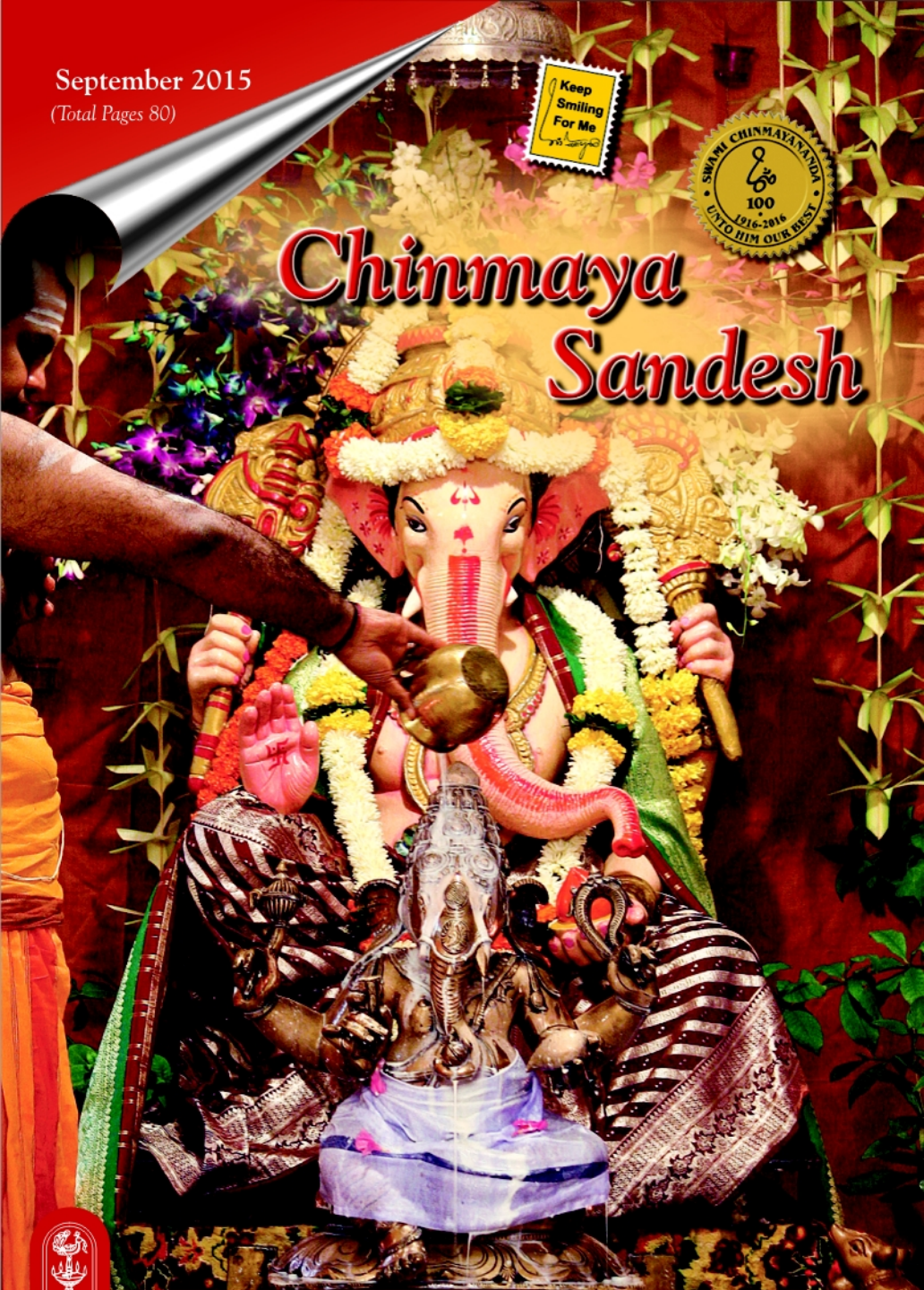


September 2015

(Total Pages 80)



Chinmaya Sandesh



Monthly Newsletter of Chinmaya Mission, Mumbai
Chinmaya Sandesh - Lotus XXXXIII, Petal 9, 3rd & 4th Sept., 2015

Geetathon

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

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

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

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

For details please
refer to page no. 26



Chinmaya Sandesh

September 2015 Spiritual Monthly Bulletin of Mumbai.

Content

President Desk	5
Chinmaya Chintan	7
Tejomayam	10
Guruji's Itinerary	14
Mumbai Acharya Manan	15
Mission News	
o Central Prog. & Reports	18
o TITI News	36
o Chinmaya Sagar Zone	44
o Chinmaya Mahima Zone	53
o Chinmaya Jayam Zone	56
o Chinmaya Prakash Zone	58
o Chinmaya Bhakti Zone	61
o Jagadeeshwara Zone	62
o Chembur - Ghatkopar Zone	64
o Chinmaya Prerana Zone	68
o Other Announcements	73
Tariff & Sponsors	78

Chinmaya Sandesh Team

Editor : Mr. Mukul Patel
Designer : Priya Graphics
Write to us on : mumbaicm@gmail.com

About us :

Annual Membership Rs. 500/-.

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

Outstation cheques please add Rs. 50/-.

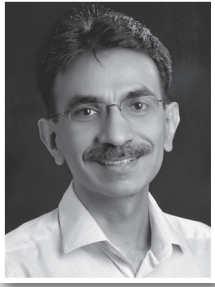
For Advertisements please refer last page.

