

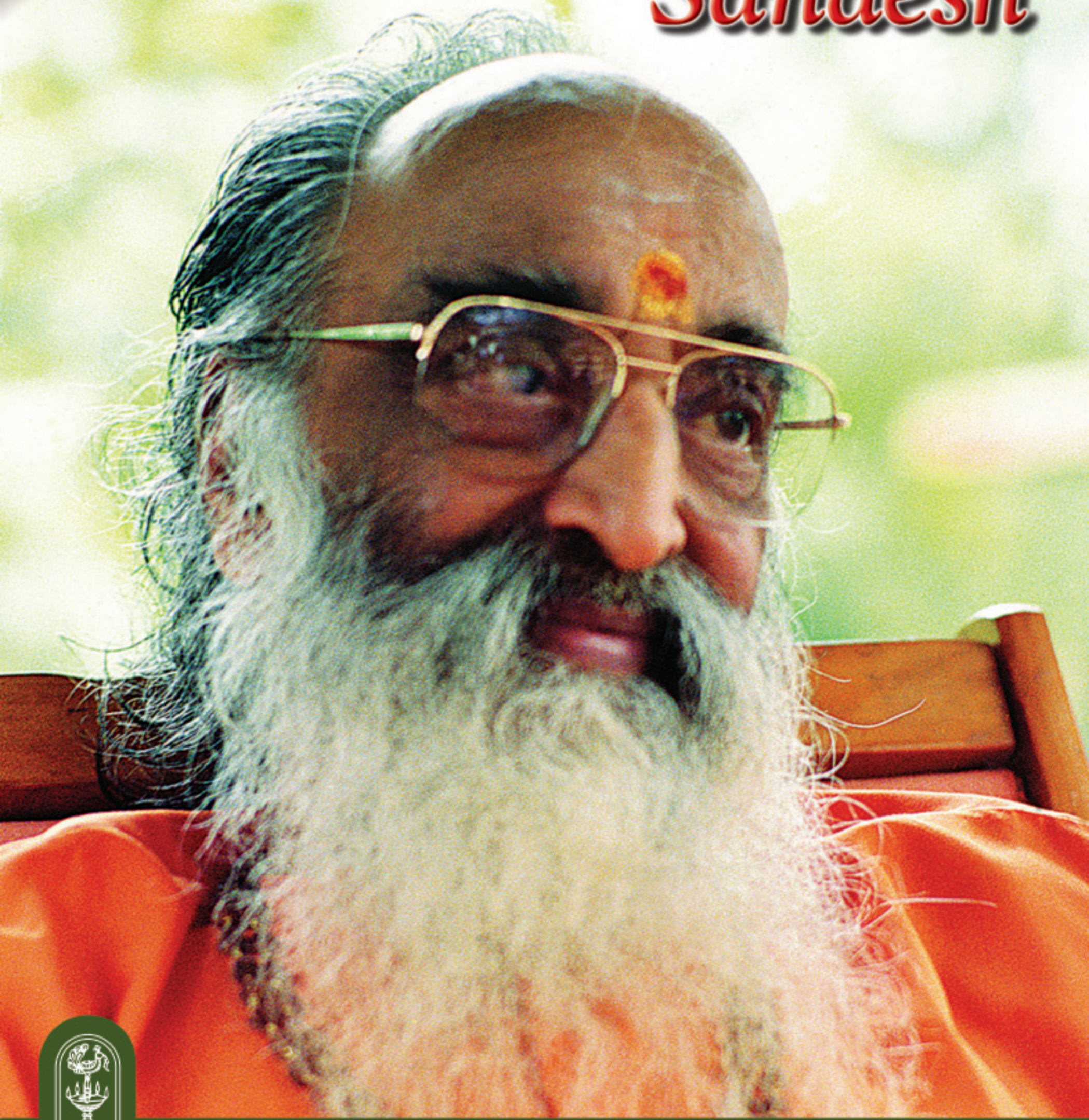
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# Chinmaya

# Sandesh



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

# Chinmaya Mission Mumbai

invites you to

## CHARDHAM Sadhana Camp

Dates:  
26<sup>th</sup> May to  
6<sup>th</sup> June 2017

by **Swami Swatmananda**

### Highlights

- Haridwar - Ganga Aarti
- Visit Divine Life Society @ Rishikesh
- Trek to **Yamunotri Dham** (5Km one way) & Hot springs
- Uttarkashi - Tapovan Kutir,
- Kashi Vishwanath & Ganga Snan
- **Gangotri Dham**
- Gupt-Kashi, Dev prayag, Rudra Prayag,
- Trek to **Kedarnath Dham** (14Km one way)
- Joshi Math of Adi Shankaracharya
- **Badrinath Dham**, Mana village, Saraswati River, Vyasa Guha
- Rishikesh - Ram & laxman Jhula, (Optional - White Water Rafting)
- Visit Akshardham, Eternal Gandhi at Delhi

Eligibility: 16yrs to 65yrs. (Fit to walk & trek)  
Admission at the discretion of the Acharya

**Contribution: Rs.27,000/- Per person**

**(Non-Refundable. From Delhi-Delhi. Includes stay, food, travel.**

Does not include any personal insurance, extra costs due to landslides, emergency etc. Conditions apply.)

Travel will be by bus/tempo travellers and accommodation  
will be in budget hotels/ashrams as it is a sadhana camp.

Report at Delhi by 9am on 26th May.

Departure from Delhi on 6th June after 7pm

Cheques to be made in the name of "Chinmaya Seva Trust"

**For Registrations contact - 8108274222**



Online registrations at [www.ChinmayaMissionMumbai.com](http://www.ChinmayaMissionMumbai.com)



# Chinmaya Sandesh

March 2017 Spiritual Monthly Bulletin of Mumbai.

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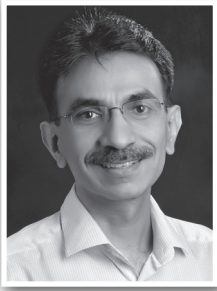
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# From the President's Desk

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Om Shree Chinmaya Sadgurave  
Namah!

Samanvaya conference of Chinmaya Mission Mumbai was held on 28<sup>th</sup> & 29<sup>th</sup> January 2017 at Chinmaya Vibhooti, Kolwan. Samanvaya is confluence of ideas. Members of Executive Committee, Zonal Committees, CHYK, Grass root activity teams, etc come together and discuss about the achievements of the yesteryear and the lessons learnt from the same. And brain storm about developing blue print of various activities/events/programs for the coming years.

We must be proud of our achievements in last few years. We had grand celebration of Birth Centenary Year of our Pujya Gurudev with Chinmaya Ananda Utsav, 8<sup>th</sup> May-100<sup>th</sup> Birthday celebration program

and inauguration of Chinmaya Pradeep, a first of its kind outdoor Vedantic vision park at Powai Ashram based on the life and teachings of Pujya Gurudev. Having done all this, what next?? This question “what next” propels us to think about developing vision for coming years.

Vedanta tells us to get anchored in the changeless supreme reality. But, till we reach there, we have to face the ever changing world and change ourselves with time.

Few years back, there were no mobile phones, Whatsapp and Facebook and now everyone seems to be using them. Similarly in near future we may see driver less cars. Imagine you call a taxi and a car without driver is at your door which will drop you to your office while you work on your laptop during the journey. One may want to listen to a spiritual lecture while on such a journey as the technology takes care of driving the car. So, the world keeps on changing and the need of the people also keeps on changing.

We must remember the motto of the mission given by Pujya Gurudev “giving maximum

happiness to maximum people for maximum time". To do this, we must tune ourselves to the need of the people. What we offer to the people must be relevant to their needs.

With new technology, a time may come when most of our classes and study groups will become webinar classes. Let us equip ourselves to the changing time.

The need of the day is to inspire youth of the country. India is the country of youngsters. We intend to evolve new ways of engaging youth and anchoring them in our scriptures. Let us offer new and unique classes and courses to working professionals. Let there be something more meaningful for Vanaprasthis. We are open to suggestions, please share any inspiring idea you may have.

One of the first Gyan Yagna by Pujya Swami Swaroopanandaji as Global Head of the Mission was held at Bhaidas Hall, Juhu from 27<sup>th</sup> February till 2<sup>nd</sup> March 2017. Topic was "Master Your Mind" through Dhyana Yoga based on Chapter 6 of Bhagwad Geeta. Pujya Swamiji took the overflowing audience on a divine journey from being slave of the mind to become master of the mind.

We are happy to announce that

now we have our own centre, Chinmaya Narayan at Ghatkopar, which is donated by our trustee and great devotee Late Shri Narain Bhatia. There are many such devotees who devote their time and wealth for supporting a noble cause and leave their assets for the use of welfare of the community. By the grace of Pujya Gurudev, every zone in Mumbai is growing in activities, reaching out to more number of people, creating teams of sincere and dedicated volunteers and with the support of well-wishers, taking forward the vision and mission of Pujya Gurudev.

Chinmaya Pradeep is now open for visitors. Please visit with your friends and relatives and get inspired to live life based on the wisdom of Vedanta. Chinmaya Pradeep deserves all your support. Become a volunteer to escort visitors, help in its publicity, help in its office and admin work or offer to look after Pujya Gurudev's Kutiya. There is so much to do. Kindly contribute generously for its running and maintenance. Various donation options are available. Contact office for details.

*Unto Him Our Best.*

**Mukul Patel**

President -

Chinmaya Mission Mumbai

# Chinmaya Chintan

## Nature Reflects Man

Swami Chinmayananda



If the world outside was not there, you and I cannot survive upon the surface of the globe even for one hour. When I say the world outside, it includes everything. The Sun and the Moon and the stars onwards to the plant kingdom and the animal kingdom, the earth itself, the rivers and oceans, the entire world minus you is necessary for you to survive and live the life. This is why in narration of creation in scriptures and in all religions, they first declare that the world was created and then man was put inside the world. Not that man was made and then the world was spun around him. No, the world was first created and on that platform, when the scenario was ready for man's

activities and life, then alone man was introduced. Christianity tells of the Garden of Eden and then Adam was put. In our ancient Hinduism also, the world was created first and the last was the masterpiece of creation, MAN. And the Lord was so happy in making that masterpiece and Lord sent him to the world with certain instructions. 'You need not any longer approach the Lord to improve the world for the conditions there; but you are the Master for the entire Universe.'

It is not an exaggeration. It is not a cock and bull story. It is true. The world outside is necessary for our existence. To that extent, we are slaves to the world outside. If the Sun and the Moon and

the Stars are not there, if the gravitational force is not there, the phenomenal force is not there, if the oxygen and the air in the atmosphere are not there, if water is not there... you cannot live. Entire nature is necessary. These are the paraphernalia for you to exist and get fun.

In existing and functioning everything is given to us as a gift like the Sun and Moon and the stars and the oxygen. Are they not free? If these are not there what can your technology produce? So the entire thing is a gift to us. Not only the outer world that is necessary for you and I to survive has come as a gift, we have the equipments to contact the world and milk out our experiences. A pair of eyes, ears, nose, tongue, mind, intellect, these instruments are also a gift. Whether the body is healthy or unhealthy, efficient or inefficient, the mind, a brilliant intellect or a duller one-everything is a gift. No doubt, in our vanity we think that we made a success, we achieved. Really speaking, you could not have achieved but for all these gifts. So, ultimately that achievement of yours is also a gift alone. But our vanity will not accept this unless we correctly start thinking.

It is all a gift. When a gift is received, the recipient is a slave and the giver is the Master. So all are slaves. I mean-the whole mankind, even me, we are all slaves in the sense that HE is the Master, the giver and we are the recipients.

