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Chinmaya Sandesh

June 2017 Spiritual Monthly Bulletin of Mumbai.

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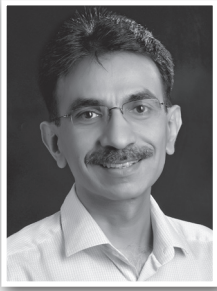
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From the President's Desk



Om Shree Chinmaya Sadgurave Namah!

India is a country of youngsters. Majority of our population is under the age of 30-35. Our Prime Minister, in his speeches, has many times mentioned about this and presented it as an asset for our country and its future. Having enthusiastic and energetic youngsters is indeed an asset for the country. Having more people to work definitely adds to the country's economic growth. Many other countries have a different demographic scenario where they have more mouths to feed than the hands to produce. But, if our youth loses the right direction and turns towards the life of meaningless enjoyment and indulgence then our asset can turn into a liability.

The present education system in India is still influenced by the structure which was formed during British rule. They wanted people to get educated and serve them. They had designed the syllabus keeping us away from our roots and culture. After independence, we adopted the so called secular political set up, due to which our education system remained closed to the knowledge and wisdom of our scriptures. The syllabus today in our schools and colleges has minimum superficial exposure to our scriptures and is mostly aimed at becoming employable upon getting a degree. When parents struggle to get their 2-3 year old child admitted in preschool classes, they see the dream of their child getting some good job and settle in life. The child remains focused on getting some degree and a job and loses focus of developing healthy emotions, relationships and values.

We used to have caring and sharing relations with our neighbours. But now, we hardly know the people staying next door. People hardly have the time to care for their family, so when they will get the time for neighbours? This is just

an example which shows that we are losing warmth in relationships and becoming emotionally dry. In improving our standard of living we have deteriorated the standard of life. What needs to be done to correct it?

We need to connect to our roots. We need to value and follow our culture. Unless our youth are exposed to the knowledge, values and wisdom of our scriptures, the situation will get from bad to worse. We cannot blame our youngsters for what they are doing or how they are behaving because we only have shown them this way. We need to bring change in the system and our mind set and show them the right way.

Pujya Gurudev used to say that the youth are not careless but they are cared less. And, he used to say that the youth are not useless but used less. Pujya Gurudev realised that the future of our country is in the hands of these youngsters and therefore he said that we must catch them young and show them the right direction. He established the Chinmaya Yuva Kendra, the youth wing of the mission also known as CHYK. Although, it is difficult to get the modern youngsters to get involved in

CHYK activities, our Acharyas, with great enthusiasm, create new and unique ways of engaging them and moulding them with the right values, ideals and wisdom to live a meaningful, successful and happy life.

Chinmaya Mission Mumbai has a separate wing for the Chycksters which remains vibrant with activities under guidance and inspiration of our Acharyas. They get their questions answered and curiosity satiated by attending various classes and camps. Their “Just Like That” play is an entertaining and thought provoking theatrical presentation based on the Bhagawad Geeta. It is truly an inspiring and fulfilling experience to see our own youngsters performing various roles in the play which spreads the message of the Bhagawad Geeta in the most unique way. Don't miss to see the next show of JLT.

We must support all their activities and initiatives and encourage many more youngsters to join the CHYK. Let us create this true asset for our nation.

Unto Him Our Best.

Mukul Patel

President -

Chinmaya Mission Mumbai

Chinmaya Chintan

Talks with Aspirants

Swami Chinmayananda



Q. I am getting worried about even small insignificant things. Why is it so? How can I get out of it?

When you thus get worried next time, get out of yourself!

In the prayer room, on that day, ask yourself, “Will I be worried about this particular circumstance in this house if I were my maidservant’s son’s daughter? No, certainly not. So, the ‘capacity to worry me’ is not in the circumstance. None else is worried about it in this very house! No, certainly it is not in the circumstance. Then it must be in me! It cannot be in my stomach nor head nor hand nor

legs! It is not in my gross body, nor *prana*, nor intellect -Ah! it is in my mind.”

Thus, discover the exact entity in you, which is getting worried. It is the mind. Now you must nurse and comfort the mind as you would your spouse when he or she is worried.

Explain to it why it is getting worried; how useless it is to worry; how pointless it is to worry when the ‘cause for the worry’ is not in the circumstance. Make it feel shy at its own false worries. Also know the root cause of all worries. That maidservant’s relative is not worried about your circumstance, because your circumstance has nothing to do with her. So, then,

it is the 'connection' between the circumstance and you that is the cause of the worry.

This 'connection' is maintained through attachments, delusions, desires, etc. This 'connection' is false. Teach the mind to snap-off all such pain-giving 'connections'. If fire placed in the hand burns it, indeed, the quickest, cheapest and surest remedy is to drop the fire! Thus renounce attachments. Renounce all 'I-ness' and 'my-ness'! Renounce personal vanity and self-importance. These are the false 'connection-makers'. No more will there be worry when one's bosom is free of these worry-makers.

When you have accomplished this, you will find that whatever be the circumstances about you, in every one of them, be it sorrow or joy, insult or injury, loss or gain, failure or success, in all of them you are in balance. Then come *Samata, Samatushti, Chitta Shanti* - physical, mental and spiritual peace. *Samsara* is no more to one who has become perfect thus. When *Samsara* has

gone what is left is the *Parama Sukham, Nitya Shanti*, which is *Kaivalya* or *Moksha*.

So, then, train your mind! Watch the mind. Try slowly and steadily to arrest, to apprehend, to laugh at, to cajole, to threaten, to plead with, to soothe and comfort the mind. This is not possible so long as you are identifying yourself with your mind. A non-cooperation movement, practised within, against the mind-tyrant is the only hope for the individual Jiva.

Ride on the mind when it is tamely running the paths of Dharma, the smooth roads of peace or love. The moment it gets mad and runs wild, jump down! Let the mind do its own drunken somersaults; you confidently stand on the wayside and watch the tamasha in remorseless detachment.

When such 'worries' come, don't yield; stand apart and watch how the mind gets worried. Just as you pacify a child 'weeping for nothing', often by fearful threats, on occasions by loving



Temper brings you to trouble. Pride keeps you there.

- Swami Chinmayananda

words, sometimes by promises of some presents and sometimes by a tender slap - so too manage the mind! The very moment you start detaching yourself from it and watching it, you will find that the mind has lost half its stamina. As though ashamed of itself, it comes to you in a spirit of surrender and awe!

Worry, anxiety, desire, selfishness, jealousy, hatred, etc. are the dirt that lie heaped within us, accumulated during the millions of births which each of us have lived in our various embodiments. This accumulated dirt has now turned the Lord out of the Inner Temple. Empty His Home. Clean it. Purify it. Sanctify it with devotion. Invoke Him. He shall enter it and then glory, glory to the God-mad *Bhakta*! This is what Draupadi gained; Radha accomplished; Meera experienced. Even today many are living the joys of Lord's Griha Pravesam.

Q. In dhyana no 'form' comes fixed to our mental vision.

This is natural with all of us. When attention is on a 'form' the mind takes that 'form'. But, at the same time, the mind is

monkey-like in its nature. In a split second it runs away from the given 'form' to some other thought or thoughts. At each thought the mind has to modify itself into that 'form'. So, if you are not getting the 'form' it is because the mind is not single-pointed and calm enough. Concentration is the greatest of all tapas.

Spiritual sadhana is a set of different practices which the gracious Rishis have discovered for us, so that, even not knowing the 'how' and 'why' of it, we gain in the end, Ekagrata. Love is a terrible compelling power within us. When there is love, the lover can never remain without thinking of the beloved. The more love there is for a thing or idea, the more often it is in our 'mental view'. We think continuously of the beloved, and as we think, the mind has to mould itself into the form of 'what-we-think'.

Now, you should try to understand well the intricate, but clear inter-connection between 'thought' and 'form'. Note how thought commands 'form', and love orders thought. Know how the mind gets fixed to a 'form'. Then practise intensely. With knowledge, practice gives doubly quick results!

Japa and Kirtana, Bhajan and Swadhyaya - all these are attempts from outside made by one to keep the mind fixed on one thought and its corresponding 'form'. Thus during Japa, the mantra chanted cannot but bring forth the 'form' of the Ishta. By consistent practice of Japa, the same thought is made to rise in the mind, and consequently, the same 'form'. So too in Kirtana, Bhajan and Swadhyaya.

Again, to help us achieve and maintain a single-pointed mind, we reserve in our house a corner specially set apart for our prayers; the very prayer-room has a special divine atmosphere. The pictures remind us of Him. The light, the seat, the decorations - everything in that room, around us, reminds us of Him. The burning scented-stick is definitely not for our sensual enjoyment; we know that it is lit in reverence, as a reception unto the Lord. How scientifically perfect is the entire arrangement! And all these, only to help us fix our mind on one thought and 'form'.

So then, during Japa, etc., the moment the Lord's sweet smiling 'form' is 'gone', open your eyes! Don't keep them closed and think of the milk that has not yet

been boiled or the trousers that have not yet come ironed from the dhobi. Open your eyes and fix them on the Lord's enchanting face. Then again close the eyes and 'see' within.

If He again plays hide-and-seek with the Gopi in you, hunt for Him, wherever He be. Open the eyes and see Him in the picture! In melting passionate love, hug Him breathlessly to your bosom and see Him within! Where can He go then, leaving such a true and loving bosom? Never will He go out. But, when other worldly thoughts come, they are too powerful for your tender Lord of Brindavan and the sweet Cowherd Boy is brutally thrown out!

The unbroken march of similar thoughts is meditation (Dhyana). This can be accomplished only if you train the mind to stop the pell-mell rush of dissimilar thought-currents. You will in a month's time find a tremendous improvement and quite satisfying progress. Plunge into correct practice. Know, and then practise. Sri Krishna Kripa is a Bhakta's real wealth; through Dhyana come to earn this eternal Kripa-treasure.

Q: God is in our body; every action, whether it is bad or good, is done by God; then why are we punished?

We are punished because we are not performing the actions in the full realisation that the Lord is acting through us. God can do but divine actions. And divine actions can have no 'bad reactions', which you term as 'punishments'.

Bad actions are done when the actor is motivated by his selfishness, lust, greed, likes and dislikes etc. which are attitudes that he develops in his ignorance of the Lord residing in him.

When you act as 'you', a separate egoistic entity, you are punished; when the 'you' in you surrenders to the Lord in you, and thus allows the Lord to act, there is no punishment and nothing but divine actions can get performed through such a perfect saint. Kill

the little 'i' and, live, see, think and act as the great 'I'. All actions performed by such a perfected instrument of action can only be meritorious actions.