Contact us at - mumbaicm@gmail.com

- 1. Chinmaya Sagar (Churchgate)**
F-3, Panchsheel Building, 'C' Road, P. M. Shukla Nirjhar Marg, Churchgate, Mumbai - 400020 • Ph: 2281 4646, 2288 4646 • Email: mumbaicm@gmail.com
- 2. Chinmaya Shivam (Worli)**
Flat No. 304, 3rd Floor, Shiva Shaila Apts., Next to Konark Empress, Worli Naka, Mumbai - 400018
- 3. Chinmaya Mahima (Mahim)**
Opp. Paradise Talkies, Opp. SBI, Kapad Bazar Marg, Mahim (West), Mumbai - 400016 • Ph: 98921 67138
Email: chinmayamahima@gmail.com
- 4. Chinmaya Jayam (Santacruz)**
101, West Avenue, Santacruz (W), Mumbai - 400054
Ph: +91 92234 13586 • Email: chinmayajayam@gmail.com
- 5. Chinmaya Priyam (Juhu)**
5, Jain Vihar, Plot No.40, Swastik Society, NS Road#3, Juhu Scheme, Mumbai 400056. Mumbai - 4000049
Ph: 2611 2853 • Email: chinmayaprakash.juhu@gmail.com
- 6. Chinmaya Prakash (Andheri)**
401 Jupiter, A Wing, Lokhandwala Complex, Samarth Nagar, 4th Cross Road, Andheri (W), Mumbai - 400053.
Ph: 2631 9452 / 84240 01011.
Email: chinmayaprakash.andheri@gmail.com
- 7. Chinmaya Bhakti (Borivli)**
001/I-Wing, Ekta Bhoomi Garden, Next to Honda Centre, Rajendra Nagar, Borivli (E), Mumbai - 400 066
Ph: 6523 5162 • Email: chinmaya.bhakti@gmail.com
- 8. Sandeepany Sadhanalaya (Powai)**
Saki Vihar Road, Powai Park Drive, Next to Hotel Renaissance, Mumbai - 400072 • Ph: 2857 0368, 2857 0637
- 9. Chinmaya Prerana (Navi Mumbai)**
Plot No. 29, Sector 5, Near Aadiraj Buildings, Kharghar, Navi Mumbai - 410210 • Ph: 2774 8811.
E-mail: cmnavimumbai@gmail.com
- 10. Chembur Ghatkopar Zone**
Flat No 103, 1st Floor, 'A' Wing, Siddharth Residency, P Y Thorat Marg Adjacent to Chembur Railway Station, Chembur (W), Mumbai - 400089

Website : www.chinmayamission.com
www.chinmayayuvakendra.org
www.chinmayakid.org

From the President's Desk



The month of September starts when we will be celebrating various festivals of Shraavan Maas. Janmashtami is on 5th September. This day we celebrate birth of Lord Vishnu in “Krishna” avataar. It is celebrated all over the world in many different ways. In Bhagwad Geeta, Lord Krishna has announced and assured “Paritranaaya Sadhunam, Vinasaya Ca Dushkritam, Dharmasam Sthapanarthaya, Sambhavami Yuge Yuge”. That I shall come again and again to establish Dharma, to protect the righteous and destroy the evil. Many of us refer to the decline in values and culture in the society and spread of evil tendencies like corruption, terrorism, etc as effect of “Kaliyuga”. We see wrong happening everywhere and suffering of people to have

reached an unbearable level. We feel that in spite of being “Good” people, why do we have to suffer? And we question, why is God not coming and saving us and the world?? Why is God not keeping his promise?? But the question here to ask is “Are we really Good enough to qualify as Sadhu?” Do we not have evil tendencies hidden behind our so called goodness? We may have good intentions most of the time, but we also fall prey to some wrong temptation sometime and act in an evil way. Till our intentions are not absolutely pure how can we expect God to protect us? Pujya Gurudev has taught us to have “Purity of emotions, clarity of thoughts and dexterity in action”. Let us celebrate this Janmashtami by resolving to purify all our intent and becoming absolutely “Good” and then surrender to God for protection which is assured by Him.

Ganesha Chaturthi is on 17th September. We bring Ganesha Idol home and do the worship for few days. Our scriptures say that the Absolute Truth “Brahman”

is formless. But this “formless” is beyond capacity of mind and intellect to comprehend. And therefore our Rishis have introduced the concept of “Form” like idols and pictures. It is the easiest way to connect. But ultimately we have to move from “Form” to the “Formless”. So when we bring Ganesha idol home we are getting a “Form” of the God to worship and when we do visarjan after few days the idol loses the Form and becomes “Formless” which indicates that we must also evolve to shift attention from the “Form” to that “Formless” Truth. May Lord Ganesha remove all obstacles on our path of evolution and bring us Riddhi (Prosperity) and Siddhi (Spiritual progress).

Have you ever thought about what the name “Chinmaya” has done to you or has brought difference in your life? Pujya Gurudev touched and transformed so many lives. Think, how he changed your life?? Are you not a better You now?? He relentlessly worked for revival of Hindu culture and spread of wisdom of Vedanta. For his Birth Centenary Year, are we offering enough unto him as our tribute to the great master??

There is so much to do. Don't ask what can I do??

We have been announcing various programs, events and projects which are being taken up by Chinmaya Mission as part of Chinmaya Birth Centenary Celebrations. Remember, they are all in the name of our Pujya Gurudev, and therefore they are all bound to be successful whether I or you support or contribute for them or not. But if I or you do not support or contribute for them then it is for us to think about what we will lose?? Don't you think that the centenary year is a special opportunity to serve in the name of Pujya Gurudev?? This is our once-in-a-lifetime opportunity so let's grab it and do our bit.

Let us all pledge to support these programs, events and projects. Look for announcements in Sandesh about them. This is month of September and the grand event of December is just few days from now. Let's gear up.

To become volunteer or to support any of these events/activities please contact the office or respective zones or write to cbcc.mumbai@gmail.com.

Unto Him Our Best.

Mukul Patel

*President - Chinmaya Mission
Mumbai*

Chinmaya Chintan

A Narration Of Lord Ganesha

Swami Chinmayananda



The Supreme Reality is unknown; the human equipments cannot directly come in contact with It. Hence various idols are provided in the Hindu Mythological literature, to serve as means to reach the unknown Ideal. Idols by themselves are not the Reality, but only pointers, indicating It. Lord Ganesha is one such idol having a mystic significance. Besides being a figurative representation of the Supreme Goal, the idol of Vinayaka itself suggests the means and the method by which one can reach the goal of Perfection indicated therein.

Ganesha is one of the sons of Lord Siva. Siva means auspiciousness or Brahman, and his son, like

The Lord sits with one leg folded up and with the other resting on the ground which signifies that he is in single pointed concentration upon the Supreme Brahman while he still lives in the world.

Christ representing his Father-in-Heaven, symbolizes the Man-of-Realization.

Lord Ganapati has a human form with a conspicuously large stomach and an elephant's head, in which one of the tusks is broken. He sits with one leg folded up and at his feet is his vehicle, a tiny rat, sitting amidst an abundance of food, but looking up to him without touching any of it.

Ganapati is described in the Puranas as having been beheaded and his head replaced with that of an elephant. The idea expressed therein is that man gains profound knowledge and wisdom through study of and reflection on the scriptural truths. Even in common parlance, we figuratively use 'big-head' to denote superior wisdom.

The intellect or the discriminating faculty in man is said to be located in his head. So too, in Ganesha's supreme wisdom we find two types of intellectual discrimination – the gross and the subtle. The field of discrimination of the gross is the realm of objects and beings of the world which is purely objective; whereas the field of the subtle is the subjective discrimination between the Real and the unreal, the Infinite and the finite, the imperishable and the perishable, etc. In Vigneshwara, there is a

happy combination of these two faculties. This idea has been well brought out by the trunk, which represents the intellect, protruding from out of his head. The trunk of an elephant has the unique capacity of engaging both in gross activities like uprooting a tree and in subtle operations such as picking a needle from the ground.