If you are my employee and I am your employer, I am giving you the monthly pay, whatever be the orders and labour laws, you are slave to me. Similarly we are all slaves. The Aryan genius was very allergic to the idea of slavishness. He does not want to be slave to anyone-let alone the wordly powers, even GOD. His entire system revolted against the idea that He is the supplier and I am only a receiver-a beggar at his door, every moment. So the Aryan Masters started thinking. Is it possible that I can be the Master, even though He may be the omnipotent, omnipresent, omniscient, the Lord of the whole universe. The greatest discovery of mankind is that you can conquer Him and He can be an implicit slave. What is the method? That is called 'spirituality', meaning:

Whatever we have is His gift to us. We have nothing to give him. How can I give him anything when nothing is mine? The



great rishis pondered over it and found out a strategy by which the omnipresent, the Lord can be wagging his tail and walking behind you, an implicit slave. How?

*What you have is His Gift to you  
What you do with what you have.  
Is a Gift of You to Him.*

I am not twisting the words and trying to confuse you. What you have is His gift to you. What you do with what you have is a gift of you to Him. When we start giving Him the gift, he becomes a recipient. When he becomes the recipient, he is a slave and I am the Master, Don't think that I am exaggerating. Suppose there is a servant who has served your family for 20 years. Today he is the head of the family. He may be working in the kitchen. He is still working in the kitchen. He is still living in the servants quarters, but *de facto* he is the head of the family. He orders everybody and everybody surrenders, to him implicitly. How did he reach this position? The *de jure* proprietor, the owner becomes slave to him. He is a recipient-no doubt. He is paid, but the way he worked there with all loyalty, honesty, truthfulness, being more careful about your health than you yourself, has brought about this

change. Whatever the servant says, you accept. Similarly in any institution, a member of the institution is in the pay roll, he is dedicatedly working without looking at the watch, he is inspired by the very ideal of the institution and he is working day and night for it. Don't you think that the Board Member, the Managing Director, all the others will start accepting his ideas? Why? He has become much more faithful to the institution than the very organisers or the Committee itself. Honestly speaking, between us, I am supposed to be the top or chief of the Chinmaya Mission; But seeing today's performance of the CHYKs who have worked with so much dedication and made it such a success, don't you think, I slowly start feeling, that I am a receiver and they are the givers?

Now, if the Chinmaya Yuva Kendra people come and say that 'Swamiji we have got another idea, but we want Rs. 5000.' Will I not take my kamandalu and beg for them and bring and give it to them immediately? Suppose there is a son, he is looking after his father, serving him, very loyal, obedient. Don't you think that the father and mother will discuss matters with the son when taking any decision? Why? That fellow

has been so loyal and obedient. There are other sons and they don't discuss with them at all. Why? They are disloyal to the family. If this is understood learn to apply your faculties, physical, mental and intellectual in His service. All scriptures advise us to have the attitude.

"Thy will be done not mine, not mine, not mine. I am only an instrument, Oh Lord, make use of me!"

Sri Ramanuja and Sri Madhava also stress. Prapatti-surrender. 'Use me O' Lord, I am surrendering. I am all for you. You may use me or disuse me or abuse me. It doesn't matter to me. For DVAITINS the Lord is SAGUNA. In Advaita philosophy, this ultimate omnipotent, omnipresent, intelligence Brahman is the cause for the universe. Cause is never away from the effect. All the effects are nothing but the cause in different forms. All mud pots are nothing but clay in different forms. All gold ornaments are nothing but gold in different forms. All waves are nothing but ocean in different forms. The entire universe around you has all come from Him, the cause. That cause is unachieved, ever pursued, pervading in all beings.

Therefore, whatever faculties that are given to me, all of them are made use or employed not for my selfish desires, but for the benefit of others. Am I not offering Him the very faculties that he had given to me?

I am a limited Creature, no doubt, and I cannot be omnipresent. True. But He is present all over. Every name and form is nothing but his moving temple. A touch of life. He is in every form, plant, animal and human. This vibrant vitality that vibrates through every living being is NARAYANA.

So, when I start serving everybody, without consideration of caste or creed or colour or belief or behavior, be he a cruel monster or a divine individual-*Sunica Swapaakecha Panditaah Samadarsinah* - so they are all nothing but the Lord. But when an individual surrenders his stupid ego, his vulgar selfishness and starts using all the faculties given to him for the service of others, He is the one who is receiving it through all these names and forms.

Try for six months this method and thereafter just look back. You find Narayana standing there, ready to do whatever you want

him to do. He has to. Because he becomes the recipient. He is an employee. I am the employer. Why? I am sweating and helping him, giving Him and he had to receive. He cannot refuse it. There is no choice. Everi you and I cannot deny His gift because it is thrust upon us. Similarly we thrust upon Him. The poor Lord will have to be your slave. Lord is always a slave to his devotees. The moment I use the word 'devotee,' don't think of one who goes to Tirupati every year and gives money and gold to the temple. That is not devotion. 'Devotion' means devotion to the Lord at every moment. This kind of devotion is lost in this country and it is a sad thing. With the advent of the Scientific Revolution, the West has given the go-by to devotion and faith. No doubt they achieved a lot, but the loss of faith and devotion has brought about innumerable evil results-corruption, immorality, vulgarity, brute animalism. Man has achieved significant conquests over Nature. But the wild brutal aspect of Nature within, has gained possession of Man. In their thoughts, ideas and actions men have become worse than animals. This is what you call as today's technological development.

The glory of man, compassion, mercy, tenderness, love, forgiveness, everything is gone. Whether it is your country or all over the world, the entire system got upset. Around 11 years ago, they first discovered that tampering with nature leads to disastrous results. And out of it came a new science called Ecology. If damage to Ecology continues in this fashion, there is a chance that man on the surface of the globe will be wiped out.

The ozone layer is being depleted. We are plundering the earth completely for the raw materials in order to have large scale production so that everybody may have enjoyment from outside. Science developed without self control and where are we now? It is a glory, no doubt that we have discovered Neutron. Thereafter what did we do? Started making weapons to destroy each other and today they don't know to curb it because they don't know how to destroy the weapons. Neither you can put it in the ocean because ocean will be polluted. You can't put it under the earth because the earth will be polluted. You can't throw it into the sky, because then the whole world will be in danger. What can you do? They don't know. The nuclear monster

that they have created is now threatening to destroy the entire earth.

The purely material outlook and values that have replaced devotion and faith in man, that have made man selfish in the extreme, that have propagated the philosophy that only the fittest must survive and the others must fend for themselves—these have brought about a maladjustment of the economy all the world over, where the rich continue to grow richer and the poor helplessly become poorer and poorer. Markets slump while the poor find the prices increasing beyond their means. The present deplorable condition of Lebanon, one of the most beautiful countries, is a witness to the selfish conflicts encouraged by third countries and being continuously fanned during the past many years.

We need badly tranquility and peace to alleviate the hardships of vast populations all over the world living in appalling conditions. But what do we have—there is no war declared, nevertheless, undeclared wars have been going on in many parts of the world, directly or indirectly supported by certain big powers—in South Africa, South America, Middle

East, North Africa, Afghanistan, Iraq, Iran, Kampuchea, etc.

I have already mentioned about the ecological imbalances, the depletion of the ozone layer in the atmosphere which is protecting the world from the effects of the Sun's radiation. There is disturbance in the arrival of the seasons. We hear of untimely rains, failure of monsoons, unseasonal snowfalls etc., upsetting all plans and calculations made by us.

In Uttara Kashi, during my early days, one hefty looking Brahmachari told me that there is a valley, about 13 kilometres from the Uttara Kashi town—a valley, flowery and beautiful. So, generally, when the Mahatmas have got some time and when they have collected enough rotis, they go there and spend 2 to 3 days in the open. It is so beautiful and inspiring. “But,” this man told me, “here afterwards, Swamiji, one thing is certain, I will not go into that valley” His complaint is that whenever he went there, the valley gave the call “You are a fool,” three times. I understood. One day I went with him to the valley. What he had told me was true. When he cried out “You are a fool”, the valley echoed “You are a fool” three

times, one after the other. I told him, "Friend instead of calling out that you are a fool, say 'I love you' So the young brahmachari called out, "I love you" and kept quiet. Three times the lifeless stony mountains repeated to him, 'I love you, I love you, I love you.' What I meant was, echo is depending upon what sound you make. If you curse the world, the world curses you three times. If you hate the world, you get three times hatred. If you learn to love the world, three times the love that you can give will be received by you. It is man who is the deciding factor. Nature reflects man. If you are bad, nature will behave badly. If you are good, the nature changes immediately, to be beneficial, and benevolent to man. In the third chapter of the Geeta, Bhagavan says that the creator ordered that when you are cherished by the yagna spirit by the society or the community, you shall cherish them back, and thus PARASPARAM mutually, *bhavayantah sreyaah param avapsyasi* - cherishing nature and nature cherishing man, may you reach the highest shreyas, the highest prosperity, peace and joy.

Until we change, the world is not going to change. The western idea is wrong not only

that it is not effective, it is wrong. To the modern world of politics or sociology, nature, the world outside is something to be manipulated. As though it is a machinery that you can correct and repair. It is- not an inanimate thing. The outer world is a living, pulsating organism. It is only the grand thinkers of India who have recognised it fully, that is His *Vishwarupa*. that infinite reality. It is a *Viraatrupa*. It is a living, throbbing equipment. It is not a thing to be manipulated, but it is a thing to be cultured and nourished, respected and revered. Get your things done as His grace and blessing. It can be invoked, if you approach nature, the outer world with a right attitude. Following the modern economics, politics or sociology, in our country at this moment, we are going through a programmed, devastatingly costly path. But I guarantee that there will be no result. Crores of rupees are being pumped into grandiose plans borrowed, of course, from the World Bank. Your grandchildren will have to pay for it, for the stupidity of this generation. Crores of rupees are being spent on an idea, that the thoughtless millions in this country, can get inspired, by the

call "Cleaning Ganga," "Ganga mataji ko clean karenge"! How nice they are! Ganga will never be clean unless the people living on both sides of the Ganga cleanse themselves. Just think! When I am saying something, I am trying to illustrate. I am not criticising. Now Ganga is coming from the melted waters of the snow peaks of Himalayas. It is made impure by the people living on both sides. The factories that the thoughtless system has created there are discharging their effluents into the river. All the cities on the route, on the length of the Ganges are pushing the entire sewage into it and tonnes and tonnes of dirt is poured into it. They are cleaning Ganga by 'soda powder'. Do you think you will be ever able, to clean it? On the other hand, look at it this way. If we clean the industries that strictly come under laws and we educate the people living on both sides of the sacred river that it is their culture, that they should not make it dirty-educate them. All this can be done at a fraction of the cost that is being now spent. You educate them and when the people change, the Ganga will purify herself. You need not purify her. She is even now pure. But what can she do?

When so much of your dirt is put in, she temporarily becomes dirty. The very clean waters of the melted snow will push these waters into the ocean and it will clean itself. You clean the hearts of the people. In the same way, anyone of you can conquer the universe around you. Because you are the centre. You change, the world will change. But you ask, why is our country like that? YOU are the cause. The man who is asking the question, you are the cause. Why? Because you have not purified yourself. But you say, "Swamiji, what is the use, I am a nobody. If I purify what happens?" You try to purify and then you watch.

The best definition of infinity is, I think, "The Infinite is a circle whose circumference' is nowhere & whose centre is everywhere." Think of it. Meaning: Everyone of you is a centre of the entire universe. You change, the world will change.

At the moment, I am a drunkard. What is the world that will come around me? Drunkards. Then I say that they are the cause for my drinking. I stop drinking and drunkards will stop coming and non-drinkers will come around. How did I change the

world around me? By changing myself. Nobody loves you because you are not lovable, because you are a disrespectful creature. What should you do? You start respecting those who are around you. They will start respecting you. It cannot be otherwise. You start hose-piping everybody with your love. Don't ask the permission, 'May I love .you?' Splash it! You start loving everybody with a full heart.

Love means love without any desire. Love with a desire is called 'lust'. You and I have got only lust at this moment. Have pure love. Splash it all around. Anybody coming anywhere near you must feel the love. You start loving everybody. Everybody will start loving you. It cannot be otherwise. It is an universal law. If I go near a fire I must feel hot, not cold. It can never be otherwise.

