

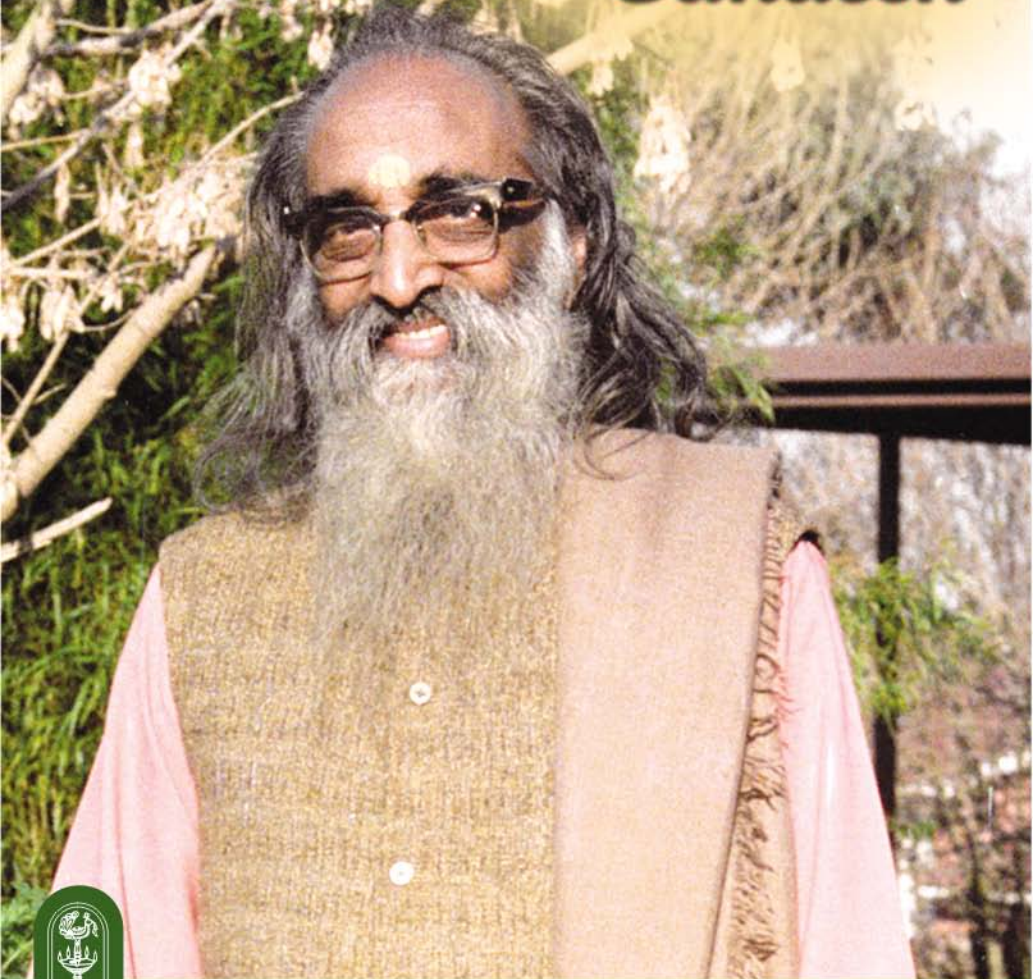
February 2016

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Chinmaya Sandesh



Monthly Newsletter of Chinmaya Mission, Mumbai
Chinmaya Sandesh - Lotus XXXXIV, Petal 2, 3rd & 4th Feb., 2016

Tara Cultural Trust

Sandeepany Sadhanalaya, Powai

Mahashivaratri Celebration 7th March 2016

Mahashivratri is the most auspicious day for worship of Lord Jagadeeshwara. On this day devotees observe fast and do Pooja / Archana for welfare and spiritual upliftment.

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

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

You may perform following sevas:

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

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

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

For more details contact: 022 28570368 / 28572427 / 28575805

Email : tct@chinmayamission.com

Chinmaya Sandesh

February 2016 Spiritual Monthly Bulletin of Mumbai.

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Annual Membership Rs. 500/-.

Cheque to be issued in favour of "**Chinmaya Seva Trust**".

Outstation cheques please add Rs. 50/-.

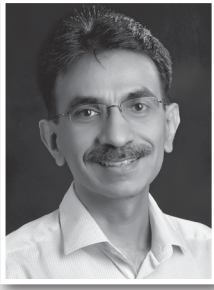
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From the President's Desk



**Om Shree Chinmaya
Sadgurave Namah!!**

"I Transform India Transforms, You Transform India Transforms, We Transform India Transforms". "My Transformation Transforms The Nation". "Chinmaya Mission Transforms The Nation". "Go Through Geeta-Grow Through Geeta". These slogans filled the streets of South Mumbai as Chinmaya Mission Mumbai participated in the Mumbai Marathon. Our Acharyas, Members and Chycksters carried the sign boards with famous quotes of Pujya Gurudev and chanted various slogans. It took many other participants and onlookers by surprise as they gave us a curious look. Many came close and were impressed by what was conveyed through these sign

boards and slogans. Some of them were so touched that they decided to get connected with the Mission. If sincere efforts and proper presentation over few hours can get attention of so many people then we must not leave any stone unturned *"To Give Maximum Happiness To Maximum People For Maximum Time"* which is the motto of our Mission. We must reach out to maximum people and bring to them the glory of Pujya Gurudev's vision and mission.

Although Chinmaya Ananda Utsav is over, but Pujya Gurudev's Birth Centenary Year is still going on. We must resolve that for the coming few months we all shall put in our best efforts to reach out to maximum people. Pujya Gurudev always said *"keep your goal so high that you can never reach the goal", "striving to reach the goal is the real goal"*. Our goal is our motto. We must reach out to *"Maximum People"*. So till we touch each and every individual our goal is not reached. But striving to touch each and every individual is our real goal.

Last year, we had made grand plans for celebration of Chinmaya Ananda Utsav. We were thinking and talking of “Big” plans & “Big” things. And it was a grand success with the Grace and Blessings of Pujya Gurudev and Pujya Guruji, able guidance of our Acharyas and sincere efforts of all team members. Now, in this new-year 2016, let us change our focus from “Big” to “Small”. Small does not mean mediocre. But “Small” means “Grass Root Level”. Let us now focus and concentrate on our grass root level activities. Pujya Gurudev, a great visionary, gave us the concept of grass root level activities like Study Groups, Devi Groups, Balavihar and so on. Pujya Gurudev pioneered Gyan Yagnas where thousands of people used to attend. But Pujya Gurudev gave equal importance to a Study Group or Devi Group class where only 10-15 people attended. The vision was to bring the study of the Geeta to each and every householder, which can be achieved only through grass-root level classes. This is how we can expand our “Chinmaya Family”. The Sevak or Sevika who facilitate the study in such classes themselves gain so much more clarity of Vedanta and those new people who attend gain knowledge about

themselves. It is the greatest service to mankind.