A Man of Realization is therefore perfect in his discrimination, judgement and application not only in the subtle themes of spiritualism but also in the gross world of materialism.

Such a Man of Perfection, who is ever rooted in the Supreme Wisdom, has no longer any likes or dislikes and consequently he is not swayed by agreeable or disagreeable circumstances and environments created by such pairs of opposites. This idea is represented by having one of the two tusks broken.

Even when man does not create any likes and dislikes by himself, the outside world itself provides disturbances like heat and cold, peace and war, birth and death and such other trials and tribulations. But in such a godly man, all these external challenges are easily digested in his large stomach – Vinayaka stomachs

them all and has always a keen appetite to live life.

The Lord sits with one leg folded up and with the other resting on the ground which signifies that he is in single pointed concentration upon the Supreme Brahman while he still lives in the world.

At the feet of the Lord is a tiny rat looking up to him asking permission, as it were, to eat the luxurious food spread around him. The rat symbolises the ego or desire. A rat has a small mouth and tiny sharp teeth but, when given freedom, slowly consumes even a barnful of grain. Similarly, one little desire entertained by man can destroy all the wealth and goodness earned by him over many long years. Thus Vishwamitra's **tapas** was destroyed by the enchanting damsel Menaka. The rat looking up, therefore, denotes that the desires in the man of perfection are kept under perfect control and all his activities are motivated by his clear discrimination rather than an emotional craving to enjoy the variety of sense objects which are always available in plenty for such men.

There is a common belief that, on the Vinayaka Chaturthi Day, it is inauspicious to see the moon. The Puranic story goes that the

moon saw Ganesha riding on his tiny rat and laughed at the ludicrous scene. Hence the moon was condemned and people are forbidden to see her on this day.

The moon is the presiding deity of the intellect. The moon laughing at Ganesha riding on his vehicle indicates the lesser and perverted intellects scoffing at the man of realization who is sincerely endeavouring, with his limited equipment, to convey the message of the transcendent Reality to mankind. He finds it almost impossible to convey his infinite experience through the medium of the limited ego – the perceiver-feeler-thinker. Hence we find words and deeds of all spiritual masters are peculiar and incomprehensible. But the generation, who mock at such great souls, cease to learn the higher values of life and naturally meet with degradation and disaster.

Lord Ganesha, thus giving us the goal of perfection and a precise path to reach the same, occupies a place of distinction in the Hindu Pantheon. May He give us the strength and courage to pursue the path which He has led, and gain the goal which He has reached.

Courtesy : Tapovan Prasad, August 1966

Tejomayam

The Six-fold Factors of Surrender

Swami Tejomayananda



All the names in the *Vishnu Sahasranāma* refer to the Lord and bring out various aspects of His glory. However, they also teach us many lessons at the subjective level.

Success and Sacrifice

महाक्रमो महाकर्मा महातेजा महोरगः ।
महाक्रतुर्महायज्वा महायज्ञो महाहविः ॥

mahākramo mahākarmā
mahātejā mahoragaḥ
mahākraturmahāyajvā
mahāyajño mahāhaviḥ॥

The one who-has long strides is called *mahākramaḥ*. To reach any worthwhile goal in life, we have to take long strides. People are generally afraid of taking even the first step, leave alone long strides. Without taking risks, there is no success. I

remember reading the definition of a bachelor as a person who looks before he leaps, and then doesn't leap! If it is because of wisdom, one can appreciate it, but generally it is because of fear. Also, in life, we have to learn 'to take things in our stride'. Only then will we be able to achieve anything. Only a *mahākramaḥ* can be a *mahākarmā*, capable of doing great *karmā*, successful in achieving worthy goals. Once, when a successful person was asked the secret of his success, he said that he always kept his goal very low, to ensure that there was no chance of failure! A *mahākarmā* sets his goals high and succeeds in achieving it. Then he is *mahātejā*, shining with the brilliance of success.

Mahā uragaḥ means the ‘great snake’. In the Gita, Bhagavan says, “*sarpāṇām asmi vāsukiḥ* – among snakes I am Vasuki.” Vasuki served as the rope in the churning of the milky ocean. He was empowered by the Lord. When you take long strides and achieve great things, you become brilliant, a great leader, who can organize, motivate and empower others.

Mahākratuḥ – such a person becomes a performer of great *yajñas*. There are two aspects to any *yajña* – sacrifice and worship. *Indrāya idam na mama* – this is for Indra, it is not mine. I sacrifice my *mamatvam*, my possessiveness, my sense of ownership and doership at the altar of the Lord. The greatest sacrifice is when you offer yourself in self-sacrifice – *mahāhaviḥ*. In the *Purusha Suktam*, the Lord Himself is the sacrificial offering in the act of creation. Only with sacrifice are things achieved in this world. When you realize your *brahma svarūpa*, the entire world is offered in it and is realised as your own Self. The offering does not have a separate existence – your self is gone and the world is also gone.

Method of Attaining the Final Goal

सद्गतिः सत्कृतिः सत्ता सद्भूतिः
सत्परायणः ।

sadgatiḥ satkratiḥ sattā sadbhūtiḥ satparāyaṇaḥ

Sadgatiḥ means ‘noble destination’. In English we say about a departed one, “May he rest in peace, may he attain the heavenly abode.” Bhagavan himself is *sadgatiḥ*. *Satām gatiḥ* – He is the destination for all virtuous people. In fact God is the final destination for all, but people don’t recognize it. *Satkratiḥ* – sat means good or true. *Kritiḥ* refers to action, creation or composition. Whatever God created is good and true for all times. The *Vedas* are His creation. Our actions should also be good and *dhārmic*. If we want *sadgatiḥ*, we must do *satkratiḥ*, good actions. *Sattā* means pure Existence that is free from all divisions and distinctions. It also means power; the world is governed by His power; everything is under His rule. If you accept a superior power and abide by it, then your actions will be good. If you don’t accept anyone’s *sattā*, then you are likely to lose your way. One is careful, because the mother will get angry or the teacher will not like it, or because God will punish him or her – initially it might be out

of fear, but with understanding, there is also reverence, respect for vales etc. *Sadbhūtiḥ* – such a path guided by a higher power brings prosperity. *Satparāyanah* means the Supreme Destination or Goal of all virtuous people. *Para* means supreme, *ayanam* means goal. God alone can be our final Goal, but only those who are purehearted can recognise this. Those filled with *ahamkāra* have material goals - they wish to acquire more and more wealth, power and pleasure. By accepting the guidance of a higher power and performing good actions, one can gain prosperity and also reach the final noble Destination.