Again, your question contains a palpable contradiction. You say that every action, good or bad, is performed by the God in you; and in the very same breath you wonder why you are punished? If God be the doer why not accept that God is the punished? If 'we are punished', it is because we have performed, in our ego, the bad actions. In self-surrender when you have completely eliminated the ego in you, there is neither an independent 'actor' nor 'sufferer' in you. Then alone your proposition that 'God is the doer' is true; and so, the conclusion can be faithful in your experience only when in self-surrender you have completely eliminated the ego.

Source : Tapovan Prasad, June 2006



Live morality before you talk of it.
Practice meditation before you preach it.
Taste goodness before you recommend it.
Gain BLISS before you offer it to others.

- Swami Chinmayananda

Tejomayam

The Power of Satsang

Swami Tejomayananda



In modern times there has been a great explosion of knowledge and information. Because of scientific and technological advancement, a lot of knowledge has been created in this world. There is specialisation in every field. Someone once said that specialisation means knowing everything about nothing, because we have reached a point where only more and more minute details can emerge. So, a lot of general knowledge has come in, but our Viveka Shakti has not grown to that extent.

Viveka is something quite different from gathering a lot of knowledge or information. To understand what is right

and wrong, good and bad and to use this understanding and implement that knowledge is Viveka. Satsang gives us this Viveka. It also takes us to the discovery of the Highest Truth. This is the purpose of Satsang and once a person knows the Absolute Truth, that knowledge liberates the person.

Once Sri Krishna and Arjuna went on a tour, and both of them were walking, not as Sri Krishna and Arjuna, but as ordinary men. At one place they felt hungry and saw a rich man's house where they begged for some food. The rich man said, "You healthy youngsters, begging for food, get out from here". So they left.

Bhagavan Sri Krishna said, "May you prosper more and more in your life," and sent his blessings to that man. Arjuna was rather surprised, but then he realised that God was always very kind.

They went further and sometime later saw a milkman devoted to God, but having just a cow and a calf. Sri Krishna went to him and said, "I am hungry." The old man gave whatever he had and he himself went hungry. Sri Krishna came out with Arjuna and said, "May his cow and calf die." Arjuna was stunned. He said, "Bhagavan, you are very unfair. You blessed that rich man who sent us out with more wealth but you cursed this poor man who had just a little milk for his own need but offered it to us."

God smiled and said, "No, I blessed both of them. The first man values only money. He wants more money and so I blessed him more of it. The second man values Me and wants to stay with Me. So why should the cow and calf stand between him and Me. Let them leave him so that he will be with Me alone. Otherwise, his attention again and again goes to the cow and calf as he has to take care of them as well. In other words, he has already merged with Me. He wanted Me and he

has got Me."

From the worldly standpoint we may say that God has cursed one and blessed the other, but God only blesses. This is something we have to understand. I know this understanding is difficult to achieve when everything goes into sixes and sevens. When many tragic events take place in our lives, it is not easy to accept them as Lord's grace but you may have sometimes, in your own experience, (as I have many times) seen that we first thought of something as very wrong or tragic but thereafter came to know it was a good thing that happened there and at that time. This is because we believe at times that certain things should happen in certain ways. This explains the English phrase "a blessing in disguise." What we thought of as a curse, we realise later that it was in fact good for us. The right thing happened, and since it did happen, we have been blessed.

Without Satsang, delusion (Moha), attachment, infatuation and attractions of this world that we have in our minds will not fade. If these continue to remain, the pure love for God does not manifest in our hearts. All of us have love for God just

as great saints like Purandardasa, Thyagaraja, Meerabai and Tulsidas had immense love for God. The only difference is that our love for God is not unmixed.

There is pure, distilled water in a glass and undistilled water in another glass. Water itself by nature is pure, but gets polluted when so many other things get mixed in it. The real joy of drinking pure water and the resultant good health is not seen. When we distill water we merely

remove all the impurities so that it becomes clean. In Satsang all infatuations melt and pure love manifests itself and God comes to us. Actually He is already there now - He merely manifests.

Satsang is the means of acquiring right understanding. Satsang is the means of developing pure love for God. Anything that helps us get these two qualities is Satsang.

Source - Tapovan Prasad, June 2001

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Swaroopam

A Complete Prayer - one verse from Hanuman Chalisa Swami Swaroopananda



Infinite is the potential that each and every one of us has within us. Every religion of the world has said that God made man in his own image; all of us have come from that perfection which we call God. Therefore our Rishis say, “*pūrṇamadah pūrṇamidam*”. If that is perfect, then all this that comes from that also has to be perfect.

However, we do not realise our perfection; we are not aware of our godliness. Each one of us has been given certain abilities, capacities and knowledge to achieve our wants, desires and goals. Yet the best of us, the greatest of us in this world, even after doing our best, find sometimes that we do not achieve

*Everyone prays;
even an atheist,
when faced with a
crisis in life, resorts
to prayer. But the
word prayer is often
misunderstood
these days. Pujya
Gurudev Swami
Chinmayananda
said, “We don’t pray
to God, we prey
upon God!”*

what we want to achieve. And even in our achievements we do not feel the total satisfaction, the sense of fulfilment, the happiness and peace that all of us look for.

Is there some means by which we can rise above our limitations, our limited capacities, and discover within us the potential for the infinite? Or at least invoke some greater power by which we can develop within ourselves the capacity to fulfil our goals, whether material or spiritual?

The simplest method, which is recognised by every religion of the world, is called 'prayer'.

Everyone prays; even an atheist, when faced with a crisis in life, resorts to prayer. But the word prayer is often misunderstood these days. Pujya Gurudev Swami Chinmayananda said, "We don't *pray* to God, we *prey* upon God!"

Our *Rishis* have pointed out that prayer is an invocation; it is not beggary. In modern parlance, we can call it instant connectivity with God. Just as we connect with a click of the mouse to a complete universe of knowledge and information, prayer connects us to the Higher Power, opening up the infinite potential of spiritual life. When we tune ourselves to the Higher Power, it begins to flow through us and we can achieve whatever we want.

One may be proud of one's wealth, youth, beauty, fame and so on. But the most deadly is the pride of the intellect. Wealth, beauty and youth depart in course of time leaving one chastened somewhat, but the pride of intellect continues to block us from God's grace.

Amongst all the prayers and hymns in the Hindu culture, there is no prayer as popular and as widely chanted as *Sri Hanuman Chalisa* written by Goswami Tulasidasji. It is said that during some crisis in his life, when he was very sick, Tulasidasji poured out these 40 verses through the inspiration of Lord Siva, invoking the blessings of Sri Hanumanji. The verses appear very simple, and people who chant it even without knowing the meaning, claim that it has helped them face problems successfully and achieve miraculous things.

We shall now see just one verse of *Hanuman Chalisa*.

बुद्धिहीन तनु जानिके
सुमिरौ पवनकुमार ।
बल बुधि विद्या देहु मोहि
हरउ कलेस बिकार ॥

*buddhihīna tanu jānike
sumirau pavanakumāra,
bala budhi bidyā dehu mohi
harau kalesa bikāra.*

Knowing that I am ignorant, I pray to you, son of the Wind God, to bless me with strength, wisdom and knowledge. Do banish (all) my afflictions.

A complete prayer indeed! In this one verse Tulasidasji has demonstrated to us how to pray effectively and successfully. Prayer may not change things for us, but it can change us in such a way that we can achieve whatever we want.

Prayer has five elements: *naman*, *smaraṇ*, *kīrtan*, *yācan* and *arpaṇ*.

Naman

Naman means bowing down. It is not just a simple act of bowing our head, but having an attitude of humility. We should enter the temple or the prayer room, the church or the mosque, with reverence. We cannot just go in with a demand sheet as though we have the right to ask anything from Him. People are often ashamed to bow down to

the Lord, though they are ready to stoop to any level to please their worldly masters.

The physical act of bowing down should be an expression of humility born of the understanding that we are nothing in front of the supreme power of the Lord.

Pride is of many types. One may be proud of one's wealth, youth, beauty, fame and so on. But the most deadly is the pride of the intellect. Wealth, beauty and youth depart in course of time leaving one chastened somewhat, but the pride of intellect continues to block us from God's grace. If I think know it all, I won't even want to listen about God. The pride of intellect is the worst.

Therefore Tulasidasji says "*buddhihīna tanu jānike* – I consider myself to be devoid of intelligence." This is called humility. We consider ourselves to be intelligent, possessing special educational degrees, but lack the basic knowledge of who we are. Tulasidasji uses the word '*tanu*' meaning 'myself'. The word '*tana*' also means 'body'. To consider myself to be this inert body made up of the five elements is the greatest foolishness. With such basic ignorance, how can I call myself intelligent? So first I should have an attitude of humility: "I am

ignorant, Lord, I know nothing, I do not even know what I should ask for.”

Smaran

The second step in prayer is *simran* or *smaran* – remembrance. Remember that the power of God is everywhere. Even though it is everywhere, we do not know or feel it, and therefore we go to the temple or our *pūjā* room. The idol in front of us is to remind us of God.

When you remember a person, you are in that person’s presence. *Srimad Bhagavata* describes how Lord Krishna vanished from the midst of the *gopīs* who were proud of their beauty. This made them yearn for the Lord with their whole being. And when you seek him with such yearning, He makes His presence felt.

*We can survive
without water for a
few days or hours,
but without air we
cannot survive even
for a few minutes.
And Hanumanji is
the son of Pavana
Devatā who serves
thus tirelessly.*

Kirtan

The next step is to praise the Lord. Even when we go to anyone seeking some worldly favour, we do not go empty-handed. We carry a basket of fruits and then put forth our request. It is plain and simple courtesy.

The Lord does not require our praises. By praising Him, we remember His glory and great compassion. It induces an attitude of reverence in us and strengthens our faith. With faith comes surrender. He will listen to our prayer out of sheer compassion, and not because we deserve it in any way.

Goswami Tulsidas praises Hanumanji with just one epithet – ‘*pavana-kumāra*’, Son of the mighty *Pavana Devatā*, the Wind God. In the *Vedic* hymns *Pavana Devatā* is given the highest place. He is often compared to the *Guru* also.

People generally expect some recognition when they serve others. It is considered the greatest virtue if we serve without anybody even coming to know about it. A little thinking shows that it is only the precious element of air that serves everyone impartially and is not valued at all. We have to pay for everything -- for fuel and fire and even water these days. But air is freely available to everyone. We can survive without water for a

few days or hours, but without air we cannot survive even for a few minutes. And Hanumanji is the son of *Pavana Devatā* who serves thus tirelessly. So with just that one epithet of *Pavana Kumāra*, Tulsidasji acknowledges the incomparable service and humility of Hanumanji.