Let us put in our best efforts to start maximum grass root level classes be it a Study Group or Devi Group or any other class. Pujya Gurudev used to say “Catch them Young” meaning start teaching small children at an early age. So we must put emphasis on starting new “ShishuVihar, Balvihar and CHYK classes”. Let us not forget “Setukari & Vanaprastha” also. We must have something for all age groups. 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. You may also coordinate to make a group of people or children to form a new class. Support these grass root level activities in every possible way. Most important is that everyone must themselves attend atleast one such class every week.

Then it will be truly our offering
“UNTO HIM OUR BEST”.

Mukul Patel

President -

Chinmaya Mission Mumbai

Chinmaya Chintan

Devotion

Swami Chinmayananda



Impatience with the present and anxiety to conquer new realms of perfection are inherent in the animal-man. His intellect searches and seeks to liberate itself in this very life from all limitations - both gross and subtle. This revolt against the outer conditions inaugurated the progress in political thoughts, economic theories and scientific advancement. The methods discovered by man's intellect to free human beings from all external limitations by re-organising, adjusting and, if necessary, re-constructing his outer world led to the growth of the material sciences.

Various attempts have been made, generation after generation, to

analyse, classify and completely apprehend the inner inhibitions and the consequent emotional and intellectual restlessness in man. Specialists have been trying through personal experiments to find how best the human mind can be weaned away from its continuous destiny of sorrows, agitation, worries and anxieties. One of the most important paths repeatedly advocated by almost all the prophets of the world is 'devotion'. This devotion is generally explained as 'love for God'.

Communities have been striving to practise devotion for centuries. Although we have had spectacular results of self-expansion through devotion, exemplified in history

by the enchanting lives of a few rare saints and sages, generally speaking, however, the majority, in spite of their daily mechanical practice of devotion, have failed to find a rewarding result, and have therefore become disgusted, despairing and even skeptical.

Time was, when a few spectacular successes could inspire the rest of mankind and rekindle hopes in their bosoms. However, because of widespread education and cheap availability of media for mass propaganda, today the rare reports of such unique examples are over-shadowed by the majority's experience of dissatisfaction. Hence, intelligent people have come to regard it as a failure of religion, a definite expression of its futility, and the incompetence of its techniques.

In our present enlightened era, these are arguments too powerful to be easily elbowed out. In short, threats to religion and cultural values are not so much from among the irreligious and the uncultured, but, in fact, it is from those very sincere students of religion and culture, who have failed to experience any satisfying joy or to gain any convincing results from them.

Personally, around the world, I have met thousands of devotees

despairing deep within and on the verge of rejecting religion because of their disappointment. In my intimate conversations with them, some interesting facts emerged and I discussed it with them and advised them on how best they could correct their path.

Devotion, as already mentioned, has been defined as 'Love for the Lord'. But, the difficulty is that the word 'love' has come to gather a spectrum of variegated meanings. We love our mother; the businessman loves his business; the artist loves his art; the owner loves his dog; the money-grabber loves money; the drunkard loves his rum; the sportsman loves his sport. How can you say that all these are one and the same emotion 'love'? To love God as we love our dog or our family or our money, our power or our status, cannot be true devotion. That is, though we are sincerely practising devotion, very few of us really know what devotion is.

If devotion and love are synonyms which mean the same thing, then why should there be two words at all? Indeed, there is an ocean of difference between the two. The emotion remaining the same, when it is directed towards

a lower object, it is called 'love', and the same emotion, when lifted up to a higher altar, is called 'devotion'. Thus I love money, or my children, or my business, but I am devoted to a cause, devoted to my country, devoted to my parents, devoted to my teacher. Understanding this difference, it becomes clear that devotion is love for some higher altar.

Again, what do we really mean by love? The deep and subtle observers of the human mind and its passions, the great Rishis of the Hindu scriptures, analysed this emotion of love and declared that love is measured by the amount of identification the lover has for the beloved. Thus, when a father loves his child, the father is ready to make any amount of sacrifices in order to see his son educated and qualified, and the father comes to share the success of the son as his own personal success. He recognises himself in his son. So, too, one who loves his country is ready to make sacrifices to defend it; he is prepared to undergo personal suffering to ensure the progress of his nation, because he considers himself as an individual to be insignificant and identifies himself more and more with the nation which he loves so dearly.

If identifying ourselves with another is the expression of love, then identifying ourselves with the higher Reality-God is the expression of devotion. To surrender ourselves at His altar and come to experience and recognise more of us in Him than in ourselves is the rewarding sign of a deep devotion, religious or spiritual.

Devotion is love for God. Love we have analysed. Now let us see what is God. The general masses, under the influence of churches, mosques and temples, vihars and gurudwaras, teachers and books, have come to repeat some cliches or dead terms as descriptions of the Lord. In every religion, He is the changeless, the immutable, the immortal, the infinite, the all-loving and the all-knowing Supreme. These words have become a convincing shibboleth to the majority of the faithful and the religious.

Let us try to understand what exactly the saints and scholars talk of when they speak of a God who is changeless in this world of ever-changing phenomena.

No doubt, we all realise that the world around us is constantly changing - not only the world around us, but our own physical

body is also constantly changing. Our mind also, with its changing emotions, never remains constant. Our intellect, with its ideals and ideas, thoughts and aspirations, is constantly renovating itself for good or bad. Thus, the world outside, our bodies, minds and intellects are constantly in a state of flux. But, in order to know a change, there must be a changeless knower in us. For example, when a car is moving along the road, only one who is standing on the footpath can watch the continuous movement of the running car. Where do we stand to observe all these changes within ourselves? If we are in the car and, therefore, identified with the system of change itself, the movement of the very car in which we are moving cannot ever be observed by us. Since we can observe the changing world, the decaying body, the restless mind and the agitated intellect, we cannot be the intellect, the mind, the body or the world around, but must be something other than these realms of change - ourselves, the changeless factor.

The changeless factor which illumines all changes is the Consciousness by which we experience all the mortality around us. We are conscious that the world around us is changing.

We are observers of the fact that our body is constantly changing. Are we not, then, witnesses recognising at all times the changes that are taking place in our own mind and intellect? This Awareness or Consciousness by which we become continuously conscious of all the changes that are taking place around us is itself ever the changeless.

This changeless Awareness that illumines all the changes around is the ultimate Reality - God, the immortal, the imperishable, the permanent.

Having thus discriminated and directly pointed out to us this great divine centre, the seers of the Hindu Upanishads did not keep quiet, leaving us in intellectual destitution; they supplied us with methods through which we could come to identify with this immutable Reality in ourselves and thereby experience the Great Lord, Narayana. The rejection of the false and the assertion of the real is the process of this movement from the unreal to the real, from the impermanent to the permanent, from the mortal to the immortal. This is achieved through devoted worship and surrender, through dedicated service of the world around us, or through intellectual analysis and

close observation of the pattern of life that we live subjectively in ourselves. The Rishis had pointed out various methods to rid ourselves of our false assumptions and the consequent wrong motives that urge us like selfishness, vanity, greed, lusts and passions.

