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Chinmaya Sandesh



Monthly Newsletter of Chinmaya Mission, Mumbai
Chinmaya Sandesh - Lotus XXXIV, Petal 3, 3rd & 4th March, 2016

Chinmaya Mission Mumbai & Tara Cultural Trust

100th Chinmaya Jayanti Mahotsav

On 8th May 2016 (Sunday)

Celebrate this most auspicious day at the first Ashram of Chinmaya Mission (Sandeepany Sadhanalaya, Powai) by performing Abhishek of Pujya Gurudev's Pratima

Highlights

Chinmaya Pratima Abhishek • Screening of 'On A Quest' Movie
Bhajans • Japa • Talks by Acharyas
Chinmaya Sadhanas in Interactive ways
Special games, activities for children & elders!!!

Program

7.15 to 8.00 am	-	Registration
8.00 am	-	Breakfast
8.:30 to 9.30 am	-	Public function at the Open-air-Auditorium
9.30 am to 12.30 pm	-	Abhishek & Other activities
12.30 pm	-	Mahaprasad

Venue: SandeepanySadhanalaya, Saki Vihar Road, Powai, Mumbai - 400072

Rs. 1,00,000 - Mukhya Yajamaan will do Panchamrit Abhishek on Gurudev's Padukas & Saptasindhu Abhishek (water from 7 rivers of India) on the Pratima.

Be the one of the Privileged 51 Mukhya Yajamaans. Register today!!!

The break-up for Abhishek Seva

Rs. 51,000 (For a couple)	-	Chandan Water in Gold Kalash
Rs. 21,000	-	Kumkum Water in Silver Kalash
Rs. 11,000	-	Haldi Water in Copper Kalash
Rs. 5000	-	Copper Kalash (Big)
Rs. 3000	-	Copper Kalash (Small)
Rs. 1000	-	Mud Kalash (Big)
Rs. 500	-	Mud Kalash (Small)
Rs. 250 (For children)	-	Mud Kalash (Small)

For registration, contact - 09769315467, 22884646, 22814646

For online registration www.chinmayamissionmumbai.com

Donation received will be utilised for the Chinmaya Pradeep project.

(Note: Valet parking will be available.)

Chinmaya Sandesh

March 2016 Spiritual Monthly Bulletin of Mumbai.

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For Advertisements please refer last page.

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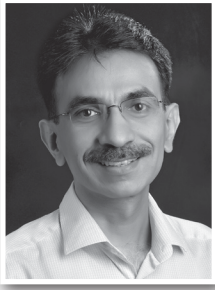
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From the President's Desk



Om Shree

Chinmaya Sadgurave Namah !!

The month of March marks a threshold between winter and spring. Cold of winter gives way to warmth of spring and we see beautiful and colourful flowers blooming all around. Taking inspiration from nature we must also let the flowers of our values and virtues bloom forth so that our personality also becomes truly beautiful and colourful.

Mahashivratri is on 7th March. Lord Shiva is a symbol of detachment. Without detachment one cannot destroy our false identifications. Lord Shiva destroys all our wrong notions and false identifications. When we worship Lord Shiva we detach from the world and attach in our True Self. Lord Shiva used to be Pujya Gurudev's "Ishtha" and

therefore we have Jagadeeshwara Temple in Powai Ashram which is the first Ashram of our Mission.

Many times when we try to give direction to people to Powai ashram they ask "is this where the Shiva Temple is?". Such great is the "Mahima" of this Shiva Temple.

Mahashivratri is a special day for all seekers. There will be chanting of "Om Namah Shivaya" nonstop from dawn till midnight in Jagadeeshwara Temple. If we do *Sadhana* and Meditation on this day then we can tap into the cosmic energy of the great saints and sages who also do intense *Sadhana* and go into *Samadhi* i.e. in deep meditation. Let us all visit the Jagadeeshwara temple in Powai Ashram on this auspicious day.

Holi is on 23rd - 24th March. In our culture the various festivals have symbolic significance. Holi means victory of good over evil and right over wrong. Puranic stories convey specific messages through various events. We all know the story. What we need to learn here is that we must

appreciate that whatever wealth, powers or abilities we possess are actually borrowed from the Lord and we must not become arrogant like Hiranyakashipu. We must remain like Prahalada, devoted and completely in surrender to the Lord. Holi is the festival of colours. It is the day to end any conflicts, a day to forget and forgive and embrace all with true love.

We are happy to inform you that the work of “Chinmaya Pradeep” project is in full swing. It has started taking its shape. As you all know, Chinmaya Pradeep is one-of-its-kind permanent outdoor exhibition based on life and teachings of Pujya Gurudev.

It is a “Centenary Year Project” taken up by Chinmaya Mission Mumbai. Once complete, it will be a “Monument”. It deserves all your support. Although we have received substantial donations and contributions during Chinmaya Ananda Utsav, we are still short of our target. We also have to create suitable corpus for maintenance of this monument. Kindly contribute generously for this noble endeavor.

There are some grand plans being worked out for the 100th Birthday of Pujya Gurudev on 8th May 2016. Powai Ashram will be specially decorated for this grand

event. There will be a Paduka Pooja, Satsang by Acharyas and other programs. The highlight of the day will be Abhishek of Pujya Gurudev’s Pratima (statue). There will be special programs for children. It’s a Sunday! So, no other commitments! Let us all be there at Powai Ashram on 8th May and offer a befitting tribute to Pujya Gurudev. *(Details of this event are on the inner cover page).*

As mentioned earlier, this year, let us concentrate on the Grass Root Activities. Every zone must start more number of new Study Groups, Devi Groups, Balavihars or ShishuVihars.

India is the country of youth. We need to specially encourage youth towards spirituality. This is the only way to ensure overall growth of the nation. They must learn to value “Values” as also the “Valuables”. Come forward to become a Sevak or Sevika for conducting such classes. If you need any training then get in touch with the office and you will get the details of the training sessions. Kindly offer your home or any suitable premises for conducting such classes.

“UNTO HIM OUR BEST”.

Mukul Patel

President -

Chinmaya Mission Mumbai

Chinmaya Chintan

The Divine Dancer

Swami Chinmayananda



Mahasivaratri is an auspicious day when Lord Siva bursts forth into the ecstatic dance of Nataraja.

The dancing deity has four arms delicately poised. The upper right hand, it will be observed, carries a little drum (*damaru*), shaped like an hour-glass for the beating of the rhythm and the opposite hand, the upper left, with the half-moon posture of the fingers (*ardhachandra-mudra*) bears on its palm a tongue of flame. The Divinity is represented as dancing with one foot firm on the prostrate body of a dwarfish demon (*apasmara-purusha*), and the other raised in posture well known in classical Indian

dance. A ring of flames and light (*prabhaamandala*) issues from and encompasses the deity.

On this auspicious day, Siva, the arch yogi amongst the Gods, lays down the trident (*trisula*) with the triple prongs - indicating the transcendence of the three gunas namely, the *sattva*, *rajas* and *tamas* - and transforms himself into the Divine Dancer.

The dance posture, balancing on one foot, signifies his single pointed attunement with the Absolute Reality. Thus when the dwarfish demon, the ego (or *avidya*) lies conquered and crushed, one experiences within oneself the pure, transcendental

essence of divinity. The control of the lower nature becomes one's dignity and glory and this is symbolised by the serpent adorning His body.

In whatever direction the Lord sees, the world gets annihilated by the fire of Knowledge (*gnana agni*); Parvathi (the mind), the consort of the Lord, is also destroyed. To such a Man of Realisation, therefore, the world of plurality, with the pairs-of-opposites (*dwandwas*) disappears which is indicated by, the term *raatri* or night. So too, to us, His world of beauty, peace and auspiciousness is dark and unknown. The same idea is beautifully expressed in the words of Lord Krishna in sloka 69 of Chapter 2 of the Bhagawad Gita, namely - "The yogi is asleep to our world and so are we to the realm of His experience."

The allegory of the Nataraja pictorially brings out the dual manifestations of the non-dual ultimate Reality namely, the absolute tranquillity of the all-knowing Self and the dynamic expressions of the world. In the one form of the Lord, we find His blissful, silent countenance representing the unmanifest, in significant contrast to the

passionate agility of the swaying limbs representing the manifest - the world of plurality. We and the Divine are one.

The halo of flames signifies the creatures (*jeevas*) of the world who emerge from the one non-dual Reality. The continuous play of the creation and destruction of the universe, which emanates from Him, is indicated by the *damaru* and the tongue of flame supported by His two upper arms.

The damaru produces sound which is associated with space, the subtlest of five elements from which emerges the universe. The flame is the symbol of the destruction of the world.

Lord Siva's tresses are long and matted, indicating the *tapas* or austerities undertaken by Him. In the triumphant, violent, frenzy of his untiring dance, the tresses loosen and expand, suggesting that the ultimate Experience is trans-*tapas*. Thus, through *tapas* and annihilation of the ego, one finds, in the allegory of the Cosmic Dancer, the path from ignorance, passion and egoistic individuality to the Absolute and Highest Essence in one.