Similarly, love generates love. We have forgotten all these beautiful techniques of mastering the world around, improving our country, beautifying our society. In short, transforming the world around, by changing ourselves. Without you changing, world is not going to change. Revolutions or changes in the constitution

will not change the world or bring peace, 'I give a gift to HIM, by more intelligently putting to use what has been given to me as a gift.' So what you have is a gift to you, what you do with what you have is your gift to Him. With my gift I conquer Him, make Him a slave. He will be there, behind me. Why? Because I am servicing the whole world. If that attitude is taken by our teenagers, the improvement of this country will come; the world will change by itself.

When I become healthy, the reflection of me in my mirror becomes healthy. When I become unhealthy, I may break all the mirrors because I don't like what I see, but the mirror is honest, it reflects exactly what I am. So, when you look into the mirror and you don't like it, immediately, remember this is the suffering which all others are going through, looking at you. You develop your own health, then your reflection will change, because the world outside is ruled by, governed by, determined by, MAN. Each one of you is responsible for the condition today and let us try to change the world by changing ourselves.

*Courtesy : Tapovan Prasad, April '89*

# Tejomayam

## Prahlada talks to the Lord

Swami Tejomayananda



After the Narasimha avatara, when Hiranyakashipu was killed, no one dared to go near the Lord as they were afraid of His ferocious form (*ugra rūpa*). The fire-year old Prahlada was sent to Him and the Lord took him on his lap. Prahlada's hymn to the Lord is one of the most beautiful stutis in Srimad Bhagavatam. Pujya Guruji brings it to us in the form of a delightful conversation that gives it a sense of immediacy and personal appeal.

At the touch of Bhagavan's hands, Prahlada's heart was filled with bliss. He was overwhelmed with love and devotion. He wanted to sing a hymn, but words failed him. Slowly he took courage and spoke.

**Prahlada :** Gods like Brahma, Indra and Varuna, sages like Kashyapa, Narada and Angira, and other exalted and accomplished souls have sung your praises. With all their poetic skills they have not been able to sing your glories exhaustively, nor have they succeeded in pleasing you completely.

How can I, a small child from an *asura* family, with no education, sing your glories?



However, I take courage from Gajendra who, though a mere elephant, could please you with his *stuti*. It is clear that wealth, noble birth, beauty, austerity, knowledge, valour or vitality of the senses and mind, strength, manliness, intelligence, *yoga*, *samādhi* *abhyāsa* etc. are of no avail; you are pleased only by intense devotion.

On the one hand is a *Brāhmaṇa* with wealth, good looks, noble lineage and so on, but without a trace of devotion. On the other is an outcaste who survives on dog-meat, but is endowed with unalloyed devotion. I think you will be pleased with the outcaste rather than the *Brāhmaṇa*. It is my firm conviction that devotion alone can please you.

You are most compassionate. It is not that you need worship and praise from people. The devotees feel very joyous by doing it; it is an expression of their love and gratitude. The mother dresses her child with good clothes and ornaments for her own joy, the child may not even be interested in it. When we decorate our idols and deck them up beautifully, it is a reflection of the beauty of our own heart. We purify our minds by worshipping you. Thinking thus, I gain the courage to sing Thy glories.

All of us are but various expressions of Thee. So when we sing your glories, you are seated in our hearts and enjoying it. O Lord, all these gods like Brahmaji are afraid of your terrible form. Please calm down. Enough of this anger. You have already killed the *asura* and now all the good people are joyous -not because someone has died, but because the scourge of all people has been destroyed.

**Bhagavan :** In that case, I will keep this form, and keep destroying wicked people.

**Prahlada :** There is no more need - people have become peaceful.

**Bhagavan :** What if someone else comes?

**Prahlada :** Bhagavan, people will become fearless by just remembering your name and this form. There is no need to maintain this *ugra rūpa*.

**Bhagavan :** Are you afraid?

**Prahlada :** I am not scared of this terrible form. Even though the lions and tigers are terrifying to us, their little cubs are not at all scared of them. They play fearlessly. We are like your children, so I am not afraid of this form.

**Bhagavan** : Oh, so you are fearless?

**Prahlada** : No, I am not afraid of this form, but I am afraid of this wheel of *samsāra*. Slowly, one by one, everyone is crushed by the inexorable wheel of time. It is terrifying. Bound by my own *karmas*, I am born again and again. I am tired and seek refuge in you. O Lord, when are you going to call me, “Prahlada, come here...”

Without your grace nobody can cross this *samsāra*. Life is nothing but union and separation with things we like or dislike. All union is nothing but preparation for another separation. Therefore I have come to you.

**Bhagavan** : Why me? There are other ways...

**Prahlada** : I have tried other remedies, but they are also causes of sorrow. Neither any other person, nor any other means can remove this sorrow. When are you going to accept me as your servant? I know that if I serve you, there will be no more sorrow. By seeking the company of good people and singing your glories I will go beyond this ocean of *samsāra*.

**Bhagavan** : Your parents and

others can help you.

**Prahlada** : Even parents cannot save their child because they are also subject to death and sorrow. Medicines which are supposed to cure cause other kinds of sorrow. People try to cross the ocean with a boat and often that boat itself sinks halfway. There is nobody but you who can save us and therefore I have come to you.

**Bhagavan (with a smile)**: You say that some medicines cause suffering, but generally medicines do cure the disease. Parents have also saved children and boats have taken people across rivers. I can give examples.

**Prahlada** : Yes, sometimes they do work, but medicines get the power to cure diseases only because of you. Superficially people think that something else has helped, but the true power, strength and potency come from you. When anyone is saved from anything anywhere at any time, it is because of your power and grace.

Who can cross over *māyā*, whose direct expression is the mind which creates *karma*, time and so on, without your help? You are the master of *karma* and time also. So I choose to come to you.

**Bhagavan** : You are underestimating the gods in heaven. They can also help.

**Prahlada** : I have seen them going in their aerial chariots. When my father laughed loudly or roared with anger, they would get scared and fall from their planes. Don't try to evade me. Please make me your servant. By no other method can a person attain any peace and happiness.

You are like a wish-fulfilling tree. You grant impartially whatever a person desires, whether it is noble or harmful. I seek your grace to cross this *samsāra* and I have the firm conviction that you will help me.

You are the unborn, imperishable, eternal cause of this world. From you Lord Vishnu manifested and from him came Brahmaji. Brahmaji could not understand his own origin. At that time you guided him to do *tapas* and then he discovered you in his own heart, had the vision of your cosmic form and became capable of creating this whole world. You alone create, sustain and dissolve the world through these gods. Their power is derived from you. The *Vedas* are stolen sometimes and you bring them back to Brahmaji. Sometimes the earth is

taken away by Hiranyaksha and you take a different form to bring it back. Sometimes as Rama and sometimes as Krishna you come and protect all.

I don't have any capacity of my own. My mind is terrible. It finds no joy in your *kathā* and keeps wandering off. Your form never comes to my mind; all other things do. When I sit for *kīrtan*, I feel sleepy. And if I don't sleep, I keep thinking of sense objects. I find great joy in speaking of all other things, but when it comes to *Ramayana* or *Bhagavata*, I feel I have heard it already. My mind is not able to meditate or sing your glories. How will I go beyond all this?

The condition of my mind is like that of a person who has many wives, each pulling in a different direction. My mind is married to the sense organs. The tongue pulls in one direction, the stomach in another, and the genitals in yet another direction. My ear is drawn by many voices and my nose leads me to many temptations.

I feel heart-broken seeing myself and all others suffering thus in ignorance. I want liberation not only for myself, but for everyone. When you can create the whole

world at once, why can't you liberate all beings together in the same way?

*Rishis* and *Munis* are interested only in their own *mokṣa*. They sit in their cave and meditate and are not interested in the liberation of others. Further, a *Rishi* is only there for some time; he is not eternal like you. He can help only those who come to him, whereas you can help all in your compassion.

**Bhagavan** : Prahlada, you are unnecessarily worrying about them, but they are very happy.

Why are you feeling sad for them?

**Prahlada** : Their joy (*sukham*) is like the pleasure of scratching an itchy wound which begins to bleed, gets infected and spreads further. They are not truly happy. Only a rare few have the patience to control desires and overcome them.

**Bhagavan** : The *Śāstras* give so many methods like *mauna*, *vrata*, studying, austerity, *japa*, *samādhi*, etc.

**Prahlada** : Bhagavan, all these are practised, but generally people fail to master their senses, and their learning and austerity

serves only to gain money, recognition and enjoyment. Never do they attain you. Their learning is only hypocritical and it feeds their pride and arrogance. So, all these methods have their own drawbacks. Your grace alone is the sure means of crossing over *samsāra*.

You appear as everything. You are the Reality without any attributes. You are also the one with attributes - Chandra, Surya, Vayu and Agni are your forms alone. Then why should I go to others for help?

I worship you with the six forms of devotion - prostrating to you, singing your praises, dedicating all my actions to you, serving you in adoration, remembering your lotus feet, and listening to your stories.

**Bhagavan (with a smile)**: May all auspiciousness come to you. I am very pleased. Ask for anything you want, because my *darśan* never goes in vain.

**Prahlada** : Bhagavan, don't try to tempt me. Afraid of temptations I have come to you. Being the son of Hiranyakashipu, I have tasted all wealth and prosperity and know how they bind one in *samsāra*. If a person worships you hoping for something in return,

he is not a devotee, but only a trader.

And one who bestows favours in order to obtain service from someone, cannot be a good master. The real master wants his servant also to become a master and not remain dependent on him.

However, when you are offering a boon, it is impertinent of me not to accept anything. So I ask you only for this: May desire never grow in my heart. Keep your holy feet in my heart in such a way that no desire ever grows there. May I never ask for anything in future.

**Bhagavan** : Why? What is wrong with desire?

**Prahlada** : When desire, passion or lust rears its head, the mind, the senses, vital energy (*prānas*), body (*ātma*), sense of righteousness (*dharmā*), fortitude (*dhr̥ti*), intellect (*matī*), modesty (*hr̥ī*), wealth and beauty (*śr̥ī*), valour or prowess (*tejas*), memory (*smṛti*), truth (*satyam*) - all these twelve things perish. On the other hand, a person who gives up desire attains you. So desire is what separates me from you. I want only you, O Lord!

**Bhagavan** : You are a true

devotee who will not ask even if I am ready to give! You have passed the test. However, for my pleasure, for one *manvantara* (4,320,000,000 human years) please rule over this kingdom for the welfare of the people.

**Prahlada** : But if I do that I will get bound.

**Bhagavan** : How will you get bound? I have blessed you. I promise no *karma* will ever bind you. Continue to listen to my *kathās* and worship me. Whatever *karma* you do, offer it to me. No *karma* will bind you. And after the *manvantara* is over, come to me. This is to set an example for others, to show that if they live like you, all *pāpa* and *pun̥ya* will be washed away and they will become free. Rule over this kingdom and your glory will spread everywhere. You will spread my glory everywhere. You will not be bound.

Prahlada, if someone praises me with the *stuti* you have sung, at the time of death he will remember me and you and become free from all bondages. So where is the question of your falling into bondage?

**Prahlada** : Bhagavan, I want a boon now.

**Bhagavan** : Oh! What is that?

**Prahlada** : Bhagavan, my father, out of ignorance, considered you his enemy. And he hated me also because I loved you. He used abusive language and was irrational and aggressive. Please see that he does not go to hell for this.

*We may wonder why he asked such a boon finally. Earlier, he did not maintain his identification as Hiranyakashipu's son; his relationship was with Bhagavan alone. However, since Bhagavan placed him on Hiranyakashipu's throne, establishing that relationship, it became his duty as a son to save his father from hell.*

**Bhagavan** : Dear son, your father Hiranyakashipu, along

with the past 21 generations of your family, has become liberated. All of them have been purified because a son like you was born in that family. How can they go to hell? One whose mind gets immersed in *Brahman* sanctifies his family, fulfils his mother's womb and purifies the whole earth. Moreover, I kept Hiranyakashipu on my own lap and killed him. He is purified and liberated. Now, complete the formality of cremation and take over the throne.