Whichever path we may follow, ultimately, we shall come to the path of contemplation, and a mind in contemplation comes to realise that we are not in any way related to the body, mind and intellect, but we are the pure infinite Consciousness which is ever present. Hence the Rishis insist that a student of meditation must learn to contemplate upon and assert, again and again, his spiritual status:

asaṅgoham asaṅgoham
asaṅgoham punar-punaḥ
saccidānanda rūpoham
ahamevāham-avyaḥaḥ

Unattached, unattached,
unattached am I (from the body-
mind-intellect), again and again,
I am of the nature of Existence-
Consciousness-Bliss; I am the
immutable Self alone, ever.

As a result of this repeated practice of contemplation for a long time, the successful student comes to soar to the experience of the Divine and cry out with the

mystics of the world, endorsing their repeated assurance:

antarjyotiḥ bahirjyotiḥ
pratyak jyotiḥ parātparaḥ,
jyotirjyotiḥ svayaṁjyotiḥ
ātmajyotiḥ śivo'smyaham

Light within, Light without, the inner Light (of Consciousness), higher than the highest, Light of lights am I, the self-effulgent Light, the Light of the Self, ever-auspicious.

To assert thus and come to discover our total identity with this Consciousness is to realise the God of gods -Maheshwara, whom Christians call the 'Father in Heaven', whom Muslims call 'Khuda' or 'Allah', whom the Buddhists indicate as 'Buddha' and whom my Hindu brethren call Rama, Krishna or Siva.

To awaken ourselves to this divine stature within us is liberation from the thralldom of the flesh - freedom ever from the passions of the mind -infinite freedom from the imperfections of the intellect. This ultimate de-conditioning of man from his sorrow of change is the discovery of immortality in the core of all mortality.

This is the destination of true devotion, the experience of Godhood.

Source: Tapovan Prasad, June 2011

Tejomayam

The Lord's Code of Success

Swami Tejomayananda



The Viṣṇu Sahasranāma contains many treasures. One such nugget is embedded in śloka 18 and 19, which have seven names of the Lord that begin with mahāḥ mahāmāyā, mahotsāhaḥ mahābalaḥ, mahābuddhiḥ, mahāvīryaḥ, māhāśaktiḥ and mahādyutiḥ.

From the absolute standpoint, they refer to the Lord's nature as the Supreme Light of Consciousness (mahādyutiḥ), His powers of illusion, omnipotence etc. However, they also give us a list of qualities needed for success in any given field.

Mahāmāyā refers not only to the power of illusion; it indicates all the powers of icchā śakti, jñāna

śakti and kriyā śakti. You must have the will – icchā śakti – that you want to do something. Then you must have jñānam, the knowledge of how to achieve it. Then kriyā or action has to follow. In the process, māhā utsāha has to be there; great enthusiasm is required to achieve any kind of success. We generally lack enthusiasm in daily life. When a child was told to write an essay on a cricket match, he wrote, "The match did not take place because of rains!" Asked to write about schools, he wrote, "It was a holiday!" There is lethargy and lack of interest, or else one feels exasperated and frustrated. Such an attitude will not lead us to success. An inner spring

of enthusiasm should nourish our actions. Mahābalaḥ – great strength is also required. Strength of the body is needed; you don't have to become a wrestler, but at least you should have good health. Mental strength is also needed. Then comes mahābuddhiḥ. This is different from jñānam, the knowledge of the goal and how to achieve it. In day to day life many different situations will come up and you must have the intelligence to deal with those situations. This is called buddhiḥ. Your goal may be clear to you, but that alone is not enough. For example, you may know how to drive – the technique of it – by learning it on a deserted road. But you must also learn how to negotiate in traffic when you drive on a proper road, that too on Indian roads! Sometimes you won't even know where the road is! Cycles, scooters, motorbikes, autorickshaws, and sometimes cows and bullock carts too! In America the problem is different. The traffic flows so fast that changing lanes can be quite frightening. If you miss your exit, you have had it. You may know driving, your destination, the road etc. but you may not know the actual traffic conditions. In order to negotiate your vehicle

in traffic, in order to face the real life situations, mahābuddhiḥ or great intelligence is required. Mahāvīryaḥ, great valour is also required. The display of śakti is called vīryaḥ. Śakti, or power, is lying dormant in you; when it is manifested, brought into action, it is called vīryaḥ. You have to win over all your enemies, inner and outer. When all these qualities are there, a person becomes mahādyutiḥ – he glows with success. Dyuti means shine, brilliance. You can shine and outshine everyone, whether it is to become the richest, the most powerful or the best in the field of your choice. When you succeed, your face glows, it shines with inner joy. Have you noticed the face of the loser when he congratulates the winner in the sporting events? Through the outer composure and smile you can see the disappointment at losing. The glow of success in the winner is unmistakable.

A whole management theory can be written, based on these names in the Viṣṇu Sahasranāma. Study them carefully, contemplate upon them and actualise them in your life.

Source: Tapovan Prasad, September 2006

Acharya Manan

Om Ajaya Namaha!

Swamini Krishnapriyananda



The complete picture of Divinity reveals the simultaneously transcendental yet, immanent nature of Truth. This fact is revealed in our scriptures like Mundakopanishad wherein the Truth is Divya; the transcendental aspect is revealed in the mantra to deny the limitations of name, form, mind and intellect. Yet the 108 names indicate that the same Truth is immanent in and through the creation. Thus, although immanent meaning abundantly present in the multitude, yet It is one -without-a second, where plurality cannot even be attributed.

This is the theme of the Ashtottarashata Namavali used for doing the Archana of Puja Gurudev during His

Pada-pooja earlier and now His Paduka-pooja. This Namavali was composed by Puja Guruji when the 1st Paduka pooja was performed at Lucknow.

If one observes the sequence of the names, one can see that it is the same as that of Sanskrit vowels and consonants as they appear in the "Sanskrit Varnamala" (alphabet).

The Namavali indicates the Divinity as manifestation - as Puja Gurudev.

The popular scriptural words used in the Upanishads for indicating the transcendental aspect of the Truth are used, such as the first name "Om Ajaaya Namah". We find this word in Mundakopanishad as well in the Geeta. The Upanishad says that the Divine Purusha is beyond the limits of names and forms because It is Unborn and hence names or forms can never limit His Infinite Existence. Bhagawan Shri Krishna declares this about Himself in the fourth

chapter while explaining His nature, “Ajopi Sannavyayatma ... Although I am ever Unborn” Thus the first name in the category has scriptural authority.

When I was studying at Sandeepany, our batch had gone to Siddhabari for six months and my birthday happened to be during that time. I wanted to do pooja and garland Gurudev. He did not allow any Brahmachari or Brahmacharini during morning Bhiksha, only devotees were allowed then. I requested a trustee and went inside. As I went

near Gurudev, he asked, “who”, meaning why have you come? I said, “today is my birthday”. Quick came the reply, “You are unborn!” I replied, “yes Swamiji, this body was born today” and he allowed me to put chandan, garland him and do an aarti!

Only one who has experienced that Supreme can say it so spontaneously.

So Ajaaya Namah is rightly the first in the Namavali.

Om Shri Gurubhyo Namah!