Source : *Tapovan Prasad*, Feb '99

Tejomayam

The Need for Symbols

Swami Tejomayananda



What is the need for religious symbols? What is the need for the temple? We will now examine these questions. Many of us say that if God is all-pervading, why do we need temples? Why should we ever go to one?

The need depends upon the individual. If you can calculate mathematical formulae mentally, then you have no need of a calculator, pencil or paper. Nowadays however, most of us are so used to calculators that we cannot even mentally count two plus two! Since we no longer have the self-confidence that we can compute mentally, we need the calculator even more. In the same way, if a person can walk on his

own two legs, there is no need for the support of crutches or a stick. But a baby who has neither the strength nor the knowledge of how to stand and balance, requires some support.

Just as some need support at the physical level, many require support at the mental and intellectual levels too. This is true today even in high-level management courses, where the method of instruction is primarily through visual means of graphs, charts, videos, slide shows and so on.

Why do we need all these pictures? Why can we not understand a principle by itself without any pictorial demonstration? When a principle or theory is taught

to us, we generally ask for an illustration or an example to help us understand it better because without it, we feel we cannot comprehend the idea. This is due to our intellectual inability.

On the other hand, if our minds are subtle enough to understand a concept directly, we do not need the help of a symbol. Therefore the requirement for an outer symbol to convey a subtler idea is not absolute for everyone; it depends on our qualifications.

But how will we become so highly qualified spiritually that we will not need an outer symbol to help us in our understanding?

It is very easy to say that God is all-pervading and formless, but are we really able to meditate on that formless Reality? We may say that God is in every being and thing, but what is the quality of our behaviour with other persons when we interact with them? If we say that there is divinity in us and we really see the same divinity in everyone, will we continue to cheat others? It is useless to merely say that God is all-pervading if our behaviour remains vulgar and thoughtless. We should not try to fool ourselves.

Certainly it is true that God is all-pervading and that He does

not remain only in one image or place, but the question is whether we realise and experience that Truth. If we do not experience it, what is the use in just spewing out a theory? If one already has the direct, living experience that God is formless and all-pervading, one has no need for a temple or an idol, a symbol or a picture. For most of us, however, there is still the need for the support of a symbol in order to prepare the mind - to make it subtle, pure and capable of seeing the highest Truth. It is for this reason that, if we are not yet able to see the Lord in everything, we are asked to first practice seeing Him in at least one image and then to slowly expand our vision.

Invoking the awareness of God

Another point that people miss when they criticise others who visit temples is the fact that if God is all-pervading, then He must be equally present in the temple, in the idol - everywhere! We are, therefore, not worshipping the stone idol, but the presence of God, who is within that form. The temple and the idol simply help bring into our minds an awareness of the presence of God.

'Similarly many people keep a picture of their family members

on their desks or in their purses. Why do they do this? Not because they think they will forget their dear ones, but because the picture invokes the love they feel for their family members and brings the presence of those loved ones into their minds.

Some people even save a thread or hair of someone they love. For them it invokes all the memories of love and joy associated with their beloved, though to another person it is merely a strand of hair. This is also a kind of idol worship.

It is said that Swami Vivekananda once visited a king who was an atheist and did not believe in any form of idol worship. To him an idol was just a piece of paper or a stone and to worship it was useless.

In his royal palace there were many pictures of the king's forefathers hanging on the wall. When Swami Vivekananda came he asked one of the ministers to take down the picture of the king's grandfather and put it on the floor. Then he ordered the minister to trample on the picture and spit on it. The king was shocked. He said, "What are you telling him to do?"

*The lighting of
the camphor in
the temple ritual
represents the
kindling of the fire of
knowledge within us
and the burning up
of the ego.*

Swami Vivekananda repeated, "I told him to spit on the picture!"

The king was indignant, "What are you saying? How can you insult my grandfather like that!"

"What is wrong?" asked Swami Vivekananda innocently. "It is only a picture. It is not your grandfather, is it?"

In a trice, the king understood what Swami Vivekananda was driving at and apologized to him for all he had said earlier about idol worship.

For a person a photo may be meaningless, but, as in the example of the king, the picture of his grandfather was more than just a picture. It symbolized the king's entire family ancestry, an ideal that he revered; it represented the man who was the father of his

own father, from whom the king had obtained all the property and power now in his possession.

The point is that no matter how insignificant a thing may appear to others, it has the capacity to bring a completely different experience and awareness to the mind of one who is attuned to it. In religion too, as in this worldly type of idol worship, the idol is no mere idol to a devotee, for through it he can come to experience directly the presence of the Lord. Though this experience may not happen immediately, it can certainly emerge, in time, to a devotee who tunes his mind to, and develops deep love for that chosen form of the Lord.

In short, the function of the temple and the idol is to invoke in our minds the awareness of God's presence. Though the form is outside of us, the knowledge and awareness takes place within. To become aware of God in a place or form is a practice by which one can purify the mind and prepare it to understand that this Truth is everywhere and that it is, in fact, his or her own Self.

The cultural role of the Temple

In the Hindu tradition the temple was also meant for another

purpose aside from fulfilling the spiritual needs of a person. It was also a place for secular learning, for lectures, for the celebration of festivals and for the dedication of music and arts. Whether a person was a painter, sculptor, dancer or musician, he or she could express his or her art in the temple as an expression of worship to the Lord. Temples were places where people could come together to share common experiences, not only of a spiritual nature, but also those that were aimed at the total cultural awakening and upliftment of the people — just like our community centres today.

In recent times, we have been feeling the need to build modern community buildings and centres to foster various functions. However temples can adequately serve all these purposes, just as they did in earlier days.

Nowadays since discourses in temples are rare, people tend to become overly ritualistic without understanding the meaning of the rituals they perform. Our temples should again become centres where people can learn about their history and culture, their religion and philosophy, as they were originally intended.

The temple has another deep significance also, of which many are not aware. It is said that structurally the temple represents the human body.

Just as my body encompasses the heart (mind or intellect) in which the Lord resides, so too deep inside the main temple structure is the *garbha grha*, the sanctum

sanctorum, wherein the Lord's idol presides. The temple itself represents the physical body and the *garbha grha* its heart, wherein we experience the presence of the Lord.

In South Indian temples especially, the entire complex is huge, but the specific place where the Lord's idol is kept is very small. Inside the *garbha grha* it is always dark, and when you approach the altar, the priest holds up and waves a camphor flame by which you can see the form of the Lord.

What is the significance of all this? Subjectively, the Supreme Self, the Lord who is seated in my heart, is covered by the darkness of ignorance and is yet unknown and unseen by me. Camphor is nothing but solidified fragrance; when it is burnt up, nothing remains to be seen. This fragrance is called *vasa* or *vasana* in Sanskrit and it represents all the negative

tendencies and impressions in our minds. The solidified *vasanas* in us, the ego, manifests in the form of desires, likes and dislikes. The lighting of the camphor in the temple ritual represents the kindling of the fire of knowledge within us and the burning up of the ego. In the light of that Knowledge we then behold the *Paramatman*, the Lord in our hearts.

At the end of the ritual, when the camphor-flame is extended to everyone present, they put their hands over the flame and then touch their own eyes. This gesture signifies that we want to keep permanently before our eyes that light in which we saw the Lord. What is seen by the eyes enters the heart. Consequently, when we view creation, we have this new vision of the Lord everywhere. The famous first verse of *Isaavaasya Upanisad* also gives us this instruction: *isaavaasyam idam sarvam* – “All this, whatsoever moves in this universe, including the universe, itself moving, is indwelt, pervaded, enveloped or clothed by the Lord.” There is also a significance as to why we place a donation on the plate as the camphor-flame is being passed around. It signifies the fact that when we gain this greater vision

of the world we would tend to become large-hearted. Do not be a miser at that time, like some who search their pockets for a smaller bill or place a large bill on the plate but take back change! Just as the offering made in the temple is for the welfare of the whole community, when we experience God's presence everywhere our wealth and possessions are shared with others.

At the very end of the ritual food that has been offered to the Lord (*prasada*) is distributed. To most of us, *prasada* means something that is edible, and that is all! But the real meaning of *prasada* is "purity, cheerfulness, bliss, joy and peace". This is our true gain

upon tuning our minds with the Lord during the worship. The real *prasada* is the feeling of peace we experience in our hearts while looking at the idol of the Lord after we have performed our daily worship (*puja*) with much love and devotion. But generally, if we perform *puja* at all, we finish in two or three minutes and say, "Done! Finished!" That is why the *prasada*, the peace and joy, is not experienced by us - because we do not know how to tune our minds to the Lord.

I have thus explained the need for and the significance of the temple and related rituals, which are vast sciences in themselves.

