghavan**

Venue : Sandeepany Sadhanalaya, Powai

Contact : Mathangi Raghavan - 9791912889

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## **How to Win**

Sunday • 10.00 am to 11.30 am

11-18 yrs & 19-25 yrs (parallel sessions)

**Sevak : Aparna Raman**

Venue : Saraswati Vidyalaya, Chembur

Contact : Aparna Raman - 9004651750

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## **DROP**

Sunday • 10.30 am to 12.00 pm

12-28 yrs

**Sevak : Br. Ved Chaitanya**

Venue : Chinmaya Prerana, Kharghar

Contact : Vaidehi Chhatre - 9867738802

## Victorious Youth

Saturday • 5.00 pm to 6.00 pm

12-16 yrs

**Sevak : Br. Ved Chaitanya**

Venue : Airoli

Contact : Vaidehi Chhatre - 9867738802

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## Game of Life

Wednesday • 5.00 pm to 6.00 pm

12-16 yrs

**Sevak : Br. Ved Chaitanya**

Venue : Koparkhairane

Contact : Vaidehi Chhatre - 9867738802

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## Bhagavad Gita

Sunday • 9.30 pm to 10.30 pm

16-28 yrs

**Sevak : Aravind R**

Venue : Online on SKYPE

Contact : Aravind R - 9619030879

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In the darkness of ignorance, we attach  
ourselves to the unreal and the fleetin.

In the light of knowledge, we identify  
ourselves with the real and permanent.

- Swami Chinmayananda

# Chinmaya Sagar Zone

## (South Mumbai)

**Makar Sankranti celebrations  
on 14<sup>th</sup> Jan @ Lakshmi**

**Narayan Hall, Gamdevi**

Brni. Sandhya Chaitanya graced  
the occasion.

There were three Havan Kunds  
where everyone took turns to  
offer ahutis by chanting the

Gayatri Mantra 108 times.

The setting was beautiful and  
serene, with the rising sun as  
it's backdrop. The event was  
well attended and the devotees  
performed the havan with love  
and reverence.

*by Geeta Chopra*

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### New Class in HINDI

Discover the KEY to long lost Treasure Called

### “DEVOTION”

**By Brni. Sandhya Chaitanya**

*(Aacharya Chinmaya Mission Kalyan )*

every First Friday of the month ● 2.00 pm to 4.00 pm

**16 years onwards**

Chant The Stotram....Explore The Meaning...

Receive The Grace ....And Feel Blessed!!!

Venue: Chinmaya Sagar, Panchsheel Bldg, C-Road, Churchgate

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### Shishu Vihar Classes in South Mumbai, Churchgate

For age group: 3-5 years

every Wednesday ● 5.00 to 6.00 pm

For age group between 0-3 years, Infant classes.

Venue : Chinmaya Sagar, Panchsheel Bldg, C-Road, Churchgate

Contact: Roma Sanghavi - 9820297889 Radhika Jasrani - 9920032225





## Talk by Swami Swatmananda

### Learn the Geeta Live the Geeta

(15 month Certificate Course on Bhagavad Geeta in association with  
Chinmaya International Foundation - CIF, Kerala)

Every Sunday 9.15 am to 10.30 am

Starting 5<sup>th</sup> February 2017

#### Highlights

Study the Geeta in a structured way through  
30 lessons offered by CIF

Sharpen your understanding through periodic evaluations  
(Compulsory for all participants)

Learn Geeta Chanting, Meditation & many spiritual practices  
Apply the Geeta in daily life

Receive a certificate at the end of the course

**Eligibility : 16 yrs and above**

Venue : South Mumbai

*For more details & registration please*

*Email - chinmayashivam@gmail.com*

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### Essentials for Excellence

#### Interactions on Hanuman Chalisa for the Youth

Eligibility : 16 to 28 yrs only

Every Sunday 2.30 pm to 4.00 pm

Starting 5<sup>th</sup> Feb 2017

Chinmaya Sagar, Churchgate, Mumbai

Entry by Registration. Email: mumbaichyk@gmail.com



## Talk by Swami Swatmananda

### Upanishad Darshan - Taittiriya Upanishad

31<sup>st</sup> January 2017 & 1<sup>st</sup> to 4<sup>th</sup> February 2017

7.15 am to 8.15 am.

Venue: Chinmaya Sagar, C Road, Churchgate

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### Chinmaya Setukari Class on Wings & Wheels - *a Dialogue on Moral Conflict*

#### Covering Topics Like:

Grey areas of Choice, Moral Conflicts, Love, Success,  
Vegetarianism, Euthanasia, etc.

Eligibility : 28 - 50 yrs only

Sundays - 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> February 2017,  
11.15 am to 12.30 pm.

Venue: Chinmaya Sagar, C Road, Churchgate,

*Entry by Registration. Register by email - chinmayashivam@gmail.com*

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### Deep Meditation @ Chinmaya Pradeep, Powai

6<sup>th</sup> to 10<sup>th</sup> February 2017 (Mon - Fri)

Registration Contribution : Rs.500/-

**Limited Seats. Entry by Registration & on First Come First Served Basis**

Venue: Chinmaya Pradeep, Sandeepany Sadhanalaya, Powai

Contact: chinmayapradeep@chinmayamissionmumbai.com / 8419-957500

# CHINMAYA PRADEEP



Chinmaya Pradeep re-opened on 16<sup>th</sup> January - the 60<sup>th</sup> Aradhana day of our Paramguru Poojya Swami Tapovanji Maharaj.

Poojya Guruji Swami Tejomayanandaji, Swami Swaroopanandaji, Swami Swatmanandaji and other Acharyas re-opened Chinmaya Pradeep. Sri Mukul Patel (President Chinmaya Mission Mumbai) & Smt. Meghana Patel

received Poojya Guruji with Poorna Kumbha. Thereafter the Senior Acharyas offered flowers at Poojya Gurudev Swami Chinmayanandaji's Pratima and



offered the sacred water from Tirthraj Prayag (Ganga, Yamuna & Saraswati water) into the rivulet at Pradeep.





After seeing the Decline of Vedic culture, Glory of Saraswati Culture and visiting Poojya Gurudev's student-days Kutia,



Mahavakya temples, prayers were offered to Poojya Swami Tapovanji Maharaj. Poojya Guruji and others took a quick round of Chinmaya Pradeep.



Br. Yuktaji and Br. Damodarji performed Paduka Pooja at Poojya Gurudev's Kutia. The programme concluded with Poojya Gurudev Swami Chinmayanandaji's Aarti in His Kutia.



The campers of the Upanishad Darshan camp also were present and everyone felt inspired by the vision of Poojya Gurudev.

We thank all the volunteers and everyone involved in the repairs and renovation as well as the reopening programme. Especially the volunteers from Chinmaya Priyam who decorated the entire place for the re-opening.

*Everyone is welcome to visit on all days except Wednesday  
7.00 am to 11.00 am &  
4.00 pm to 8.00 pm*

We also need volunteers to offer seva at Chinmaya Pradeep. To register as a volunteer please contact - [chinmayapradeep@chinmayamissionmumbai.com](mailto:chinmayapradeep@chinmayamissionmumbai.com) or contact 8108043204.