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

01 to 06 Feb, 16	Mumbai	+91 - 22 2857 8647
07 to 11 Feb, 16	Vibhooti	+91 - 90110 04542
14 to 12 Feb, 16	Vibhooti	+91 - 90110 04542
17 to 21 Feb, 16	Jhansi	+91 - 99351 80556 +91 - 94150 55502
23 to 28 Feb, 16	Vibhooti	+91 - 90110 04542
01 to 09 Mar, 16	Mumbai	+91 - 22 2857 8647



The man who is not proud of his motherland and
who is not true to his customary duties
must be regarded as a base, ungrateful fellow.

- Swami Chinmayananda

Sri Sankara TV Telecast Timings Change!

The new timings of Pujya Gurudev's
Geeta talks with subtitles,
telecast on Sri Sankara TV are
from 10.30 pm to 11.00 pm
from Monday to Friday

Commemorative Coins of Pujya Gurudev

The nation led by the Honourable Prime Minister, Shri Narendra Modi paid tribute to Pujya Gurudev, Swami Chinmayananda with the release of a commemorative coin on 8th May 2015 at his residence, 7 Race Course Road, in Delhi.

It gives us great pleasure in informing you that the Commemorative Coins are now available for everyone to purchase.

These unique coins (made of silver alloy) are representative of Lakshmi (wealth) and Narayana (Guru). It

thus represents a combination of spiritual and material prosperity – a symbol of “Mukti” and “Bhukti”.

Attractively packed, these coins fit in perfectly in the puja altar in every Chinmaya home!

Please contact Chinmaya Sagar, Churchgate on 22814646 or enquiry@chinmayamissionmumbai.com and get one home soon. The cost per set will be INR 7000/- only.

So please hurry as stocks are limited!!!



Shraddhanjali



3rd May 1928 to 26th January 2016

Chinmaya Mission Mumbai
offers Shraddhanjali to

Smt. Jamna Batra

She was a great devotee of Pujya Gurudev and had served as a Trustee of both Central Chinmaya Mission Trust and Chinmaya Seva Trust, Mumbai

Her husband Sri Ram Batra and the entire family have whole heartedly supported Chinmaya Mission Mumbai since its inception.

May she attain Sadgati!

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

GEETATHON

*...Krishna goes home-to-home
with a message of Geeta for everyone*

**Daily Geeta Satsangs anywhere in
Matunga, Mahim, Dadar,
Parel, Wadala, Sion, Chembur & Ghatkopar...**

**... also in South Mumbai - Worli, Juhu - Andheri West,
Goregaon - Dahisar, Navi Mumbai - Parel**

**From 17th September 2015 (Ganesh Chaturthi Day)
to 21st December 2015 (Geeta Jayanti Day)**

A Simple 60 minutes program including:

- Talk / Satsang on Geeta by a Sevak / Acharya

- Video-clip by Pujya Gurudev Swami Chinmayananda on relevant topic

- Chanting of Geeta Shlokas(optional)

- Chinmaya Arati

- A grand Geeta Chariot with Krishna & Arjuna comes to the home hosting the Geetathon talk along with Padukas of Pujya Gurudev Swami Chinmayananda

- The host family also receives a copy of The Holy Geeta and beautifully photograph of Pujya Gurudev holding the Geeta

***Every day Krishna's Geeta Chariot will Visit at least one home,
Every day Chinmaya's Geeta talk will Inspire at least one family.***

Let it be your home, your family.

Block The Geetathon Date For Your Home Now!

Hosting a Geetathon on a Festival, Birthday,
Anniversary, etc can be extra special!

Write to: gmg.mumbai@gmail.com

or call our Sevaks:

Matunga, Mahim, Dadar, Parel, Wadala, Sion,
Chembur & Ghatkopar:

Bhuwana Chandran - 9920744979

Chandrika Vora - 9820548988

South Mumbai - Churchgate to Worli:

Anjali Jhunjhunwala - 9967044556

Sujata Kelkar - 9819534510

Andheri Lokhandwala, Versova, Four Bungalows, Juhu:

Swati Chitalia - 9819904606

Mamta Shah - 26112358 (Mon-Fri 12pm-6pm)

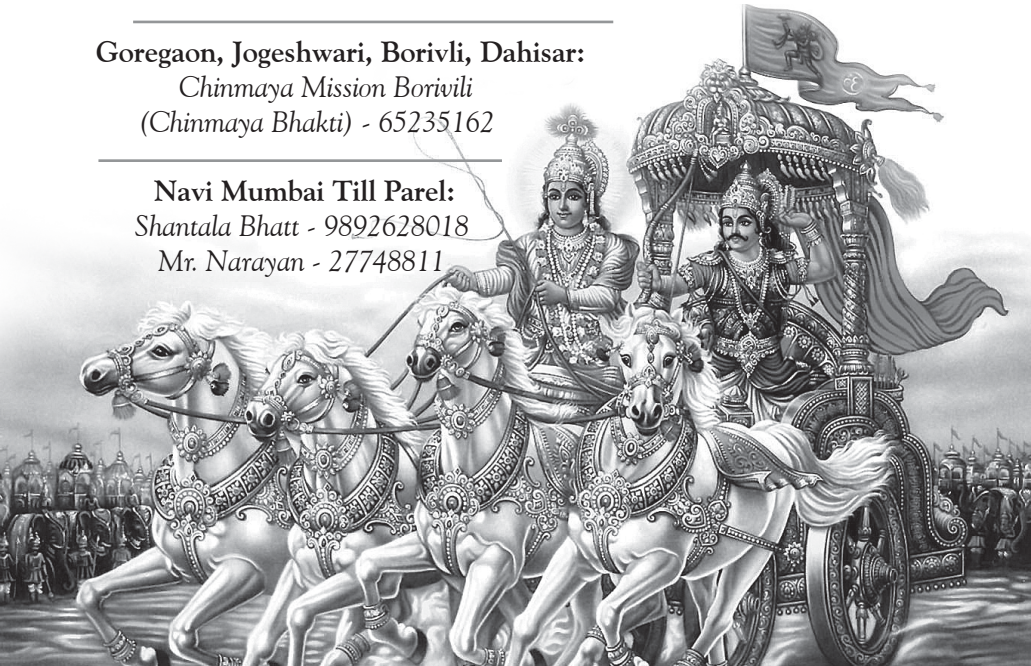
Goregaon, Jogeshwari, Borivli, Dahisar:

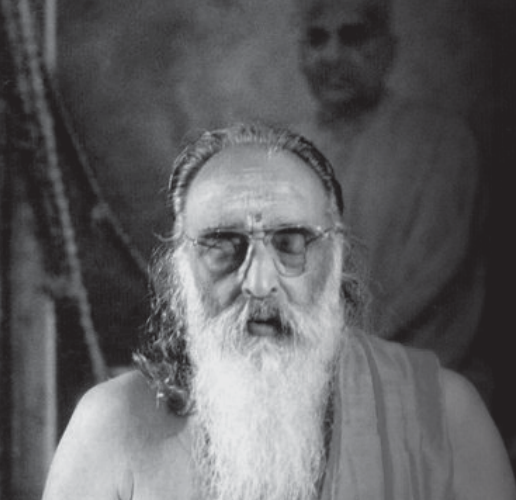
*Chinmaya Mission Borivli
(Chinmaya Bhakti) - 65235162*

Navi Mumbai Till Parel:

Shantala Bhatt - 9892628018

Mr. Narayan - 27748811





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.