Yācan

We bow to the Lord, remember His glories, praise Him and then ask Him for whatever we want. Just as children ask their parents, we also ask the Lord to fulfil our wishes. It is better not to ask for anything, but if we have to ask, then we must ask someone who can give us what we want!

Also, we must ask intelligently -- in such a way that having asked once, we don't have to ask again. That is wisdom. Tulsidasji asks only for three things – *bala* (strength), *buddhi* (intelligence) and *vidyā* (knowledge). These are the three pillars of success.

Bala means strength, but not just physical strength. Of course, that is also important, but the mental strength to achieve our goal without compromising our values is absolutely crucial. These days it is very difficult to find people with both brawn and brains – those who have muscles quite often lack brains and those who have brains and sit at the computers tend to be pale and sickly.

In the *Bhagavad Gita* (7.11), Lord Krishna says: “*balam balavatām cāham kāmārāgavivarjitam* – I am the strength in the strong which is devoid of lust and attachment.” True strength lies in our capacity to pursue our *dharma* and perform our duties uncompromisingly. We pray to the Lord for such strength.

It is clear that for this kind of strength we need to have the intelligence to distinguish the right from the wrong. And for that knowledge is essential knowledge of our duty and knowledge of the art of living.

If we have these three things – right knowledge, intellect to apply the knowledge, and physical and mental strength to implement it in life, we can march successfully towards our goal.

“Hanumanji, please give me these three things; after that I will not bother you anymore. I will continue to pray only to express my gratitude to you.”

Arpan

When we ask for something, we must offer something in return. Everything in the universe belongs to the Lord. We should give something to Him that He does not have! Tulsidasji's logic is very clear. “I have plenty of sorrow and agitation, and He has none.” So he says: *harau kalesa*

bikāra – Take away my sorrows, restlessness and agitation.”

Kalesa refers to all the causes of sorrow. According to the *Yoga Śāstras*, there are five causes of sorrow:

avidyā – ignorance

rāga – likes

dveṣa – dislikes

asmitā – ‘I’ness or ego

abhiniveśa – insecurity and fear of death.

Tulsidasji prays for the removal of the very causes of sorrow.

Vikāra means the poisons that cause agitations in the mind. There are six kinds of poison that torture our mind:

kāma – obsession for an object and the craving to possess it. Also refers to lust.

krodha – when desire is not fulfilled, there is anger.

lobha – even if our desire is fulfilled, we are greedy, wanting more and more.

moha – we cling on to things in our delusory attachment.

ahaṅkāra – the poison of ego corrupts our mind completely.

mātsarya – there is jealousy towards those who have more than us.

With these six poisons in our mind, even if we go to the Himalayas to meditate, it will be of no use.

We hold on to everything that gives us sorrow and yet pray to God to remove our sorrows. That is why in our temples the images of God are depicted with one hand pointing down asking us to surrender all the poisons that cause our sorrows and the other hand raised to bless us with peace and happiness.

However, the irony is that we are unable to drop them or give them away. So Tulsidasji prays to the Lord to take them away – ‘*harau*’. “Please loot them away, steal them, for I am unable to give them away on my own.”

Conclusion

In this one verse Tulsidasji has mentioned all the five steps of prayer. It is for us to follow them. Mere intellectual understanding is not enough; our prayer has to be sincere and intense.



A quiet mind produces a more brilliant intellect
- Swami Chinmayananda

Acharya Manan

What is Chinmaya-Life?

by Swami Swatmananda



Poojya Gurudev Swami Chinmayananda left the presence of His Guru, Swami Tapovanji Maharaj, Gangaji, Himalayas, Satsang with Mahatmas etc. and came to teach us.

He could have sat there absorbed in Samadhi but it is HIS Causeless Compassion that HE chose to come down for us. We have to make ourselves worthy of HIS Sacrifice and Compassion that he showered on us for 42 years and continues to shower on us. On His 101st Chinmaya Jayanti, lets reflect on the points below and lets strive to live upto HIS Vision - Our Mission.

“It is better to live the Chinmaya -Life with Occasional folly, than to live a life of folly with occasional Chinmaya-Life”

What is Chinmaya-Life?

“One who has got a vision, he rises to the highest. That vision is not a contract, it is not written on paper. It must be enshrined in the hearts and minds of everyone. And where there is a vision, when even a single member has developed and cultivated this courage, this heroism to live up to the vision, then that mission cannot die. It is such a mission that can serve the society, the community and the world at large.”

Uncompromising commitment to a Higher Vision, a life of love and respect is Chinmaya-life.

“Do not rush out to improve the world. Chinmaya Mission is not there for you to look out into the world; not even so that you may look into the organization

as a whole and see and study the organisation's total growth; but rather, it is there so that each one of you might develop internally. Do not keep thinking "How far have we done work outside?"

Only Self-improvement is important. We want the chastest of the chaste for the Mission. We want sincerity and constant introspection. We are not interested in how many buildings and institutions we possess as a mission. Instead, we are interested in how far each individual has become an institution."

Constant self-introspection and self-improvement is Chinmaya Life

"Discipline and Purpose: If we have no discipline in our organization we better not have one. I am not building a 'bhajan mandali' all these years. If the Chinmaya Mission cannot become a well-knit powerful organization for the national resurrection of our Hindu Culture, I don't need an organization at all. I am not a mere Swami going about people's spiritual upliftment. I am working for the Renaissance of Hinduism in India. Shankara is my guide, my Master.

Ours is not a programme of political and economical revival.

Cultural revival is our goal. Our speciality is to discover in each Hindu an integrated inner personality with courage to live its Rishi Culture."

Commitment to Hindu renaissance is Chinmaya Life.

"To forge and to evolve out of our population a healthy, vibrant, creative people is the work of the Mission. Chinmaya Mission must thus inaugurate the birth of the Nation and its early education. Mission members are essentially Nationalists. A Mission member is conscious of the glory of his country. He is the real devoted servant of the country. Work for the Nation. Regain the past glory of our Nation."

Commitment to National integration is Chinmaya Life.

"Im unborn! If at all i exist, it is in your imagination."

To strive for Self-Realisation with single-pointedness & live as Unborn Consciousness is the best tribute we can pay to the Master. Nothing else is worth HIS efforts except this.

Commitment to Self-Realisation and abidance in Self is Chinmaya Life.

All the text in double quotes is by Swami Chinmayananda.

Commemorating 101 years of Swami Chinmayananda



#Meditation101@Chinmaya Pradeep

GET STARTED & ROOTED IN MEDITATION

Guided Video Meditation by Swami Swatmananda

(Follow from anywhere in the world OR come to Om Dhyanagar at Chinmaya Pradeep to experience the silence of Samuhik Meditation)

illuminating a timeless vision

15 Sundays starting 11th June (04:30-05:30pm)

Between 2 Sundays participants have to practice the meditation everyday. Recordings will be available for registered participants
 Launching on the eve of Chinmaya Pradeep's 1st Anniversary (12th June)

REGISTER NOW: www.chinmayapradeep.org/meditation101

11 th June Relaxation Meditation	18 th June Mindfulness Meditation	23 rd July Shiva Meditation (Shravan Special)	25 th June Soham Meditation	2 nd July Om Shri Chinmaya Satgurave Meditation (Guru Poonima Special)	9 th July Shanti Mantra Meditation
16 th July Geeta Meditation	20 th August Shivoham Meditation (Shravan Special)	30 th July Om Namah Shivaya Meditation (Shravan Special)	3 rd September Vivekhoodamani Meditation	6 th August Mirtyunjaya Mantra Meditation (Shravan Special)	13 th August Desh Bhakti Meditation (Independence Day Special)
	27 th August Om Meditation	5 th September Who Am I Meditation	10 th September Mahavakya Meditation	17 th September	

Guruji's Grace Ever Flows

by Hemantini Bhatia

Brahamachari Vivek Chaitanya was a brilliant Sevak ever smiling, warm and kind. Then, one morning, at our Mundakopaniśad class during Puja Gurudev's yagna at Sandeepany, I was shocked to see him with a band-aid on his forehead - still smilingly continuing with his teaching! He had very high blood pressure and had hurt himself.

That simple, young man from an insignificant Indian village was to be Gurudev's choice for the Mission's Global Head. And, he could not have chosen better.

With all the honours and achievements piled on him - Padma Bhushan, the Vice-Chancellorship of the Sanskrit University, the miracle of Vibhooti (the Vision Centre at Kolwan with its flourishing School of Music and Dance - "Naada Bindu") - he has also magnificently fulfilled all of Gurudev's projects and gratefully added so many more.

Irrespective of whether one is "born" or "unborn", the

past is, however, "reborn" as one reminisces life and all its happenings - like letters, lectures, spiritual camps, telephone calls and the immeasurable love and grace that has flowed down over the years! Precious memories of a life worthwhile - especially when one is blessed and moulded by an uncompromisingly strict teacher.

Even as he flew across the continents and oceans, continuously meeting his innumerable devotees and admirers, conducting countless Gyana Yagnas of such intense magnitude, he remained unflinchingly by my side like the solid Rock of Gibraltar - all the way from Canada, USA, Europe, the Middle & Far East, the darkest Africa and all the way down under Australia & New Zealand.

When I was almost blinded with Herpes attacking my eye, he called me from Auckland to comfort and heal me. From Dubai, he wiped my tears with tender advice. He answered every single letter of mine, very often in his

own cute, miniscule handwriting expressing his appreciation of them. Patiently advising me, he wrote: "What you need is good health and time management. You will be able to complete your pending work. Allot time for all jobs daily and go on doing it. Do not add new jobs to your list at this stage."

Then again, he reminded me: "You must realise well that no person can live someone else's life. Each person has come here to fulfil his or her own destiny. You pray to God to do whatever good you can do for others and absorb your mind in God, who is your own Self. Everything else is only a cause of agitation."

His appreciation of my letters reflects his deep insight not only into the language itself, but also into the depths of his devotee.

"Your letter of 10th June' 96 brought with it that joy which I cannot describe. You are so good in expressing your thoughts and feelings in beautiful language. I was pleased to read your letter" And yet again: "You described the beauty of Nature and your experiences so beautifully that I wished I too had that ability!"

Untiringly he wrote: "Thank you so much for your lovely greetings

sent on the occasion of my 50th Birthday. You cannot imagine the amount of joy you gave me. It is this kind of love alone which I consider as my precious wealth and source of inspiration to do my work for the Mission and to serve Pujya Gurudev. Please keep showering your love on me forever."

How can one reciprocate such boundless, pure love – which extends to every member of my family as well?