अमानी मानदो मान्यो
लोकस्वामी त्रिलोकधक् ।
सुमेधा मेधजो धन्यः
सत्यमेधा धराधरः ॥

amānī mānado mānyo
lokasvāmī trilokadhak ।
sumedhā medhajo dhanyaḥ
satyamedhā dharādharah ॥

Amānī is one who has no *abhimān* or ego. He has no identification with the not-Self, the body or the mind. So he does not demand respect and attention. At the same time he gives respect to everyone and honours them - *mānadaḥ*. Gokul became famous because of Bhagavan's *avatār* (birth), and the family gained honour because He

was born in it. Those who worship Him gain respect. *Mānadaḥ* also means the destroyer of our wrong identification with the body, mind and intellect. He removes the ego of those who surrender to Him.

One who is egoless (*amānī*) and gives respect to others (*mānadaḥ*), is honoured - *mānyaḥ*. A person who keeps demanding respect, does not get it. Don't demand, command respect; also, don't demand by commanding others, one cannot gain it that way. When Indrajit used the *brahmāstra* against Hanumanji in the Ashoka Vatika, he decided to be bound by it, though he was quite capable of resisting it. He thought that it would be a slight of *Brahmāji* if he refused to be bound by the *brahmāstra*. That was his way of giving due honour to *Brahmāji*, the Creator. Sri Rama honoured His father's word, because of His egoless nature - *nirabhimānī*. Such a person is recognised, respected and becomes a *lokasvāmī*, the Lord of this world.

Trilokadhṛk - subjectively, all waking, dream and deep sleep states are held together only by Him. *Sumedhā* - *medhā* means *prajñā*, the *buddhi* by which we are able to study, retain what we study and have beautiful thoughts. *Su* stands for *śobhanaḥ* - the thoughts

are led in the right direction. *Medhajā - medha* also means *yagñā*; The Lord would appear directly in the *yagñā* if it was well conducted. He was born as the son of Kaushalya and Dasharatha and of Vasudeva and Devaki. Because of their good conduct and *tapas*, they got the honour of being Bhagavan's parents. Subjectively, when our mind is purified and subtle, *akhaṇḍākāra vritti*, the knowledge of the oneness of *Brahman* and *Ātmā* is born.

Dhanyaḥ means blessed, fulfilled. Adi Sankaracharya has written a set of eight verses called *Dhanyashtam*. When the Lord was born as their son, the parents felt fulfilled, *dhanyaḥ*. However, Bhagavan's magnanimity was such that He considered himself fulfilled and blessed to be born as the son of Yashoda. *Satyamedhā* means he whose *medhā* or knowledge is rooted in *satyam*; whatever He thinks will happen. Also, His concern for His devotee is genuine. The lesson for us here is that our *medhā* must be rooted in *satyam*, our quest must be for *satyam*, we must speak *satyam*, our concern must be *satyam* (genuine). *Dharādharāḥ* means the sustainer or holder of this earth. With His might, the Lord sustains the whole earth. In His incarnation as Krishna, in order

to protect His devotees, He lifted the Govardhana mountain, which is again, nothing but earth. We should also be willing to take on challenges in order to help others.

Express the Inner Glory

सुभाङ्गो लोकसारङ्गः
सुतन्तुस्तन्तुवर्धनः ।
इन्द्रकर्मा महाकर्मा
कृतकर्मा कृतागमः ॥

subhāṅgo lokasāraṅgaḥ
sutantustantuvardhanaḥ ।
indrakarmā mahākarmā
katakarmā katāgamaḥ ॥

Subhāṅgaḥ means one who has beautiful limbs. Meditation on every aspect of the Lord is auspicious. His lips, face, eyes, all are beautiful:

अधरं मधुरं वदनं मधुरं
नयनं मधुरं हसितं मधुरं

adharaṁ madhuraṁ
vadanam madhuraṁ
nayanam madhuraṁ
hasitam madhuraṁ

Meditation on any one of them is enough to uplift us. *Lokasāraṅgaḥ - saraṅgaḥ* means a bee; like a bee that goes from flower to flower and collects the essence, the nectar, the Lord also goes from person to person, looks beyond the outer action into the inner essence, to check if there is the nectar of *bhakti bhāvanā*. He was as pleased

by the little squirrel that carried grains of sand as the big monkeys who brought rocks. We should also be like that, discriminating enough to take the essence, and not just go by the appearances and actions of people. *Sutantu* comes from the root *tan*, 'to expand'. The Lord extended himself to become all this. *Tantu* also means 'thread'. Spiders weave a web from the thread (*tantu*) from themselves. The Lord has created the entire world from Himself. *Sṛṣṭirmadhurā* - with His thought alone, He has projected the entire world. *Tantuvardhanah* - He goes on expanding and developing what He has created. We should also be able to do that. If a noble thought of doing something arises in our mind, it should be developed properly, and manifested or expressed properly.

Generally we get merely caught up in the action without a proper sense of direction. *Indrakarmā* - His works are the expressions of His lordship. *Mahakarmā* - His actions are great and noble. *Kṛtakarmā* - He has done all that is to be done, His actions flow from inner fulfilment. We generally always have something to be done, some pending work that is yet incomplete. *Kṛtāgamah* - he is the author of the *Vedas*, all Knowledge. The idea is that for creation you need knowledge, and if your creation has to be beautiful, you have to be fulfilled. One who is incomplete and who consequently has vested interests and selfish motives cannot engage in actions selflessly; greed and delusion will spoil the beauty of action. Our work must flow out of a sense of fulfilment.

H. H. SWAMI TEJOMAYANANDAJI'S ITINERARY SEPTEMBER - 2015

28 to 17 Sep, 15	Mumbai	+91 - 022 - 2857 8647
05 to 05 Sep, 15	Mumbai	+91 - 022 - 2857 8647
17 Sep, 15	Mumbai	+91 - 022 - 2857 8647
21 to 26 Sep, 15	Bokaro	+91 - 6542 266770 +91 - 6542 268297
29 to 03 Oct, 15	Sangli	+91 - 233 - 2325613

Mumbai Acharya Manan

Playing with foes

Swami Nirbhayananda



The word “sadhana” in Sanskrit means “an effort exercised towards the achievement of a goal.” In this sense, every effort is some kind of sadhana, because it leads to the achievement of some intended goal. Is it not, we are constantly trying to make our self happier and happier by trying to achieve position, wealth and more. Please think are we working from state of happiness or trying to achieve happiness. How long will we try? how do we reach there as said in Geeta, the nature of Man of Wisdom (Stittha Pragnya Lakshana).

Clarity of Goal & path is achieved when thoughts are structured, it is only when foundation is strong a beautiful and safe building can be constructed. Our thought

creates emotions and our emotions are energy. They are like a vaporization of very fine and subtle clouds that prevents the light from our heart space to shine.