## Chinmaya Pradeep - Yajman Seva

If you feel inspired by Chinmaya Pradeep, please support the maintenance & future innovations at Chinmaya Pradeep. You can offer any seva(s) listed below. Cheques can be made in the name of - **“Chinmaya Seva Trust - Chinmaya Pradeep a/c”**.

**All donations are exempt under Section 80G of Income Tax Act.**

Chinmaya Pradeep Daan - A Lamp will be lit everyday at the statue of Poojya Gurudev. 365 Yajmans required	<input type="checkbox"/>	₹ 500
Utsav Daan (For birthdays, marriage anniversaries & any auspicious occasions) - Poojya Gurudev's Aarti will be done and Prasad will be sent	<input type="checkbox"/>	₹ 750
Vanaspati Daan (Plants)	<input type="checkbox"/>	₹ 1000
Daily Aarti of Poojya Gurudev, Swami Tapovanji & Mother Ganga	<input type="checkbox"/>	₹ 1500
Aasan Daan - Meditation Seats. (50 needed)	<input type="checkbox"/>	₹ 2000
Kalash Daan	<input type="checkbox"/>	₹ 2000
Alankaar Daan - weekly Alankaar of Poojya Gurudev	<input type="checkbox"/>	₹ 3000
Vastra Daan - Weekly (Clothes for Poojya Gurudev)	<input type="checkbox"/>	₹ 5000
Pustak Daan (Replicating notes that Poojya Gurudev made in His Student Days)	<input type="checkbox"/>	₹ 5000
Jalaashay Daan (Maintenance of water bodies)	<input type="checkbox"/>	₹ 5000
Vriksharopan Daan (For new Plants & Trees)	<input type="checkbox"/>	₹ 5000
Vishram Daan (Seat for visitors)	<input type="checkbox"/>	₹ 5000
Mahavakya Mandir (Maintenance)	<input type="checkbox"/>	₹ 5000
Paatra Daan - Items in Poojya Gurudev's Kutia (Student days)	<input type="checkbox"/>	₹ 10000
Poojya Gurudev's Paduka Pooja	<input type="checkbox"/>	₹ 11000
TV Screens (32 inches) 6 are needed	<input type="checkbox"/>	₹ 20000
Chinmaya Chitra Yajman (Cutout of Gurudev)	<input type="checkbox"/>	₹ 25000
Weekly Yajmans (52 required - for maintenance)	<input type="checkbox"/>	₹ 25000
TV Screens (55 inches) 2 are needed	<input type="checkbox"/>	₹ 75000
Audio Narration of Poojya Gurudev's life-story in different languages	<input type="checkbox"/>	₹ 1,00,000
Video clips of Poojya Gurudev	<input type="checkbox"/>	₹ 1,00,000
Monthly Yajman	<input type="checkbox"/>	₹ 1,00,000
4000 lumens Projector & Screen	<input type="checkbox"/>	₹ 1,25,000
Gurudev's Kutia in student days	<input type="checkbox"/>	₹ 2,50,000
Website of Chinmaya Pradeep	<input type="checkbox"/>	₹ 3,00,000
Kritajnataa Daan		(Any amount out of Gratitude)

The above options can also be donated on our website - [chinmayamissionmumbai.com](http://chinmayamissionmumbai.com)  
in Chinmaya Pradeep Section. Please contact [chinmayapradeep@chinmayamissionmumbai.com](mailto:chinmayapradeep@chinmayamissionmumbai.com)  
or our volunteer for further assistance.

## DONATION FORM

Date \_\_\_\_\_

To,

Chinmaya Seva Trust  
Churchgate, Mumbai.

Please Find enclosed herewith a sum of Rs. \_\_\_\_\_ by  
cash / cheque no. \_\_\_\_\_  
dated \_\_\_\_\_ drawn on \_\_\_\_\_  
branch \_\_\_\_\_ favouring "CHINMAYA SEVA TRUST-  
CHINMAYA PRADEEP A/C" as a donation.

I understand that this donation is not refundable.

### Details for issuing receipt towards above donation :

Name : \_\_\_\_\_

Address : \_\_\_\_\_  
\_\_\_\_\_

Mobile / Phone Number : \_\_\_\_\_

Email ID : \_\_\_\_\_

PAN Number : \_\_\_\_\_

Signature :



## Shishu Vihar Class

**@ Babulnath & Churchgate**

**For age group: 3-5 years**

Every Friday, 5.00 to 6.00 pm

Venue : Saraswati Hall 3<sup>rd</sup> floor,  
INT-Aditya Birla Center for Performing Arts and Research  
38 BMC Market, Dadiseth Lane, Near Babulnath Temple,  
Chowpatty, Mumbai - 400007

&

every Wednesday 5.00 to 6.00 pm

Venue : Chinmaya Sagar, Panchsheel Bldg, C-Road,  
Churchgate, Mumbai - 400020.

***For information and registrations for the above classes, contact:***

*Parul Bhammer - 98201 85255 / Roma Sanghavi - 98202 97889*

*For age group between 0-3 years please contact:*

*Roma Sanghavi-9820297889 / Radhika Jasrani : 9920032*

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## New batch of Foundation Vedanta Course

to begin from January 2017 in South Mumbai.

**Sevikas: Mrs. Sanya Hingoo • Contact : 9820833145**

**Mrs. Sunita Tiwari • Contact : 8879777359**

Please contact Sevikas for further details.



Grief and dejection are the price that  
delusion demands from its victim, man.

- Swami Chinmayananda



**Chinmaya Mission Mumbai**

invites you to

# *Deep Meditation*

**Based on Brahma-Jnanavali**



**by Swami Swatmananda**

(Acharya, Chinmaya Mission Mumbai. National Director - AICHYK)

**Dates: 6<sup>th</sup> to 10<sup>th</sup> February 2017 (Mon - Fri)**

**Time: 7.00am to 8.00am**

**Venue: Chinmaya Pradeep, Sandeepany Sadhanalaya, Powai**

**Registration Contribution: Rs.500/-**

**Limited Seats. Entry by Registration & on First Come First Served Basis.**



Swami  
Chinmayananda

**Contact: chinmayapradeep@chinmayamissionmumbai.com / 8108043204**



**Chinmaya Setukari Class**

## **On Wings & Wheels A Dialogue on Moral Conflict**

by Swami Chinmayananda

Covering Topics Like:

**Grey areas of Choice, Moral Conflicts, Love,  
Success, Vegetarianism, Euthanasia etc.**

Facilitated by **Swami Swatmananda**

**Sundays - Feb: 5, 12, 19, 26**

**March: 26, April: 16, 23**

**11.15am to 12.30pm.**

Venue: **Chinmaya Sagar**, C Road, Churchgate

Eligibility: 28 - 50 yrs only

Entry by Registration.