As my perfect teacher, he wrote: "You do not have to struggle with Sanskrit. Enjoy the subject and meditate on it" - that is what I have followed to this day. During the Vedanta course when he noticed me rushing in the early mornings for Vedic chanting, he advised me to slow down, considering my age, and be fresh for his early morning lectures on Vedanta.

During his very first Maha-Yagna in 1994, after he took over as our "Guruji", I had written to him apologising for my inability to attend the same as my son, Deepum, would be visiting me from the UK.

His touching reply was: "Just because your son is coming home in December, you do not have to

miss my Yagna completely. After all, I am also your son. I will miss you in the audience. Morning sessions you can always attend since he won't get up early in the morning! Sorry for the presumption." I promptly accepted his loving invitation and attended all the morning lectures!

When I lost my husband and sought solace on his shoulder, he gave me the Mahamantra, "Anandoham" – which made me realise that, THAT Ananda I was, no matter the loss and pain and hurt.

Guruji once gave me as prasad, a huge bagful of almonds. With motherly concern and affection, he advised me to soak two badams every night and have them in the morning – and not to share them with anyone else! And what can one say when one's Guru humbly raises his holy feet to enable his disabled disciple to touch them and do namaskar. I was totally aghast and quickly tried harder to lower myself a little extra so that I could touch my forehead to his feet – but in vain!!!

The audience was in peals of laughter when Guruji raised his feet even more! As each page of his glorious life turns over,

my reverence and admiration for him keeps increasing. What immeasurable strength, what a noble vairagya to step aside from the highest! He now calls himself as just an Acharya of Chinmaya Mission. After a life lived in the service of Sanathan Dharma and a year full of kritagnyata for his beloved Gurudev, to slip so gracefully into quietude and peace.

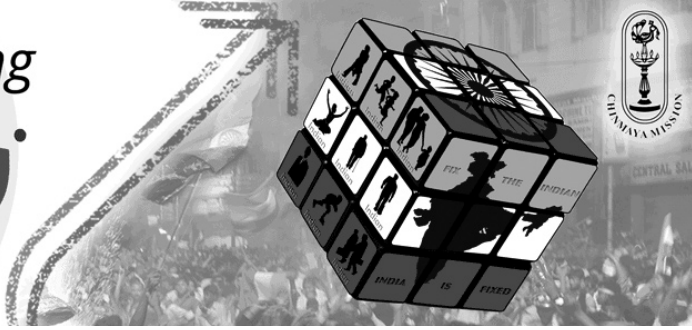
"What name is there to fit a life so patient and so pure?"

Every hour, every moment spent with him has been an elevating experience – the little things he said and did, his wit and humour, his mesmerising bhajans, his superb time and human management - in silent adoration have I worshipped him and expressed my gratitude to the Lord for such a unique Guru.



Transforming INDIANS to Transform INDIA

A Chinmaya Mission Initiative



TITI Report for June Sandesh Highlights:

Ms. Reena Shah & Ms. Radhika Joshi have joined TITI as trainers after successfully passing their written tests and mocks.

Workshop were held on ...

... 23rd April, Cultural Transformation

Geethaji conducted a session for a group of 55 Balavihar kids and parents from Bhakti Zone at Kritagnata Kaksh, Chinmaya Pradeep.

... 24th April, Emotional Transformation

35 students of LCCWA (NGO) participated in this session arranged by Mr Sunil Gambani and taken by Geethaji at Kritagnata Kaksh, Chinmaya Pradeep.



... 4th May, Cultural Transformation

A session was conducted in a building in Powai where the Geeta Sandesh Vahini had arrived. The entire session was done without any technical support! This was aptly followed by their visit into GSV and all of them received the TITI books as they left.

Chinmaya Yuva Kendra

‘Just Like That’ play on 22nd April @ Bharatiya Vidya Bhavan, Girgaum

‘Just like that’ is a play based on the Bhagwad Gita. After two very successful and well received shows of the play ‘Just Like That’, at Juhu and Malad, the CHYKs once again put up an amazing performance in South Mumbai.

This was the 9th show of JLT over all and the 4th show in Mumbai. With almost a full house in a hall having a capacity of 700 people, the play received a long applause, very good feedback and people seemed to have absolutely loved it!

Like the show in Malad, this too, was a **FUND RAISER** for a value based leadership course called **YOUTH EMPOWERMENT PROGRAMME**, a post graduate diploma course offered by the Chinmaya Vishwavidyapeeth.



This show managed to raise the highest amount of funds that we have ever raised before through a play. The source being ticket sales and generous sponsorship by various people and corporates.

Just as this play inspires so many people, it also continuously inspires the youth members of CHYK, thus each time making the experience of performance, more enriching and fulfilling.

We look forward to your support and encouragement in every such endeavours taken in the future by the CHYKs.

by Yuvaveer Ashwini



Report on the 'Epic Life' camp from 5th to 7th May @ Sandeepany Sadhanalaya, Powai

यतो कृष्णः ततो धर्मः

यतो धर्मः ततो जयः

This simple but deep and meaningful phrase sums up the entire Mahabharata! It means that where there is Krishna, there will be Dharma and where there is Dharma, there will be victory.

The EPIC LIFE camp was truly inspiring for all the 130 youngsters who attended it. The session names were also kept in a way to make one relive the life of the Epics.

The camp Acharyas were Sw. Swatmanandaji and Br. Vedji who, with their wit and humour conducted the camp gracefully. With Swamiji's regular intellectual sessions aptly titled as 'Mahabharata

Manthan', the campers were given profound knowledge about the Mahabharata and its various dimensions & plots. He explained the significance of the great Epic in our daily lives and how we should incorporate the learnings to make our lives an Epic!

The day started either with an enthusiastic dancercise session by the Yuvaveers or a peaceful meditation session by Vedji.

The campers were divided into two teams. The Kauravas and the Pandavas and all of them were engaged in various activities based on events and instances taken from the Mahabharata with themed places and decor like the Yaksha Sarovar, the Hastinapur Gurukul, the Matsya



Kingdom, Himalayas and so on. The participants were busy throughout the day with activities and indulged in Archery, based on Draupadi's Swayamwara, forming Vyuhas, an ancient battle formations, overcoming fear by the fireball activity wherein the campers had to put blazing balls of cotton in their mouths, with the occasional visits from the gambling Shakuni brothers trying to lure the Pandavas and the Kauravas into greed and so on.

The debate sessions titled as Vaak Yuddha were very well contested where the teams were given different topics based on Mahabharata. The Pandavas-Kauravas faceoff with water balloons in a Mahayuddha was great fun where the participants also got a first hand experience of the rigors of the war. At the end, a visit to Chinmaya Pradeep, the Yagnatarium and the GSV were an icing on the cake.

The 'Iti Nirnayaha' was the last event before concluding the great Epic camp wherein the campers enacted the modern day problems and situations given to them and explained the correlation of the act and the instance from the Mahabharata. This really brought out their decision making skills to the fore along with their creativity and acting skills.

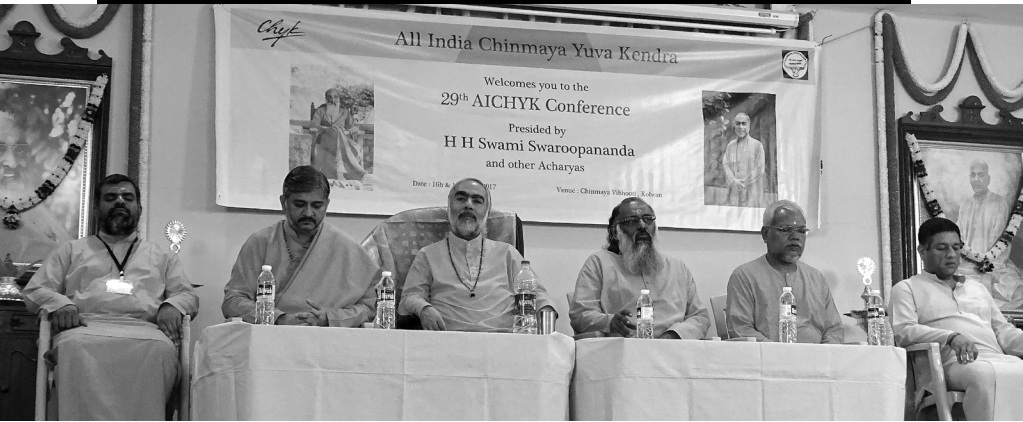
Every event had a fun learning element that inspired and motivated the campers and made them fall in love with the CHYK life. The feedbacks were tremendous and in a positive light with a promise to return soon.

Thus, the epic camp for CHYKs was highly successful and a blend of both theory and practical, giving the campers an insight to the crux of Mahabharata in a simple but fun filled way.

- Shrishti Ghosh.



Report on the 29th AICHYK Conference



The 29th All India Chinmaya Yuva Kendra Conference began with Poojya Swami Swaroopananda, Global head of Chinmay Mission and the zonal directors of AICHYK lighting the traditional lamp. The 10th batch Yuvaveers enacted a skit on how CHYK can help transform the 'population' to 'people' of India (citizens into nationalists.) Swami Swatmananda, Director AICHYK, took pride in introducing Swami Swaroopanandaji as the #chyk Swami who became the global head. Swamiji then went on to give statistics on the participation by the various states and centres for the conference. Andhra Pradesh had the maximum number of delegates.

Congratulating the various centres, Swami Swaroopanandaji

addressed the gathering. He emphasized on the importance of CHYK in every centre by narrating his personal experiences with Poojya Gurudev #Swami Chinmayananda.

The day proceeded with annual CHYK reports by every zone. It was truly inspiring to see how the CHYK activities have progressed from the previous years and see new CHYK initiatives being supported by all the wings of #Chinmaya Mission.

From the East, we have Orissa being most consistent in conducting Annual CHYK and Balvihar Camps and the West Zone conducted successful fund raising programmes for YEP 11 and Chinmaya Pradeep through a series of sound-n-light shows titled 'Just Like That'.

The North Zone conducted its unique 'Rang bhara', an Annual drawing-painting competition where 2500 + kids participated and assisted by 150+ volunteers.

The South Zone got applauded for its 14th consecutive COOL Camp with 750 kids, 75 volunteers and 20 schools' participation. This year's overall report was not only impressive but also filled the youngsters with more zeal to take up more initiatives for this year.

The participants witnessed the inauguration of 'Swanubhuti Vatika', an enlightenment Park which invites visitors to reflect about themselves by themselves. After this enriching experience, the delegates were moved by Swami Chidroopanandaji's talk on the requisite qualities of a CHYK which he communicated through his interactions with Poojya Gurudev.

The post dinner, games session enthralled the youngsters by breaking the barriers of respective Zones and playing as one Team.

"Win the mind; win the world", roared Swami Swaroopanandaji the next day. He expounded on being great beneficiaries when we follow our values before preaching them.