Some emotions can be likened to white clouds, like our fears and our worries. They are simply a part of human conditions. There is no way we could expect a mother not to worry about her child, for example. Fear is an integral part of human survival skills, but if taken to an extreme, these emotions can make us quite literally sick. But other emotions are often far more dangerous; these could be likened to toxic clouds.

The first one is Lust (Sanskrit: Kama). This is basically a lack of self-control. Lust is an emotion or feeling of intense wanting for an object, dreaming that the object is the ultimate source of happiness. One can lust for pride, position, food and bodily pleasure. It also manifests itself when we are

trying too hard for something and forcing our will. It encompasses all sorts of addictions, like being a workaholic, alcoholism, and drug addiction, the need to possess someone or to control others. This enemy can be conquered by submitting to a Guru, a true seeker of TRUTH (Vedas / Vedapurusha).

The second one is Greed (Sanskrit: Lobha). Greed can be classified as: 'An excessive desire to acquire or possess more than what one needs or deserves, especially with respect to material wealth.' It is also the desire to accumulate things or possessions, hoarding what we do have, not sharing with others, believing we lack in some way, feeling that when someone has something that we are losing out in some way, having an attitude of entitlement, which can often happen when we compare ourselves and what we have, with what others possess.

The third one is Anger (Sanskrit: Krodha) Anger can be defined as: 'A strong feeling of displeasure or hostility.' It also includes feelings of resentment, refusing to forgive, keeping (and holding on to,) grudges, bitterness, rage and verbal wrath in daily life or as seen on social media and talk

radio and finally the desire to seek vengeance.

The fourth one is Pride (Sanskrit: Mada) Pride can be defined in various ways: A sense of one's own proper dignity or value; self-respect or arrogant or disdainful conduct or treatment; haughtiness; an excessively high opinion of oneself; conceit. Everything that we post on Facebook, all of our pictures and movies, where we are the 'star' and where everyone want to be 'number one.' Nobody wants to be second, and it is possible to display arrogance within that. Pride can also manifest itself in hatred, and belief that we are better than everyone else.

The fifth one is Attachment (Sanskrit: Moha). Attachment can be defined as the refusal to relinquish control, and not be open and receptive to the gifts the universe can bring to us; becoming 'stuck' into maya "illusion", having a strong identification to things which we own, or our body, our money, our belongings, our relationships. For example, we cling to things and refuse to accept changes in our life.

The sixth one is Covetousness (Sanskrit: Matsarya). To be

covetous is to be: 'Excessively and culpably desirous of the possessions of another,' and is marked by an extreme desire to acquire or possess those things which others have. It is also a fact that not everyone understands that all opportunities are not for us, and our time may come in the future. It also means to have an extreme sense of ego.

The above shad ripus, six enemies cannot be conquered one by one.

These enemies derive energy from each other, so removal of them is also simultaneous. One has to submit one self to a Guru, a true seeker of TRUTH (Vedas / Vedapurusha) and serving the society with the knowledge of vedas, by understanding it completely from the GURU. This action of serving with knowledge brings wisdom in us, which is nothing but being in absolute state of happiness.

Must Watch

Daily TV Telecast of
Talks on the Holy Geeta

by **Pujya Gurudev Swami Chinmayananda**

Monday - Friday 7.30 am to 8.00 am

&

Talks on Vivekachoodamani

Saturday & Sunday 7.30 am to 8.00 am

on

भक्तिसागर

Bhakti Sagar TV Channel

(available on Cable TV Only and Not on DTH)





- Hari om -

An Appeal for Sponsorship

We invite all Geeta lovers to come forward and sponsor this year's **Second Chinmaya International Geeta Chanting Competition 2015**. Geeta lovers can choose their category in which they would like to sponsor.

1. Sponsoring The Competition

- | | |
|---------------------------------------|--------------|
| • Sponsor the whole competition | Rs. 20 lakhs |
| • Co-sponsor the whole competition | Rs. 11 lakhs |
| • Sponsor for zonal level competition | Rs. 1 lakh |

2. Sponsoring Children For Competition

- | | |
|---|--------------|
| • Sponsor 50,000 children for the competition | Rs. 20 lakhs |
| • Sponsor 10,000 children for the competition | Rs. 5 lakh |
| • Sponsor 1,000 children for the competition | Rs. 50,000 |
| • Sponsor 100 children for the competition | Rs. 5,000 |

3. Sponsoring Prizes

- | | |
|--------------------------|------------|
| • Cash Prizes | Rs. 25,000 |
| • Mementos | Rs. 1 lakh |
| • Gift Hampers (in kind) | 1000 nos. |

4. Sponsoring Booklets (kit) and CDs

- | | |
|--|-------------|
| • Sponsoring 50,000 booklets and CDs | Rs. 5 lakhs |
| • Sponsoring 1,00,000 registration forms | Rs. 5 lakhs |

We, from Chinmaya Geeta Chanting Competition team, expect your kind support for the above and to reach and inspire maximum children and to fulfill our Gurudev's dream.

For further details please contact:

Mr. Someshwar - 9987708182

Mrs. Manjula Suresh - 9969066853





॥ हरिः ॐ ॥

Chinmaya Birth
Centenary Celebrations 2015-16

Swami Chinmayananda Memorial Lecture

by

H. H. Swami Tejomayananda
(Global Head, Chinmaya Mission)

on

13th September, 2015 (Sunday)
at 6.00 pm

Topic

The Relevance of
Bhagwad Geeta In
Today's World

Venue: Cidco Auditorium, Exhibition Centre,
Opp. Joylukkash Showroom, Opp. Vashi Railway Station, Vashi.

All Are Cordially Invited

Swami Chinmayanada: A Legend in His Lifetime

Late Dr. A.P.J. Abdul Kalam

The late Dr. A.P.J. Abdul Kalam delivered the inaugural speech on May 6, 2015 at the global launch of the **Chinmaya Birth Centenary Celebrations** in Ernakulam. We are happy to bring it to our readers after duly transcribing and editing it into an article.

- The Editor



Friends, I am very happy to be in this spiritual environment of Chinmaya Birth Centenary Celebration. It is a great good fortune for me to participate in this global launch. I would like to greet Swami Viviktananda, regional head of Chinmaya Mission Kerala, Sri Suresh Mohan, general convenor, Dr. G. Mukundan, chief sevak, and the trustees – Sri R. R. Rajan, Sri Gopalakrishnan, Sri Kuttappa Menon, distinguished guests, mission members, devotees and all of you friends, who have come from different parts of the country. My greetings to all of you on this great occasion of the global launch of Chinmaya Birth Centenary Celebration!