Register by email:

chinmayashivam@gmail.com





**Chinmaya Mission Mumbai**

invites you to

# *Learn the Geeta* *Live the Geeta*



Swami  
Chinmayananda

**(60 Sessions' Certificate Course on Bhagavad Geeta in association  
with Chinmaya International Foundation - CIF, Kerala)**

by **Swami Swatmananda**

(Acharya, Chinmaya Mission Mumbai, National Director - AICHYK)

**Starting 5th February 2017**

**Ending in September 2018**

(May 2017 and 2018 there will be no classes and  
also on some important festivals)

**On Sundays 9am to 10.30am**

Venue: **Prempuri Ashram,**  
Chowpatty, South Mumbai



## **Highlights:**

**Study the Geeta in a structured way through 30 lessons offered by CIF.**

**Sharpen your understanding through periodic evaluations**

**Learn Geeta Chanting, Meditation & many spiritual practices**

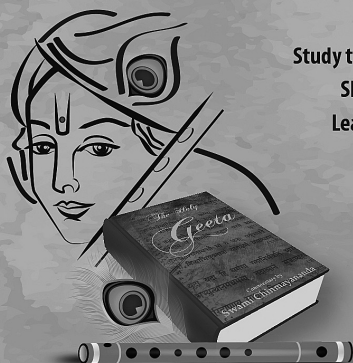
**Apply the Geeta in daily life**

**Prior background of Vedanta is NOT a must**

**Eligibility: 16years and above**

**Minimum Donation(Non-Refundable): Rs.11,000/-  
(Covers Course Material, Certificate and Activities etc.).**

**Any other Sponsorships/Donations for the above**



**Register online at <http://bit.ly/2i9mPn0> Ph: 9820073235 / 22884646  
[chinmayamissionmumbai.com](http://chinmayamissionmumbai.com) Email: [chinmayashivam@gmail.com](mailto:chinmayashivam@gmail.com).**





**Chinmaya Yuva Kendra**

invites you to

*Chyk*

**Essentials**

for

**Excellence**



Eligibility:  
13 to 28yrs  
only

**Interactions on Hanuman Chalisa  
for the Youth**

**Dates: Feb - 5,12,19,26**

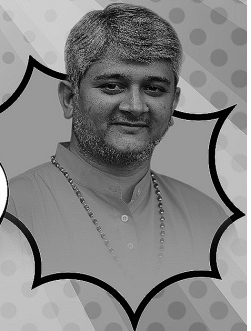
**March - 19, 26, April - 16, 23**

**Time: 2.30pm to 4.00pm**

**Chinmaya Sagar,  
Churchgate,  
Mumbai**



with **Swami  
Swatmananda**



Entry Free but by Registration. Register at [ChinmayaMissionMumbai.com](http://ChinmayaMissionMumbai.com) Email: [mumbaichyk@gmail.com](mailto:mumbaichyk@gmail.com)

# Chinmaya Mahima Zone

(Mahim to Dadar and Sion to Parel)

A happy and fun-filled welcome to 2017 by Balvihar children Matunga.

On 31<sup>st</sup> December Balvihar children welcomed 2017 with great enthusiasm .

Singing the new year song in Sanskrit was a new experience for them

*Varsa nutanam te shubham mudam  
Uttarottaram bhavatu siddhidam ...*

After the prayers and slokas, children recited the Alphabet safari chant in a nice rhythm. The alphabet safari explains with fun the different values children can learn and cherish. It is amazing how easily children understand and adopt these values.

It was game time and they played - the right thing to do - with full involvement. The game prompted them to think and answer.



This was followed by colouring the Happy New Year picture. All children showed a lot of interest and imagination and proudly displayed their art.

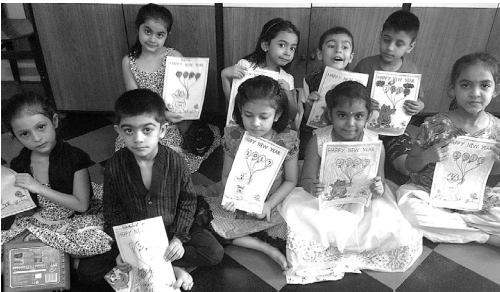
Towards the end, the children were thrilled to get the new year goody bags.

Indeed we adults can learn from children to enjoy the small things in life!

## Geeta Jayanti

The Mahima Zone celebrated Geeta Jayanti and Tapovan Maharaj Jayanti with great devotion and fervour on 10<sup>th</sup> Dec. 2016.

At Sankara Mattham, Matunga, the altar was decorated with the Geeta Chariot, Gurudev's photo, flowers and a beautiful Rangoli. Sampoorna Geeta Parayanam







started at 4.00 pm led by Shri H P Eswar, later at 6.00 pm the devotees chanted the selected 18 shlokas with the whole world, an initiative of the Govt of India - World Chants Geeta. The Parayanam was attended by about 35 devotees

The Parayanam concluded at 7.30 pm with Geeta Aarti and distribution of Prasad.

### Geethon at Matunga

On 11<sup>th</sup> Jan. 2017, Sampoorana Geeta Parayanam was done at the

residence of Mrs. Mandakini and Mr. Kirit Mehta. The occasion was the forthcoming wedding of their daughter Siddhi Mehta.

The altar was decorated with flowers adorning the Geetopadesh Ratham and Gurudev's photograph. About ten members of the Mission and many friends and relatives of the host participated.

The program concluded with Geeta aarti & neivedyam. There was sumptuous dinner for all.





## Classes by Br. Yukta Chaitanya

### Bala Vihar & Chanting

Every Saturday • 3.15 - 5.00 pm

### Medha Suktam Chanting

Contact: Sarika - 98203 00281



### Pre-CHYK (13 - 18 yrs.)

Every Saturday • 3.15 - 5.00 pm

Contact: Devika - 96198 61476cU

Venue for the above : Chinmaya Mahima Centre, Opp. Paradise  
Talkies, Opp. SBI Bank, Mahim - 400 016.



## Class by Swamini Krishnapriyananda

### Kathopanishad (Hindi)

every Friday

5.00 pm to 6.00 pm

Venue : Chinmaya Mahima Centre, Opp. Paradise Talkies,  
Opp. SBI Bank, Mahim - 400 016.

Contact : 9820000444

## **Pre-CHYK Class (13 - 18 yrs.)**

Friday 6.30 - 7.30pm @ Matunga

**Sevika - Anamika Chakravarty**

*Contact : Anamika 9769355585*

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## **Geeta Chanting Class**

**Sevak H P Eswar**

Every Tuesday & Thursday • 11.00 am - 12.00 noon

Venue: Flat No.203, Building-H/5, Gulmohar CHS, Pratiksha Nagar,  
Sion (East), Mumbai - 400 022.

*Contact: Smt Sarita Tayal - 24041654.*

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## **Shishuvihar Class @ Matunga**

every Tuesday • 5.30 pm - 7.30 pm

**Sevika - Bhavana Sarawal**

Venue : Shreyas Kapol Mandal, Shantiniketan Bldg., Matunga.

*Contact : Bhavana Sarawal 98331 88196*

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## **Shishuvihar Class @ Shivaji Park**

every Monday • 5.00 pm to 6.00 pm

Venue : 3<sup>rd</sup> Floor Brij Kutir, Shivaji Park

**Sevikas - Kumud Arora, Janki Bhatia**

*Contact : Bhavana Sarawal 98331 88196*

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## **Study Class on**

## **Kaivalya Upanishad**

**Sevak - Shri. Jagdish Thakker**

Every Saturday starting from 12<sup>th</sup> November • 6.00 to 7.00 pm

Venue : 108/3, Shri Laxmi Nivas, Telang Road, Matunga East.