Source : *Tapovan Prasad*, Feb '99

H. H. SWAMI TEJOMAYANANDAJI'S ITINERARY MARCH - 2016

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10 to 10 Mar, 16	Coimbatore	+91 - 422 261 5446
13 to 19 Mar, 16	Uttarkashi	+91 - 1374 - 222 357 +91 - 1374 - 223 373 +91 - 96900 25745(M)
21 to 23 Mar, 16	Jaipur	+91 - 141 - 220 2197
26 to 31 Mar, 16	Kuala Lumpur	+91 - 6012 - 277 2401
01 to 05 Apr, 16	Singapore	+65 - 6396 7949

Acharya Manan

Om Karunasagaraya Namah

by Brni. Nidhi Chaitanya



“Compassion is an attitude of sympathy cooked in kindness, honeyed with love and served on golden platters of understanding.” writes Param Pujya Gurudev Swami Chinmayananda.

Compassion is not prompted merely by the suffering of people. It is prompted by the objectless, causeless and limitless Love of the Master.

Pujya Gurudev left the luxury of Samadhi, the laps of the Himalayan peace, the comfort of revelling in Infinitude and even the presence of Swami Tapovanam, and came down to the plains. When we think about it, we realise the magnitude of His sacrifice. This is Karuna.

Why did He come back? Why? He had no reason. He wanted nothing, sought nothing, needed nothing. He was fulfilled. Yet, He came down - for our sake.

Gurudev once said “A value reaches a person best when it comes riding on the shoulder of a hero.”

And so, He came and became our Hero, and showed us how to live the subtle values of Vedanta in daily life. Whenever I am in doubt about the practicality of spirituality, I open the book “At Every Breath a Teaching” and His life becomes my answer. If Ram came to Ayodhya to represent an ideal human life, Pujya Gurudev came to our lives to demonstrate an ideal spiritual life. He came so that we have a Hero, a Guru, an inspiration to live by. It was not His need, it was ours. He did not serve because it brought Him happiness. He served because He is Happiness. This is Karuna.

He traversed the globe to ensure that the voice of the Upanishads

reaches every one of us. Us?? Who are we? How qualified are we to even utter a word of the Geeta? How pure is our heart to even serve a Realised master? He never cared about that. It was not because we deserved it at all. It was because He was truly an "Ocean" of Compassion. Where does the Ocean limit its access to any qualified one? It gives, embraces and absorbs anyone who comes to it, just like Pujya Gurudev. This is Karuna. And He was an Ocean of Karuna - Karunasaagaraaya Namah.

Guruji wrote in Krtagyataa, "Samasta Jana Kalyane Niratam Karunaamayam."

Meaning, He who, full of Compassion, was ever engaged in the welfare of all people.

I often fail to answer phone-calls and SMSs on time, many emails in my inbox go unanswered. He worked 18 hours a day, built 250 centres, trained Brahmacharis, did 2-3 talks every single day, and yet, answered each and every letter that reached His desk. Recently, Chinmaya Prakashan has published a truly amazing compilation of His letters. It is called "Forever Yours". I do not call it amazing simply because it is His letters, although that is also enough reason. But when

we read His letters, we realise how much love He poured into each letter! His letters would include sketches, puzzles, advise, remembrance, care and meticulousness. Whether it was an eight year old child or an octogenarian, every person's letter would be replied in detail. To Him, every letter was an act of karuna. And this He did every single day.

When I wanted to study Vedanta, I joined Sandeepany Sadhanalaya after searching many such places. And those 2 years changed my life and perspective entirely. I owe the rest of my entire journey to Sandeepany. In the early years when this ashram was built, Pujya Gurudev would go for 3 bhikshas a day to bring in funds to run this premier institute of spiritual study, in spite of His terrible heart condition. He sacrificed His health and created this temple of learning much before many of us even wanted to learn anything. To me, this is karuna.

I remember, when I had just taken Diksha and was posted to our centre in Lokhandwala, one day, I was very hungry and one elderly Amma called me suddenly to have food in her house. She fed me with great love and packed some fruits for me. I asked her

why she called me when I was such a new person in the field. She said, “When Gurudev had come to to my house for bhiksha, He told me to feed all His younger disciples like I used to feed Him” I was perhaps not even born when He made sure I get fed! To me, this is karuna.

When I was to give my first talk, I was nervous as hell. I still remember that I had called Pujya Guruji and said that I do not think I can ever give a talk on any scripture and He told me “Invoke Pujya Gurudev’s grace and speak.” I did just that. And believe me, ‘I’ never gave a talk after that. Every moment, in every word, He manifested. In spite of my shortcomings, I wanted to serve and share. So He allowed me to be around. He allowed my childish blabbers. He let someone like me belong to His lineage. To me, that is karuna.

When an Ocean of Compassion like Gurudev happens to us, what we receive depends on the extent of our surrender. Pujya

Gurudev writes: “Unless we have the meekness and the spirit of surrender, Knowledge cannot reach us.”

Surrender is dropping all ego and insistence with complete faith in the nobility and ability of the Guru. This is true sadhana. But even that happens because of the karuna & krpa of the Guru. May His compassion increase our dispassion. May His presence end our ignorance. May His Grace lead us to Self-Knowledge.

I conclude with this beautiful prayer from Vivekachoodamani:

*svaamin-namaste nataloka-bandho
kaarunyasindho patitam bhavaabdhou |
maamuddharaatmeeya-kataakshadrshthyaa
rjvyaatikaarunya-sudhaabhirshthyaa ||*

*O Master, O friend of all who
reverently surrender unto thee, thou
Ocean of Compassion, I salute thee;
save me, fallen as I am into this sea
of worldly existence, with a direct
glance from thy eyes which shower
nectarine Compassion.*

Om Shri Gurubhyo Namah.



Running away from life is not the way
to reach the highest goal of evolution.

- Swami Chinmayananda

Tulsi Ramayana - an enquiry

Maya Nandakishore

The Tulsi Ramayana Camp in the last week of December '15 was a special spiritual experience. The conclusion of the camp brought with it an onslaught of emotions - a sense of wonder at the Lord's unending glories, a sense of loss at not being able to continue the experience of being immersed in bliss, a sense of what next?

It was then that I decided to enquire into these very special days and asked myself a few questions.

Q Where was the camp held?

A The camp was in Chinmaya Vibhooti - a place which is the manifestation of shraddha in the Guru's glory - a place where the beauty of Panchavati merged with the comforts of Ayodhya.

Q What happened there?

A Our beloved Pujya Guruji revived our unconscious Rama bhakti with the Sanjeevani of Tulsi Ramayana. He revealed to us the whole spectrum - the towering heights of divine values to the deep, profound stillness; both of which are ours.

Q How long was the camp

A As we travelled from Balakand to Uttarkand with Pujya Guruji, time lost its reality. It stood still, allowing us to experience the presence of Trikalateet Bhagwan.

Q What else happened there?

A All of us waited for the arrival of Pujya Gurudev in the form of Chinmaya Jyoti, an expression of HIS eternal presence in our lives. Devotees exchanged stories, shared memories and relived experiences. Surely Gurudev would have smilingly said:
*matcittāḥ matgataprānāḥ
bodhayantaḥ parasparam
kathayantaḥ ca mām nityam
tuṣyanti ca ramanti ca.*

Q What happens next?

A With the blessings of the Lord, we will be in Chinmaya Vibhooti again and again (*punaḥ, punaḥ*)!

With the grace of the Guru Parampara we shall strive to listen more, reflect deeper, seek with intensity, soar in meditation and abide in that *ānandasvarūpa* and *śantisvarūpa tatva*.

Shraddhanjali



15th December 1939 to 1st February 2016

Chinmaya Mission Mumbai
offers Shraddhanjali to

Shri Narain Bhatia

Shri Narain Bhatiaji was CEO-Trustee of
Central Chinmaya Mission Trust (CCMT).

He was passionate about Vedanta and conducted
classes and camps regularly. He was an expert in
Rudraksha and had knowledge of conches and murtis.

May the Lord, Pujya Gurudev and Pujya Guruji
bless him on his onward journey to success.

Chinmaya Mission Mumbai
welcomes you to

Values - Your SELFie

CLICK WITH VALUES

Annual Balavihar Summer Camp for children & parents based on Bhagawad Geeta Chapter 16

12th - 15th May 2015 (Thurs - Sun) @ Chinmaya Vibhooti, Kolwan

with

Pujya Guruji Swami Tejomayananda,
Swami Swatmananda & Brni. Nidhi Chaitanya,
Br. Ved Chaitanya, Br. Yukta Chaitanya & Balavihar Sevikas

Age-Group : 5 - 8 years & 9 - 12 years & their parents
(for Residents of Mumbai & Navi Mumbai only)

Important Points:

*There will be parallel sessions for Parents on
Bhagwat Geeta Chapter 16 by Swami Swatmananda*

5 - 8 year olds will be allowed to attend the camp only with parent(s)

Children attending the camp must strictly be between 5 - 12 years ONLY.