Swami Swatmananda, National Director, AICHYK declared the National project and National Camp which would be brainstormed upon this year and launched in the coming year. Groups had a discussion and came up with brilliant ideas to execute the project. Swami Anukoolandandaji led the session on Regional projects which are to be taken up for this year. The next session fulfilled the purpose of creating awareness on inspiring youth for YEP 11, YEP-Malayalam batch, importance of subscribing for the youth magazine - Chinmaya Udghosh and the CHYK Website.

A presentation was made on various courses offered by the University by Shri Suresh Subramanian. The conference ended with a Paduka Puja performed by Swami Chidrupanandaji on his last year as AICHYK director, North zone.

The participants were enthusiastic to implement the various policies and plans for the year. With Poojya Gurudev's grace, we hope to take the youth of the country to work for a greater cause and make inspiring leaders of the world.

by Yuvaveer Vidhi Modi

Chinmaya Sagar Zone

(South Mumbai)

You Ask Vedanta Answers
(YAVA) Yagna by Sw.
Swatmananda from 24th to 26th
April, @ Kamalnayan Bajaj
Hall, Nariman Point,

YAVA was an interactive yagna with a new format where questions were invited from the public in advance on the following topics which Swamiji answered.

Day 1. Making Relationships Work :

Questions ranged from right attitude to have towards one's Guru to what is the essence of marriage to how to deal with negative people. Swamiji addressed all queries with aplomb, and humour telling us how along with our respectful attitude, we should not be dependant on the Guru; how marriage is a spiritual journey of two people and one should not be scared of being one's self in the company of one's partner.

Day 2. Success without Stress :
More varied Questions came in - how to increase concentration, what's the main pursuit of life, how do I - say 'no' without hurting



someone & be better at executing plans. Swamiji elucidated the steps to increasing single pointedness. On goal setting we learnt how the goal should not be scary for us to achieve our true potential, but it should be inspiring and big. Wealth has never been looked down in our culture and it's pursuit is one of the 'purushartha' of life.

Day 3. Hinduism - Facts v/s Myths :

There were many questions on Hinduism which range from is Hinduism a religion?, significance of rituals, does God exist, can daughters perform the final rites of parents, that were clarified to the satisfaction of the audience. Swamiji urged us to do our bit for the revival of Hindu culture which is the need of the hour.

Study Group visit to Chinmaya Pradeep on Chinmaya Jayanti by Swami Swatmanandaji on 8th May @ Chinmaya Pradeep - Sandeepany

On the auspicious day of Pujya Gurudev's 101st birth anniversary, Swamiji took a group of devi/study group members to Chinmaya Pradeep.



The day started with a Paduka Pooja, conducted by Swamiji in Pujya Gurudev's Kutiya followed by a tour through Chinmaya Pradeep where he explained in detail the thought behind every aspect of the exhibit and beautifully brought out the life, teachings, vision and greatness of the Master.

Geeta Sandesh Vahini (GSV) visit for a week beginning 17th April @ Sagar Zone

The GSV visited schools, temples, residential complexes & public parks, attracting the attention of one and all along with the yagnatarium.

A Geeta Havan, meditation sessions & satsang by Swami Swatmananda, including a dancercise program at PDP gardens by Yuvaveer Tappan was organised. The GSV concept & initiative - a mobile exhibition carrying the universal message on Life Management based on the Bhagavad Geeta, to people's doorstep was appreciated by everyone who visited the Vahini.

The explanation given by the Yuvaveers on the Bhagavad Geeta with simplicity and clarity, impressed the young & old alike.

Over 4000 people visited GSV and has inspired people to take up the study of the Bhagawad Geeta very seriously.





Session by
Swami Swatmananda

Upanishad Darshan - Taittiriya Upanishad

Kindly note: Classes will resume in the month of September 2017. Please check for the dates in the August issue.

7.15 to 8.15 am

Venue - Chinmaya Sagar, Panchsheel building, 'C' Road, Churchgate.

**1 Year Foundation Vedanta
Certificate Course**

Starting 13th of June every Tuesday from 11.00 am to 12.30 pm.

Venue - Chinmaya Sagar, Panchsheel building, 'C' Road, Churchgate.

For further details Contact - Trupti Vyas - 9820970919.

New Balavihar Class for 6 year olds

every Tuesday from 5.00 - 6.30 pm

Sevika : Namita Vithaldas

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

Contact : 9869013124

Shishu Vihar Classes

For age group: 3-5 years • every Wednesday, 5.00 to 6.00 pm

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

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

Please contact:

Roma Sanghavi : 9820297889 / Radhika Jasrani : 9920032225



Chinmaya Mission Mumbai

invites you to

Jai Hanuman!!

The first Chinmaya Shishuvihar camp

with **Swamini Supriyananda**, Acharya, Chinmaya Mission Hong Kong

Come and join us to celebrate the strength of Hanuman and revel in the devotion he has for Lord Rama!!

Dates: **15th July 2017, Saturday 11:00 am to 16th July, Sunday 12:30 pm** (Excluding travel time)

Venue: **Chinmaya Vibhooti, Kolwan** (Near Lonavala)

Eligibility: Children between the age of 3-5 years, accompanied by their parents / guardians.
Older siblings are also welcome

Participants must reach Chinmaya Vibhooti by 15th July, 10 am latest.

Camp Highlights

- Storytelling • Singing • Art and Craft • Fun Games
- Special separate sessions for older siblings
- Special sessions on Vedanta for Parents by Swami Swatmananda, Acharya, Chinmaya Mission Mumbai



Camp Donation:

Rs. 1250/- per adult / child age 6+ years, on triple sharing basis

Rs.1500/- per adult / child age 6+ years, on double sharing basis

Rs. 750/- per child, age 3-5 years

Donation includes stay, all meals and camp kit

Travel to Chinmaya Vibhooti is by road from Mumbai or Pune. For taxi bookings from Mumbai, please contact Sanjay (+91 9594099680) or Somnath (+91 8082346737). For taxi bookings from Pune, please contact Tushar (+91-9822616414). Bus travel can be arranged for larger groups.

Online registration on www.chinmayamissionmumbai.com

Please send the cheque / DD to: Chinmaya Sagar

F-3 Panchsheel building, "C" Road, P.M Shukla Nirjhar Marg, Churchgate, Mumbai 400 020

Phone: 22884646/22814646

Cheques / DDs to be drawn in favour of "CHINMAYA SEVA TRUST". Cash Payments also accepted at Chinmaya Sagar

In case of any clarifications or assistance please contact:

Roma Sanghavi (+91 98202 97889) Radhika Jesrani (+91 99200 32225)

Email: shishuviharc@gmail.com



Chinmaya Mission Mumbai

invites you to the

Chinmaya Shishuvihar Sevak Training Programme

with **Swamini Supriyananda** - Acharya, Chinmaya Mission Hong Kong

Chinmaya Mission invites you to become part of the Shishuvihar program that introduces infants (0-3 years), toddlers (3-5 years) along with their mothers/guardians to cultural and spiritual education. Classes follow a structure of mother-toddler where children learn through songs, stories, arts and crafts, appropriate to their age and development. The accompanying mothers or guardians then take the rhymes and stories home and enjoy reading and singing them with their children and extended family.

Date: **14th July 2017, Friday, from 11 am to 15th July 2017, Saturday 10 am** (Excluding travel time)

Venue: **Chinmaya Vibhooti, Kolwan** (Near Lonavala)

Eligibility: 18+ years, individuals interested in interacting with young children (0-5 years) and committed to starting Shishuvihar classes in their centers

Participants must reach Chinmaya Vibhooti by 10 am latest on 14th July 2017.

Camp Highlights

- The vision of Chinmaya Shishuvihar
- Introduction to curriculum
- Theories of child development
- Rhymes with actions, age specific
- Teaching techniques
- Activities, Arts and craft ideas
- Visit to Chinmaya Jeevan Darshan
- Aarti at Maruti and Pranav Ganesh Mandir

Donation:

- Rs.700/- per person, on triple sharing basis
 - Rs.900/- per person, on double sharing basis
 - Rs.1100/- per person, on individual room basis
- Donation includes stay, all meals and training kit

The training programme will be followed by the first Shishuvihar camp in India by Swamini Supriyanandaji - also at Chinmaya Vibhooti, on the 15th and 16th of July 2017. We invite you to also attend the same as it will be a wonderful hands-on learning experience for Shishuvihar. Camp and contribution details can be obtained from www.chinmayamissionmumbai.com

Travel to Chinmaya Vibhooti is by road from Mumbai or Pune. For taxi bookings from Mumbai, please contact Sanjay (+91 9594099680) or Somnath (+91 8082346737). For taxi bookings from Pune, please contact Tushar (+91-9822616414). Bus travel can be arranged for larger groups.

For Registration and online payment, click on: <http://bit.ly/2jmozGy>

For only online registration, click on: goo.gl/FuiVvm

Please send the cheque / DD to: Chinmaya Sagar, F-3 Panchsheel building, "C" Road, P M Shukla Nirjhar Marg, Churchgate, Mumbai 400 020 Phone: 22884646/22814646

Cheques / DDs to be drawn in favour of "CHINMAYA SEVA TRUST". Cash Payments also accepted at Chinmaya Sagar

In case of any clarifications or assistance please contact:
Roma Sanghavi (+91 98202 97889) Radhika Jesrani (+91 99200 32225)
Email: shishuviharc@gmail.com

Chinmaya Mahima Zone

(Mahim to Dadar and Sion to Parel)

‘Cool in Kailash’ a Bala Vihar Camp @ SIES School, Matunga on 23rd April

The workshop started with traditional lighting of lamp by Br. Vedji, Acharya, Prerna Zone, Shri. Bharat Shah, President, Mahima Zone, Smt. Hemantini Bhatia and Shri. H. P. Eswar, senior members of the Mission followed by an Invocation.

The workshop was attended by 130 children and 20 Bala Vihar Sevikas. Vedji kept the children totally engrossed with games, stories and interactive sessions. Some sessions were taken by Sevikas, where the children were taught the Camp Song, Shlokas and Bhajans.

Children played games like Har Har Mahadev, Silence is Shiva,

Names of Shiva with great fervour, enthusiasm and interest.

A quiz conducted by Smt. Archanaji kept the children engrossed and engaged. Many questions were thrown on subjects like various aspects of Shiva, temples in India and many questions pertaining to what was taught to them during the day. All the questions were answered, showing the children were very attentive during the sessions.

In the concluding session, Vedji addressed the children who listened with complete attention. The camp concluded with Zonal BV coordinator, Radhikaji thanking Vedji and all those present. This was followed by the Aarthi and the children receiving their return gifts from Vedji.