*Contact : Shri. Ramoorthy 9769119303*

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# Chinmaya Jayam Zone

(Bandra, Khar, Santacruz, Vile Parle)

On 10<sup>th</sup> Dec 2016 we  
Celebrated Geeta Jayanti and  
Tapovan Jayanti with great  
fever and love

Swamini Krishnapriyanandaji  
guided us through each step  
beginning with an invocation of  
the Lord and then proceeding to  
sing beautiful bhajans.



At sharp 6.00 pm we began to  
read the verses as selected from  
the Bhagavad Geeta.



The collective voices rose  
in unison and the vibrant  
atmosphere was fully charged.

Later we chanted the Tapovan  
Shatkam, did the Tapovan  
Ashtottara Shat Naamaavali.  
Later Paduka pooja was  
performed followed by the Aarti  
for Bhagavad Geeta and Tapovan  
Maharaja ji.

Prasad was distributed and all  
present were filled with gratitude  
to the Lord and Our Guru.



# CHINMAYA MISSION MUMBAI

## ORGANISES

### SADHANA CAMP (In English)



at Uttarkashi  
by

Swamini Krishnapriyananda

•.....•  
Date: 4<sup>th</sup> to 10<sup>th</sup> July 2017

(Wednesday to Tuesday)

**Camp will be inaugurated on July 4<sup>th</sup> at 4 p.m.**

**All participants should reach in time  
for the inauguration.**

**Sub: Drig Drishya Vivek and  
Bhagavad Geeta Chapter 13**

**Gurupurnima will be celebrated at Uttarkashi**

**Camp Donation Rs. 6,000/- per person**

**(cheque should be drawn in favour of "Chinmaya Seva Trust") Send to  
Chinmaya Jayam, 101 Garden crest, West Avenue Road,  
Santacruz West, Mumbai - 400 054.**

•.....•  
**For further details, please contact**

**Ashok Shah - 9821157503 • Vijay Patil - 09819978073**

**Email : krishnapna@gmail.com**



## Sessions by Swamini Krishnapriyananda

### Vedanta Saar

Every Monday - 4.00 pm to 5.30 pm

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### Tattvabodh

Every Thursday - 12.00 noon to 1.00 pm

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### Ishyavasya Upanishad

Every Thursday - 4.00 pm to 5.30 pm

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### Bhaja Govindam

Every Saturday - 10.30 am to 11.30 am

Venue for all the above programmes is  
Chinmaya Jayam, 101 Garden Crest, West Avenue Road,  
Santacruz West, Mumbai - 400054.

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### Bal Vihar Classes

by Ms. Rupa Kumar

every Friday 6.00 pm to 7.00 pm

Venue : 201, Kaira Apartment, Union Park, Pali Hill,  
Khar West, Near Carter Road

*Contact 7506932205 for registration and any other details*



# Chinmaya Priyam Zone

## (Andheri & Juhu)

### Geeta for the New Age Arjuna

*If you are confused,  
it could mean you are righteous*

*If you are restless,  
it could mean you are a seeker*

*If you are emotional too,  
it could mean you are  
the New Age Arjuna!*

Life can be a battlefield, from Arjuna's perspective or a classroom from Lord Krishna's. But who is the perceiver? Am I the gross body, the subtle body or something more?

Am I really that imperishable Brahman, that pervades all beings and things? TAT TVAM ASI. That Thou Art. Yes you are that. The Timeless appeared in time to give the timeless message of the Timelessness of man to a confused and broken Arjuna, in the form of the Divine Song-the Bhagwad Geeta.

This spiritual unfoldment was the guarded preserve of few. Pujya Gurudev Swami Chinmayananda, a great orator, writer, leader, patriot and spiritual giant, realized the true purpose of his life. He worked tirelessly and

with tremendous energy for more than four decades to spread the message of Vedanta.

Inspired by the Ganges, he wanted and envisioned the flow of spiritual knowledge from the realms of Himalayas to the common man. Swamiji is one of the finest representatives of Indian spiritual heritage. The sprawling worldwide organization of Chinmaya Mission carries on the torch lit by this great saint. Their mission is "To Give Maximum Happiness to Maximum People for Maximum Time".

But how does one practically connect with who one really is- the Supreme Brahman? In a world that is struggling to meet deadlines, where communication is mostly digital, where the mind is whirling from one job to another, from one role to another, it seems ridiculous that one can still connect with that endless reservoir of calm, peace, and stillness. The only way we know is to numb our mind with more sound, more light, more alcohol, more drugs, more stories, only to wake up more distressed.



But it is possible. Chapter 6 of the Bhagwad Geeta tells us how. How to put a leash on our mind. How to increase the quality of our thoughts. How to decrease the quantity of our thoughts and redirect them to the oasis of peace within.

Pujya Swami Swaroopananda is a disciple of the Master of Vedanta and champion of India's spiritual wisdom, Swami Chinmayananda. Swami Swaroopananda left his family's thriving business in Hong Kong at an early age to seek what he now calls "Real answers to Real problems".

He was convinced that beyond our everyday joys and sorrows, there was something higher. He has held his audiences – adults, youth and children alike – spellbound by his amazingly practical and extremely user friendly approach to spirituality. He reminds us that there is a greater and more compelling Truth that provides the solutions to all our problems, enabling us to live a truly happy and positive life.

Recently he has taken over as the global head of Chinmaya Mission and we have the honour and blessed opportunity to hold a Geeta Gyan Yagna from the

27th of Feb to 2nd March 2017, at Bhaidas Hall 7-8.30pm. Entry is free. And all are welcome. He will be speaking on none other than the "Master Your Mind" Chapter 6 of the Geeta- the need of the hour!

*Come and experience  
the magic*

*Find the Happiness and Peace  
you deserve*

*Invoke the  
highest state of being inside of you*

*Realize the  
Lord within You*

*by Dr. Madhavi Khatpal*

### **Just Like That - a Fund-Raiser Show for Chinmaya Pradeep on 4<sup>th</sup> Dec. 2016 @ Bhaidas Auditorium, Juhu**

The hall was packed to capacity, nearly a thousand spectators on the morning of December 4<sup>th</sup>, to watch the wonderful show. This is the first time that, for a play in Mumbai the donor passes were sold out completely. The play by CHYK Mumbai, with the message of the GITA, was well received and much appreciated by all. The event was successful in all sense - book stalls, propaganda of our classes in the zone, as well as garnering interest

in our culture and work done by the zone among new comers.

**Geeta Chanting on the occasion of International Geeta Mahotsav 10<sup>th</sup> Dec. 2016 @ Chinmaya Priyam**



About 45 sevaks and sadhaks gathered on the evening on December 10, to chant the Holy Geeta along with our Acharya, Brni. Nidhi Chaitanya. It was a successful programme, where the centre was brimming and reverberating with the collective chants.