This camp is open only to residents of Mumbai & Navi Mumbai

*Parents will be allowed to attend the camp only if at
least one child from the family is part of the entire camp*

Camp Donation:

(includes stay, food, study material, camp kit)

	Before 25 th April	After 26 th April
For 5 - 8 year olds :	Rs.3500 per head	Rs. 3750 per head
For 9 - 12 year olds :	Rs. 3750 per head	Rs. 4000 per head
For parents :	Rs. 4500 per head	Rs. 5000 per head

Travel Arrangements:

- Participants can travel to Chinmaya Vibhooti through private transport. To know the travel route to Chinmaya Vibhooti, please logon to: <http://goo.gl/jkVYBF>
- Optionally, participants can also choose to join us in the common bus transport which will be arranged as per requirement. All buses will be AC buses considering the welfare of the children in the scorching summer heat.
- Registrations for Bus-transport, must be made at the time of registration for the camp.
- Contribution per head for transport is Rs.1800 to-and-fro and Rs.1000 one-way.

For Transport route and details, call : Rakhee (Central & South Mumbai) 9820977191/ Shyamala (Chembur/Ghatkopar) 9930001546 / Jalaja (Andheri/Juhu) 9821261313 / Manjula Suresh (Navi Mumbai) 9969066853

You can register online on www.chinmayamissionmumbai.com

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

For details and registrations log on
www.chinmayamissionmumbai.com

You can also write to us on: bv.mumbaicm@gmail.com

You can also courier / deliver your registrations on the following

Address : Chinmaya Priyam, 5, Jain Vihar, NS Road No.3,
Juhu Scheme, Mumbai - 400056

Tel. No. 26112358/59 (Office Hours : Mon-Fri 12.00 pm - 6.00 pm)

Call us now: South Mumbai - Smita Patel: 9820194861,

Nimisha Parekh: 9820579342 ● Worli: Sarika Pherwani: 9820300281

● Parel -Dadar - Jivika: 9820183198 ● Sion - Matunga - Wadala:

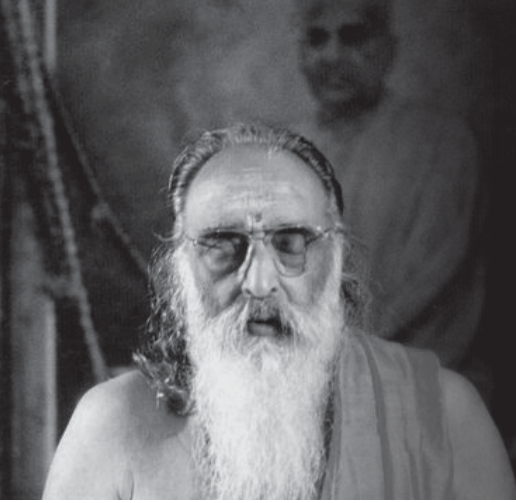
Bhavana Sarawal: 9833188196, Bhuvana Chandran: 9920744979

● Powai: Sandhya Rajesh: 9167147921

● Chembur: Manisha Deole: 9892403235, Indira Someshwar 9987702690

● Navi Mumbai: Dr. Gitanjali Taori: 9820812432

● Juhu - Andheri: Mamta Shah 26112358 / 26112359



42

Chinmaya Sadhanas

Chinmaya Mission Mumbai
invites you to participate in

42 Chinmaya Sadhanas

*(42 Sadhanas for 42 weeks as an offering to commemorate
42 years of Service by Swami Chinmayananda)*

Launched on 3rd August 2015 -

Chinmaya Aradhana Day / Sadhana Day

From 1951 to 1993 Swami Chinmayananda served the society selflessly, out of Causeless Infinite Compassion. He came down from the Himalayas to uplift us. Every moment of these 42 years was an expression of His Love for us, urging us to do sadhana & break out of our false-identification with the Body-Mind-Intellect.

“Spiritual Life is all-inclusive. Your physical, mental and intellectual involvement is unavoidable. At each level the ‘Sadhana-emphasis’ is different.

We are now drowned in our Body-Mind-Intellect (BMI) identification. We have to use creatively that very BMI to get out and go beyond them into the Higher State. BMI in their tamed and quietened condition, become a comfortable ladder to reach the Higher.” - Swami Chinmayananda in Practice of Vedanta.

In HIS Birth Centenary Year, let us do 42 Sadhanas as an expression of our gratitude to HIM.

Objective:

Cultivate the attitude that I am a Sadhak and Self-Realisation is my goal in and through my daily life. It will also introduce us to 42 different sadhanas and if any of these sadhanas inspire us, we can continue it for the rest of our lives.

Method:

From 3rd August 2015 to 22nd May 2016 are 42 weeks.
Each week we will be doing one sadhana from Monday-Sunday.
Each month the sadhanas will be for Body-Mind-Intellect-Speech.
One aspect will be covered in one week.
So every month our BMIS will be getting fine-tuned.

7 - 13 Mar.	Speech	Tapovan Sadhana	Chant Tapovan Shatkam once daily Read Wandering in the Himalayas
14 - 20 Mar.	Mind	Forgiveness	Forgiveness
e	Intellect	Surrender	Practice the attitude - "Im only an instrument. The lord is the doer."
28 - 3 April	Body	Watch the Sunrise	Wake up early and take a bath. Watch the sunrise. Be with the sun every moment. If the mind thinks anything else or thinks about oneself, bring it back to sunrise.
4 - 10 April	Speech	Mauna	Fix a time for silence and do not speak during that time. Observe mauna for atleast 1 hour in a day. Avoid technological distractions.

The sadhana of the week with the description, how to do it, how long to do it & the benefits will be mailed to you on the previous Sunday.

*You can perform the sadhana and if you like,
take a picture/selfie and post it on
facebook/twitter/instagram/google + /social media with the
#42chinmayasadhanas #CBCC100.*

*Lets get inspired by #42ChinmayaSadhanas
& lets inspire others to do #42chinmayasadhanas*

To know more about the sadhanas &

*register free for #42ChinmayaSadhanas at goo.gl/io97fa or
log on to www.chinmayamissionmumbai.com*



CHINMAYA PRADEEP

Illuminating A Timeless Vision

Why Chinmaya Pradeep?

Vedanta is the subjective science that empowers our mind and helps us to face the challenges of life with clarity, purity & dexterity so that we achieve success and happiness. It is the need of the hour in the struggles and strife of modern life. Human mind needs a higher vision and a deeper purpose beyond material success & prosperity, so that one can go beyond one's personality and the greater potential within us can manifest.

Hindu culture is the world's most ancient, time-tested, universal and yet a dynamic and living culture even today. Due to centuries of invasions and many other factors, it has gone through a decline and it must be revived.

Swami Chinmayananda dedicated his life to ignite millions of minds with this vision of vedanta and revival of Hindu culture. 42 years and more he served humanity across the world selflessly loving,

cares and sharing knowledge with everyone. This year we are celebrating the Birth Centenary year of Swami Chinmayananda (8 May 1916-2016). **Chinmaya Pradeep is the first of its kind permanent outdoor experiential multi-media and multi-medium park in India on the theme of Vedanta as a tribute to His Life & Vision.**

Why Chinmaya Pradeep?

1. It is a journey of a skeptic (Balan) who transformed to become a seeker (Swami Chinmayananda) and who ultimately dedicated himself to Self-Knowledge and service of the society. There is a skeptic in all of us who is waiting to get the right



understanding. Chinmaya Pradeep has logical/time-tested points that can explain the logic of spirituality to us. **Its a mirror to ourselves.**

2. Building schools, orphanages, rural development, educating people in literacy, medical help etc. are various forms of Service. Empowering someone's life with right knowledge, vision & values is also a great service. It is Jnana-Seva which is the highest form of service. It makes a person strong and independent. Chinmaya Pradeep is to understand the beauty and impact of Jnana-Seva in the life of Swami Chinmayananda and everyone whom he touched with this highest form of service.

3. It is to feel deeply the decline of our glorious Vedic culture, understand its essence and see how can it be revived. Swami Chinmayananda felt sad looking at the deterioration of our culture and decided to be a proactive contributor to revive the Culture. **Chinmaya Pradeep is to take us back to our roots** and make us proud cultural citizens who can contribute in protecting and propagating our culture in our own simple ways to the next generation.

4. There is a great curiosity today to learn the Bhagavad Geeta, Upanishads, Vedanta etc.

Chinmaya Pradeep has the essence of all the three through the Sthitaprajna Portion of the Geeta, 4 Mahavakyas of the Upanishads and BMI Chart - essence of Vedanta. **Chinmaya Pradeep gives the essence of Vedanta & Hindu culture to everyone.** Including skeptics & atheists etc.

5. Anyone coming here can **listen, reflect, meditate and be by themselves in solitude.** Its a wonderful setting amidst nature.



6. What is Hinduism? Is it merely the external show? what are our roots? what is the scientific, social, knowledge and ritualistic aspect of Hindu culture? why do we do certain things like fasting, pradakshina, aarti, havan etc. Through Chinmaya Pradeep one can **understand the WHY of Hindu Culture & its essence.**

7. The values of selfless service, compassion, devotion, uncompromising commitment,

detached engagement, integrity etc. are communicated through the anecdotes of Swami Chinmayananda's life and his words. **Chinmaya Pradeep give us the strength to hold on to the values in our lives,** in spite of all the challenges that come our way.