*Then Bhagavan sat on the throne and blessed it. Prahlada accepted it as his prasāda and his rajyābhiseka (coronation) was performed by the Rishis. He ruled for a manvantara with all peace and prosperity.*

*Courtesy : Tapovan Prasad, June 2010*

H. H. SWAMI TEJOMAYANANDAJI'S ITINERARY MARCH - 2017		
01 to 20 Mar, 17	Kolwan	(91) 90110 04542
21 to 31 Mar, 17	Kolhapur	(91-230) 246 5754 (91) 96230 74457 (91) 70830 38475
03 to 18 Apr, 17	Uttarkashi	(91-1374) 222 357 (91-1374) 223 373 (91) 96900 25745

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# Swaroopam

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## My Master - The Best Diamond Cutter

Swami Swaroopananda



“DROP IT ! DROP IT ! DROP IT !” “Three times the Master said. The student ‘dropped it’ and there he was.....

A quiet humble Master lived in a village 8 to 10 miles away from a town. A man from the town visited him regularly. He would go to the kitchen, check out the supplies, see what was over, make a list, then sit with the Master for some time and next day return bringing all that was needed.

One day, early morning, he came in his car, stopped outside the house, took out the supplies from the car, opened the old wicket gate and as he approached the house, the old wise master who was sitting in the verandah shouted, “Drop It!” The man looked around in confusion

and wondered if he had done anything wrong. He thought, “Maybe I should not be carrying my offerings with the left hand.” He dropped what was in the left hand.

“Drop It!” shouted the Master again. The man dropped what was in the right hand too, and stood empty - handed. Again roared the Master, “Drop It ... Drop that also !” The student looked around, thought for a moment and he dropped it’..... dropped even the thought “I dropped”. The last thought was ‘thoughted’ and what remained was the Pure Consciousness - One without a second !

All you have to do is to drop the 3.....Drop It ! Drop It !.....

Drop It !..... Drop the body, drop the mind and drop the intellect. This is all that has to be done. But to drop it, you need Viveka (Discrimination), Vairagya (Dispassion), Shatt Sampatti (The six - fold qualities of calmness of mind, etc. ...), Mumukshutvam (Burning desire for liberation). All moral and ethical values are for you to develop the capacity to drop. The final stage is simple. There is no 'Homework' - You go to the Master, listen, drop it and come back Realised. It takes no time; but to make yourself a fit student takes a lot of time.....

Thus the Rishi went on slowly and steadily with delicate strokes cutting the facets of our personality to bring out the brilliance and shine from the uncut diamonds of our hearts.

The Royal Peaks stood in their majestic glory as a crown on the head of Bhaarat. Precious jewels adorned it and in its centre, shining with infinite hues was the jewel of jewels. The Crest Jewel of the Himalayas - The Sidhbari Sandeepany .....And There, at the foothills of the Himalayas sat the King of the Rishi Culture holding in His hands the Crest Jewel of Discrimination - Vivekachudamani.

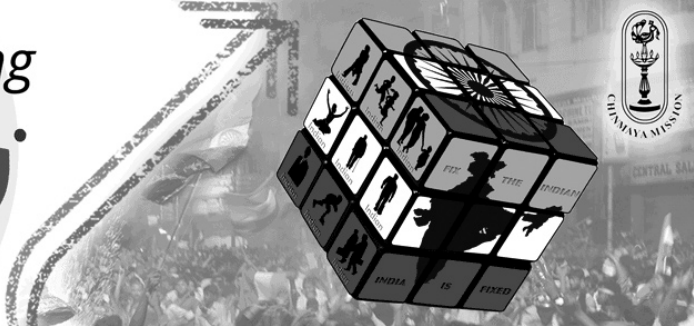
Diamonds alone can cut diamonds. Days passed by as the Expert Diamond Cutter, with verses of Sri Shankara's Vivekachudamani, broadened the girdle, narrowed the apex., flattened the face and cut out facets after facets in various angles to bring out the glorious shine of the one ray of sunlight into hues of multicolours, out of the shapeless and dull lumps of rocks. Indeed great are the blessings of The Diamond Cutter - Giving all, He claims nothing as His.....

“There is nothing that the Guru can give which you don't have already. But even if you have it, at this moment, it is shrouded in the darkness of your own ignorance, enveloped by the dirt of your own Vasanas. The teacher, through logical explanations, helps you to develop your own discrimination (Viveka). When Viveka dawns, Vairagya or dispassion will come. Whip in hand. He mercilessly removes the skin from the softest part of the body for every excessiveness in the student. When the attachments and the cravings are removed, when the rough edges are cut off, the brilliance which lies hidden in the heart of the rock shines forth. The opaque piece of white rock appears to have become a diamond.”



# Transforming INDIANS to Transform INDIA

A Chinmaya Mission Initiative



## Highlights:

- 29 workshops conducted from 16<sup>th</sup> Jan to 15<sup>th</sup> Feb, 2017
- Narayana Zone conducted 19 workshops and Jagdeshwara conducted 10
- BMN College awarded a trophy of appreciation to Smt Chitra Vishwanathan for her amazing co-ordination of TITI sessions
- TITI trophy awarded to LJNI College
- Training the Trainer sessions at Narayana Zone.

## Workshop Details ...

### @ Gopal Sharma International school on 20<sup>th</sup> January

6 parallel sessions on Universal Transformation were held for Std 6<sup>th</sup> and 7<sup>th</sup> by Trainers Anaghaa, Aravind , Geethaji, Yuvaveers Malvika, Varsha and Vibin.

### @ Gopal Sharma international school, Powai on 21<sup>st</sup> January

Cultural Transformation was held for around 70 teachers by trainer Geetha ji assisted by Yuvaveer Malvika.

### @ Saraswati Vidyalaya

17<sup>th</sup> Jan : Yuvaveers Malvika & Varsha - Intellectual Transformation - Std.V & VI

21<sup>st</sup> Jan : Yuvaveer Varsha - Emotional & Physical Transformation - Std.IX

24<sup>th</sup> Jan : Yuvaveer Malvika - Cultural transformation - Std.V & VI

27<sup>th</sup> Jan : Yuvaveer Varsha - Intellectual & Patriotic Transformation - Std. IX.

31<sup>st</sup> Jan : Yuvaveer Varsha - Patriotic Transformation - Std. VII & VIII

7<sup>th</sup> Feb : Yuvaveer Varsha - Emotional Transformation - Std. VII & VIII

14<sup>th</sup> Feb: Yuvaveer Varsha - Physical Transformation - Std VII & VIII. They were assisted by Paresha and Chitra.

**@SIES Institute of Comprehensive Education**



19<sup>th</sup> Jan : Chitra Viswanathan conducted a session on Cultural Transformation for the teacher trainees.



23<sup>rd</sup> Jan : Conducted 4 workshops for the teacher trainees. 48 of them have attended all the 4 modules.

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

24<sup>th</sup> Jan: Yuvaveer Varsha conducted a workshop on

Physical Transformation for the F.Y.BCA students.

3<sup>rd</sup> Feb: The college organized 2 inaugural TITI sessions for the entire F.Y. students in the auditorium for around 250 students; Patriotic & Cultural Transformation which were conducted by Yuvaveer Malvika and Yuvaveer Varsha & assisted by Chitra.



Chitra was felicitated by the college for being such a brilliant co-ordinator from Chinmaya Mission. A Proud moment for us all!!!

**@ LJNI college, Vile Parle**

30<sup>th</sup> January : 2 workshops were held back-to-back on Cultural and Universal Transformation for 65 Junior college NSS students by Trainers Geethaji and Yuvaveer Varsha

31<sup>st</sup> January : 2 back-to-back sessions were held in continuation of the TITI sessions being held



there in the same month. One was on Spiritual Transformation and the other one was an interesting interactive session conducted by trainer Geethaji assisted by Volunteers Chitra Vishwanathan and Pareshaji.

#### @ Vivek Vidyalaya, Goregaon

On 2<sup>nd</sup> February two sessions of Patriotic Transformation for Std. 11 were conducted by Yuvaveers Malvika & Yuvaveer Vibin.

#### TITI Trophy awarded

On 9<sup>th</sup> Feb the TITI trophy was awarded to LJNI college for conducting TITI workshops continuously for 3 years in their institution and for completing



all the 7 modules for their junior college students.

#### @ Thakur Junior College

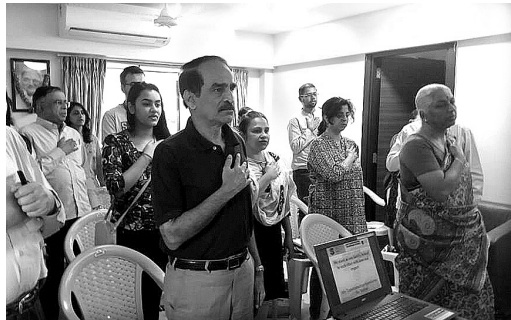
10<sup>th</sup> Feb.: Intellectual Transformation by Yuvaveer Vibin and Emotional Transformation by Yuvaveer Varsha were conducted at Thakur Junior College for 11<sup>th</sup> Std. Commerce students.

#### @ Narayana Zone -

#### 'TRAINING THE TRAINER'

TITI Co-ordinator Chitra organized a 'TRAINING THE TRAINER' programme in the new centre at their Zone. A fantastic initiative to induct more people into this nation building movement!

Aravind conducted Emotional Transformation to a full house assisted by Manisha and Chitra. The response and feedback was amazing and very encouraging. We look to inducting more members into the TITI family!



# Chinmaya Sagar Zone

(South Mumbai)

Vasant Panchmi by Br. Ved  
Chaitanyaji on 1<sup>st</sup> February @  
Chinmaya Sagar,



Through humor, anecdotes, quotes, Vedji explained the symbolism in Hinduism - many Gods, many expressions, but the Truth is One. The purpose of celebrating various festivals is to remember Bhagwan and make our lives more meaningful.

Vasant Panchmi is the birthday of Mother Saraswati, the presiding Deity of knowledge. We pray to her to gain knowledge. Logic can fail, but faith never fails. Through Shree Sharda Stotram

he explained the different aspects and symbolism of Mother Saraswati - She is the River of Nectar who removes all Sorrows of Samsara, She is Devi Bhadrakali, the Goddess of Auspicious Time, She is with a form as well as the feminine formless Brahman, She is the Nature of Consciousness, She is the Life Principle.

After the insightful talk, Shree Saraswati Puja was performed with deep devotion by all.

*Reported by Nimisha Parekh*

**Bala Vihar celebrating Makar  
Sakranti along with Swami  
Swatmanandaji on 4<sup>th</sup> February  
@ INT Centre, Babulnath**

The two-hour power packed session started with prayers followed by interesting facts on the festival Makar Sankranti.



Swamiji gave fascinating insights on the spiritual significance of the Sun God through stories and its relevance to the festival celebrated by various names throughout the country and the world over.

This was followed by a clipping on Chhota Bheem reinforcing the same. Doing the surya namaskar and chanting the Gayatri Mantra was so much fun especially after understanding its benefits.

The programme concluded with one hour of exciting games based on the facts of the festival. The programme concluded with a hilarious laughter therapy of yoga with disguised psychological benefits like super-brain yoga, this was conducted with the help of Yuvaveers. Overall a super session which entertained as well as educated.

### **Positive Discipline - an interactive session by Clinical Psychologist Dr. Sunitha Shanker on 19<sup>th</sup> February @ Chinmaya Sagar**

In this session, techniques of using Firm-Discipline V/s Quick-Fix Punishments were discussed. To a certain extent children must make their own choices & mistakes and also face the resulting consequences. Parents need to change their attitude and begin inculcating values in their children at an early age that will eventually lead to developing healthy personalities. In conclusion, benefits of Balavihar classes were expressed by 10 year old Mahekk Chabbria, a student of Chinmaya Sagar group. Parents went home enriched and eager for more such programmes in the future.