**Annual Makar Sankranti Gayatri Havan, 15<sup>th</sup> Jan. Juhu**

Our annual Makar Sankranti Gayatri Havan was attended by 25 participants. The event, with two havan kunds, started at 6.30 am. with the Purva Puja, followed by Ahuti offerings by



all participants, while chanting the Gayatri Mantra 108 times. This was followed by Hanuman Chalisa - 11 times, and the Maha Mrityunjaya Mantra - 11 times, with Ahuti. The havan was followed by breakfast and Prasad.

**Two year Bhagwad Geeta Class, every Monday from 12<sup>th</sup> Dec. 2016, onwards @ Juhu Jagruthi Hall**

For the two year Bhagwad Geeta course which will be conducted as per the CIF Bhagwad Geeta course, we have 171 participants. The first class began on December 12, with Brni. Nidhiji introducing the course and the greatness of the Geeta. As we report this, two class are already over.



Grief is the state of mind created by the absence of objects of one's liking.

- Swami Chinmayananda

# Chinmaya Bhakti Zone

## (Goregaon to Bhayandar)

**Vishnu Sahasranama Chanting  
on 31<sup>st</sup> December 2016**

weeklong Yagna at Mulund. On devotees demand, he agreed to expound on the Eighteen Geeta Shokhas which was part of the Global Geeta chanting - one stanza of each of the 18 chapters of the Geeta.

He explained with lively examples the concept of Karma Yoga and Bhakti Yoga. He emphasized on the need

As an appropriate goodbye note to the year 2016, around 20 devotees were present at our centre during 31<sup>st</sup> Dec. evening to participate for the final puja offering of the year to Lord Vishnu in the form of Sahasranama chanting. The chanting was followed by bhajans and Br. Damodarji's address to the devotees.

**Satsang with Sw. Asheshanandji  
(Acharya - Palakkad , Kerala)  
on 9<sup>th</sup> January @ Chinmaya  
Bhakti Centre**

Sw. Asheshanandji (Acharya - CM Palakkad) blessed our centre with the first satsang in Malayalam of the year 2017. He visited our center after his



of developing a universal vision of one-ness to get rid of all our inner vices and imperfections.

A person with such Geeta Vision not only kindles one's life but also becomes a great boon to the whole society. Around 35-40 devotees attended the talk.

A visit by Br. Damodarji to a Balvihar Class on 15<sup>th</sup> Jan. @ Bangur Nagar Goregaon West

Br. Damodarji visited a BV Class of Smt. Renuka & Sri. Murali Nair alongwith Yuva Veer Vibin.

He addressed the Children & Parents on the importance of sending the children to BV & CHYK Class. Vibinji rendered a lively song which emphasized the importance of parents as Prime Gurus and never to be forgotten. The song was repeated by children correctly & to the tune even though the song was quite big one. A chyk class would be started in a fortnight's time.

Br. Damodarji also visited Bala Vihar Class of Smt. Latha Sundaram @ Malad West.



Chinmaya Mission Member  
**ENTRY PASS (for ONE FAMILY only)**

**Maha Shivratri - 2017**

**THIS IS NOT A CAR PASS**

*This Entry-Pass will allow  
you/your family to enter the gate and  
join the Darshan queue from thereon.*

# CHINMAYA MISSION MUMBAI

presents

DISCOURSES (IN ENGLISH)

## BHAGAVAD GEETA

CHAPTER 14

( GUNATRAYA VIBHAGA YOGA )

By

**BR. SUJAY CHAITANYA**

( Resident Acharya, Chinmaya Mission Mangalore )

**Wednesday 15<sup>th</sup> February to Monday 20<sup>th</sup> February 2017**

**TIME : 7 pm to 8.30 pm**

**Venue :**

**11TH FLOOR CONFERENCE HALL,**

**THADOMAL SHAHANI ENGG. COLLEGE,**

**NARI GURUSHAHANI MARG, OFF LINKING ROAD,**

**BANDRA (W), MUMBAI - 400 050.**

*All are cordially invited*

Br. Sujay Chaitanya is an eloquent speaker on the Upanishads, Bhagavad Geeta, Sreemad Bhagavatam and other spiritual texts. An Electronic Engineer and Lecturer in an Engineering College, Sujayji was attracted to the teachings of His Holiness Swami Chinmayananda. He joined the Vedanta Course at Sandeepany Sadhanalaya of Chinmaya Mission at Powai, Mumbai. After completing the course, Br. Sujay Chaitanya has served the Chinmaya Mission at Bengaluru, Mysuru, Shimoga and Mangalore centres. The audiences have found in him an excellent spiritual teacher, who gives direction to live a purposeful and inspired life. A great opportunity to everyone to listen to the discourses on BHAGAVAD GEETA, CHAPTER 14. 'GUNATRAYA VIBHAGA YOGA'.



**For further information please contact :**

**9967771351, 9820082713, 9321235035, 8655878801**

**ENTRY FREE**

Chinmaya Mission & Sri Ayyappa Seva Samgham,  
Bangur Nagar organises

## Geeta Gnana Yagna

talks in English

by **Br. Sujay Chaitanya**

(Acharya, Chinmaya Mission, Mangalore)

## Bhakti Yoga (Geeta Ch 12)

5<sup>th</sup> to 11<sup>th</sup> March 2017 • 7.30 to 9.00 pm

Venue: Sri Ayyappa Temple Complex Open Hall,  
Bangurnagar, Goregaon West

All are Welcome



## Satsang on Gyaneshwari

in Hindi

by **Brni. Sandhya Chaitanya**

(Acharya - Kalyan)

every 3<sup>rd</sup> or 4<sup>th</sup> Sunday of the month

*Please contact the Bhakti centre  
for the Date and Timings of the Talk on 65235162*



## Talk Session by **Br. Damodar Chaitanya**

## Kaivalya Upanishad

by **Br. Damodar Chaitanya**

every Friday from 7.00 pm to 8.00 pm

Venue : 1/001, Ekta Bhoomi Garden, Next to Solitaire Honda Centre,  
Rajendra Nagar, Borivali East, Mumbai 66.

Contact : 8180547011 or 65235162



# Jagadeeshwara Zone

## (Powai)

**Jnana Yagna @ Hiranandani Gardens Powai.**

The evening sessions was taken by Pujya Swami Brahmanandaji on Chapter 5 of the Bhagawad Geeta.



The talks were very inspiring and brought home the basic that we are the nature of the pure self and the root cause of delusion is projection of the duality by the mind which can end only by knowledge of the Self. Once the quietitude of the mind is mastered and the intellect is absorbed in a state of Samadhi, liberation is truly achieved here and now.

Some pointers of Pujya Swami Brahmanandaji's discourse -

- 1 Undisturbed mind is Sanyas.
- 2 KarmYogi - you quieten the mind. Sanyasi, you remain

unconcerned about the ongoings of the mind.