Friends, when I think of such a great spiritual leader like Swami Chinmayananda, one thing comes to mind -- where there is righteousness in the heart, there is beauty in the character. Throughout, wherever Swami Chinmayananda gave lectures, he always reflected this message. Where there is beauty in the character, there is harmony in the home; when there is harmony in the home, there is order in the nation; when there is order in the nation, there is peace in the world.

Swami Chinmayananda was a legend in his lifetime. The spiritual master was born in this city of Cochin in the year 1916.

He went to the Himalayas and did intense study and *tapas* for years and then got initiated into the *sannyasa* order by Swami Sivanandaji. He proceeded to Uttarakasi in the upper Himalayas for more intense and deeper studies of the *Bhagavad Gita* and the *Upanishads* under Swami Tapovanji Maharaj, who was a well-known scholar. After completing the studies and *tapas*, he decided to go to the plains and share the great wisdom which made his life a blessed one. He started the Chinmaya Mission with its multifarious activities – in spiritual, cultural, social, educational and medical fields. Today it has become a large global movement, with branches in many countries and continents. I understand that there are more than 300 branches in India and more than 50 abroad.

When I received an invitation from Swami Vivikatananda, I spent some time to reflect on what he stood for. Swami Chinmayananda's message resonated with the heads of other faiths. One of his *yajnas* in Bombay was inaugurated by Cardinal Valerian Gracias - a prominent catholic archbishop at that time. The Dalai Lama, head of the Tibetan Buddhist order, visited him in the *ashram*

at Sidhabari in the year 1981. Swami Chinmayanada was indeed an active supporter of inter-faith dialogue and participated in many inter-faith events. In the modern 24x7 internet connected world, the concept of spirituality is undergoing rapid transformation. Voices around the globe affirm the urgent need for greater spiritual well being, yet it is not clear how this can best be achieved or even what it means. Can the ideas of Swami Chinmayanandaji be applied cross-culturally and used in inter-faith and secular context? The development of a wholesome spirituality relating to profound personal and social transformation may well be the most urgent task that humanity has to address today.

Friends, I wish to share an experience from my childhood. When I was a ten year old boy, in the year 1941, I used to see three unique personalities meet periodically in our home in Rameshwaram -- Pakshi Lakshmana Shastrigal, who was a *Vedic* scholar and the head priest of the famous Rameshwaram temple then, Reverend Father Bodal, who built the first church in Rameshwaram island, and my father who was the *Imam* in the mosque there. These three people used to be in three different

kinds of dress. For a young boy of ten years, this was a strange sight. Every Friday, I used to see these three people meet in front of our house, in our *thinnai* (the built-in seating area) and discuss things. I used to ask my father, "What is happening? You all look different, all three of you!" He replied, "You are a small boy in the 5th class now. When you grow up, you will understand that we are one -- not three, one in mind - unity of mind."

So friends, India has this advantage of integration of mind for thousands of years. Throughout the nation and the world, they need to have a frank dialogue. In this enlightened gathering, I would like to share a few thoughts on the dynamics of spiritual beliefs.

I start with my *Gurus*. My father, Jainulabiddin Marakayar, lived for 103 years. He taught me to view one's role in life as that of an instrument -- one takes with one hand and gives through the other. There is only one light, and you and I are the holes in the lamp shade, he would say. My father lived a simple life, as it unfolded before him, but without ever losing sight of the underlying divinity. I tried to emulate my father throughout my life in this

regard. My father, and my mother of course! My experience of eight decades has vindicated the teachings that I received from my parents. I do believe that all human beings carry divinity inside them, and that it can lift one up from confusion, misery, failure and melancholy and guide one when contacted.

As a young growing engineer in Vikram Sarabhai Space Centre, I worked with Dr. Brahm Prakash, the topmost scientist of nuclear materials. He taught me how to tolerate the views of others. The way he worked with his team of thousands of engineers, scientists and staff taught me how to value the views and opinions of others, because a team is bigger than any one individual. When you join together, your capacity multiplies. Dr. Brahm Prakash taught me that life is a precious gift, but it comes with a responsibility. With His blessings, we are expected to use our talents to make the world a better place, to live an ethical and well-balanced life, and to prepare for the spiritual life which is eternal. Dr. Brahm Prakash changed the way I used to see the world. Once he told me, "Kalam, if you see this world as mean and rude, it will interfere in your concentration." Our negative thinking is like carrying

twenty bags of luggage in a trip. It will make your trip miserable and progress will be slow. So this was the message my first *Guru* gave.

Then I became a project director of India's first satellite vehicle. I worked with Prof. Satish Dhawan. He was the chairman of the Indian Space Research Organization (ISRO). He taught me that a good leader takes the responsibility of the failure of his team, but gives the credit of his success to his colleagues. It was a great lesson. No books taught me that.

I failed in the first launch in the year 1979. Instead of putting the satellite in the orbit, my rocket itself went to the Bay of Bengal! There were hundreds of media people, both electronic and print media, both Indian and foreign, to see India's first rocket launch. Even though I was the project director and worked very hard, it was a failure. As the leader, the chairman Satish Dhawan took the responsibility for the failure. He took me to the media and said, "Friends, we have failed today, but we are going to succeed. In a year's time, I am going to reinforce my technical team and the project team and we will succeed." In the year

1980, July 18th, we did our next launch successfully. Then the chairman asked me to go and conduct the press conference. This is true leadership! I have not seen the like of it anywhere else. It happened in India, in Thumba, in Kerala. So friends, this was what I learnt in my growing years.

In 1957, as soon as I passed M. I. T, I went to Dehradun for an Airforce pilot's interview. There were eight posts; nine candidates were selected; I was the ninth one selected out of 250. If anyone was medically disqualified, I had a chance of getting in. Fortunately, everybody got through and I did not get a chance. So friends, with all disappointment, I took a bus in Dehradun and came to Rishikesh. The Ganga looked so tempting that I had a dip there. When I looked up at the hill, I saw a beautiful building. Out of curiosity, I went there. It was the *ashram* of Swami Sivanandaji. There were 300-400 people seated there, with many foreigners among them. Swamiji was giving a beautiful discourse on the *Gita* and there was pin-drop silence. Since I entered last, I was sitting in the last row.

Every day, Swamiji used to select two people after the day's

discourse and spend some five minutes talking to them. That day, he selected a Frenchman and he chose me because I was in a *dhوتي* in winter. Both of us got five minutes with Swamiji. Addressing me, he said, "I saw you and felt something was wrong." I told him about the interview. Then he gave me a lot of his own books and said, "Problem should not become your captain. You must become the captain of the problem, defeat the problem and succeed." This message I got.