Activities / Classes by Br. Yukta Chaitanya

Gayatri Havan

18th June (Sunday) ● 7.00 - 8.30 am

Contact: Chirag - 9920399816

Kenopanishad

every Sunday ● 7.00 - 8.00 am

Starting from 2nd July

Entry Free but strictly by prior registrations only.

For registration please contact : 9920399816 / 9820466409

Bala Vihar & Chanting

every Saturday ● 3.15 - 5.00 pm

Medha Suktam Chanting

Contact: Sarika - 9820300281 / 9820977191

Pre-CHYK (13 - 18 yrs.)

every Saturday ● 3.15 - 5.00 pm

Contact: Devika - 96198 61476

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

Ganesh Atharvashirsha Chanting

every Sunday ● 11.00 am - 12.15 pm

Venue : B 2907, Ashok Tower, Next to ITC Central, Parel

Entry Free but by registrations only. Please contact: Jivika - 9820183198

Chinmaya Jayam Zone

(Bandra, Khar, Santacruz, Vile Parle)



Sessions by
Swamini Krishnapriyananda

Vedanta Saar

every Monday • 4.00 to 5.30 pm

Narad Bhakti Sutra

every Tuesday • 4.00 to 5.30 pm

Atmabodh

every Wednesday • 12.00 noon to 1.00 pm

Chanting of Geeta/ Bhajans /Strotras

every Wednesday • 5.00 to 6.00 pm

Tattvabodh

every Thursday • 12.00 noon to 1.00 pm

Ishyavasya Upanishad

every Thursday • 4.00 to 5.30 pm

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

Sessions by
Swamini Krishnapriyananda (contd....)

Geeta Summary of each Chapter

every Thursday • 7.00 to 8.00 pm

Bhaja Govindam

every Saturday • 10.30 to 11.30 am

Bal Vihar Satsang

On every 4th Saturday • 17.00 pm to 18.00 pm.

Foundation Vedanta Course

Every Saturday and Sunday • 11.30 am to 12.30 pm

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

Bal Vihar Classes

Sevika : Ms. Rupa Kumar

every Friday
6.00 to 7.00 pm

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

*For registration and any other details
please contact : 7506932205*

Chinmaya Priyam Zone

(Andheri & Juhu)

**Adi Sankara Jayanti @ Kasi
with Brni Nidhi Chaitanya on
April 30th**

A group of 10 people along with Brni. Nidhi Chaitanya, had the privilege of walking through the very same lanes that Adi Shankara and Shiva themselves set foot centuries ago i.e. the Vishwanath Temple of Kashi.

The wait in the queue set up the ultimate environment for Satsang by Nidhiji. She explained to us the various significances Varanasi and this temple in particular held. The relevance and significance of the place explained to us along with the chanting of lord Shiva's name made it a divine experience.

In the evening, we made our way to the banks of Ganga River to witness the infamous Ganga Aarti. It was on a boat, en route to a spot from where we could view the Ganga Aarti, then Nidhiji explained to us the meaning of Ganga Stotram.

When the sun set, the river bank came alive with orange diya lights. At 7.00 pm., the aarti began on 3 podiums with 5 priests each. The Ganga Aarti lets one

experience peace amongst the chaos of thousands of people.

We also visited the new Vishwanath Temple / Birla Temple, built inside the campus of Banaras Hindu University, which is a replica of the Vishwanath temple. We went around the campus with Nidhiji explaining to us the vision of the university.

We were on time for the aarti at the Birla Temple, with a



loud 'Har Har Mahadev' cry to mark the end of the Aarti. It was the most electrifying and exhilarating Aarti. Kasi proved to be a supreme experience.

Chinmaya Jayanti @ Chinmaya Priyam on May 8th

On a short notice of barely a day, Priyam was packed to capacity to celebrate the wealth of Knowledge and teachings of Pujya Gurudev Swami Chinmayananda.

On his 101th Birth anniversary, the fervour in the air was tangible. From seventeen to seventy, everyone sat upright as Nidhiji passionately rekindled the truth in the Vedanta that lay dormant in each one of us.

She reminded us how the Truth in Vedanta had rescued us from living a life that caters only to our selfish needs and desires. But then again to truly imbibe the teachings of our culture one has to take Vedanta out of the class. It is a challenge to extend the teaching of Vedanta in a world that is laden with enticing wants and desires. But there was a way! A scientifically proven way of not being overwhelmed by Maya.

Beckoning the 5 Stars : Choose 5 Individuals who lead an Inspiring life. People who had a greater

aim in life and worked tirelessly towards bettering society. As research says you are the sum of the 5 people you spend the most amount of time with.

Talk to them, read about them and remember them. Then no matter where you work or study or live you have the power to become a better human being and lead an inspired life.

Thus, this Chinmaya Jayanti, when we walked out of the room, each one of us silently chose our 5 stars, resolving to be better humans being with a greater purpose in life.

Om Tat Sat

Geeta Carnival @ Juhu Vile Parle Gymkhana Club & Celebrations Club, from April 24th to 27th

Geeta Sandesh Vahini, a temple on wheels visited different centres of Mumbai in the last 1 month and Chinmaya Priyam



Zone was fortunate enough to host it from 24th to 27th April. A lot of non-mission members and mission members got a chance to understand and then introspect the Sandesh of Geeta at two venues, that is Juhu Gymkhana and Celebration Club.

A special feature was the Yagnaturim, which was showcasing the 'Vishwaroop Darshan' based on Chapter 11 of Bhagwad Geeta and many



kids had a joyful experience. In the course of 4 days, people of different age groups visited and various activities like Meditation sessions, Fun with Krishna, Movie Workshop, Vishnu Sahasranama, Geethathon. Gurudev's and Guruji's video were shown. The Temple on Wheels surely achieved its motive to inspire everyone and we at Chinmaya Priyam would like to express our gratitude for letting us host the GSV.



Let's Chant

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

Participation is by Registration only.

every Saturday 8.00 am to 8.45am ● Starting 3rd June

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

to Register, use this link: <https://goo.gl/3SCo0E>

Contact : 26112358 / 26112359

or write to cmpriyam@chinmayamissionmumbai.com

Entry Free.



Sessions by Brni. Nidhi Chaitanya

Geeta Darshan 2017

Monthly Talks on Bhagwad Geeta

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

by Brni. Nidhi Chaitanya

Monday - Friday 10.00 am to 6.00 pm

5 th - 8 th June	(Mon - Thu)	: Chapter 14	: Vision of Balance
12 th - 15 th June	(Mon - Thu)	: Chapter 15	: Vision of Perfection
7 th - 10 th Aug	(Mon - Thu)	: Chapter 16	: Vision of Values
6 th - 9 th Nov	(Mon - Thu)	: Chapter 17	: Vision of Faith
20 th - 24 th Nov	(Mon - Thu)	: Chapter 18	: Vision of Liberation
27 th - 29 th Nov	(Mon - Wed)	: Summary of Geeta	

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

to register, call 26112358 / 26112359

Email : cmpriyam@chinmayamissionmumbai.com

Entry Free. All Are Welcome.



GOD is not purchasable nor is
He available for one's persuasions to be
an ally in one's animalistic activities.
- Swami Chinmayananda

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

Let's Start a Sishuvihar

Sevak Training Workshops 2017

In the Presence of Brni. Nidhi Chaitanya

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

Date Options:

(Register for any one of the training sessions)

2nd July (Sunday) OR 18th September (Monday)

11.00 am to 1.00 pm

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

Eligibility: Below 60 years

Fees: Start a Sishuvihar

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

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

<https://goo.gl/zHVPqh>

For Any Queries, please call:

Neetu - 9819887046 / Bhairavi - 9820790111

Khyati - 9867192958 / Radhika - 9820036875

Keep Calm

Practical Hacks & Spiritual Practices for Everyday Peace

Exclusive Weekend Spiritual Retreat

with **Brni. Nidhi Chaitanya**

15th - 17th September 2017 (Friday - Sunday)

at Chinmaya Vibhooti, Kolwan

ELIGIBILITY AGE: 25 - 55 year

Life is not worth spending in stress,

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

@ Keep Calm.

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

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

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

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

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

Venue : Chinmaya Priyam, 5, Jain Vihar, Plot No. 40, Swastik Society, NS Road No.3, Juhu Scheme, Mumbai.Tel: 2611 2358 / 2611 2359

Timings: Monday - Saturday 10.00 am to 6.00 pm

Vedanta Fundas Level 1

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

with Brni.Nidhi Chaitanya

(Acharya, Chinmaya Mission, Andheri West & Juhu)

Limited Seats Only

- Enrolments Open Now -

Registrations open till seats last

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

BATCH 22 : STARTING 10th June 2017

(Specially designed for Doctors & Health-Care Professionals)

Every Saturday ● 9.00 am to 10.30am

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

BATCH 23: STARTING 9th June 2017

Every Friday 11.00 am to 12.30 pm

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

BATCH 24: STARTING 9th June 2017

(Specially designed for Senior Corporate Executives & Working Professionals)

Every Friday 7.30 pm to 9.00 pm

Venue : The Club, Andheri-Juhu Link Road

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

Course Donation : Rs.5000 per head

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

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

You can also register online on ChinmayaMissionMumbai.com
donations at Chinmaya Priyam will also
be accepted by credit / debit card.

Please Write "Drop" On The Envelope.

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

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

Tel: 26112358 - 26112359

cmpriyam@chinmayamissionmumbai.com

Timings: Monday - Saturday 10.00 am to 6.00 pm

Registrations open till seats last



Love inspite of...

A spiritual talk for couples

Tips from The Geeta on Love, Acceptance & Oneness

with Brni. Nidhi Chaitanya

16th July 2017 (Sunday) ● 4.00 to 5.00 pm

- FOR COUPLES ONLY -

Suggested Donation : Rs. 1500/- per head.

Venue : The Club, Juhu followed by Hi-Tea

to Register : Contact : 2611 2358 / 2611 2359

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

Feminity to Divinity

Using Love as a Weapon & a Shield

Exclusive 3-day Devi Group Camp with

Brni. Nidhi Chaitanya

12th - 14th September 2017 (Tuesday - Thursday)

at Chinmaya Vibhooti, Kolwan

- FOR LADIES ONLY -

Camp Highlights:

- *Talks on Love, Detachment & Devotion based on the Bhagwad Geeta.*
- *Q & A Sessions on "Spirituality, Myths & Superstitions Related to Women"*
 - *Meditation on Love, Forgiveness and Acceptance.*
 - *Gayatri Havan with 108 Ahutis*
- *Tips on Sadhana for Women through Informal Satsangs*
- *SPECIAL HIGHLIGHT : Ladies-only Prabhat Pheri.*

Camp Donations: 12th - 14th September 2017

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

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

All cheques must be drawn in favor of Chinmaya Seva Trust & deposited at Chin-maya Priyam, Juhu. You can also register online on Chinmayamissionmumbai.com Donations at Chinmaya Priyam will also be accepted by Credit or Debit Card.