- 3 Disturbances like anger, jealousy and desire are natural and inborn and one cannot get rid of it but we can bring the mind to a state of quietitude.
- 4 After every class the new teacher wipes the board clean before writing his notes. Similarly keeping the mind calm is important, if disturbances keep adding up the effect will be chaotic.
- 5 God does not want us to be sad. He is the power that keeps the world ready for use when we wake up from a carefree sleep.
- 6 If a small child has a blade in hand, one needs to offer a Chocolate, the blade will drop automatically, Similarly one needs to engage the mind in higher practises, it will just drop the negativity.
- 7 When we wake up, first the I wakes up then the intellect then the mind then the senses get activated then we perceive the objects around us, but from where does the I wake up ?



8 All activities of the Body Mind and Intellect happen in My presence. I don't do any thing.

9 Outlook of a Karma Yogi - Whatever happens is as per master plan.

Accept the Karma Phala without question and dedicate actions to the lord.

It is impossible to reach Sanyas without Karma Yoga.

10 Yoga is not mere physical exercise, but removing mental disturbances and quietening the mind.

So win over the senses, go behind the mind.

One who illuminates our intellect every time is truly a Karma Sanyas Yogi.

**The morning session was taken by Swami Swatmanandaji on Hastamalaka Strotam of Adi Shankara along with guided meditation.**



### **Area final round of Geeta Fest in Jagdeeshwara Zone**

This was organised on 27<sup>th</sup> November. Fifteen schools from Powai, Marol & Kaju Pada participated. Similarly G & H group also participated. Mumbai level Article writing, Quiz & Elocution competitions were organised on 4<sup>th</sup> of December.

All Mumbai Final of Geeta Fest 2016 were organised on 11<sup>th</sup> December. All zones participated. Jagdeeshwara zone bagged the prizes for elocution & video clip making as well as chanting.

- Nutan Bhalla

### **BalaVihar activities for the New Year**

The ashram BV kids welcomed the New Year by performing the Akshata Pooja while chanting Gurudev's Ashtottara Namavali, Lingashtakam and bhajans with utmost devotion and reverence. This was followed by New Year card making activity.

### **Hanuman Chalisa Chanting was organised by on 3<sup>rd</sup> Jan. between 10 and 12 noon.**

The event was attended by over 70 people and the energy and euphoria of the Bhaktas was overwhelming. A great beginning to the New Year.

## Classes for Chyks/Prechyks

10.00 am to 11.00 am

### Self Unfoldement & I Love You

Acharya: Sw. Sachhidanandji

Venue: Kaksha Rooms

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### Chanting & Bhajans

11.00 am to 12.00 pm

Sevaks: Arvind & Mathangi

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### Balvihar Class

10.30 am to 12.00 pm

Sevaks: Geetha / Sandhya Raghavan

Venue: Bal Mandir

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### Class for Elders

10.30 am to 12.00 pm

Text: Atma Bodha

Acharya - Raoji

Venue: Geetha Mandir

*Venue for the above classes is Sandeepany Sadhanalaya, Powai  
Ashram, Near Hotel Renaissance, Saki Vihar Road, Powai.*

# Tara Cultural Trust

## Sandeepany Sadhanalaya, Powai

### Mahashivaratri Celebration 24.02.2017

*Mahashivratri is the most auspicious day for worship of Lord Jagadeeshwara.*

*On this day devotees observe fast and do Pooja /  
Archana for welfare and spiritual upliftment.*

*This year Mahashivratri will be celebrated on Friday 24<sup>th</sup> Feb. 2017.*

*All are cordially invited to take part in this celebration at Jagadeeshwara Temple, Powai & receive blessings of Lord Jagadeeshwara & Pujya Gurudev.*

*From 6.00 am to 12.00 Midnight, Akhanda Nama Japa  
"OM NAMA SHIVAYA" will be chanted.*

#### **You may perform following Sevas:**

Seva Details	Contribution
1. Rudrabhisheka	Rs. 100
2. Shiva Sahasranama Archana	Rs. 100
3. Ganapati Homa	Rs. 500
4. Maha Rudrabhisheka	Rs. 500
5. Prasad Seva	Rs. 1000
6. Sarva Pooja	Rs. 1500
7. Day Prasad	Rs. 5000
8. Night Mahaprasad	Rs. 10000
9. Flower Decoration	Rs. 10000
10. Light Decoration	Rs. 10000

*The amount for Seva may be sent in advance to  
Tara Cultural Trust, Sandeepany Sadhanalaya, Chinmaya Mission,  
Saki Vihar Road, Powai, Mumbai - 400072, by Cheque / DD drawn in  
favour of "Tara Cultural Trust", mentioning the Name, Nakshatra / Gotra.*

*You may also book the Seva on the same day at the counter at  
Jagadeeshwara Temple. Please advise if Prasad is to be sent by post.*

*For more details contact Email Id [tct@chinmayamission.com](mailto:tct@chinmayamission.com)  
or Contact: +91-022-28570368 / 2427 / 5805.*

# Chinmaya Narayan Zone

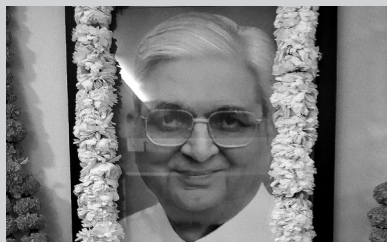
(Chembur, Ghatkopar to Bhandup)

## Inauguration of CHINMAYA NARAYAN Centre

22<sup>nd</sup> Jan. 2017 was one of the most auspicious days for Chembur Ghatkopar zone & Chinmaya Mission, Mumbai. With the grace of Puja Gurudev and Puja Guruji, Chinmaya Narayana Centre got inaugurated by Puja Guruji & Puja Swami Swatmanandji.

The function started with chanting of Guru stotram, Paduka Puja & Bhajans. Puja Guruji's address was simple and heart-to-heart as always.

The function was attended by senior office bearers of CST, CCMT and senior members of the zone. We are grateful to Sri. Narain Bhatiaji for the kind donation of the premises to Chinmaya Mission Mumbai.



## Bhagawad Geeta Chanting @ residence of uncle Mani

On 6<sup>th</sup> January, to commemorate the first death anniversary of our beloved Uncle Mani's wife, some selected chapters of Bhagawad Geeta were chanted at his residence. After the chanting, Uncle Mani addressed all devotees in which he elaborated how only because of co-operation from his wife he could devote his

time to the mission. Uncle Mani's entire family was present during the chanting and thanked the mission for the divine gesture.



## Study Classes

### Study Class - Sadhana Panchakam

Every Sunday from 9.00 to 10 am.

**Sevak : Sri. Prasad Deole**

Venue : Saraswati Vidyalay, Near Chembur Post Office, Chembur

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### Study Class - Updesh Saar

Every Monday at 7.00 to 8:30 pm

**Sevak : Shri. Prasad Deole**

Venue : Residence of Shri Prasad Deole, A-603 Parasnath,  
Sudha Park, Ghatkopar (East), Mumbai - 400 077

---

### Study class - Self Unfoldment

Every Sunday 4:30 to 6 pm

**Sevak : Shri. Prasad Deole**

Venue : Residence of Smt. Nalini Shivaram, B-207 Parasnath,  
Sudha Park, Ghatkopar (East), Mumbai - 400 077

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### Stotra Chanting Class

Every Wednesday 5 to 6 pm

**Sevika : Brni Sailata**

Venue : First Floor, Shiv Geet Building,  
Garodia Nagar, Opp. Union Bank,  
Ghatkopar (East), Mumbai 400 077

*Contact Ramani Amma : 022-25065726 or 9870625788*

# Chinmaya Prerana Zone

## (Navi Mumbai)

**‘3G’ a Balavihar Camp from 25<sup>th</sup> - 28<sup>th</sup> Dec. @ Chinmaya Prerana, Kharghar**

“My 3G - God, Guru and Goal”. Guru plays the pivotal role in guiding our path to achieve the ultimate Goal, God.