8 - 14 Feb.	Speech	Appreciate Genuinely	Every day, call and GENUINELY compli- ment at least 3 people. Learn to appreciate.
15 - 21 Feb.	Mind	Keep Smiling	Keep Smiling throughout the day. Do not get disturbed, come what may.
22 - 28 Feb.	Intellect	Ask for a Cause	This week, approach at least 1 potential per son person daily and tell them about ChinmayaPradeepProjectandrequestthemto make a contribution. To ask is to be humble. It is a great Sadhana.
29 Feb - Body 6 March	Body	Temple Visit	Visit a temple daily for 7 days and offer prayers for the peace of everyone
7 - 13 Mar.	Speech	Tapovan Sadhana	Chant Tapovan Shatkam once daily / Read Wandering in the Himalayas

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 Sagar Zone

(South Mumbai)

Shree Gayatri Havan on 15th
Jan 2016 @ Shree Gagangiri
Aashram, Malabar Hill by
Br. Yukt Chaitanya

Yuktji first gave talk on the
significance of Gayatri Japa as
Nitya Sadhana.

- All our actions are only to seek happiness of a permanent nature, and we are seeking it outside in the world of objects where it is not there.
- The Upanishads say *Tat Tvam Asi* but we don't feel so because of our *Mala*, *Vikshepa* and *Avarana*.
- *Malas* are our *Vasanas*, impurities, which express itself in the form of attachment for the objects. *Vasanas* can be reduced by the attitude of selfless actions i.e. *Karma Yoga* which gives purity of mind.
- *Vikshepa* is lack of focus, distraction of mind which can be removed by *Upasana* where the mind is slowly trained to focus and remain still.
- Japa does the job of both - it gives *Chitta Shudhi* i.e. purity of mind and *Chitta Ekagrata* - concentration.
- *Aavarana* : can be removed by *shravan*, *manan* and *nidhidhyasan*.
- When *Manas* Japa of Gayatri is done one has to concentrate only on sound, neither idol nor meaning of Mantra.
- Mere chanting is fine even without knowing the meaning, because the sound itself is purifying.
- One should take up Gayatri Japa as a daily sadhana as it is a powerful means to lead one to liberation.



Approx 35 devotees participated in Shree Gayatri Havan performed by Yuktji and Smt. Nita Shah. Prasad was sponsored by Mrs. Sunita Girish Choksey.

Varsha Dalal



Sessions by Swami Swatmananda

Wise & Otherwise

Talks on Geeta Ch. 3 - Karma Yoga

Geeta Power

Weekly Study of Geeta Verse-by-Verse

February 4th, 11th, 18th (Thursdays)

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

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

February 16th, 17th, 18th, 19th, 20th (Tues-Sat)

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

Time: 7.15 to 8.15 am

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

A new class for Junior CHYKs

based on the Hanuman Chalisa

Group 12-15 yrs

@ Marine Drive

on Sundays - 3.30 to 4.30 pm

To register Contact : 9820131623



Sessions by Swami Swatmananda

Geeta In Practice

Monthly Sessions - Vision of Geeta in Power Capsules

Chapter 12 on Bhakti Yoga

February 9th, 10th, 11th (Tues to Thurs)

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

7.15 pm to 8.15 pm

Venue: Chinmaya Nursery, Kemps 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

Shishuvihar Class for Children

Age: 3-5 yrs

by Roma Sanghavi

Every Friday • 5.00 to 6.00 pm

Venue: 24 Gulistan 2nd Floor, Carmichael Road,
(Road parallel to Peddar rd), Mumbai - 400026.

Contact: 9820297889



Action includes not only physical but also mental
actions, conscious and subconscious.

Action is, in short, everything we think and do

- Swami Chinmayananda

Shishuvihar Classes

Carmichael Road

Tuesdays, 5.00 to 6.00 pm

Age group - 0-3 years

by Roma Sanghavi

Venue : 24 Gulistan, 2nd Floor, Carmichael Road, Mumbai - 400026

Contact : 9820297889

Carmichael Road

Fridays, 5.00 to 6.00 pm

Age group - 3-5 years

Venue : 24 Gulistan, 2nd Floor, Carmichael Road, Mumbai - 400026

Contact : 9820297889

Peddar Road

Saturdays, 11.00 am to 12.00 noon

Age group - 3-5 years

by Pushpa Palat

Venue : 5 Malboro House, 30 Peddar Road, Mumbai - 400 026

Contact - 9820980809

Napean Sea Road

Tuesdays, 5.00 to 6.00 pm

Age group - 3-5 years

by Smita Patel

Venue : 8/16 Varsha Building, 69-B Napean Sea Road,
Mumbai - 400006

Contact - 9820194861

Parel

Thursdays, 4.45 to 5.45 pm

Age group - 3-5 years

by Bhavana Sarawal & Nalini Dinesh

Venue : Ashoka Towers, 01/D, 4th Floor, Parel (Central),
Mumbai - 400012

Contact : 9833188196 / 9820768304

Ghatkopar (E)

Fridays, 5.00 to 6.00 pm • Age group - 3-5 years

by Bharti Parekh

Venue : A-21/81 Jain Temple Building, Ground floor,
Govt. Housing Colony, Chitaranjan Nagar, Rajawadi,
Ghatkopar (E), Mumbai 400077

Contact: 9322250770

Ghatkopar (E)

Fridays, 6.00 to 7.00 pm

Age group - 0-3 years

Jacob Circle

Tuesdays, 5.00 to 6.00 pm • Age group - 3-5 years

by Meenal Roopchand

Venue : 2101 A, Vivarea Jacob Circle, Mumbai 400011

Contact : 9820199420

Juhu

Fridays, 5.00 to 6.00 pm • Age group - 0-3 years

by Swati Chitalia

Venue : Shubh Aangan, N S Road No 5, Juhu Scheme, Mumbai - 49

Contact : 9819904606

Chinmaya Mahima Zone

(Mahim to Dadar and Sion to Parel)

Chanting Classes
on 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

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

Sampoorna Geeta Parayanam

10th April 2016

9.00 am to 2.00 pm

Venue: Chinmaya Jeevan, MoghalWadi, Khopoli,
District Raigad - 410203.

Transportation will be arranged.

For further details Contact :
Chandrika Vora - 9820548988
Bhuvana Chandran - 9920744979

Chinmaya Jayam Zone

(Bandra, Khar, Santacruz, Vile Parle)

Gayatri Mantra chanting and talk on Aditya Hridayam by Swamini Krishnapriyananda @ Garden Crest on 15th January

On the occasion of Makar Sankranti, to invoke the blessings of Lord Surya, Gayatri Mantra was chanted 108 times.

Swamini Krishnapriyanandaji chanted Aditya Hridayam and explained why it is important to invoke Lord Surya and why it was important for each one of us to chant the said text.