Please write "drop" on the envelope if sending cheque by courier. Registrations for this Camp Will NOT BE ACCEPTED in any other Centre of Chin-maya Mission



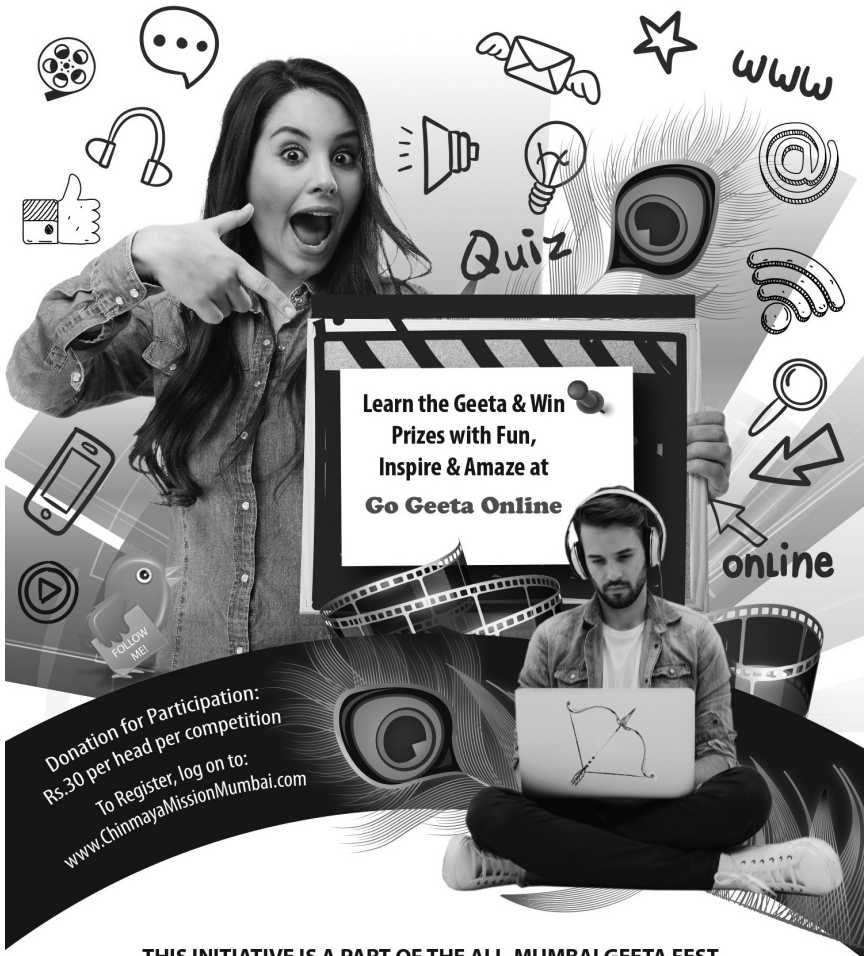
Chinmaya Mission Mumbai

welcomes you to



GO Geeta Online

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



Donation for Participation:
Rs.30 per head per competition
To Register, log on to:
www.ChinmayaMissionMumbai.com

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



GO Quiz
Quiz Competition based
on Geeta Chapter 17

GO Tweet
Tweets Competition based
on Geeta Chapter 17

GO Vids
Video-making
Competition based
on Geeta Chapter 17

To Register, log on to:
www.ChinmayaMissionMumbai.com

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

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

GO Quiz:

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



GO Tweet:

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



GO Vids:

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

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



Chinmaya Yuva Kendra (CHYK)
welcomes you to

The Epic Epic

**Weekly Interactive Sessions for Youth
based on the महाBhaarat**

Every Sunday 11am-1pm starting 23rd April
At Chinmaya Priyam, 5, Jain Vihar, NS Road No.3, Juhu Scheme

Call 9769952031

For 16-28 year olds only

**Chinmaya Mission Mumbai
Welcomes You To**



Holding on to HIM...

With Brni.Nidhi Chaitanya

7-Sunday Non-Residential Camp on Srimad Bhagwatam

"Your stories are soothing to our scorched lives, auspicious to our ears and the means of our liberation."

"Merely listening to Srimad Bhagwatam will grant you liberation."

- Padma Puraana

"I shall enter Srimad Bhagwatam & stay on. Srimad Bhagwatam shall be the word-form of Hari."

- Sri Krishna in Bhagwat Mahatmya

- The Gopis

**Dates: 18th June, 25th June, 23rd July, 30th July,
6th August, 13th August, 20th August (ALL SUNDAYS)**

Timing: 10:30am - 5:30pm

Venue: Juhu Jagruti Hall

10:30am-12:30pm: Session 1

12:30pm-1pm: Lunch

1pm-2pm: Go home for Rest/Chanting (Optional)

2pm-3pm: Celebration

3pm-3:30pm: Tea

3:30pm-5:30pm: Session 2

Contribution per day: ₹1000 per head (includes lunch & tea)

Participants can register for any or all 7 days

**To Register, Call 26112358/26112359 or
log on to ChinmayaMissionMumbai.com**

**Limited Seats. Registrations will be on
First Come First Serve Basis**

Chinmaya Mission Mumbai
Welcomes you to

Upanishad Ganga

Audio-Visual Satsang on Fundamental Vedanta & Hindu Culture

Based on Episodes of the first-ever Vedantic TV Serial

**Every Sunday 8am - 9:30am
(starting 21st May 2017)
At Chinmaya Priyam, Juhu**

**The workshops will include: Video-Screening,
Talk, Q&A, and Meditation
By Brni.Nidhi Chaitanya**

This is a series of 50 Weekly Satsangs.

Seekers can attend any or all of them as per convenience.

Attending the whole series will be most beneficial.

**ENTRY FREE. ALL ARE WELCOME.
Call 26112358 / 26112359**



Chinmaya Bhakti Zone

(Jogeshwari to Dahisar)

Adi Sankara Jayanti
Celebration on 30th April @
Chinmaya Bhakti

The celebration was at our centre from 7.00 to 8.00 pm after the regular Bhagawat Geeta class.

We chanted Ashtotara (108 names) of Guru Sankararcharya and Br. Damodarji explored the dynamic personality of the great master Sankara as discussed by Gurudev in his book Sankara - The Visionary. The puja was



followed by Aarti and Prasad distribution. Around 30-35 devotees attended the program.

New Chyk Class(13 yrs to 24 yrs)

Text - Team Work

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

A great opportunity for youths to transform

Every Sunday - 4.00 to 5.00 pm

Contact - Yuvaveer Vibin - 9488121692

New Balvihar & Chyk Classes

New Balvihar class - 10.00 am to 11.00 am

New CHYK classes - 11.00 am to 12.00 pm

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

Contact : Sevak - Yuvaveer Vibin - 9488121692



Sessions by Br. Damodara Chaitanya

Amrtabindu Upanisad

Weekly Discourse (in English)

every Friday ● 6.00 pm to 7.00 pm

Venue : 001, I Wing, Ekta Bhoomi Garden,
Next to Solitaire Honda Centre, Rajendra Nagar,
Borivali (East), Mumbai 400 066.

To register your participation, please call 8180547011
or 02265235162 (Between 4.00 pm & 8.00 pm)
www.chinmayamissionmumbai.com

Entry Free All Are Welcome

Satsang on Gyaneshwari

in Hindi

by Brni. Sandhya Chaitanya
(Acharya - Kalyan)

Every 1st Sunday of the month

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



A Man-of-wisdom lives in the world,
but he is never of the world
- Swami Chinmayananda

Jagadeeshwara Zone

(Powai)

Sevak Day celebrated by sevaks on 8th May

Sevaksgathered at Jagadeeshwara temple in the early hours and Acharya MLP Raoji initiated Vedic chants in front of Gurudev Pratima. This was followed by a tour of Gurudev Kutiya.

Later a caravan of cars and tempo laden with cereals and clothes left for an Adivasi village in the interior of Aarey colony.

On arriving at the village, a small prayer was held. The villagers were aware of our schedule as it has been a regular feature on Seva day over the years.

Huge gunny bags were opened and distribution of items to the



villagers began as a preplanned list was made in coordination with village heads.

Zonal Acharya Raoji started the distribution by giving bags of cereal, lentil, semolina, sugar, potatoes, onions and oil.

Sarrees and other clothes were distributed by another set of sevaks.



Toys were distributed to the smaller children. A plan would be scheduled to donate toys to the Balvadi in the future.

The sevaks then proceeded to the Jagadeeshwara temple where a Paduka Pooja was performed and concluded with breakfast Prasad at the Annakshetra.

Geeta Sandesh Vahini visited Jagadeeshwara Zone from. 3rd May to 6th May

The GSV was brought in on 3rd morning by Acharya Raoji and president Yogesh Basole to Heritage Garden where Trustee Amarji and sevaks were waiting to greet the Vahini.

Prayers and Vedic chants marked the beginning of the GSV Yatra, 12th and 15th chapters of the Bhagvat Geeta were chanted, which lent a solemnity to the air.

Morning joggers and walkers were the prime visitors to the GSV and felt refreshed and rejuvenated after the conducted tour by the super Yuvaveers in this grand air conditioned Vahini. TITI books were given to each visitor.

Sevaks were busy recording clippings of visitors experiences and the children had a great time posing with the USP flags. The next half of the day was split

between two housing societies Glen croft near heritage park and Tulip near Eden market.

Major attraction was the multimedia animation show of the creator which was the children's delight.

As evening dawned the GSV moved towards Powai Vihar an adjoining colony near Hiranandani.

The crowds kept pouring in, so Sevaks donned the role of the Yuvaveers. It was a very satisfying experience and the look of gratitude on certain visitors face was very heartening.

Some seniors gave up their regular evening Bhajan's in the temple to meet the ideal behind the idol and left shouting slogans of 'Jai Kanhaiyalal Ki'.

The air was filled with ecstasy a great mood to ring in 4th morning at Ambrosiagarden. The morning saw a repeat of the previous



day, and crowds continued to come in the morning park.

The Vahini then proceeded towards four housing societies Lake Castle, Jaltarang, Raheja Vista and Paradise.

At Jaltarang it was a children special and our TITI team spurred into action followed by a special session of a conducted tour in the Vahini. Chocolate Prasad was distributed to the children.