The camp events planned by Brni. Sandhya Chaitanya were well laid through to easily drive the importance of Guru into the impressionable minds of children by stories, activities and related games.

Guru Ashtakam, by Adi Shankaracharya and Guru Bhajans were part of the daily teachings by Brni. Sandhyaji during the camp.

A subtle concept such as, Guru is our connector to God and one’s ultimate goal is to reach

God, was easily conveyed to kids through enjoyable sessions on “God, Guru and Goal” by Brni. Sandhyaji, Brni. Sai Lataji and Br. Nilesheji respectively.

The mornings began with an active dose of aerobics followed by a session on God by Brni. Sandhyaji. After some refreshments, the campers had the opportunity to get a glimpse on Gurudev’s life history. Herein, Gurudev’s biography was beautifully rendered in 3 sessions by senior Chinmaya Mission members. Gurudev’s childhood, his participation in country’s freedom struggle as a patriotic youth and his transformation from Balakrishna Menon to Swami Chinmayananda was very touching and inspiring to one and all.







Sumptuous lunch was served early noon. The lively environment was kept bubbling by well organized action-filled games. Values such as team work, leading a team to completion of task, strength in unity was conveyed through other games. Enhancing Satvik Gunas was taught in a fun-filled manner by organizing a fair. Children were taught to make a good balance of “Bhog and Daan” by encouraging them to also donate to the needy as they enjoy themselves. Treasure hunt was the most enjoyable event.

Veteran Bala Vihar teachers from Thane graced the evening sessions by conducting an interactive session on “Nature is also our Guru” with riddles and songs. After the session, children attended the Mahalakshmi aarti.

Children then performed “Paduka Pooja” in the Mahalakshmi temple under the guidance of Brni. Sandhyaji.

They also sang Guru bhajans, presented a skit on Gurudev’s childhood and chanted the “Guru-Ashtakam” in the valedictory function on the concluding day of the camp.

Children had a enjoyable fun-filled learning experience during their stay at the camp and carried back cherishable memories.



# Tara Cultural Trust Sandeepany Sadhanalaya, Powai

Organizes

## Naishkarmyasiddhi Part - I Camp (in English)

by Pujya Swami Bodhatmanandaji

Starting on the Auspicious Guru Poornima Day  
on 9<sup>th</sup> July 2017

& Culminating with Shiva Sahasranama Archana  
on 23<sup>rd</sup> July 2017

7.00 am to 8.00 am • 4.30 pm to 5.30 pm

### Camp Highlights

- Vedic Chanting • Easy Sanskrit Lessons
- Stotrams • Satsang with Acharyas
- Visit to Chinmaya Pradeep

Venue : Saraswati Nilaya, Sandeepany Sadhanalaya,  
Powai, Mumbai

### *For more details & registration*

Email id - [tct@chinmayamission.com](mailto:tct@chinmayamission.com) or

Contact : +91-022-2857 0368/2427/5805.

Tara Cultural Trust, Sandeepany Sadhanalaya,  
Chinmaya Mission, Saki Vihar Road, Powai, Mumbai - 400072.



The ending of the EGO is the  
Realisation of the Supreme Self.  
- Swami Chinmayananda



On the occasion of Maha Shivaratri

Tara Cultural Trust  
organizes



# Shivanyali

A celebration of Music & Dance

19<sup>th</sup> to 22<sup>nd</sup> February, 2017

6.30 pm to 8.00 pm



## Featured Artists

"Tri Netra" by Kanaka Sabha Dance Ensemble	(Bharatanatyam)	19 <sup>th</sup> Feb, 2017
Shri Himanshu Nanda & group	(Bansuri)	20 <sup>th</sup> Feb, 2017
Vidushi Manjusha Patil	(Hindustani Vocal)	21 <sup>st</sup> Feb, 2017
Smt. Pramodini Rao & Chinmaya Naada Bindu Team	(Bhajans)	22 <sup>nd</sup> Feb, 2017

Tapovan Open -Air Auditorium

Sandeepany Sadhanalaya , Saki Vihar Road, Powai, Mumbai - 400072

Maha Shivaratri – February 24<sup>th</sup>, 2017

Entry Free! All are invited.

# SADHANA CAMP IN HINDI

at Port Blair, Andaman

by Swamini Nishchalananda  
(Mumbai)



## Texts

- Ganapati Atharavshirsh ● Shiv Leela
- Sri Bhagawad Gita Chapter 15

## Special Features

Ganapati Atharvashirsh Chanting  
Rudrabhishek &  
Shiv-Sahasranam Archana

Venue : Chinmaya Mission Ashram, Port Blair

Camp : 12<sup>th</sup> to 16<sup>th</sup> Feb. 2017 : Rs 6,000/-

Sight Seeing : 17<sup>th</sup> to 21<sup>th</sup> Feb. 2017 : Rs 15,000/-

for payments by Cash/DD/NEFT kindly contact camp coordinators

Please register your name by giving the following information like  
Full Name, Age, Address, E-Mail Id, Telephone No.  
or Mobile No. & Emergency contact number with name.

*further details please contact camp Co-ordinators:*

Mrs. Perna Shinde/ Usha Nair

Mobile No: 09892591238 / 09890067238

**Central Chinmaya Mission Trust**

Sandeepany Sadhanalaya, Powai, Mumbai - 400 072.

Phone No.: 022-28572367/2857 5806

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

Mr. Suresh Dixit - 09869105775 ● Mrs. Asmita Merchant - 09322593763

**CHINMAYA VIBHOOTI**  
VISION CENTRE



Welcome to an exceptional 3-week, in-depth study (in English) of  
**Taittiriya Upanishad**



From 1<sup>st</sup> to 20<sup>th</sup> March, 2017

With none other than  
Puja Guruji  
**Swami Tejomayananda**

cvswagat@chinmayamission.com    +91-9689891959  
Chinmaya Vibhooti, Post Kolwan, Taluka Mulshi, District Pune, 412108

**Per person suggested donation:**

**Rs 13,000 (triple)    Rs 17,000 (twin)    Rs 21,000 (single)**

**Bhiksha:**

**Rs 15,000 (lunch)    Rs 11,000 (dinner)    Rs 5,000 (breakfast)**

*“To define the Infinite is impossible, although through words we can certainly indicate the Truth to one who is ready to recognise the indication.” – Pujya Gurudev Swami Chinmayananda*