Swaminiji also took up the chanting of an extract from 3rd Chapter of Mahabharata where Kuntiputra Yudhishtir invokes Lord Surya for “*Anna Aur Akshayapaatra Ki Prapti*”, in the beginning when people were suffering from hunger and disease.

It is explained in the text that as Lord Surya is the Head of the family and all planets, to provide food to all living beings Lord Surya on Makar Sankranti turns to Uttarayana and with its rays absorbs water from the earth and returns to Dakshinayana and blesses mother earth and when the earth is ready the Lord of Medicines i.e. Lord Moon utilized the rays of the sun in the space and giving it a form of clouds showers rains on the earth and with the said water creates and produces food and medicines for all living beings.

Yudhishter is therefore guided that he should surrender to Lord Surya for the benefit and welfare of all living beings and ensure that all living beings are self sufficient.

A New Balvihar Class

near Carter Road, Bandra

Age Group 8 to 13 years

All Interested Are Requested to

Contact : Roopa Kumar - 7506932205



Sessions by Swamini Krishnapriyananda

Nirvaan Shatakam

Morning 7.00 am to 8.00 am

Gateway to Self Realization

(based upon Bhagvad Geeta)

Evening 7.00 pm to 6.30 pm

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

Venue : Conference Hall, National College, Bandra.

Contact: Vijay Patil 9819978073

Entry Free

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



भक्तिसागर

Bhakti Sagar TV Channel

(available on Cable TV Only and Not on DTH)

Chinmaya Priyam Zone

(Andheri & Juhu)

Chinmaya Jyoti Yatra

Early morning on 25th Dec. about 50 members clad in pristine white clothes welcomed Pujya Gurudev with Poornakumbha at Santokba Hall, Juhu and followed by a guided meditation session by Nidhiji.

Then school children from all over the zone put Hanuman stickers, wore Hanuman masks and chanted Hanuman Chalisa led by Br. Vedji, Br. Santoshji & Yuvaveers.

The evening saw a spectacular Jyoti Utsav at Crystal Mall, Andheri. The volunteers put together wonderful game-stalls and activities such as clay-modelling, etc. Children and parents came in large numbers and went away with plenty of joy and inspiration in their hearts.

The day ended with a beautiful Paduka Pooja conducted by Br. Vedji. Gurudev's ardent devotee Sri Kalidasanji was also present and remarked, "He was different because He would go into such Malls and sit!"

On 26th Dec., Sw. Mitranandaji & Sw. Swatmanandaji took Pujya Gurudev on a helicopter ride all the way to Chinmaya Vibhooti

where Pujya Gurudev showered flower petals on Sri Pranav Ganesh Bhagwan right from the skies, as Pujya Guruji and other devotees watched from the ground!!!

Later in the day, the zone members welcomed Pujya Gurudev at the Chinmaya Priyam Centre. A beautiful Aradhana ceremony was followed by Satsang by Brni. Nidhiji. The visit of Pujya Gurudev truly brought light and life into the hearts of the members of Chinmaya Priyam.

Talk on Just Be Happy @ DJ Sanghavi by Brni. Nidhi Chaitanya on 13th January

- The session which was attended by approximately 160 engineers was very interactive and Nidhiji made the students laugh out loud with her witty quips
- Very clearly it was established how being happy depended more on ourselves than on anything else
- Nidhiji welcomed the students to participate in a special Making-a-Difference project where all of them would do some secret random acts of kindness in college

**Talk on Just Be Fearless @
DJ Sanghavi by Brni. Nidhi
Chaitanya on 20th January**

- The session which was attended by about 100 engineers had some very interesting activities such as Trust Fall, Swallowing the Flame, etc.
- Nidhiji said that Fearlessness can be gained only through knowledge, faith and love
- She also finally mentioned that limitedness and duality will always lead to fear.
- It was interesting to see that the students themselves came up with very interesting insights and it was established that we must experience Oneness and Infinitude to be fearless
- Students were given a assertion to repeat through the week: I am Infinite, I am Indestructible, I am Fearless

**Gayatri Sadhana at Chinmaya
Priyam on 10th January by Brni.
Nidhi Chaitanya**

- Attended by about 35 people, the Sunday morning was beautiful as Nidhiji explained the origin and importance of Gayatri Mantra
- The members were taught to chant the Gayatri Mantra with the right intonation and

understanding so that they could yield maximum benefits

- Nidhiji also conducted a very peaceful meditation session on the Gayatri Mantra. It was so serene that the members felt completely still at the end of it.

**Talk on 'Sadharan Jeevan mein
Geeta' @ Janki Kutir on 6th
January**

- On the occasion of the Prayer Meeting of the mother-in-law of our class member Mrs. Sangeeta Sarogi, Nidhiji gave a beautiful talk in Hindi on *Sadharan Jeevan Mein Geeta*
- Quoting many practical examples and everyday situations, Nidhiji explained the main teachings of the Geeta
- She also said that Geeta was the most relevant text for Grahasthas and must be studied by all
- Concepts like surrender, detachment, knowledge and devotion were explained to the audience in a very simple and lucid manner
- The talk was attended by nearly 70 people including many youngsters
- Everyone was extremely inspired and a very vivid Question-answer session followed the talk



Sessions by Brni. Nidhi Chaitanya

Hakuna Matata

Reflections, Interactions, Meditations

with Brni. Nidhi Chaitanya,

13 th Feb. (Saturday)	- 5.00 pm - 6.00 pm	- Live with Love
12 th March (Saturday)	- 5.00 pm - 6.00 pm	- Just Let Go
26 th March (Saturday)	- 5.00 pm - 6.00 pm	- Be Happy(ness)
11 th June (Saturday)	- 5.00 pm - 6.00 pm	- Let's Start Thinking
25 th 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

#iThink

Regular Weekly Discussions for 16 - 25 year olds

based on the book

"Transforming Indians to Transform India"

Transform your Thinking, Transform your Life.

I Transform, India Transforms.

EVERY TUESDAY 7.00 pm - 8pm

Venue : Chinmaya Priyam, Juhu / To join, call 9320286048

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

#inspirationXchange

Regular Weekly Discussions for 25 - 45 year olds

based on the book

“Self Unfoldment”

Every Tuesday - 8.15 pm - 9.15 pm

Venue : Chinmaya Priyam, Juhu

Contsct : 9320286048

New Balavihars with Nidhiji

Age group: 5 - 8 years

Every Thursday - 6:30pm - 7:30pm

Venue: Chinmaya Priyam, Juhu

Age group: 7 - 10 years

Every 1st & 3rd Monday 7.00 pm - 8.00 pm

Venue: Lokhandwala

New Sishuvihars with Nidhiji

Age group: 0 - 2 years

Every Thursday - 4.00 pm - 5.00 pm

Venue: Chinmaya Priyam, Juhu

Age group: 3 - 4 years

Every Thursday - 5.00 pm - 6.00 pm

The Holy Geeta Course

1-Month Residential Learning Program on the Holy Geeta

Facilitated by Brni. Nidhi Chaitanya

1st - 31st July 2016 at Chinmaya Vibhooti, Kolwan

Timings : Monday - Friday 12.00 pm - 6.00 pm

Course Highlights:

- Study and understand the Holy Geeta through lectures on all 18 chapters
- Experience a sattvik lifestyle amidst of the rain-drenched Sahyadri hills
- Ask questions in informal satsangs and question-answer sessions
- Learn to Chant the Vishnu Sahasranama & Chapter 15 of the Geeta
- The Course also includes Talks on 108 Names of Pujya Gurudev & Gurupoornima Celebrations
- Regular Meditation practice sessions will make the mornings truly an awakening
- Learn through movies, debates, discussions, and more
- **Regular Evaluations Will be Held to Ensure that the Student is Grasping the subject well. No participant is allowed to skip the evaluations, which will be simple objective quizzes.**
- All participants will receive a certificate at the end of the Course

Contact : 2611 2358 or write to: chinmayapriyam.office@gmail.com

All-Inclusive Camp Donation for 1 Month:

Triple Sharing Room Non-AC	:	Rs.25000
Twin Sharing Room Non-AC	:	Rs.30000
Individual Room Non-AC	:	Rs.35000
Twin Sharing Cottage With AC	:	Rs.50000
Individual Cottage With AC	:	Rs.75000

Driver Accommodation (if needed) : Rs.300 per day

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

You Can Courier Your Duly Filled Registration Forms With Your Cheque In Favour Of "Chinmaya Seva Trust" To Chinmaya Priyam, Juhu

PLEASE WRITE "DROP" ON THE ENVELOPE.

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



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	-	Transforming Indians to Transform India - 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

Understanding Oneness

Talks Based on Advaita Makaranda

(Starting on 9th Feb. 2016) Every Tuesday • 4.00 pm to 5.30 pm
at The Club, D. N. Nagar, Andheri

Entry By Prior Registration Only

To register online, use this link: <https://goo.gl/r361gj>

To register on SMS, send "oneness" to 9702874892

To register on phone, Contact - 26112358 / 2611 2359

To register through email, mail us your name and mobile number, on
chinmayapriyam.office@gmail.com

**Venue and Dates of this Class is subject to change.
Please register to stay informed and avoid inconvenience.**

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

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

Remembering Shiva

Based on Shiva Aparaadha Kshamaapana Stotram

19th February - 1st March

7.00 am to 8.00 am

Guided Meditation Session : 8.00 am to 9.00 am

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

The Mananam Course

Thorough Reflection on Fundamental Texts of Vedanta
with Brni. Nidhi Chaitanya

Twice a Week: Starting 18th February (Thursday)

Every Thursday & Friday 11.00 am to 12.30 pm

*Course Syllabus: Tattvabodh, Upadesa Saar, Atmabodh,
Bhaja Govindam, Manisha Panchakam*

All sessions will include 10 minutes of Contemplation Practice

The texts will be handled in great detail and depth, and thus must be attended by even those who may have studied these texts earlier.

Entry By Prior Registration Only

To register online, use this link: <https://goo.gl/kPk1T1>

To register on SMS, send "mananam" to 9702874892

To register on phone, Contact - 26112358 / 2611 2359

To register through email, mail us your name and mobile number,
on chinmayapriyam.office@gmail.com

Venue : Purnima Bungalow, Next to Nanavati Hospital,
S. V. Road, Vile Parle West

Jagadeeshwara Zone

(Powai)



Chinmaya Jyoti Yatra

Chinmaya Sandesh Vahini commenced its journey from Ernakulam, Kerala on May 8th, 2015 traversed all over the country and reached Powai on December 22nd, 2015 and was given a rousing reception at Sandeepany Sadhanalya, Powai Ashram. Later it proceeded on to other parts of Mumbai.

Then again on December 28 it arrived in Jagadeeshwara Zone. Pujya Gurudev was given a rousing welcome at Laxminarayan Temple in the evening and J. B. Nagar in the morning.

It was a pleasant occasion for the J. B. Nagar residents to welcome Pujya Gurudev at

Laxminarayan Temple on 28th Dec 2015. Gathering was good and all enjoyed the Satsang and melodious Bhajans by Pujya Swami Bhaskaranandji, who also briefed about all the importance of Gurudev's Jyoti Yatra. The Paduka Puja was performed by Mrs. Anjana and Sundeeep Kandoi under the guidance of Br. Ved Chaitanya.

Kandoi K L

The celebration continued in the afternoon @ Magnolia Enclave, Chandivili, with chanting of Ved Mantras by Brahmachari and Brahmacharinis from the Sandeepany Ashram.

This was followed up with, the arrival of Chinmaya Jyoti Yatra at



the entry of Nahar Amrit Shakti Complex in Chandivali.

Pujya Gurudev's Padukas, Jyoti, Vastra and the Silver Coin minted in his honour were respectfully received by Swamini Nishchalananda and other prominent members of Om Utsav Samiti, who had teamed up with Chinmaya Mission of Jagadeeshwara Zone for welcoming Pujya Gurudev.

The holy items received were then taken by joyous procession led by rhythmic and beautiful lezim played by office staff of Central Chinmaya Mission Trust, Powai. The Lezim group was followed by large number of traditionally dressed colourful beautiful women carrying "clay lamps" in their hands, that brought grace and serenity to the procession.



At the gate the lezim group took the exit as the Varakaris (Devotees of Lord Vitthal) took over the possession, with their taals, mridunga and ek-taari, dancing to the tune of Gyanaba-Tukaram culminated in the udghosh of Swami Chinmayanand, Swami Tapovan Maharaj and Swami Sivananda.

After placing the Holy items on the decorated stage, Swamini Nishchalananda briefed the crowd of devotees who had filled-in the open auditorium, on the life story and mission of Pujya Swami Chinmayanand.

This was followed by the Pooja of Padukas. The program ended with Bhajans followed by the final Aarti.

Surendra Herwadkar

Then the procession continued at 5.00 p.m from Jal Vayu Vihar via Hiranandani Gardens culminated



at Swami Narayan Temple followed by a public reception and cultural programme.

Dr. Pamodini Rao and her team from Chinmaya Naada Bindu rendered soul-stirring devotional songs on the occasion.

Childrens of the Chinmaya Bala Vihar also participated in the event.

Floral tributes were offered by representatives of Shree Ayyappa Seva Sangham, Kendriya Nair Samskarika Sangh, Hiranandani Keralite Association, Nair Welfare Society, Sree Narayana Mandira Samiti, Rashtriya Swayam Sevak Sangh, MBA Foundation, Kashmir to Kerala Social Foundation, Dignity Foundation, Warriar Foundation, Powai Fine Arts Society, Rotary Club of Powai and Giants International, Powai.