An incident which is worth mentioning is about a little girl, Arushi aged 6 who took it upon herself to control the crowd in the Vahini. She made people stand in line and directed others to make way. On enquiringly she said it was her “birthday today”. Soon her friends joined her and we all sang the birthday song for her. She did not leave the bus till the last visitor left.

The Vahini then proceeded towards Central Avenue. A great place to meet all, be it diners, shoppers, Call-Center employees, Office goers, youngsters, seniors, everybody descends here.

They all visited the Vahini and many enquiries regarding books and mission activities were answered here. There was

a popular demand for books, all queries were answered and personal details were noted for feedback.

5th morning - Nahar Amrit Shakti and Lake Prim Rose. Here the seniors were active and were attentive to what the Yuvaveers had to tell.

Our next halt, the Matoshiri club for arts and sports. A different breed of visitors came along and it was interesting to watch how they adjusted their swimming and squash timing to visit the great Vahini. The thrust was on information and mission related information here. We then proceeded to our next halt, the market Center at Nahar Dmart circle. The JVLR route was full of traffic and an over-speeding bus hit the rear view mirror, kudos to the Vahini Vahan Chalak for the safe journey .



6th Evening it was a date @ IIT Market. Sevaks formed a human chain to keep place for GSV near the Maruti temple.

The corporator Mrs Vaishali Patil received the Vahini and took part in the Vedic chanting. She and her team were then escorted and given a detailed talk about the Bhagvat Geeta by senior devotees. They went away happy and content, with a special gift the Marathi version of the Bhagvat Geeta .

Vishva Hindu Parishad team also came in to pay their salutations and expressed their happiness at the coming of the Vahini.

We had some visitors from Mulund the young Balvihar team and certain seniors who had done a lot of enquiries before coming.

Senior sevaks were in full form continuing till late hours. It was over 11.00 pm and time to call it a day.

As the Yuvaveers and their team Vahanchalak and his attendant inclusive of sevaks started the winding process a sadness crept in.

On its Jagadeeshwara tour the Vahini had touched the lives of 580 souls.

Study Classes in Powai

Class for Elders

Sunday ● 10.30 to 12.00 pm

Atma Bodha - by Acharya Raoji

Venue : Geetha Mandir, Sandeepany Sadhanalya,
Powai Ashram, Mumbai - 400 072.

Study Class

Text Self Unfoldment - Sevak M. W. Kulkarni

Tuesday ● 6.30 to 8.00 pm

Venue : Sanjay Gaikwads, Residence at Eden - 2
C - 405, Eden Market, Hiranandani Gardens



Sessions by Swami Bodhatmananda

Naishkarmyasiddhi Part - I Camp

(In English)

Starting on
Auspicious Guru Poornima Day
on 9th July 2017

&

Culminating with
Shiva Sahasranama Archana
on 23rd July 2017

7.00 am to 8.00 am / 4:30 pm to 5:30 pm

Venue : Saraswati Nilaya, Sandeepany Sadhanalaya,
Chinmaya Mission, Saki Vihar Road,
Powai, Mumbai - 400072.

Camp Highlights

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

For more details & registration contact
Email Id - tct@chinmayamission.com
Phone No: - +91-022-28570368/2427/5805

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

Chinmaya Narayan Zone

(Chembur, Ghatkopar to Bhandup)

Yagna on Chapter 14 and Sat-Darshan by Swami Advaitanandji @ Narayan Zone from 20th to 25th April

In the morning session Swamiji spoke on Sat Darshan and in the evening session on Bhagwad Geeta.

While speaking on “Gun-Tray-Vibhag Yoga” Swamiji spoke in detail on the three Gunas namely Satva, Rajas and Tamas which pervade the entire universe, their attributes and the individuality & tendencies created by their varying composition.

He went on to explain, how one should put in the self-effort to move from predominantly Tamasik/Rajasik personality to Satvik and become eligible for God’s grace to transcend the three Gunas to become “Gunateet”. Nearly 200 devotees attended the Hindi discourse on Bhagwad Geeta in the evening session.

In the morning session which was conducted in English, Swamiji spoke on Sat Darshan, one of the very profound works of Bhagawan Ramana Mahrashi.



Swamiji had completed 14 verses of Sat Darshan last year and he completed the remaining verses in this year’s Yagna.

He spoke eloquently on the “i” notion, which is the cause of the illusionary and pluralistic world which keeps us bound. He further explained, the technique of self-inquiry and how regular practise of self-inquiry will dissolve this false “i” to get the true vision of reality (Sat Darshan). Sat Darshan discourse in the morning was attended by around 80 devotees.

The Yagna is the result of Sri Radheshyam Pandeji’s Sankalpa

of conducting Yagna for all 18 chapters of the Bhagwad Geeta in Chembur, with one chapter every year. His Sankalpa is well on course to completion with culmination of 14th Chapter this year. The yearly Yagna, is a very much awaited event for Chinmaya Narayana Zone devotees and has seen a steady increase of attendees every year.

Sampoorna Geeta Parayan @ R. N. Gandhi High School

On 24th April, Sampoorna Geeta

Parayan was first time held in a school, namely R. N. Gandhi High School, Vidya Vihar (East). Nearly 20 devotees which included the Gandhi family, the trustees of the school and the teaching staff.

Smt. Aarti Gandhi is a regular member of the Geeta Parayana team. The session concluded with Geeta Aarti and Prasad.

Sampoorna Geeta Parayan on 29th April @the residence of Sri. Ramamurthy

The Parayan was held on the eve of the auspicious Akshay Tritiya day. Smt. Jayanti Ramamurthy was a Bala Vihar student and now a Bala Vihar Sevika for many years. She and Sri. Ramamurthy are an active member and a guiding force of the Zone. More than 30 devotees took part in the Parayana. The session concluded with an Aarti and Prasad.



Stotra Chanting Class

Every Wednesday • 5.00 to 6.00 pm

Sevika : Brni Sailatha

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

Study Classes - New Balvihar class

Every Monday from 5.30 to 6.30 pm

Sevika : Smt. Chitra Ahuja

Venue : 4, Mount Society, BARC Gate No. 6, behind Central Bank,
Mankhurd, Mumbai - 400 074

Contact : 9320077411 / 8450995152

Study Class - Sad Darshan

Every Monday from 7.00 to 8.30 pm.

Sevak : Sri. Prasad Deole

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

Study Class - Bhagwad Geeta

Every Sunday ● 7.00 to 8.30 am

Sevak : Sri. Prasad Deole

Venue : Saraswati Vidyalay, Near Chembur Post Office, Chembur,

Study class - Self Unfoldment

Every Sunday ● 4.30 to 6.00 pm

Sevak : Shri. Prasad Deole

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

Study Class : Ishavasya Upanishad

Every Thursday ● 4.30 to 6.00 pm

Sevika : Brni Sailatha

Venue : Flat No. 302, Mayfair Mystic, R. B. Mehta Road,
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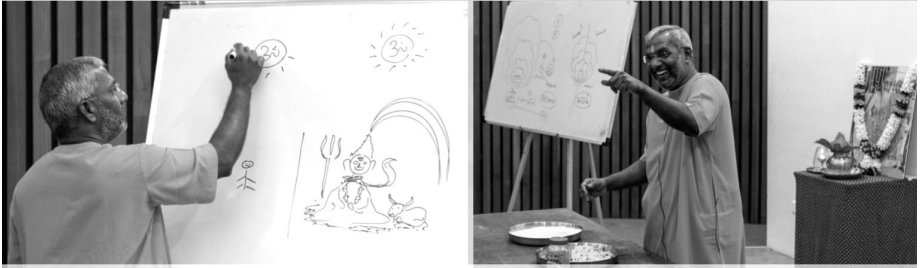
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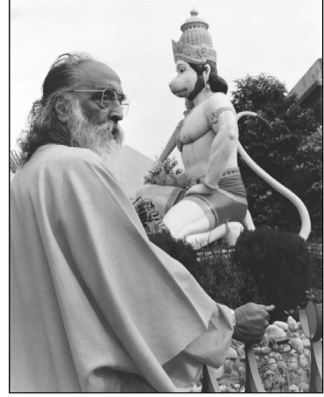
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*HIS Dear One
awaits you at...*

**Shri Hanuman
Mastakabhishek
Celebrations at Sidhbari**

Camp: 2nd to 7th October 2017

Pujas: 8th to 10th October 2017



Texts:

Sundarkand from Valmiki Ramayana in English
by Pujya Guruji Swami Tejomayananda

Sankat Mochan Hanuman Ashtakam in English
by Pujya Swami Swaroopananda

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IFSC: STBP0000441

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Branch: 50441
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FCR No: 182450025
SWIFT Code: STBPINBB597

Come! Behold the Beloved Sevak of the Lord!

To Register

Email: sidhbari2017@gmail.com with a copy to ctt@chinmayamission.com
Phone: Arun Gupta +91-8988210686 OR Harish Kumar +91-9848033060



What a joy it is, what an honour indeed,
To take forward a tradition, to follow Gurudev's lead.

In the very same way, as per His own design,
We will offer our love, to the Devotee Divine.

Come one, come all, be part of the celebration,
Let's open our hearts, and pour out devotion.

But once in five years, this occasion does come,
Hanumanji is calling us, for His Mastakabhishekam!

The 7th Shri Hanuman Mastakabhishek
On 10th October, 2017

At **Sidhbari** (this happens only once in 5 years!)
Camp dates: 2nd to 7th October & pujas begin on 8th October

*In the presence of Pujya Guruji Swami Tejomayananda &
Pujya Swami Swaroopananda*

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Yajaman for the pujas and Hanuman Mastakabhishek

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|| Hari Om ||

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Swami Pratyayananda

(Acharya, Chinmaya Mission Nanded - Maharashtra)

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Nirvana Shatakam**

CAMP ACHARYAS



Swami Sughoshananda

(Acharya, Chinmaya Mission Ponda - Goa)

Text: **Sangeet Pravachan on
Shri Hanuman Chalisa**

IN
HINDI

Camp donation (Non Refundable) Rs. 7000/- (Non A/c Twin sharing self contained rooms)
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For Details Contact

Chinmaya Aradhana Ashram, Near LIC Office,
Khadpabandh, Ponda – Goa. 403401 Ph.: 0832 2313699

CAMP COORDINATOR: **Shri Yaduchandra Nayak : 09923098185**

Email: yaduchandranayak@gmail.com

Swami Sughoshananda: 09422442732

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LEARN FOR 3 MONTHS. SERVE FOR 9 MONTHS AND GROW FOR LIFE.

Programme Duration: 1 year. 12th June 2017 to 10th June 2018

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Fundamentals of Vedanta & Spirituality

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COST FOR 1 YEAR PROGRAMME:

Rs.1 lakh