8. If individuals become stronger and empowered, the society, state, country and the world will be a better place to live in. **Chinmaya Pradeep is to empower the individual.**

9. Chinmaya Pradeep connects me to a Spiritual Master who wanted everyone to be independent and who genuinely served the society. **It reposes my faith in spirituality and spiritual masters.**

10. Chinmaya Pradeep brings out the vision and work of Swami Chinmayananda as a Social Reformer, Dynamic Patriot, Cultural Ambassador & Revivalist, Visionary & missionary, Compassionate Saint, Detached Sannyasi and much more.

On 23rd February 2016, Swami Swatmananda along with Sri Mukul Patel (President of Chinmaya Mission Mumbai) & Sri Amar Jaisinghani (Trustee, Chinmaya Seva Trust), met the Hon. Chief Minister of Maharashtra Sri Devendra Fadnavis to offer Chinmaya Mission's support for **Jal Yukt Shivar Abhiyan for Farmer's Relief in Maharashtra.** In the first step, Rs. 11 lakhs were offered for this noble cause of Drought Free Maharashtra through Rainwater harvesting etc. Funds for this were raised through

the Chinmaya Ananda Utsav held last Year. We thank all the donors who came forward to support this initiative by contributing for the donor passes of the Spirit of India concert and I Transform India Transforms leadership conclave held last year. We will also be offering Chinmaya Transformation Scholarship to deserving students from the funds raised.



Chinmaya Sagar Zone

(South Mumbai)

Vasant Panchami on 12th Feb
2016 @ ChinmayaSagar

Approx. 20 devotees gathered to
perform the Shree Saraswati Puja.

Mrs. Neeta Shah performed the
puja and Mrs. Geeta Chopra was
yajman.

Varsha Dalal.



Sessions by Swami Swatmananda

Geeta Power

Weekly Study of Geeta Verse-by-Verse

Talks on Geeta Ch. 3 - Karma Yoga

March 3rd, 17th, 24th, 31st (Thursdays)

April 14th, 21st & 28th (Tues to Thurs)

12.30 to 1.30 pm

Venue: Mrs. Parul Bhammar, 18th Floor, Usha Kiran Bldg,
Charmaichel Road, Behind Jaslok Hospital.

Contact: 9820185255

Upanishad Darshan - Taittiriya Upanishad

Talks on Ch. 2 - Brahmananda Valli

March 22nd, 23rd, 24th, 25th, 26th (Tues-Sat)

April 12th, 13th, 14th, 15th, 16th (Tues-Sat)

Time: 7.15 to 8.15 am

Venue : Chinmaya Sagar, Panchsheel Bldg., 'C' Road, Churchgate



Sessions by Swami Swatmananda

Geeta In Practice

Monthly Sessions - Vision of Geeta in Power Capsules

Chapter 14 - Mood Swings to Mind Balances

March 15th, 16th, 17th (Tues to Thurs)

Chapter 15 - Spiritual Quotient

April 5th, 6th & 7th (Tues to Thurs) ● 7.15 pm to 8.15 pm

Venue: Chinmaya Nursery, Kemp's Corner, behind Hotel Shalimar

*For registration kindly send a SMS along
with your full name on 8108043204.*

*Please call & confirm on the above number to
find out changes in dates of programme.*

All are Welcome

A new class for Junior CHYKs based on the Hanuman Chalisa

Age: 12-15 yrs

@ Marine Drive

Every Sunday ● 3.30 to 4.30 pm

To register contact : 9820131623

Celebrate Hanuman Jayanti

by chanting it 108 times

22nd April 2016 ● 8.30 am to 5.30 pm

Venue: Chinmaya Sagar, Panchsheel, Churchgate

Chinmaya Mahima Zone

(Mahim to Dadar and Sion to Parel)

Rama Pattabhishekam by Balavihar Children

The Balavihar at Sri Ram Mandir, Wadala celebrated the coronation of Sri Rama on January 24th, 2016, during their Balavihar session. The course on Bala Ramayan was completed in one year and about ten children in the age group 7 to 12 years enacted the coronation of Sri Ram.

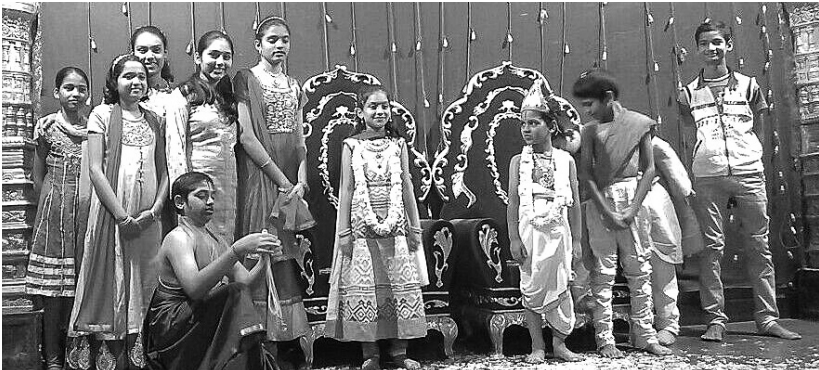
The entry of Rama, Sita, Lakshmana and Hanuman in the hall was heralded with the

playing of Nadaswaram in the background. The audio recording of the Vedic chanting was played during the coronation of Sri Ram. The Mandap and altar were beautifully decorated to suit the occasion.

The parents of the Bala Vihar students also attended the ceremony. The program concluded with a few bhajans on Rama followed by Shanti mantra and pledge. Special prasad was distributed by the temple authorities.

**Geetathon @ the residence of
Mrs. Dwivedi, Parel on 6th Feb.
by Br. Yukta Chaitanya on the
Essence of Geeta**

It was attended by about 15 people.



Ganesha Atharva Sheersha
for Balvihar Children by Br. Yukta Chaitanya

Every Saturday ● 4.30 - 5.00 pm

Venue : Chinmaya Mahima Centre, Opp. Paradise Talkies,
Opp. SBI Bank, Mahim 16.

Contact: Sarika Pherwani on 9820300281

New Study Class
on Tattva Bodha

by Br. Yukta Chaitanya

Every Monday starting from 14th March ● 4.30 - 6.00 pm

Venue : Chinmaya Mahima Centre, Opp. Paradise Talkies,
Opp. SBI Bank, Mahim 16.

Contact: Br. Yukta Chaitanya on 9820000444

Geeta Jnana Yagna

on Chapter 2 - Sankhya Yoga

March 28th to 1st April ● 5.00 - 6.30 pm

by Br. Yukta Chaitanya

Venue : Erica, Dosti Acres,
Near Antop Hill Bus Depot, Wadala

Contact: Smt. Shaila Namjoshi on 9867649116

Geeta Chanting Class
for beginners by Sri. H. P. Ishwar

Every Monday and Thursday ● 11.00 am - 12.00 noon

Venue : Flat # 505, Dosti Elite, A Wing,
Near Sion Telephone Exchange, Sion East.

Contact: Smt. Vinita Acharya on 9821020403

Chinmaya Jayam Zone

(Bandra, Khar, Santacruz, Vile Parle)



Sessions / Camp by
Swamini Krishnapriyananda

Nirvaan Shatkam

Morning 7.00 am to 8.00 am

Gateway to Self Realization

(based upon the Bhagavad Geeta)

Evening 7.00 pm to 8.30 pm

1st to 3rd April 2016 (Thursday To Saturday)

Venue : Conference Hall, National College, Bandra.

Contact: Vijay Patil - 9819978073

Entry Free

Camp on Apropokoshanabhuti

@ CIF Kerala

18th to 22nd September 2016

Camp Fees: Rs. 4000/-

23rd September 2016 to 25th 2016

Sight Seeing

(charges separate)

Bookings to be made by Devotees themselves

Contact: 9322406135/ 9820745879



Sessions by Swamini Krishnapriyananda

Meditation and Aparokoshanabhuti

by Swamini Krishnapriyanandaji

19th March 2016 • 6.00 to 7.30 pm

Venue: 101, Garden Crest, West Avenue Road,
Santacruz West, Mumbai - 400054

Rama Navami Celebrations

15th April 2016 • 11.00 am to 12.30 pm

Satsangh, Bhajans followed by prasad

Venue: 101 Garden Crest, West Avenue Road,
Santacruz West, Mumbai - 400054

Vishnu Shashranama Chanting

21st May 2016

on the Occasion of Budh Purnima

Place 101, Garden Crest, West Avenue Road,
Santacruz West, Mumbai - 400054



Human as we are, let us never look back for a moment but dynamically march forward creating a glorious future of magnificent achievements by rightly exercising the independent self-effort, which is man's prerogative.

- Swami Chinmayananda

Sessions by
Swamini Krishnapriyananda (contd...)