Gopalakrishnan V N



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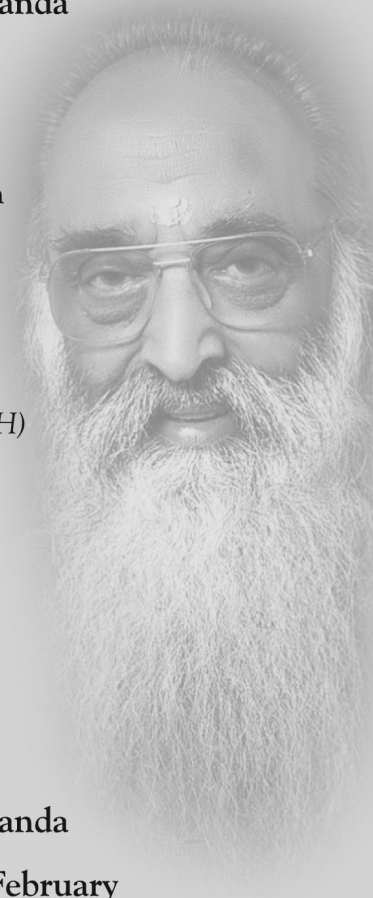
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Chembur - Ghatkopar Zone

Ghar Ghar Me Geeta @ the residence of Ms. Paresha Shah at Tilak Nagar, Chembur, on 14th January.

The subject chosen by the Host was “*What is Attachment*”. Pujya Gurudev’s video was played first. Gurudev in a very humorous manner said that we get attached to our house, family and nowadays certain stones as well - this is physical attachment, we do not carry them wherever we go. While performing any action we say me and mine, that is attachment - mental feeling, which we carry wherever we go.

After Gurudev’s talk, the Sevika, Smt. Indira Someshwar, was asked to elaborate further on the subject. She then asked 3 questions, 1) Who is performing the action? 2) Why and 3) For what purpose?. The members answered, 1) I am doing, 2) For my sake and 3) To get good results respectively.

Then the Sevika explained that they are all self centred actions, and if we do not get the results, we get agitated. Here we are attached to actions and the results.

The actions one has to perform we do not have any choice. She quoted Gurudev “the liberty to work or not to work does not belong to us. Our luxurious freedom is in choosing to work rightly in the spirit of love, dedication and sacrifice”. She further said while performing action we should have the attitude to dedicate to the Higher with Seva Bhava.

Then such actions become selfless and we work with inspiration without any attachment - no agitation. To achieve this, one has to develop equanimity, which Lord Krishna explained right from 2nd Chapter upto 18th Chapter.

After this brief interactive session we ended with prayer and prasad.



Value Education In School ;

On 19th December 2015, during the Annual Day Celebrations, the Management of Modern English School, Chheda Nagar, Chembur, felicitated the value-education team comprising of Smt. Shubha Anand, Smt Gayathri Venkat,

Smt, Brundha Kartik and Smt. Indira Someshwar, for their valuable contribution towards imparting value education, in a very innovative way to their school children from Std. 5th, 6th and 7th, this academic year.

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

Chinmaya Prerana Zone

(Navi Mumbai)

‘WHY DO WE?’ - a youth camp for the questioning mind! from 15th to 17th January by Br. Ved Chaitanya @ Chinmaya Prerna

The camp began with inauguration & ice-breaking activity that introduced all the campers to each other.

Each day began with Surya-Namaskar, meditation & sessions on Indian Culture, thus tuning the Body, Mind & Intellect!

The camp had mainly 3 types of sessions. In the sessions on Basics of Indian Culture, topics like ‘The faulty Aryan Invasion Theory’, ‘Sarasvati Civilization’, ‘God’, ‘Art of God-Symbolism’, ‘Scriptures’, ‘Religion’, ‘Types of dharma (laws)’, ‘Varna-vyavastha (which is mistaken as the present caste system)’, ‘4 Ashrama-s, Traditions’, ‘Festivals & Joint-family structure’ were discussed.

The campers enjoyed their group-discussion sessions on the topics of Idol-worshipping & rebirth followed by a question-answer sessions.

In the sessions on ‘Why Do We’,

the scientific & logical reasoning behind the various cultural practices & traditions in Indian Culture were discussed such as - ‘wearing marks on forehead’, ‘prostrating’, ‘praying’, ‘having a prayer room’, ‘greeting with Namaste’ & various things we do in the temple during Puja like offering flowers, coconut, banana, naivedya & so on.

The reasons behind the importance given in the Indian Culture to the holy ash, kalash, tulsi, lotus, conch, fasting & chanting Om-Shanti were also discussed.

Chinmaya Prerana saw full enthusiasm of campers when they played Indian games like Bull Spear, Kabaddi & Kho-kho

After the game-sessions, the tired bodies & fresh minds were given light refreshments & the tuned minds enjoyed beautiful Aarati in the Mahalakshmi temple.

The first day ended with an awesome Campfire where all sang & danced around the fire. The second day saw pinnacle of youth-energy as they kept



playing (the most popular game) Maafia throughout the night.

The last day of camp had the Cultural program in which campers performed various skits highlighting a value they admired. The campers then observed 'mauna' to reflect about what they learned in the camp & resolved 3 things, which they will follow hereafter.

The valedictory program saw the 'emotional' side of campers where they expressed about what they felt about the camp. Vedji surprised the campers by a gift



(Chyk Jersey), which they all loved a lot! The parents too were delighted to see their children so inspired. The campers who participated for trek stayed back & others waved a good bye with a promise of meeting up soon!

... a trek to Lohagad

The most adventurous day of the camp began with the campers departing on a journey to Lohagad. 7 km of walking to reach the base & then 6-7 km of climbing to reach the highest point was an amazing experience for all!

In the journey, campers saw the excellent architecture of the fort, the various techniques used for defense & attack, some amazing creations of God & much more.

They also experienced unity, teamwork & overcame their

fears! It was indeed the best part of the camp that gave inexpressible memories & thus cannot be described in the report but can just be experienced by those who were present there!

Overall the camp, was a huge success as it definitely lit a spark in all the young minds & showed that YOUTH ALONE CAN!

Chinmaya Memorial Lecture 4 by Swami Chidrupanandaji (Acharya Chinmaya Mission Noida) on 9th Jan. 2016 at Chinmaya Prerana, Kharghar.

In the morning the talk was exclusively for teachers from various schools and colleges of Navi Mumbai. The topic was "Beyond Teaching".

The talk was so lively and applicable that it was very much appreciated by the teaching faculty. About 84 teachers attended the talk.

As a follow up, a talk for teachers is scheduled on 6th Feb. 2016 from 10.30 am at Chinmaya Prerana, Kharghar.

For evening talks, the topic was "Bhagavad Geeta & Professional Excellence". Swamiji in his lucid style explained different techniques of applying the values expounded in Bhagavad Geeta in the professional fields. About 125 people attended the talk.

The program ended with Pujya Gurudev's Aarati followed by Mahaprasad.



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Maximum participants :

80 Nos. on first come first served basis.

Eligibility :

Persons above 50 years irrespective of caste & gender.

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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
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For On-Line Registration - www.chinmayamission.com/pune

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Duration : 5th May 2016 to 11th May 2016
by **Swamini Mangalananda** : Aparokshanubhooti
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Brni. Snehal : Gurupavanpuradheesh Panchakam
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(Rs. 3500/- for certified Chyks)
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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.

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Course donation non refundable

For registration and further enquiries, please contact:

Administrator

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To participate contact : 9320286048

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'WHY DO WE?' - a youth camp for the questioning mind! from 15th to 17th January by Br. Ved Chaitanya @ Chinmaya Prerna



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