*Reported by Meenal Roopchand*

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## **Ram Navmi**

Soulful inspirational Bhajans, Puja & Arati

Tuesday, 4<sup>th</sup> April, 2017 ● 11.00 am to 1.00 pm

**If you would like to be: Puja Yajman Rs. 1100/-  
Prasad Yajman Rs. 750/- Arati Yajman Rs. 250/-**

Venue : Chinmaya Sagar, F-3 Panchsheel building, "C" Road,  
Churchgate, Mumbai - 400020.

Contact : Shaman - 9820636318 or 22814646

*All are Welcome*



## Talk Sessions by Swami Swatmananda

### Upanishad Darshan - Taittiriya Upanishad

21<sup>st</sup> to 25<sup>th</sup> March & 18<sup>th</sup> to 22<sup>nd</sup> April

7.15 to 8.15 am

Venue: Chinmaya Sagar, C Road, Churchgate

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### Ram Navmi

Followed by fun filled activities on the Sunderkand and Ram Aarti.

6<sup>th</sup> April 2017 (Thursday) • 10.00 am to 12.15 pm

*Aarti Yajman* : Rs. 250/- • *Prasad yajman* : Rs. 750/-  
(can be offered at the venue)

Venue : Prem Puri Ashram, 5<sup>th</sup> floor, Babulnath.

All are welcome

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### Essentials for Excellence

#### Interactions on Hanuman Chalisa for the Youth

Eligibility : 16 to 28 yrs only

19<sup>th</sup> & 26<sup>th</sup> March, 16<sup>th</sup> & 23<sup>rd</sup> April

2.30 to 4.00 pm

Venue : Chinmaya Sagar, Churchgate, Mumbai

Entry by Registration only.

Please register at [chinmayamissionmumbai.com](http://chinmayamissionmumbai.com)

Email: [mumbaichyk@gmail.com](mailto:mumbaichyk@gmail.com)



**Chinmaya Mission Mumbai**

invites you to



Swami  
Chinmayananda

# *Learn the Geeta* *Live the Geeta*

**(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)

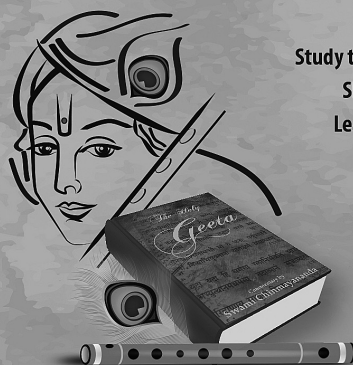
**Starting 5th February 2017**

**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).

**REGISTRATIONS ARE OPEN**

# Hanuman Jayanti

Tuesday, 11<sup>th</sup> April

8.00 am to 9.00 am (Puja)

9.15 am to 5.30 pm (chanting)

**Chanting of Hanuman Chalisa 108 times**

If you would like to be:

**Puja Yajman Rs. 1100/-**

**Naivedyam Yajman Rs 1500/-**

**Arati Yajman Rs. 250/-**

**Bhiksha Yajman:**

**Breakfast Prasad Rs. 2000/-**

**Lunch Prasad Rs. 5000/-**

*please contact Geeta 9820132442 / 22814646*

Venue: Chinmaya Sagar, F-3 Panchsheel building, "C" Road,  
Churchgate, Mumbai - 400020

Breakfast, Lunch & Tea will be served

*All are Welcome*

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## New Balavihar Class for 6 year olds

every Tuesday from 5.00 - 6.30 pm

**Sevika : Namita Vithaldas**

Venue: Casa Grande Bldg., Tower 1, Flat 1204,  
Senapati Bapat Marg, Lower Parel,  
Near Peninsula Corporation Park, Mumbai 400013.

*Contact : 9869013124*



# Chinmaya Mahima Zone

## (Mahim to Dadar and Sion to Parel)

Talk on 'Vision of Life' by Sw. Mitrananda on 26<sup>th</sup> Jan @ Sri Shanmukhananda Auditorium



Swamiji in his talk, connected Gurudev's pledge with the Vision of Life.

He said relationships bound by respect and love will be cherished and harmonious. To invoke love and respect in others we must give love and respect, it makes us happy and generates happiness around us.

He said service has to be backed by discipline, reverence and respect and we should have the courage to rise up to serve as the service demands.

On changing the low tendencies within us, Swamiji said, we must introspect every day for

10 minutes and reflect on one's reactions and responses for the day and thereby become aware of the deficiencies and change oneself. We must stand up for the right causes and for people who have contributed to the growth of our society.

Reiterating on the Mission's Pledge, he said, that we should give back to society with whatever we are blessed with, be it love, respect, talent, knowledge, we have abundance to give. We grow in life when we start giving and giving should be without any arrogance.

He said we should pray for Grace and Strength to lead a life filled with virtue, courage and wisdom and not compromise on any values. To receive grace and blessings, we must become His instrument and be available to Him.

He explained that our society was always duty based and not right based, duty was worship and a means to reach God. We should serve the Nation and People as it is equivalent to serving the Lord.

He concluded by saying that our Mission Pledge is the foundation of Vision of Life.

### **Geethathon @ Sankara Mattam, Matunga**

On 24<sup>th</sup> January, Geetathon was conducted at Shankara Mattam. The event was jointly hosted by Smt. Sugandhi Venkateswaran, on the occasion of her birthday, and Smt. Kamala Hariharan on the occasion of her grandson's forthcoming wedding.

Sampoorna Geetha Parayanam was chanted on the occasion. About 25 people attended the chanting.

### **Bala Vihar Celebrations:**

The Bala Vihar children of Wadala celebrated the concluding session of "Sri Hanuman The Super Superman" on 5<sup>th</sup> February.

The children gathered to make a Toran of Hanuman Chalisa, the entire task of arranging the



leaves and stringing them in the right sequence was a learning and fun filled exercise for them.

They were assisted by Sevikas, Mangala Panchapakesan and Jayshree Verma.

### **Geetathon at Matunga**

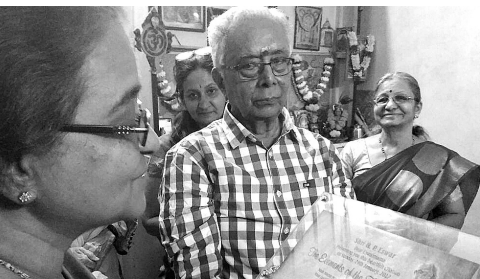
Shri H P Eswar's 80<sup>th</sup> birthday was celebrated on Sunday, 29<sup>th</sup> January, by devotees of Mahima Zone with a Sampoorna Geeta Parayanam at his residence. As is known by many, Shri H P Eswar is one of the senior-most devotees of the Mission and an ardent devotee of Gurudev. He is also fondly known to his students as Eswar Mama.

He decided the best way to celebrate his birthday was doing what he loved the most, chanting the Bhagwat Gita with all his students.



A Sampoorna Geeta Parayanam was conducted at his residence. The Parayanam commenced at 3.00 pm and ended by 7.00 pm.

On this occasion, a Citation written and prepared by the students, was read out and presented to him (citation available on [www.chinmayamissionmumbai.com](http://www.chinmayamissionmumbai.com)) and many of us who know Eswar Mama will be able to relate to it.



## Shivaratri Celebrations by Sishu Vihar @ Kapol Shreyas Mandal

The Shishuvihar celebrated with explanation of doing Pooja. Each child did the Abhishkam. There were songs art and craft activity related to Shivaratri.



## Classes by Br. Yukta Chaitanya

### Bala Vihar & Chanting

Every Saturday • 3.15 - 5.00 pm

### Medha Suktam Chanting

Contact: Sarika - 98203 00281

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### 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.

# Chinmaya Jayam Zone

(Bandra, Khar, Santacruz, Vile Parle)



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

**Sevika : 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 MISSION MUMBAI

## ORGANISES

### SADHANA CAMP (In English)



at Uttarkashi

by

Swamini Krishanapriyananda

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

# Chinmaya Priyam Zone

(Andheri & Juhu)



Sessions by  
**Brni. Nidhi Chaitanya**

## Geeta Darshan 2017

Monthly Talks on Bhagwad Geeta

by **Brni. Nidhi Chaitanya**

Understand the Geeta word-by-word, shloka-by-shloka

Monday - Friday 10.00 am to 6.00 pm

- 20<sup>th</sup> - 23<sup>rd</sup> March (Mon - Thu) : Chapter 13 : Vision of Clarity  
17<sup>th</sup> - 20<sup>th</sup> Apr (Mon - Thu) : Chapter 14 : Vision of Balance  
12<sup>th</sup> - 15<sup>th</sup> June (Mon - Thu) : Chapter 15 : Vision of Perfection  
7<sup>th</sup> - 10<sup>th</sup> Aug (Mon - Thu) : Chapter 16 : Vision of Values  
6<sup>th</sup> - 9<sup>th</sup> Nov (Mon - Thu) : Chapter 17 : Vision of Faith  
20<sup>th</sup> - 24<sup>th</sup> Nov (Mon - Thu) : Chapter 18 : Vision of Liberation  
27<sup>th</sup> - 29<sup>th</sup> Nov (Mon - Wed) : Summary of Geeta

To register, call 26112358 / 26112359

Venue: Chinmaya Priyam, 5, Jain Vihar, Plot No. 40,  
Swastik Society, NS Road No.3, Juhu Scheme, Mumbai.

Contact : 2611 2358 / 2611 2359

Email : [cmpriyam@chinmayamissionmumbai.com](mailto:cmpriyam@chinmayamissionmumbai.com)

**Entry Free. All Are Welcome.**

# Jiyo Style Se!

A Balavihar Summer Camp for 5 - 12 year olds & their parents

## Annual Balavihar Summer Camp for children & parents Based on Geeta Chapter 17

6<sup>th</sup> to 7<sup>th</sup> May 2015 (Sat - Sun) ● 11.00 am to 4.00 pm daily

with Brni. Nidhi Chaitanya & Balavihar Sevikas of Juhu & Andheri

Age-Group : 5 - 8 years, 9 - 12 years & their parents

### Important Points

- There will be parallel workshops/sessions for Parents on Bhagwat Geeta Chapter 17 by Nidhiji
- Children will be allowed to attend the camp without parent(s), but parents will not be allowed to attend the camp without children.
- Children attending the camp must strictly be between 5 - 12 years ONLY.

### Camp Donation: (Includes stay, food, study material, camp kit)

	Before 25 <sup>th</sup> April 2016	After 26 <sup>th</sup> April 2016
For 5 - 8 year olds:	Rs.3000 per head	Rs.3500 per head
For 9 - 12 year olds:	Rs.3250 per head	Rs.3750 per head
For parents:	Rs.4000 per head	Rs.4500 per head

Venue : The Club, Andheri-Juhu Link Road

You can register online on [www.chinmayamissionmumbai.com](http://www.chinmayamissionmumbai.com)

In case of offline registrations, cheques should be in favour of  
Chinmaya Seva Trust.

You can also write to us on:

[cmpriyam@ChinmayaMissionMumbai.com](mailto:cmpriyam@ChinmayaMissionMumbai.com)

You can also courier / deliver your registrations to Chinmaya Priyam

Contact : 26112358 / 26112359

# Keep Calm

Practical Hacks & Spiritual Practices for Everyday Peace

Exclusive Weekend Spiritual Retreat

with **Brni. Nidhi Chaitanya**

15<sup>th</sup> - 17<sup>th</sup> September 2017 (Friday - Sunday)

at Chinmaya Vibhooti, Kolwan

ELIGIBILITY AGE: 25 - 55 year

Life is not worth spending in stress,

Let's learn some hacks to live agitation-less!

@ Keep Calm.

Come, spend a weekend this monsoon amidst the picturesque Sahyadri mountains, and learn simple spiritual practices to learn to **Keep Calm** in daily life!