I studied a lot of books of Swami Chinmayanandaji also. Spirituality, I feel, is the way to relate to God and the divine. Staying connected with spirituality will keep us grounded and always remind us of the values of life like honesty, loving our neighbours and so on that create a positive environment in our work-place. It is important to incorporate spirituality in day-to-day life through activities that are spiritual in nature and takes us beyond a particular region. Even though spirituality is based on a particular faith, it should encourage diversity and respect for others. Spiritual activities need not follow a particular religious tradition, but can be more generic.

I liked one great statement of Swami Chinmayanandaji. He said

in one of his books, "To give love is freedom, to demand love is slavery. In nature, the sun, the rains, the springs and the rivers work in the rhythm of giving. Some of us love only if we are loved in return, like a commercial transaction. Very few are rich in love. How can they love when they have none in themselves? Service of others is the expression of love in one's heart. The day you take up the policy of giving love instead of demanding love, that day you will have rewritten your entire future destiny." Our entire future destiny is built when we begin to ask, "What can I give? What can I give? What can I give?" This is going to decide the destiny of India and the destiny of humanity.

Finally, I would like to point out three areas that we need to work on for the welfare of the society. One is tradition and change: critical perspectives drawn from the humanities and social sciences need to be applied to spirituality. Searching questions should be asked about the extent to which spirituality has the resources that meet the challenges of the contemporary world. The next point is health and education. The biological basis of spiritual awareness has now been established. A spiritual patient heals faster. A spiritual

student learns better. Chinmaya Mission has got a medical hospital and an institute of nursing and also spiritual centres throughout the world. The third point is culture and politics: the growing diversity of modern approaches to spirituality in contemporary culture is often linked to the quest for integrated and socially conscious spirituality. Chinmaya Mission is indeed an integrated mission of spirituality. There are numerous and diverse spiritual, cultural and social projects that the Chinmaya Mission continues to organize and administer in memory of Swami Chinmayananda.

In conclusion, as Swami Chinmayanandaji said, “Man is the roof and the crown of creation. He may be tossed about by uncertain storms of life, but the solution to it lies in his own efforts in finding an ideal and then rising personally

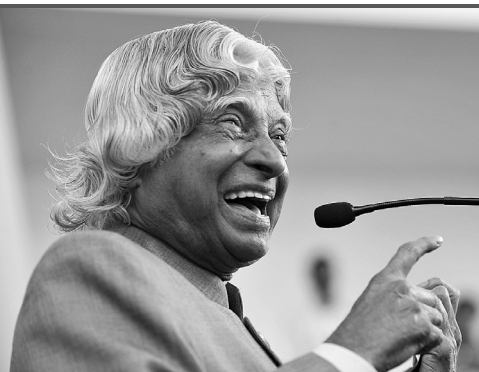
from the level of petty emotions to the loftier heights of the chosen ideal.”

Invoking the spirit of Swami Chinmayananda’s address to the United Nations on Dec 2, 1992, titled ‘Planet in Crisis’, I summarize his great legacy in four individual action points in the contemporary world. Swamiji said in that speech:

Purify the mind. Bring harmony to the society. Bring relief to the poor and suffering.

Get rooted in morals in the face of violence and chaos. Ask yourself whether you are doing all these.

With these words, let me offer my *pranams* to the great soul Swami Chinmayanandaji and inaugurate the global launch of the Chinmaya Birth Centenary Celebrations. May God bless you all.



On 27th July 2015 a divine soul, our ex-president Dr. A. P. J. Abdul Kalam dropped his mortal coil doing what he loved doing most i.e. teaching.

The Sandesh team salutes this great teacher, a great youth icon, a great scientist, a great patriot, a great human being alongwith prayers.

GEETATHON

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

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

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

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

A Simple 60 minutes program including:

- Talk / Satsang on Geeta by a Sevak / Acharya

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

- Chanting of Geeta Shlokas(optional)

- Chinmaya Arati

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

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

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

Let it be your home, your family.

Block The Geetathon Date For Your Home Now!

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

Write to: gmg.mumbai@gmail.com

or call our Sevaks:

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

Bhuwana Chandran - 9920744979

Chandrika Vora - 9820548988

South Mumbai - Churchgate to Worli:

Anjali Jhunjhunwala - 9967044556

Sujata Kelkar - 9819534510

Andheri Lokhandwala, Versova, Four Bungalows, Juhu:

Swati Chitalia - 9819904606

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

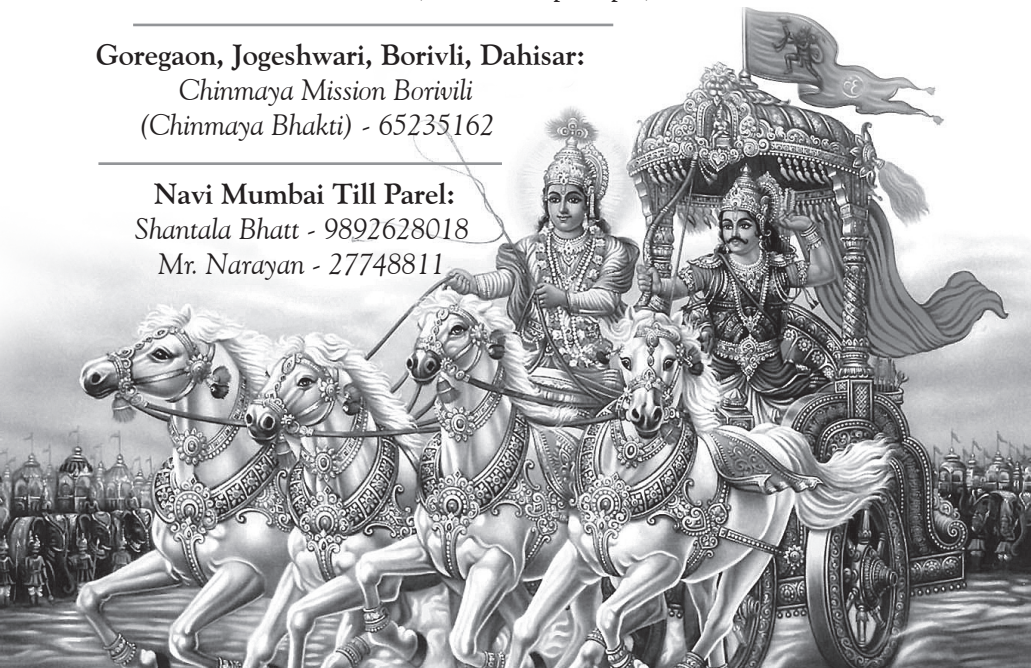
Goregaon, Jogeshwari, Borivli, Dahisar:

*Chinmaya Mission Borivli
(Chinmaya Bhakti) - 65235162*

Navi Mumbai Till Parel:

Shantala Bhatt - 9892628018

Mr. Narayan - 27748811



JOIN THE CHINMAYA FORCE

Employment Opportunities in Chinmaya Mission, Mumbai

Office Manager (JOB CODE: CST100OM)

Office Hours: Monday - Saturday 10.00 am - 7.00 pm.