Guru Purnima Celebrations

Paduka Puja & Gurudev's Video Clipping

17th July 2016 • 11.00 am to 12.30 pm

Vedanta Saar

Every Monday from 4.00 to 5.30 pm

Ashtavakra Geeta

Every Wednesday from 5.00 to 6.30 pm

Ishyavasya Upanishad

Every Thursday from 4.00 to 5.30 pm

Bhaja Govindam

Every Saturday from 10.30 to 11.30 am

Bhaja Govidam

Every Sunday from 10.30 to 11.30 am

Venue for all the above programmes at
101, Garden Crest, West Avenue Road,
Santacruz West, Mumbai - 400054

Chinmaya Priyam Zone

(Andheri & Juhu)

Talk on 'Just Be Focussed' @ DJ Sanghavi on 3rd Feb. by Brni. Nidhi Chaitanya

- The session was attended by around 160 Engineering students
- It was very interactive and the students were engaged with wonderful activities
- Various practical tips were given to increase focus
- Activities and quizzes were conducted to test the focus of the students

Talk on 'Just Be Loving' at DJ Sanghavi on 10th Feb. by Brni. Nidhi Chaitanya

- The session was attended by approx. 100 Engineering students
- The session had some very interesting games through which the concept of giving, selflessness, etc was conveyed.
- Nidhiji said that loving is all about giving, and when we start giving, we start receiving also.

- The idea of non-duality as an essential for true unconditional love was conveyed effectively and many students came forward and shared that it was a great eye-opener.

Welcome to the World : Pre-Natal Course by Brni. Nidhi Chaitanya

- 8 ladies participated in the course for 5 weeks
- It was indeed a unique experience for them as well as for the organisers
- Concepts of life, birth, Karma, etc. were explained elaborately
- Attitudinal shifts in perceiving the baby as another Jiva and not as one's child.
- Also, the mothers were inspired to engage in Mantra chanting and Satsang, especially during the second and third trimester
- Various stages of pregnancy was explained based on the Srimad Bhagavatam, and instructed the mothers on the best way to handle each stage

- Various Samskaars to be done from the time of conception till the child turns 1 year old, were also explained in details
- There was a special session on busting pregnancy-related superstitions, which was thoroughly enjoyed by the young mothers.
- Every session was accompanied by 20 minutes of Guided Meditation

Talk on 'Meditation' @ Father Agnel College of Engineering on 6th Feb.

- The talk was attended by around 35 teachers from various colleges
- Nidhiji introduced the participants to the basic concept & techniques of Meditation
- The importance and influence of Meditation in the life of a teacher was also beautifully explained

- Finally the session concluded with Guided Meditation

Sishuvihar Sevak Training at Chinmaya Priyam on 5th Feb. @ Chinmaya Priyam

- The training was conducted very effectively by Smt. Roma Sanghavi & Smt. Bhavna Sarawal
- About 18 ladies got trained and were very well inspired to take up Sishuvihar classes.
- Many of them will assist existing sevikas for a few months, and then start new classes
- 4-5 new sishuvihars are expected to commence shortly
- Participants were mainly from Chinmaya Jayam, Chinmaya Priyam and Chinmaya Sagar Zones



Life is full of waves. Pain and pleasure, gain and loss, conquest and defeat must buffet the waters of life. Otherwise, it is complete stagnation. It is death !

- Swami Chinmayananda



Sessions by Brni. Nidhi Chaitanya

Venue: Chinmaya Priyam, Juhu

TITI Training the Trainer

70 Trainers...

*went to schools, colleges, clubs, offices and
conducted 1008 iTransform workshops in 2015
touched nearly 50000 lives transformed many....*

Now it's your turn...!

**Be an iTransform Trainer,
Make a difference to the Nation...**

Age-Limit: 60 years & below

Who can be a Trainer? students, teachers, housewives,
businessmen, or anyone passionate about the Nation

Time: 2.00 pm - 4.00 pm

18 th April	- Monday	- TITI - An Introduction
19 th April	- Tuesday	- Patriotic Transformation
20 th April	- Wednesday	- Physical Transformation
21 st April	- Thursday	- Emotional Transformation
22 nd April	- Friday	- Intellectual Transformation
25 th April	- Monday	- Cultural Transformation
26 th April	- Tuesday	- Spiritual Transformation
27 th April	- Wednesday	- Universal Transformation
28 th April	- Thursday	- Public Speaking
29 th April	- Friday	- Process Orientation

Venue: 5, Jain Vihar, Plot No.40, Swastik Society, NS Road#3, Juhu
Scheme, Mumbai 400056. Mumbai - 4000049

To enrol, call Pooja: 9870410805

Sessions by
Brni. Nidhi Chaitanya (contd...)

**1-Year Certificate Course in
Foundation Vedanta**

(BATCH 18 & 19)

- In association with Chinmaya International Foundation, Kerala -

Special Centenary Year Batches

Limited Seats only

- Enrolments Open Now -

Registrations open till 30th March 2016 or till seats last

BATCH 18: STARTING 20th APRIL 2016

Every Wednesday 11.00 am to 12.30 pm

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

BATCH 19: STARTING 22nd APRIL 2016

Every Friday 4.00 pm to 5.30 pm

Venue: 201, Springfields-2., Above axis Bank, Lokandwala
Complex, Andheri (W)

**Eligibility: Sincerity & Commitment. No other Prior Knowledge of
Spirituality or Sanskrit is Required**

COURSE DONATION: Rs.3500 per head

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

*Please submit your duly filled form and Course Donation at the
Chinmaya Priyam centre in Juhu or at our collection centre in Lakshmi
Industrial Estate, Lokhandwala.*

**CALL US TO KNOW THE ADDRESS OF THE COLLECTION
CENTRE. Please note that NO REGISTRATIONS WILL BE AC-
CEPTED AT THE CLASS-VENUE AT LOKHANDWALA.**

Contact: 26112358 / 26112359 / 9320286048



Sessions by Brni. Nidhi Chaitanya

Hanuman Jayanti Havan

Annual Havan on the Occasion of Hanuman Jayanti

21 Times Ahuti with Chanting of Hanuman Challis

on 23rd April 2016 (Saturday) 6.00 am to 9.00 am

*General participation is FREE. Every participant
will get to participate in the Havan for 1 Ahuti
(Offering accompanied by Hanuman Challis Chanting)*

Special Participation:

Hanumat Prasanna Yajmaan	(21 Times) : Rs.21000
Hanumat Anugraha Yajmaan	(18 Times) : Rs.18000
Hanumat Bhakti Yajmaan	(11 Times) : Rs.11000
Hanumat Seva Yajmaan	(5 Times) : Rs.5000
Hanumat Prasaad Yajmaan	(Prasaad Sponsorship) : Rs.2500
Hanumat Aarati Yajmaan (Mukhya Aarati Sponsorship)	: Rs.1000

Venue: 703-A, Silver Beach Aptmts, Opp Juhu Post Office

To participate, call: 26112358 / 26112359
or write to chinmayapriyam.office@gmail.com



In all worthwhile undertakings, there will be risks of failure, of disappointments, of even disaster: To face them all with inner poise and firm faith is to discover the glory of final Victory. A conquest, without facing dangers, is as dull as Victory without a shining glory. A game without a prize!

- Swami Chinmayananda

Sessions by Brni. Nidhi Chaitanya (contd...)

Hakuna Matata

Reflections, Interactions, Meditations

- 12th March (Saturday) - 5.00 pm - 6.00 pm - Just Let Go
26th March (Saturday) - 5.00 pm - 6.00 pm - Be Happy(ness)
11th June (Saturday) - 5.00 pm - 6.00 pm - Let's Start Thinking
25th June (Saturday) - 5.00 pm - 6.00 pm - Just Chill!

Venue : Gold Gym, Om Heera Panna Mall, 3rd Floor, Near
Oshiwara Police Station

*20 Minutes : Reflections, 20 Minutes : Interactions,
20 Minutes : Meditations*

Entry free. Participation by registration only.
To register, call 26112358 / 26112359

Hakuna Matata is a Swahili Phrase meaning "Life of No Worries"

Welcome to Infinite Happiness

Hakuna Matata



Chaitra Navratri Talks on

Divine Love Notes

Based on Naarad Bhakti Sutra

7th - 14th April 11.00 am - 12.30 pm

Ramanavami Utsav on 15th April 10.30 am to 12.30 pm

Venue: B-34, Varsha Bldg., Gulmohar Cross Rd. No. 4, JVPD scheme

Entry Free. Participation By Registration Only.