Triple-sharing non-AC room	: Rs 2500 per person
Twin-sharing non-AC room	: Rs 3000 per person
Twin-sharing non-AC cottage	: Rs 3500 per person
Individual accommodation non-AC room	: Rs 5000
Individual accommodation non-AC cottage	: Rs 6000
Twin sharing AC cottage	: Rs 6500 per person
Individual accommodation AC cottage	: Rs 7500
Driver Accommodation	: Rs 750 per head

You can travel on your own or join us in the AC Buses which will be arranged for participants as per requirement. Travel contributions is Rs.1500 for one-way and Rs.2000 for both ways

*All cheques must be drawn in favor of Chinmaya Seva Trust & deposited at Chinmaya Priyam, Juhu. You can also register online on [ChinmayaMissionMumbai.com](http://ChinmayaMissionMumbai.com). Donations at Chinmaya Priyam will also be accepted by Credit or Debit Card.*

*Registrations for this Camp Will NOT BE ACCEPTED in any other Centre of Chinmaya Mission.*

Venue : Chinmaya Priyam, 5, Jain Vihar, Plot No. 40, Swastik Society, NS Road No.3, Juhu Scheme, Mumbai.Tel: 2611 2358 / 2611 2359  
Timings: Monday - Saturday 10.00 am to 6.00 pm



# Seek HIM @CIF

Special Gurupoornima Camp

at Chinmaya International Foundation (CIF) based on Isavasya  
Upanishad with Shankara-Bhashya References

## Camp Facilitated by Brni. Nidhi Chaitanya

4<sup>th</sup> - 9<sup>th</sup> July 2017 (Tuesday - Sunday)

Venue : Chinmaya International Foundation (CIF),  
Adi Sankara Nilayam, Veliyanad, Ernakulam, Kerala

Includes Kerala Backwater Boat-ride, visit to Guruvayur, Kaladi  
& other nearby temples on 8<sup>th</sup> July & Gurupoornima Celebrations  
at CIF on 9<sup>th</sup> July.

### Camp Donations : 4<sup>th</sup> - 9<sup>th</sup> July 2016

Twin Sharing Room Non-AC	:	Rs.5000
Twin Sharing Cottage With AC	:	Rs.6500
Individual Room Non-AC	:	Rs.7500
Individual Cottage With AC	:	Rs.11000

*All cheques must be drawn in favor of "Chinmaya Seva Trust" &  
deposited at Chinmaya Priyam, Juhu. For Online Transfers or cash  
payments please contact us on [cmpriyam@chinmayamissionmumbai.com](mailto:cmpriyam@chinmayamissionmumbai.com)*

*There is a Temples Tour & Boat-ride on 8<sup>th</sup> July, for which participants  
will need to separately contribute cash as per cost.*

*All cheques must be drawn in favor of Chinmaya Seva Trust & deposited  
at Chinmaya Priyam, Juhu. For Online Transfers or cash payments please  
contact us on [cmpriyam@chinmayamissionmumbai.com](mailto:cmpriyam@chinmayamissionmumbai.com)*

*Registrations for this Course Will Not Be Accepted in any other  
Centre of Chinmaya Mission.*

*Our Address: Chinmaya Priyam, 5, Jain Vihar, Plot No. 40, Swastik  
Society, N.S. Road No.3, Juhu Scheme, Mumbai. ● Tel : 2611 2358 -  
2611 2359 ● [cmpriyam@chinmayamissionmumbai.com](mailto:cmpriyam@chinmayamissionmumbai.com)*

*Timings : Monday - Saturday 10.00 am to 6.00 pm*

# Vedanta Fundas Level 1

1-Year Course in Spirituality, Culture & Meditation  
(BATCH 22, 23 & 24)

with Brni.Nidhi Chaitanya

(Acharya, Chinmaya Mission, Andheri West & Juhu)

Limited Seats Only

- Enrolments Open Now -

Registrations open till seats last

- Learn practical spirituality based on ancient scriptural knowledge
- Analyse your own mind and intellect in depth and detail
- Learn how to make right decisions in any situation
- Understand and practice meditation to live happier

**BATCH 22 : STARTING 11<sup>th</sup> March 2017**

*(Specially designed for Doctors & Health-Care Professionals)*

Every Saturday ● 9.00 am to 10.30am

Venue : Chinmaya Priyam, 5, Jain Vihar,  
N S Road No. 3, Juhu Scheme

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**BATCH 23: STARTING 17<sup>th</sup> March 2017**

Every Friday 11.00 am to 12.30 pm

Venue : Chinmaya Priyam, 5, Jain Vihar,  
N S Road No. 3, Juhu Scheme

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**BATCH 24: STARTING 9<sup>th</sup> June 2017**

*(Specially designed for Senior Corporate Executives & Working Professionals)*

Every Friday 7.30 pm to 9.00 pm

Venue : The Club, Andheri-Juhu Link Road

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**Eligibility: Sincerity & Commitment. no other prior knowledge of spirituality or sanskrit is required**

**Course Donation : Rs.5000 per head**

*Cheques to be drawn in favour of "Chinmaya Seva Trust"*

*All cheques must be drawn in favour of Chinmaya Seva Trust  
& deposited at Chinmaya Priyam, Juhu.*

You can also register online on [ChinmayaMissionMumbai.com](http://ChinmayaMissionMumbai.com)  
donations at Chinmaya Priyam will also  
be accepted by credit / debit card.

Please Write "Drop" On The Envelope.  
Registrations for this Course Will NOT BE ACCEPTED  
in any other Centre of Chinmaya Mission.

*Our Address: Chinmaya Priyam, 5, Jain Vihar, Plot No.40,  
Swastik Society, NS Road No.3, Juhu Scheme, Mumbai.  
Tel: 26112358 - 26112359  
[cmpriyam@chinmayamissionmumbai.com](mailto:cmpriyam@chinmayamissionmumbai.com)*

Timings: Monday - Saturday 10.00 am to 6.00 pm

Registrations open till seats last



Annual Chaitra Navratri Satsang on

## **Vedanta in Ramayana**

The Highest Philosophy through the Noblest Story

28<sup>th</sup> April to 4<sup>th</sup> May, 11.00 am to 12.30 pm

**Ram Navami Utsav**

on 5<sup>th</sup> May, 10.30 to 12.30 pm

Venue: B-34, Varsha Building, Gulmohar cross road #4,  
Next to Jitendra's Bungalow, Juhu Scheme

Contact : 26112358 / 26112359

Entry Free, All are Welcome.

## Inspiration for the Family

Weekly classes on values, culture & spirituality  
for 5-8 year olds & their parents

every Wednesday 5.30 to 6.45 pm

Starting 7<sup>th</sup> June 2017

### Highlights

- Fun Stories
- Inspiring Songs
- Value-based activities
- Personality transformation
- Workshops & Interactions

**Suggested Minimum Donation:**

**Rs 2000 per child per annum** (*Includes session for parents*)

Venue: The Club, Andheri-Juhu Link Road

Contact : *Sapna Amit* 9920138777 or 'The Club' reception desk

## Meditation & Life

**Learn & Practice Meditation Every Sunday**

**3 Excuses for not meditating that you should ditch Immediately:**

- I don't have time.** (If you have time to read this brochure, you surely have time for Meditation!)
- It's not a priority.** (If your own welfare, health, harmony, happiness is not your priority, then what is?)
- It's too hard.** (So you thought you can get absolute peace, last happiness, stable health & mental strength without any hard work?)

**Class Donation: Rs.500 for membership-registration**

Starting 11<sup>th</sup> March ● Every Sunday 11.30 am to 1.00 pm

Venue : Chinmaya Priyam, 5, Jain Vihar,  
N S Road No. 3, Juhu Scheme

Contact : 26112358 / 26112359

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

# Sevak Training Workshops 2017

## In the Presence of Brni. Nidhi Chaitanya

*Get Systematically Trained to be a Sishuvihar Sevak,  
Start a New Sishuvihar in your neighbourhood,  
Nurture a life in its nascent years,  
Empower a Mother with the spiritual culture,  
Gift the society an inspired child.*

Date Options : (Register for any one of the Training Sessions)  
22<sup>nd</sup> May (Monday), 2<sup>nd</sup> July (Sunday) or 18<sup>th</sup> September (Monday)  
11.00 am to 1.00 pm

Venue: Chinmaya Priyam, 5, Jain Vihar N. S. Road No.3

**Eligibility : Below 60 years • Fees : Start a Sishuvihar**

*only those who are Seriously Interested to start a sishuvihar can register.  
to register, please fill the online registration form on this  
link: <https://goo.gl/zHVPqh>*

*For Any Queries, please call: Neetu - 9819887046/  
Bhairavi - 9820790111 / Khyati - 9867192958 / Radhika - 9820036875*

## Love inspite of...

A spiritual talk for couples

Tips from The Geeta on Love, Acceptance & Oneness

**with Brni. Nidhi Chaitanya**

16<sup>th</sup> July 2017 (Sunday) • 4.00 to 5.00 pm

- FOR COUPLES ONLY -

**Suggested Donation : Rs. 1500/- per head.**

Venue : The Club, Juhu followed by Hi-Tea

to Register : Contact : 2611 2358 / 2611 2359

*All cheques must be drawn in favor of "Chinmaya Seva Trust" &  
deposited at Chinmaya Priyam, Juhu. For Online Transfers or cash  
payments please contact us on [chinmayapriyam.office@gmail.com](mailto:chinmayapriyam.office@gmail.com)*

# Let's Hug Hanuman

A Sishuvihar Summer Camp for 0-4 year olds & their parents

Annual Sishuvihar Summer Camp for babies & parents

4<sup>th</sup> - 5<sup>th</sup> May 2015 (Thu - Fri) 11.00 am to 4.00 pm daily

at The Club, Andheri-Juhu Link Road

with Brni. Nidhi Chaitanya

& Sishuvihar Team of Juhu & Andheri

Age-Group: 0 - 4 year olds & their parents

## Important Points

*Parents will need to accompany to sit with the kids throughout the sessions*

*Maids or domestic help are not allowed to attend the session*

*Maximum 2 parents / guardians will be allowed to attend the camp*

*Children attending the camp must strictly be between 0-4 years ONLY.*

## Camp Donation: (Includes stay, food, study material, camp kit)

	Before 25 <sup>th</sup> April 2016	After 26 <sup>th</sup> April 2016
For 0 - 2 year olds:	Rs.500 per head	Rs.750 per head
For 3 - 4 year olds:	Rs.750 per head	Rs.1000 per head
For parents:	Rs.3000 per head	Rs.4500 per head

You can register online on [www.chinmayamissionmumbai.com](http://www.chinmayamissionmumbai.com)

In case of offline registrations, cheques should be in favour of  
CHINMAYA SEVA TRUST.

You can also write to us on:

[cmpriyam@ChinmayaMissionMumbai.com](mailto:cmpriyam@ChinmayaMissionMumbai.com)

*You can also courier / deliver your registrations to Chinmaya Priyam*

*Contact : 26112358 / 26112359*

# Symbolism in Hinduism

Learn the practices and principles that govern the  
oldest surviving culture in the world...

with **Brni. Nidhi Chaitanya**

**5 Reasons you can't miss "Symbolism in Hinduism"**

1. Learn the deep and undiscovered facts of Sanatana Dharma.
2. Understand it from the scientific standpoint of Vedanta.
3. Learn how to do a pooja and a havan
4. Decode the Vedic mantras
5. Discover the rationality behind the last rites & Shraadhha ceremonies

Class Donation: Rs. 500 for membership-registration

(Starting 25<sup>th</sup> March) ● Every Saturday 11.00 am to 12.30 pm

Venue : Chinmaya Priyam, 5, Jain Vihar,  
N. S. Road No. 3, Juhu Scheme.

Contact : 26112358 / 26112359  
or write to [cmpriyam@chinmayamissionmumbai.com](mailto:cmpriyam@chinmayamissionmumbai.com)

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## Let's Chant

**Pray Together as you learn Vedic Chants  
& Popular Stotrams**

Participation is by Registration only.