॥ हरिः ॐ ॥

## **SPIRITUAL SADHANA CAMP**

by



**Pujya Swami Tejomayanandaji**

at

Chinmaya Ashram, Toap-Sambhapur, Kolhapur

From 21<sup>st</sup> March 2017 to

31<sup>st</sup> March 2017

**Text**

### **KAIVALYA UPANISHAD (MARATHI)**

Camp Donation : Rs. 6,500 /-

Full Camp sponsorship : Rs. 2,00,000 /-

Contact : **Swami Atmadevananda**

Phone : 96230 74457 SMS : 90496 98703

E-mail : [atmadev@gmail.com](mailto:atmadev@gmail.com)





***"Service in this world is the  
highest prayer."***

*Pujya Gurudev  
Swami Chinmayananda*



**Sevak Training Camps (in English)**  
at Chinmaya Vibhooti Vision Centre, Kolwan  
by Pujya Guruji Swami Tejomayananda  
& supporting acharyas & faculty

**11<sup>th</sup> to 14<sup>th</sup> May, 2017**

**Camp for Bala Vihar Sevaks & Sevikas**

**18<sup>th</sup> to 21<sup>st</sup> May, 2017**

**Camp for Chinmaya Yuva Kendra Sevaks & Sevikas**

**25<sup>th</sup> to 28<sup>th</sup> May, 2017**

**Camp for Study Group & Vanaprastha Sevaks & Sevikas**

***Each camp will begin at 4.30 PM on the starting day, and conclude by  
lunch time on the concluding day (three nights)***

**Suggested Donation: Rs 2100/- per person per camp**

**Registrations to:**

**cvswagat@chinmayamission.com**

**+91-9689891959**

**Chinmaya Vibhooti, Post Kolwan, Taluka Mulshi, District Pune 412108**

***In HIS Service... At HIS Feet...***

*Chinmaya Seva Trust Maharashtra organises a*

**Spiritual Sadhana Camp  
@ Uttarkashi (Himalayas) in Hindi**

**Ishavasya Upanishad & Geeta 14<sup>th</sup> Chapter  
by Swamini Mangalananda**

**Ram Geeta (Ram Charit Manas)  
by Swami Devatmananda**

**5<sup>th</sup> May to 11<sup>th</sup> May 2017**

Venue : Tapovan Kuti, Uttarkashi , Uttarakhand, Pincode- 249 193

**Special Features : Gangotri Visit (charges extra)**

**Camp - donation** (Non-Refundable / Non-Transferable):  
(only for lodging-boarding for seven days at Tapovan Kuti and registration)

- Accommodation with unattached toilets - Rs. 4000 / -  
(Rs. 3500/- for certified Chyks)
- Accommodation with attached toilets - Rs 4500 / -

*Kindly send the amount by Cheque in favour of 'Chinmaya Seva Trust Maharashtra'  
at the following address, by Registered post only (no courier service).*

**Swami Atmadevananda, Chinmaya Ashram, Toap-Sambhapur, Kolhapur  
416 122 (Maharashtra) ● Phone : 0 96230 74457  
(E mail : [atmadev@gmail.com](mailto:atmadev@gmail.com))**

*Camp Donation can also be deposited directly On-Line in Bank of Baroda  
( Branch Nagaon, Kolhapur 416122) – Savings a/c Chinmaya Seva Trust  
Maharashtra No. 11530 10000 2244 (NEFT/RTGS: BARB-0-NAGAON)  
with immediate information by e-mail .*

**Last date for registration: 15<sup>th</sup> April 2017**

*(Seats Limited, Admissions will automatically stop even before the last date, if all seats are full.)*

*Campers willing to go in group to Uttarkashi from Haridwar, will be required to meet at the  
prescheduled place at Haridwar on 4<sup>th</sup> May 2017 at 5.00 pm From this place buses will set out for  
Uttarkashi on 5<sup>th</sup> May at 5.00am to reach Tapovan Kuti by lunch. Travelling charges will have to be  
borne by campers. Guidance will be provided to delegates wanting to undertake Chaardham yatra  
after the camp. Note that Railway reservations must be done at the earliest.*



**TARA CULTURAL TRUST  
CHINMAYA MISSION**

**SANDEEPANY SADHANALAYA, MUMBAI**

**VEDANTA COURSE 2017-2019**

**APPLICATION FOR THE 17th VEDANTA COURSE (in English)**  
(Study of Upanishads, Bhagawad Geeta and other Vedantic literature)

**ELIGIBILITY**

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

**DURATION**

Two years residential course  
(commences on Ganesh Chaturthi 25th August 2017)

**FREE OF COST (Only for Regular Students from INDIA)**

Accommodation, food, clothes, books and medical care will be provided.  
(Overseas and Guest Students will have to bear the full charges)

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

**APPLICATION FORM**

Request by email to [sandeepany@chinmayamission.com](mailto:sandeepany@chinmayamission.com) or write to  
The Chief Executive, Tara Cultural Trust, Sandeepany Sadhanalaya,  
Chinmaya Mission, Saki Vihar Road, Powai, Mumbai 400 072.

Ph: +91-22-28570368/28575805

Mobile: +91-9920223361/+91-8422995763

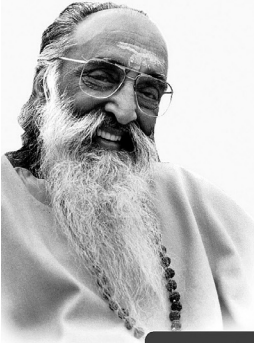
Download Application Form from  
<http://sandeepany.chinmayamission.com>



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

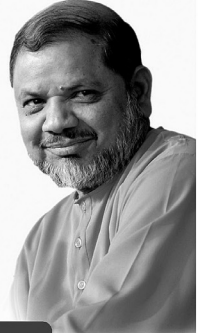
**APPLICATION DEADLINE:**  
**15th May 2017**





CHINMAYA MISSION

## VEDANTA COURSE 2017 - 2019 (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  
Thursday, 31<sup>st</sup> August 2017 to  
Sunday, 1<sup>st</sup> September 2019

### FREE OF COST

Boarding, lodging and all  
study materials will be provided

Resident Acharya : **Swamini Sampratishtananda**

(Brni. Shruti Chaitanya)

Guided by : **Swami Swaroopananda**

**Last date for sending applications - 31st May 2017**

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 : [www.chinmayagardens.com](http://www.chinmayagardens.com) (or) <http://sandeepany.chinmayamission.com>



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*Thoughts in an individual,  
expressed in the outer world of objects  
become his actions.*

*- Swami Chinmayananda*

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Swami Chinmayananda

**Chinmaya Mission Mumbai**  
cordially welcomes you to



# Master Your Mind

Through Dhyana Yoga based on Chapter 6 of Bhagwad Geeta

by

**HH Swami Swaroopananda**

Global Head, Chinmaya Mission



**27th Feb - 2nd Mar 2017 (Mon - Thu)**

**7pm - 8:30pm**

**at Bhaidas Hall, Juhu**

**Details on  
Page - 26.**

**ENTRY FREE. ALL ARE WELCOME.**

See inside for Donation and sponsorship options

call **26112358 / 26112359**

or write to: [cmpriyam@chinmayamissionmumbai.com](mailto:cmpriyam@chinmayamissionmumbai.com)

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