To register, Contact: 26112358, 26112359



Sessions by Brni. Nidhi Chaitanya

Monthly Geeta Darshan - 2016 Dates

Talks on Bhagavad Geeta (*in English*)

28th Mar - 1st April • 11.00 am to 12.30 pm

Chapter - 7 : Power of Right Vision

13th - 17th June • 11.00 am to 12.30 pm

Chapter - 8 : Power of Thought

8th - 12th August • 11.00 am to 12.30 pm

Chapter - 9 : Power of Knowledge

3rd - 7th October • 11.00 am - 12.30 pm

Chapter - 10 : Power of Divinity

14th - 18th November • 11.00 am - 12.30 pm

Chapter - 11 : Power of the Lord

Venue: Chinmaya Priyam, Juhu. • Contact : 26112358 / 26112359



Chinmaya Mission Member
ENTRY PASS (for ONE FAMILY only)

Maha Shivratri - 2016

THIS IS NOT A CAR PASS

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

Must Watch

Daily TV Telecast of

Talks on the Holy Geeta

by Pujya Gurudev Swami Chinmayananda

Monday - Friday 7.30 am to 8.00 am

&

Talks on Vivekachoodamani

Saturday & Sunday 7.30 am to 8.00 am

on

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Sri Sankara TV

Regular TV Telecast of

Talks on the Holy Geeta

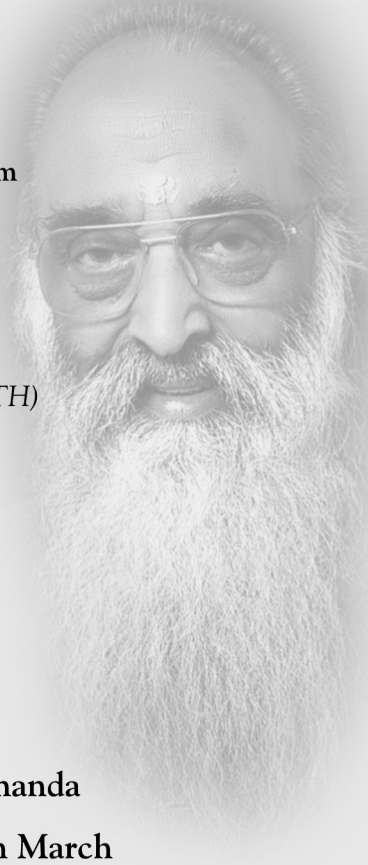
by Pujya Gurudev Swami Chinmayananda

Bhagavad Geeta - Chapter XIV - XV in March

Monday to Friday 10.30 to 11.00 p.m

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(Tata Sky-832, Airtel-688, Videocon-698, Big TV-829,
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Chinmaya Bhakti Zone

(Goregaon to Bhayandar)



Sessions by
Swami Nirbhayananda

Hanuman Jayanti Celebration

With

Chanting of Hanuman Chalisa for 21 times

22nd April 2016 • 5.30 pm Onwards

Venue: Chinmaya Bhakti, I-001, Ekta Bhoomi Gardens,
Rajendra Nagar, Borivali (E), Mumbai - 400 066.

Contact: 022-65235162

Entry Free

A dialogue with DEATH

(Understanding life beyond DEATH)

Based on Kathopanishad

13rd, 20th & 27th March & 3rd April 2016 (Sundays)

6.00 pm to 7.30 pm

Venue: Chinmaya Bhakti, I-001, Ekta Bhoomi Gardens,
Rajendra Nagar, Borivali (E), Mumbai - 400 066.

Registration Compulsory • Contact: 022-65235162

Entry Free

Sessions by Swami Nirbhayananda (contd...)

Know the LORD

His Grace & blessings

(Detailed Study of Srimad Bhagavatam)

Every Thursday 6.30 pm to 7.30 pm

Venue: Chinmaya Bhakti, I-001, Ekta Bhoomi Gardens,
Rajendra Nagar, Borivali (E), Mumbai - 400 066.

Registration Compulsory ● *Contact: 022-65235162*

Entry Free



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 - 01.03.2016

Mukul Pratapchandra Patel

Jagadeeshwara Zone

(Powai)

Tara Cultural Trust
Sandeepany Sadhanalaya, Powai

Ramanavami

on Friday 15th April 2016 • 10.30 am to 12.30 pm

Programme

Bhajans	-	10.30 to 11.00 am
Satsang	-	11.00 to 12.00 noon
Ram Janma Utsav	-	12.00 – 12.30 pm
Prasad	-	12.30 pm

Sponsorships

Ram Janma Utsav	:	Rs. 7500
Pooja Yajman		
Bhiksha	:	Rs. 15000

All donations in favour of “Tara Cultural Trust”

Venue: Jagadeeshwara Temple, Saki Vihar Road, Powai,
Mumbai - 400072

All are cordially invited to participate



The secret of success behind all men of achievement, lies in the faculty of applying their intellect in all their activities, without being misled by any surging emotions or feelings. The secret of success in life lies in keeping the head above the storms of the heart

- Swami Chinmayananda

Chembur - Ghatkopar Zone

Bhagwad Geeta Chanting class

Every Thursday between 4.00 and 5.00 pm

Sevak - P. B. Someshwar

Venue: Lotus Bldg, Flat No. 703, 60 ft Road,
Near Vikrant Circle, Ghatkopar (East), Mumbai - 400 077

Contact: 9820118913

New Classes for

Pre-Chyk - Smt. Mini Pillai

(Every Thursday) 3.30 pm to 4.30 pm

Sevika - Smt. Indira Someshwar

Venue : Bldg No. 11, Flat No. 104, B Wing, Tilak Nagar,
Chembur (West), Mumbai - 400 089

Contact : 9702928405

Balvihar Classes,

(Every Thursday) 6.00 pm to 7.30 pm

Sevika - Smt. Poonam

Venue : Opp. Kedarnath High School, (New Building),
Nehru Nagar, Kurla (East), Mumbai 400 024.

Contact - 9870002304



'Renounce Ego' is the LORD's only request.
'And I will make you a GOD' is the promise.

- Swami Chinmayananda

Chinmaya Prerana Zone

(Navi Mumbai)

'Evolve through teaching', a workshop for teachers by Br. Ved Chaitanya on 6th January @ Chinmaya Prerna

In continuation with the workshop on 'Beyond Teaching' by Swami Chidrupanandaji, Br. Vedji conducted a follow-up workshop for the teachers.

25 teachers attended the workshop from various State board, CBSE and ICSE schools in and around Navi Mumbai.

All participants felt that the workshop was very useful and it really has shaken their method of teaching and their approach towards the students.

A simple Mantra given to them was while going to the class, teachers' attitude should be of learning something new instead of 'I am going to teach'.

A teachers should understand that the student-teacher combination is a Made-For-Each-Other relation. When this understanding comes a teacher never complains about her students inability in any fields.

During question - answer session many teacher came out with the problems they faced every day in school.

Br. Vedji very patiently answered all their queries. The workshop ended with thanks giving to the Acharya and teachers.

A workshop on 'Love In Relationship' on 13th February by Br. Ved Chaitanya @ Chinmaya Prerna

The workshop which was organized by CHYK Navi Mumbai saw participation from all age groups; teenagers to elders.

The workshop was taken by Br. Vedji. He taught all facets of managing relationships effectively. Through sessions & games all learnt the true meaning





of Love, Trust, Harmony, etc. The workshop also taught various precautions & measures to resolve the problems in relationships.

Some of the imp. points -

1. A good relationship has Love - Respect, Trust - Belief and Peace - Harmony.
2. A bad relationship has fight - argument, frustration - depression & stress - sorrow.
3. We need to be Sensitive of other's emotions, Mindful of our own thoughts, Appreciative of other's talents, Reciprocative of

other's love & care & Truthful in all our dealings!

4. Love is the base of all these things. It's the one solution for all our problems. We should understand what is true love & try to cultivate it by spending quality & quantity time with that person.

The workshop was overall a very effective means for all of the participants to understand the true meaning & importance of various relationships.

Indeed, "Relationships are important than life, but it's more important to have life in those relationships!"



The secret of action is to get established in equanimity, renouncing all egocentric attachments and forgetting to worry over our successes and failures.

- Swami Chimmayamanda

Central Chinmaya Vanprasth Sansthan
Rasulabad Ghat Road, Allahabad -211004

Announces

150th Camp on Art of Graceful Ageing

in English

6th to 14th November, 2016

Faculty : H. H. Swami Yogasthananda
H. H. Swami Swatmananda ● Dr. Sajjan Singh
Dr. Someshwar Lal ● Smt. Manju Agrawal

Maximum Participants:
40 (Forty) on first come first served basis.

Accommodation: Four bedded ultra modern self contained rooms. 5 double bedded rooms also available and will be allotted to couples on first come first served basis.

Eligibility: Persons above 50 years of age both males & females irrespective of caste & creed.

Course content: Meditation, Spiritual Text-Nirvana Shatakam, Integral Yoga Theory & Practice, Accupressure theory & practice, subjects covering Emotional, Social, Financial and Spiritual Health of elderlyies.

Camp Expenses : 8500/- per person but Rs. 9500/- per person for double bedded rooms (Non Refundable). Covers Board, Lodging, camp materials and travelling to and fro Ayodhyaji, Chitrakoot, Vindhyavasini Shaktipeeth, Varanasi, Triveni Sangam and important Temples in Allahabad. Also Akshayavatam (Immortal Banyan Tree) subject to permission from the Army.

Venue: Chinmaya Navin Sevashram, Rasulabad Ghat Road,
Allahabad - 211004

Contact: 09415338124, 09026352728

Email: yogasthananda@gmail.com

and deposit amount in a/c CCMT-CCVS No. 538802010000346
IFSC Code: UBIN0553883 with any branch of Union Bank of India.