Every Saturday 8.00 am to 8.45am ● Starting 3<sup>rd</sup> June

Venue : Chinmaya Priyam, 5, Jain Vihar, N. S. Road No. 3,  
Juhu Scheme.

to Register, use this link: <https://goo.gl/3SCo0E>  
Contact : 26112358 / 26112359  
or write to [cmpriyam@chinmayamissionmumbai.com](mailto:cmpriyam@chinmayamissionmumbai.com)

**Entry Free.**

# Let's Start a Sishuvihar

Sevak Training Workshops 2017

**In the Presence of Brni. Nidhi Chaitanya**

Get Systematically Trained to be a Sishuvihar Sevak,  
Start a New Sishuvihar in your neighbourhood,  
Nurture a life in its nascent years,  
Empower a Mother with the spiritual culture,  
Gift the society an inspired child.

**Date Options:**

**(Register for any one of the training sessions)**

22<sup>nd</sup> May (Monday),

2<sup>nd</sup> July (Sunday), 18<sup>th</sup> September (Monday)

11.00 am to 1.00 pm

Venue: Chinmaya Priyam, 5, Jain Vihar N. S. Road No.3

**Eligibility: Below 60 years**

**Fees: Start a Sishuvihar**

**ONLY THOSE WHO ARE SERIOUSLY INTERESTED TO  
START A SISHUVIHAR CAN REGISTER.**

To register, please fill the online registration form on this link:

<https://goo.gl/zHVPqh>

*For Any Queries, please call:*

*Neetu - 9819887046 / Bhairavi - 9820790111*

*Khyati - 9867192958 / Radhika - 9820036875*



We like someone 'because', we love someone in spite of'.

- Swami Chinmayananda





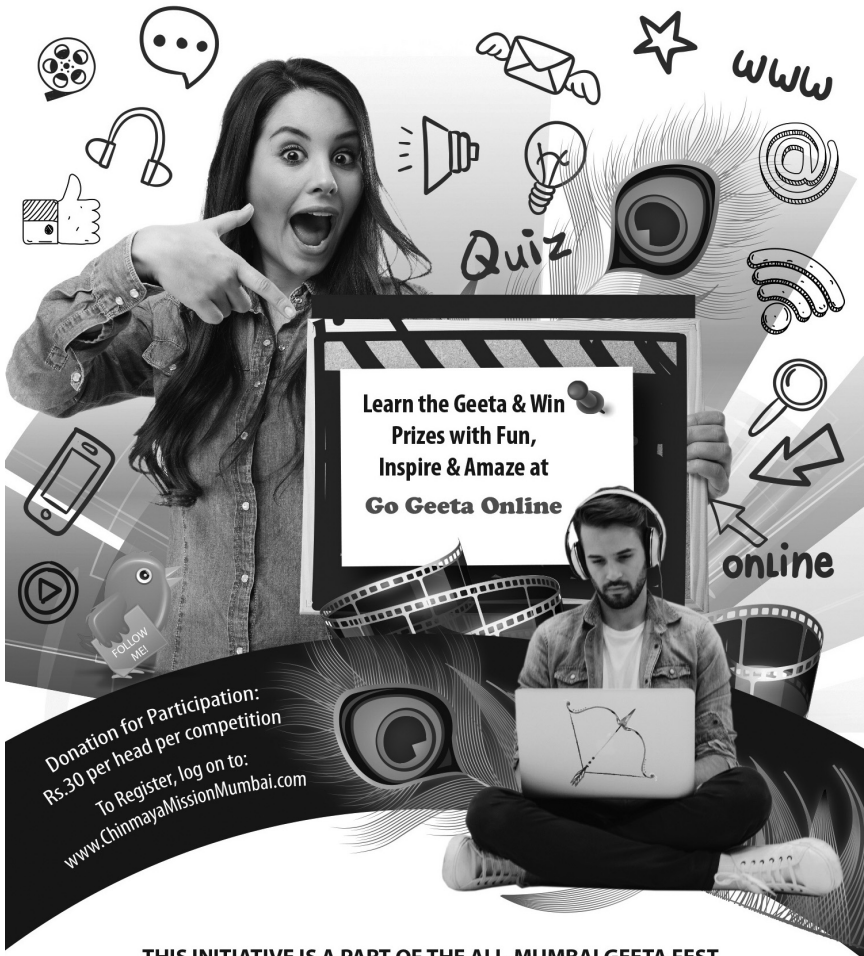
**Chinmaya Mission Mumbai**

welcomes you to



# GO Geeta Online

**Quiz, Tweets & Vids Competitions  
for 13 - 70 year olds  
Based on Chapter 17 of the Geeta**



Donation for Participation:  
Rs.30 per head per competition  
To Register, log on to:  
[www.ChinmayaMissionMumbai.com](http://www.ChinmayaMissionMumbai.com)

**THIS INITIATIVE IS A PART OF THE ALL-MUMBAI GEETA FEST**



**GO Quiz**  
Quiz Competition based  
on Geeta Chapter 17

**GO Tweet**  
Tweets Competition based  
on Geeta Chapter 17

**GO Vids**  
Video-making  
Competition based  
on Geeta Chapter 17

*Bhagrat Geeta*

To Register, log on to:  
[www.ChinmayaMissionMumbai.com](http://www.ChinmayaMissionMumbai.com)

**Syllabus for 13 - 30 year olds:  
Special Booklet based on Chapter 17 of Bhagwad Geeta**

**Syllabus for 31 to 70 year olds:  
Bhagwad Geeta Commentary by Swami Chinmayananda**

**GO Quiz:**

- The quiz will be based primarily on the contents of the manual/booklet given. However Other questions related to Indian Culture, Indian History, General Spiritual Awareness, Current Affairs etc., will be asked.
- Online elimination round on 5th November 2017 10am sharp.
- Final Round on 19th November 2017 (Sunday)



**GO Tweet:**

- Write a Tweet of maximum 140 characters based on the topic given based on Chapter 17 of Bhagawad Geeta
- Make it witty, fun, powerful
- Create interesting hashtags to go with it
- Punch it online as per the assigned date/time
- Win prizes and get popular!
- Be a Geeta Tweet Champion
- Competition will be held online on 12th November 2017 (Sunday) between 10am and 1pm



**GO Vids:**

- Make a 3-5 minutes video in Mp4 format (HD Resolution) based on Chapter 17 of Geeta
- Make sure you use Copyright free images, video footage, music should be used.
- Use at least one relevant verse of Chapter 17
- Put your name/logo as a watermark throughout the video.
- At the end of the video, add in your contact information.
- Upload the video on or before 12th November 2017
- All the videos submitted can be utilized by Chinmaya Mission for uploading on Social Media with a water mark of Chinmaya Mission Logo and mentioning that this was made for Chinmaya Geeta Fest 2017. The participant will be given due credits.

**Contact Nos. 26112358 / 26112358  
Coordinator: Nogesh Bhardwaj: 9820452662 / 9910392662**

# **Chinmaya Bhakti Zone**

(Goregaon to Bhayandar)



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



## **New Chyk Class (13 yrs to 24 yrs)**

**Text - Team Work**

(the text is about leadership and how to become a good leader)

A great opportunity for youths to transform

every Sunday - 4.00 to 5.00 pm

Contact - Yuvaveer Vibin - 9488121692



## **New Balvihar & Chyk Classes**

New Balvihar class - 10.00 am to 11.00 am

New CHYK classes - 11.00 am to 12.00 pm

Venue: Kambar Darbar, Opp. Burabhai Marriage Hall,  
Nr Mayur Cinema, Shantilal Modi Road, Kandivali (West).

Contact : Sevak - Yuvaveer Vibin - 9488121692

*Chyk*

Chinmaya Yuva Kendra (CHYK) - Mumbai  
Global Youth Wing of Chinmaya Mission  
welcomes you to



Watch the Anand Family's hilarious journey from chaos and confusions to clarity, purity, dexterity, as they interact with their witty house-guest Maddy in some of the funniest situations. Come, watch the Drama of Life...



**25th March (Saturday) 3:30pm to 6:30pm**  
at Aspee Auditorium, Laxminarayan Mandir Complex,  
Marve Road, Malad West

A FUND-RAISER SHOW FOR CHINMAYA PRADEEP The First-ever Vedantic Theme Park

Donor Passes available for  
₹ 200 | ₹ 300 | ₹ 500 |  
₹ 1000 | ₹ 1500 | 2000

For Passes & Sponsorships,  
call 9488121692 / 9867416223 / 8108547011

# Chinmaya Narayan Zone

(Chembur, Ghatkopar to Bhandup)

## Chinmaya Narayan Family Day 2017

*'A family that prays together stays together and a family that plays together stays together'.* This ran the tag line of the family day of Chinmaya Narayana Zone which consists of Chembur and Ghatkopar.

The zone has so many Sevaks, so many youths, so many Balavihar children and yet had never come together as a Chinmaya family to celebrate the spirit of our area.

It was held on 26<sup>th</sup> January, the Republic day, at Saraswati Vidyalaya, Chembur. The theme

of the family day, was rightfully India. The Zone got to know each other by playing a few fun games with each other. We had beautiful performances by Balavihar children on the unity of this country, bhajan sessions by the Devi group. We had a relaxing and refreshing session on meditation by Pujya Swami Swatmanandaji.

Finally we had the youth take small workshops on a few of the modules of TITI (Transforming Indians to Transform India). The movement has seen hundreds of schools being transformed and



we were given a glimpse of what it would be like for all of us to be a part of this nation-building movement.

The workshops were received with great inspiration and enthusiasm. The TITI movement can expect full support and participation from Chinmaya Narayana Zone, which has promised 10 future trainers right on the spot to Swami Swatmananda.



The Yuva Kendra of the Narayana zone took the lead to plan and execute the whole programme successfully with full support from the elders in the zone. Here's hoping the Zone goes far and wide to spread the glory of Vedanta, Bhaarat and Pujya Gurudev.

### **Bhajan Programs on 1<sup>st</sup> February @ Centre**

A bhajan programme was organised on the occasion of the 1<sup>st</sup> death anniversary of Shri. Narain Bhatiaji at the Centre which was donated by him.

The programme was organised by Smt. Rama Bhatia and other family members. Beautiful bhajans were rendered by Chembur Devi group led by Smt. Jaya and Smt. Latha. Study group members who had the good fortune of attending Shri Bhatiaji's study classes, fondly shared their memories.

### **Bhajan Programme on 14<sup>th</sup> January**

a bhajan programmed led by Purnima and Swaranjali team was held at the residence of Paresha Shah. She had organised it in the loving memory of her mother.

### **Sampoorna Geeta Parayan**

On 31<sup>st</sup> January, Sampoorna Geeta Parayan, was conducted Sampoorna Geeta Parayana at the residence of Shri Paras Pandya. The occasion was the 5<sup>th</sup> death anniversary of his beloved father.

On 2<sup>nd</sup> February, Sampoorna Geeta Parayana, was conducted at the residence of Shri Manoj Jaiswal at Tilak Nagar, Chembur. This was conducted on the request of the family for around peace and happiness.

### **Gurupaduka Pooja at the new Centre**

The study group hitherto being conducted at the residence of P. B. Someshwarji every Thursday,

was shifted to the new Centre on 9<sup>th</sup> February, as advised by Brni. Sailathaji, the sevika for the study

group. The class was started with Gurupaduka Pooja.

---

Study Class

**Bhagawad Geeta**

every Sunday from 7.00 to 8.30 am.

**Sevak : Sri. Prasad Deole**

Venue : Saraswati Vidyalay - Near Chembur Post Office, Chembur

---

Study Class

**Text : Ishavasya Upanishad**

every Thursday 4.30 to 6.00 pm

**Sevika : Brni Sailatha**

Venue : Flat No. 302, Mayfair Mystic, R. B. Mehta Road,  
Near Vikrant Circle, Ghatkopar (East), Mumbai - 400 077.

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**Form IV**

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I, Mukul Pratapchandra Patel, hereby declare that the particulars given above are to the best of my knowledge and belief.

Dated - 01.03.2017

**Mukul Pratapchandra Patel**



# Chinmaya Prerana Zone

## (Navi Mumbai)

**MY Exams - Manage Your Exams a workshop by Br. Ved Chaitanya @ North Point School, Koparkhairne**

The workshop was for Standard 10 students to ease the tension of exams from the mind of the students. It was an interactive session where students learned a lot of things. Following are some of the points covered.

- Plan your work and work out your plan! Students were asked to make a practical timetable and act according to timetable so that there would be no tension before exams.
- Have a balanced life! Further, students were also expected to have a balanced life during exam days so that they remain physically and mentally healthy & cheerful.
- Be calm & focussed! While

writing the paper, they need to be calm and not panicking. Focussed on one question at a time and not thinking about the result.

**Shravana Sadhana by Br. Ved Chaitanya on the Bhagawad Geeta Ch. 10 & Ch. 11 @ Chinmaya Prerna Centre**

The tenth chapter was taken from 2<sup>nd</sup> to 5<sup>th</sup> January 2017. The tenth chapter named 'Vibhooti-Yoga' talks about Lord's greatness & His glorious presence in the entire world. The greatest glory of Him however is that He resides in the heart of all beings. On the request of Arjuna, Lord Krishna tells few of His Vibhooti's, where we can feel the presence of Lord & try to see God in them as a Sadhana. After giving many Vibhooti's, Lord concludes by saying "whatever is glorious in this world, filled with brilliance & power is My glory. I hold this entire universe by fraction of My power."

The eleventh chapter was taken from 19<sup>th</sup> to 22<sup>nd</sup> February 2017. The eleventh chapter named 'Vishwaroop-Darshana-Yoga' is one of the well-known chapters,



as it explains the Universal form of the Lord. In the 10<sup>th</sup> chapter, Lord explained how He is there in everything. The Lord explains how everything is in Him. Some of the main features of the Universal form of God are - Multiplicity, Divinity & Brilliance! Lord also shows Arjuna the terrible form (Ugra-roop). Arjuna prostrates to Lord again & again, asking for forgiveness for the mistakes done knowingly or unknowingly.

### Spoken Sanskrit Workshop By Sanskrit Bharati

A 10-day workshop on Spoken Sanskrit was organized in Chinmaya Prerana, Kharghar from 30<sup>th</sup> January to 8<sup>th</sup> February, every evening 7.30 to 9.30 pm.

The workshop was conducted by the teachers of Sanskrit Bharati & saw a huge participation of around 80. Each day was filled with a lot of learning & joy, as the facilitator spoke only in Sanskrit & gave opportunity to each member to speak. Making small & simple sentences in Sanskrit, learning a way to converse in Sanskrit & starting to think in Sanskrit are few things that they did during this workshop.

The enthusiasm was so much that on the last day, each participant presented a poem or a speech or a small skit in Sanskrit. Sanskriti Bharati teachers were very much impressed by the overall organisation & have also started a weekly class in our ashram.



**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

Pujya Guruji

**Swami Tejomayananda**

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**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)**

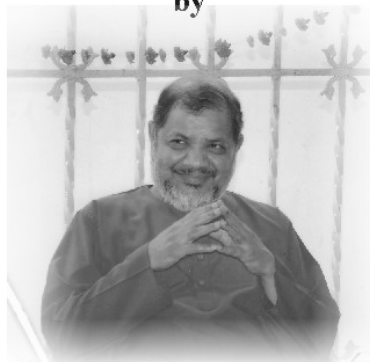
*"To define the Infinite is impossible, although through words we can certainly indicate the Truth to one who is ready to recognise the indication." – Pujya Gurudev Swami Chinmayananda*



॥ 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



# Puja Kalp Camp

6 Day Residential

(In Tamil, English, Malayalam & Hindi)

**Dates : April 12 to 17, 2017**

(Wednesday to Monday)

by **Swami Sharadanandaji**

Venue :

**CHINMAYA GARDENS**

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The Nilgiris, Coimbatore

Camp donation:

₹ 5,000 USD 75 per person

₹ 8,000 USD 120 per person for

AC accommodation



Candidates must be below 70 years of age and of sound health. Camp is open to men and women, brahmins and non brahmins. Candidates should have a strong desire to learn and practice puja.

## -: Learn Puja Vidhi :-

★ Process ★ Purpose ★ Results ★ Significance

### **Salient features:**

- ★ Experience the joy of Gurukula living
- ★ Simple havana vidhi.
- ★ Introduction to Puja and worship of different deities.

**Food :** Sattvik North Indian and South Indian vegetarian food will be served.

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

For registration and further enquiries, please contact:

**Administrator**

**Chinmaya Gardens**

Nallur Vayal Post, Siruvani Main Road, Coimbatore - 641 114.

Tel/Fax : 0422-2615637/2613493. Mobile: 09360461566 Email : chinmayagarden@gmail.com.

Register online at [www.chinmayagardens.com](http://www.chinmayagardens.com)

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God's & Guru's Grace  
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From 27<sup>th</sup> to 30<sup>th</sup> April 2017  
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Start: 27<sup>th</sup> @ 11 AM End: 30<sup>th</sup> @ 1 PM

A Camp (in English) EXCLUSIVELY for Chinmaya Setukaris  
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Text:

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With special classes for children aged 4-10 years

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Adi Sankaracharya Jayanti (30<sup>th</sup> April)

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(Acharya, Chinmaya Mission Ahmedabad)



**Contribution: Rs 3500 per person**  
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**(non-AC & AC)**

Register today:

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IN ENGLISH

MAY 6<sup>TH</sup> – 10<sup>TH</sup>, 2017



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ACHARYA, CHINMAYA VIBHOOTI



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✉ Email: [welcometocif@chinfo.org](mailto:welcometocif@chinfo.org)

🌐 For online registration: [www.chinfo.org/saddarshanam](http://www.chinfo.org/saddarshanam)

CHINMAYA INTERNATIONAL FOUNDATION

ADI SANKARA NILAYAM, ADI SANKARA MARG, VELIYANAD, ERNAKULAM – 682313, KERALA, INDIA



Chinmaya Vibhooti invites you to celebrate

# Hanuman Jayanti

At Chinmaya Maruti Mandir,  
Tuesday, 11<sup>th</sup> April 2017

Whether present or not, join us in making one or more of the below offerings

To participate, please send us your name and address, gotra and nakshatra (if known)



## Programme:

5.30 – 8.00 AM

Puja, Abhisheka, Hanuman Homa, Aarti and Prasad

6.30 – 8.15 PM

Daily Aarti, Chanting and Bhajans

Archana	Rs. 20/-	Panchamrita Abhisheka	Rs. 500/-
Hanuman Puja	Rs. 100/-	Vada Mala	Rs. 1000/-
Abhisheka	Rs. 250/-	Hanuman Homa	Rs. 5000/-

**6 OFFERINGS @ Rs. 6,000/-**

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E: [cvswwagat@chinmayamission.com](mailto:cvswwagat@chinmayamission.com), Ph: +91-9689891959



*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.

**March 2017 ----- 65**



***"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:**

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**+91-9689891959**

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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

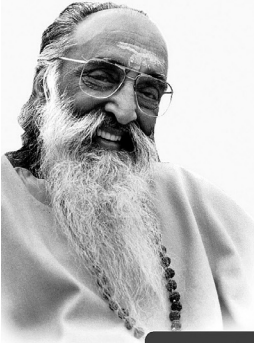
Download Application Form from  
<http://sandeepany.chinmayamission.com>



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 : **Swami Sampratishthananda**

(Brni. Shruti Chaitanya)

Guided by : **Swami Swaroopananda**

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

For Application



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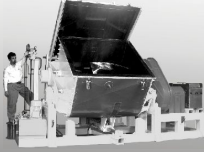
Nallur Vayal Post, Siruvani Road, Coimbatore - 641 114 Tamil Nadu, India  
Phone : +91 422 2615637, 93604 61566 E-mail : svmcbe@gmail.com



Application can be downloaded from : [www.chinmayagardens.com](http://www.chinmayagardens.com) (or) <http://sandeepany.chinmayamission.com>

# PROCESS MACHINERY

For unit operations of Mixing, Drying & Material Handling.

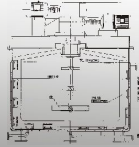


**1. Twin Arm Mixer cum Kneader** - (with LOW Head Room) also popularly called as Sigma Mixer - used for preparation of Heavy Viscous Pastes, Dough etc. Capacity (5 liters to 5000 liters).

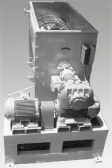


**2. Tailor Made Planetary Mixer** - Used for preparation of light to medium to heavy viscosity pastes. Capacity - (to suit client's requirement).

**3. Contra Mixer** - For rapid and homogenous mixing of pastes and emulsions. Due to effective heat transfer can also be used for reactions. Capacity (to suit client's requirement).



**4. Rubber Cutter Dissolver** - Used independently or in conjunction with an Anchor Mixing Element. Finds application in rapidly dissolving rubber chunks into solvent for preparing adhesive. Capacity - (100 to 10,000 liters)



**5. Ribbon Blender** - Generally used for blending dry powders or with small quantities of liquid additives. With proper additional features can be used as an effective drier also. Capacity - (10 to 10,000 Liters).



**6. Ploughshare Mixer** - A very versatile mixer can be used for mixing of material in various phases i.e. Solid - Solid, Solid - Liquid and Solid - Gaseous. With proper additional features can be used as an effective Drier or Reactor. It's application is limited only by one's imagination. Capacity (20 to 10,000 Liters).

**7. "V" Blender** - Used for mixing of flow able powders. Capacity - (10 to 6000 liters).

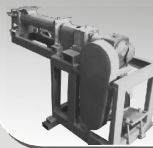


**8. Vertical Ribbon Blender**

This can replace the popular Horizontal Ribbon Blender in most application. Being a vertical equipment the gravitational force aids in the mixing operation and hence the ratio of 'The Area of the Mixing Element' to the 'Operating Volume' is less and hence reduced power requirement for the same throughput. Added advantage is that discharge of the end product is easy and total.



**9. Special Purpose Gearbox** - Used for process machinery like Cone-Screw Mixers, Contra Mixers etc., which require twin concentric outputs with single input for small capacity drives or twin inputs for higher capacity drives. Capacity (1 to 50 H.P.)



**10. Continuous Kneader**

This can replace Batch Kneaders (popularly called as Sigma Mixers) and finds application where high through puts are called for. Basic Advantages are a) Lower Connected Power b) Less Manpower requirement and c) Consistent Quality of product once the parameters are set.

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Email: enquiries@chinmayashish.com or Call: +91 22 2857 9525

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Youth Camp @ Kolad*

**18 to 35 years**

**25<sup>th</sup> to 26<sup>th</sup> March, 2017**

**Suggested Donation  
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and is **Non-Refundable**)

(All Donations are exempted under 80G of the Income Tax Act)

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(All Donations are exempted under 80G of the Income Tax Act.)

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please go to the following link [bit.ly/2iiQfLv](http://bit.ly/2iiQfLv)

then make a Cheque in the name of  
'Chinmaya Seva Trust' and

post or deliver it to the following address:  
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Opp. Bank of Baroda, 76, Bhau Daji Road,  
Matunga (C.R.), Mumbai - 400 019.

**Office Timings :** 2.00 to 7.00 p.m. (Mon. to Sat.)

**Manager :** Vishwanath K. Shenoy - Tel.: 2408 1499

**For further details please contact :**

Uday Mallya - 98206 98756 / Amita A. Kini - 98700 62476  
Sunita Shanker - 99302 97647

**Last day for registration is 18<sup>th</sup> March**

Reg. No. MCS/102/2015-17

Licence to Post without Pre Payment No. MR/Tech/WPP-168/South/2017

Date of Publication : 3<sup>rd</sup> of every Month

Posted at Mumbai Patrika Channel Sorting Office,

Mumbai - 400 001 on 3<sup>rd</sup> & 4<sup>th</sup> March, 2017

R.N.I. No. 20894/1972

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**22nd April, Saturday by 6:30pm**

at Bhartiya Vidya Bhavan, Girgaum Chowpaty,  
Mumbai

For Passes & Sponsorships:

9594115059

[www.chinmayamissionmumbai.com](http://www.chinmayamissionmumbai.com) | [mumbai@chinmayayuvakendra.org](mailto:mumbai@chinmayayuvakendra.org)