Central Chinmaya Vanprasth Sansthan
Rasulabad Ghat Road, Allahabad - 211004

Announces

Third Himalayan Camp on Art of Graceful Ageing

Dates: 16th-23rd June, 2016

Faculty : H.H. Swami Madhavananda
H. H. Swami Yogasthananda • Br. Dev Chaitanya
Dr. Someshwar Lal • Smt. Manju Agrawal

Language : English and Hindi

Accommodation :

3/4 bedded Self contained rooms with hot water supply.

Maximum participants :

80 Nos. on first come first served basis.

Eligibility :

Persons above 50 years irrespective of caste & gender.

Course Content:

Daily Meditation. Sadhana Panchkam and Ramayana. Theory and practice of Acupressure and Yoga technique for keeping healthy. Subjects covering emotional, social & financial healths of elderlies.

Camp Donation :

Rs. 12500/- (Non-Refundable) per person covers course fees, camp material, board & lodging, traveling from Haridwar to Uttarkashi, Gangotri, Badrinath and back to Haridwar on 24th June, 2016.

Venue : Tapovan Kutir, Ujeli, Uttarkashi

Deposit full Camp donation in

A/c No. - 538802010000346 IFSC Code: UBIN0553883
of CCMT-CCVS with Union Bank of India, Red Eagle Army Head
Quarter Branch, Allahabad and email your name and address to
yogasthananda@gmail.com.

For further details contact : 09415338124, 09026352728.

*A rare opportunity for sadhana at sacred abode of
our Param Guru Swami Tapovanji Maharaj*

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

Organised by Chinmaya Seva Trust Maharashtra

Duration : 5th May 2016 to 11th May 2016

by **Swamini Mangalananda** : Aparokshanubhooti
(of Adi Shankaracharya)

Bhri. Snehal : Gurupavanpuradheesh Panchakam
(of Tapovanji Maharaj)

Special Features : Celebration of Chinmaya Jayanti on 8th May,
Gangotri Visit (*charges extra*)

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

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

Kindly send the amount by Demand-Draft in favour of 'Chinmaya Seva Trust Maharashtra' payable at Kolhapur, 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.*

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

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 to 'atmadev @ gmail.com'

Last date for registration: 15th April 2016. (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 4th May 2015 at 5.00 pm. From this place buses will set out for Uttarkashi on 5th May at 5.00 am 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.

Chinmaya Mission invites you to a spiritual camp in Sidhbari

Retreat & Re-connect with Advaita Vedanta



6 to 13 November 2016

Camp Acharyas

Swami Advaitananda

(Acharya, Chinmaya Vibhooti, Kolwan)

Talks on

Advaita Makaranda

(discourses in English)

Ramayana

(discourses in Hindi)



Br. Yukt Chaitanya

(Acharya, Mahima zone, Mumbai)

Talks on **Upadesa Sara**

(discourses in English)

DONATION

SAKET BLOCK (attached bathrooms)

4-bedded rooms: Rs. 5300 per person

3-bedded rooms: Rs. 5800 per person

Twin-sharing with
attached bathroom: Rs. 7500 per person

OTHER BLOCKS (attached bathrooms)

4-bedded rooms: Rs. 4300 per person

3-bedded rooms: Rs. 4800 per person

Twin-sharing with
attached bathroom: Rs. 5500 per person

DORMITORY Rs. 3800 per person

ONLINE TRANSFER

Acct. name: **CHINMAYA TAPOVAN TRUST**

Bank: State Bank of Patiala, Sidhbari

Acct. no. 55094113959

IFSC code: STBP0000441

Note: Delegates are requested to make their own transport arrangements.

Donations payable by Demand Draft to
CHINMAYA TAPOVAN TRUST
favouring State Bank of Patiala, Sidhbari,
payable at Kangra

Please send DD to **CHINMAYA TAPOVAN TRUST – Sandeepany** (Himalayas)
Sidhbari, Tehsil Dharamshala, District Kangra, Himachal Pradesh – 176057

Tel: (01892) 234324, 236199 • Email: ctt@chinmayamission.com

For further details, contact

Sunitha Shanker (Mumbai): 9930297647 • **Chandrika Vora** (Mumbai): 9820548988

Chinmaya Dharma Sevak Course (14th Six-Week Residential Course)

17th July to 27th August 2016

Foundation Vedanta Course in English

Acharya
Swamini Vimalananda

Assisted by
Br. Paramesh Chaitanya

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



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



Celebrate auspicious occasions like Ganesh Chaturthi, Janmashtami, Raksha Bandhan

Experience the joy of Gurukula living.



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



Bond with the Global Chinmaya Mission

Learn Sanskrit



Venue: **Chinmaya Gardens**
Nallur Vayal Post, Coimbatore - 641114
0422 - 2615637 / 2613493
chinmayagarden@gmail.com
www.chinmayagardens.com

Contact
Co-ordinator
09360461566

Course donation:
Rs. 12,000 per person
Rs. 10,000 (below 40 years)
Rs. 6,000 (below 25 years)
Rs. 18,000 (AC Room)
Rs. 6,000 per person for
dormitory accommodation
with common toilet

Register on line at www.chinmayagardens.com

"Vedanta Darshan"

(Advance Course in Vedanta)



2nd Four-Week Residential Course by
Swamini Vimalananda
and Brni. Darshika Chaitanya

Venue :
Chinmaya Gardens.
Sylvan and serene
ashram at the foothills
of the Nilgiris, Coimbatore.



Dates :
13th Feb. to 10th Mar. 2016

The main course text : "Panchadashi"



Candidates must have knowledge of the fundamentals of Vedanta, or must have undergone the Dharma Sevak Course, or be Sevaks/Sevikas of Study class. They must have a strong desire to gain deeper knowledge of Vedanta. They must be below 65 years of age and of sound health (exceptions only on special permission). They must have sufficient grasp of English. Knowledge of Sanskrit not a must.

Accommodation:

1. Comfortable sharing rooms with attached bathrooms.
2. Dormitory with common bathrooms.

Food:

Sattvik Vegetarian food will be served.

Course Donation (Includes Accommodation & Food.)

	Room	Dormitory
Per-person	₹. 7000/-	₹. 5000/-
Below 40 yrs.	₹. 6000/-	₹. 4000/-
Below 25 yrs.	₹. 4000/-	₹. 2500/-
₹. 13,000/- per person for Air-conditioned Accommodation		

Course donation non refundable

For registration and further enquiries, please contact:

Administrator

Chinmaya Gardens

Nallur Vayal PO, Siruvani Road, Coimbatore 641114

+91-422-2615637/ +91-9360461566 E-mail : chinmayagarden@gmail.com

Learn the Highest in Vedanta/ Jnana Yoga (Panchadashi),
Bhakti Yoga, Karma Yoga and Ashtanga Yoga

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(Sponsorship per page one year - 15,000/-)

Contact : 022 2288 4646 / 2281 4646

Har Ghar Mein Holy Geeta

A tribute unto Swami Chinmayananda.

An offering unto Bhagawad Geeta

2016 Copies of Holy Geeta to
be sold out of Chinmaya Prakash Zone.

Reaching Gurudev to Maximum People,
Taking Geeta to Every Home,
Touching Every Life, Transforming Every Family



8th May 2014 - 8th May 2016

This is an exclusive tribute to Pujya Gurudev by
members of the Chinmaya Prakash Zone. Hence
this project is open only to members, attendees,
volunteers of Chinmaya Prakash Zone.

To participate contact : 9320286048

**Swami Swatmananda, Sri Mukul Patel &
Sri Amar Jaisinghani meet
Hon.Chief Minister of Maharashtra.**



**Chinmaya Yuva Kendra
(Global Youth Wing of Chinmaya Mission)**

invites you to

10th Batch of Youth Empowerment Programme

A Value Based Leadership Programme with the Vision of Learn, Serve & Grow

Inauguration on 12th June 2016

By Poojya Guruji Swami Tejomayananda

At Sandeepany Sadhanalaya, Powai

Course Facilitated by

Swami Swatmananda & other Acharyas

Professionals & Leaders from various fields

Eligibility: Young Graduates with a keen desire to serve India

Duration: 1 year

Highlights:

*Yoga, Fundamentals of Vedanta, ● Bhakti & Hindu Culture
Leadership & Team Building ● Outdoor Experiential Learning
Training for Rural Work, Organizing Skills, Public Speaking
Service in an urban centre & Rural Villages*

Venue: Chinmaya Vibhooti, Kolwan

For applications please mail - yep.aichyk@gmail.com

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SWAMI TEJOMAYANANDA



ॐ

25th January 2016

Chinmaya Mission Centres & Acharyas Worldwide

Dear All,

Hari Om!

Greetings from Chinmaya Vibhooti!

I thank the Government of India for bestowing on me
the honour of Padma Bhushan.

In all humility I dedicate this Padma Bhushan award to
my beloved mother, respected father, revered Gurudev
Swami Chinmayanandaji, and the most worshipful God
with whose grace and blessings alone this prestigious
national recognition has been conferred on me.

I thank all my well-wishers who have been sending
messages of congratulations to me with great love and
regard.

With Prem & Om,

Tejomayananda