Office Location: Churchgate

Everyone does a job. We are offering you “joy” in the form of a job.

*We are looking for someone dynamic, inspired,
innovative for our Office in Churchgate.*

*The candidate must be an
impressive administrator and yet a loving team-player.*

*We need someone who is passionate to contribute to the noble vision and
work of Chinmaya Mission in an effective manner.*

*Basic knowledge of computers, great communication skills and sound
leadership abilities are essential.*

Along with your CV, send us your answer
(in minimum 5 and maximum 10 sentences) to the question:
Why I feel I can be a good Office Manager for Chinmaya Mission?

Graphic Designer (JOB CODE: CST100GD)

Office Hours: Monday - Saturday 10.00 am to 7.00 pm.

Office Location: Churchgate

If you like doing creative work, we have lot of work for you! Candidate must know to work on Corel, In-Design, Pagemaker, and all other design softwares and tools. You must also be able to work with tight deadlines. Volume of work will be high, and so will be the fun of doing it. Along with your CV, email us an interesting artwork for an A-4 size flier of Chinmaya Mission. Use your creativity. Content is not important. You can use images available on the internet for this.

Marketing Executive (JOB CODE: CST100ME)

Office Hours: Monday - Saturday 10.00 am - 7.00 pm.

Office Location: Churchgate

We are celebrating Chinmaya Birth Centenary Year. Go through other pages of Chinmaya Sandesh for all the info. But we want you to tell us how we can tell more people about us. If you are a Marketing person and have the passion to use your skills for something unique, here is your chance. We need innovative and practical thinkers on board. You can be a Management Graduate - fresh out of college, or a professional with "x" years of experience, or just an intern. We will look at your skill and passion more than your degrees and experiences. DO READ THE REST OF CHINMAYA SANDESH, and along with your CV, send us your 5 most innovative Marketing ideas for promoting Chinmaya Birth Centenary Celebration.

Please write to : ec.mumbaicm@gmail.com

PLEASE MENTION JOB CODE IN THE SUBJECT LINE.

**Prior background of Spirituality or Chinmaya Mission
NOT REQUIRED, but can be an added advantage.**

Hari Om. Hari Om. Hari Om.

Calling All Chinmaya Mission Members & Sandesh Readers

We have Launched Ghar Ghar Mein Geeta.

**We sincerely appeal to each of you to host at least ONE session of
Ghar Ghar Mein Geeta and support the vision.**

1008 SESSIONS HAVE TO HAPPEN.

COME FORWARD AND HOST 1.

See the next 2 pages for details.



Chinmaya Mission
welcomes you to



Ghar Ghar Mein Geeta ... *Living the Geeta Way of Life*

Programme (60 - 90 minutes only)

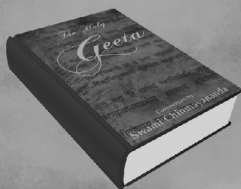
- Introduction
- Geeta-Video clip of
Swami Chinmayananda
- Discussion facilitated
by an Acharya/Sevak
- Q & A session
- Chinmaya Aarti or
Geeta Aarti (Optional)
- Conclusion

Special Offer:

Series of 18 Talks on 18 Chapters
on Geeta in 18 homes.
Which chapter are you hosting?

Donation:

The knowledge being invaluable
is not charged. Any donation to
support the spiritual, educational,
cultural and social service
programmes of Chinmaya
Mission Mumbai are welcome.
All donations are exempt from
section 80G of Income Tax Act.
Cheques to be made in favour of
'Chinmaya Seva Trust'.





Video-Clip Topics:

Essence of Karma-Yoga	- 40 mins.
Why Vegetarianism?	- 20 mins.
Vision for the Youth	- 20 mins.
Service Above Self	- 19 mins.
3 Gunas - Sattva/Rajas/Tamas	- 18 mins.
Self is Unborn	- 17 mins.
Introduction to 3 Paths of the Geeta	- 4 mins.
Why Surrender to a Guru?	- 11 mins.
Witness - they are in me, I am not in them	- 10 mins.
Equanimity in Life	- 8 mins.
Fortitude and Equanimity	- 7 mins.
Setting a High Goal	- 7 mins.

Chosen depending on time availability

List of more topics on which the clips of Poojya Gurudev are available will be updated on www.chinmayamissionmumbai.com

If you want an Acharya/Sevak to talk on a specific topic and don't want to do a video session, that is also fine.

Contact us

Dahisar - Kandivli:

Muraliji - 9221515431

Malad/Goregaon:

9869105775

Andheri(W), Juhu:

Swati - 9819904606

Santacruz, Parle, Bandra:

Pratibhaji - 9820602890,

Meenaji - 9223413586

Mahima, Dadar, Matunga,

Wadala, Sion:

Sunitha - 9930297647

South Mumbai:

Anjaliji

avj_1971@hotmail.com

Geetaji - 9820132442

Powai, Anderi (E),

Bhandup:

Yogeshji - 9769412643

Chembur - Ghatkopar:

Shree Ram - 9967050172

Navi Mumbai:

Shantalaji - 9892628018

ggmg.mumbai@gmail.com



Chinmaya Bala Vihar Mumbai
invites Balavihar children to participate in

GEETA UTSAV

Balavihars of different Zones of
Chinmaya Mission Mumbai to present a 6-minute item
(skit /group dance/anything unique) during the
Geeta Utsav program on 20th December 2015 at
Shanmukhananda Hall in the auspicious presence of
Pujya Guruji Swami Tejomayanandaji.

The performance should be based on Bhagawad Geeta.
Theme could be based on any one of following themes or
any new theme of your choice :

Background of Geeta (Ch. 1)

Stithapragna Lakshana (Ch. 2)

Karma Yoga (Ch. 3)

Types of Sacrifice (Ch. 4)

*Worship of the Lord with Single Pointedness/with
a fruit, leaf, water, flower (Ch. 9)*

Vibhooti Yoga (Ch.10)

Vishwaroopā Dance or shadow play Bhakti Yoga (Ch.12)

Values for gaining Knowledge (Ch.13)

Three gunas (Ch.14) - SM

Power of detachment (Ch.15)

Asuri and Daivisampadaa (Ch.16 - powai has chosen already)

Sevikas/Sevaks of the interested Balavihars must inform the
co-ordinators about the theme.

Auditions will be held in October 2015.

Only those who qualify in these will be performing in Dec. 2015.

WOW!!!

Chinmaya Families Got Talent!

Attention! Attention! Attention!

To all Chinmaya Family members
(Balavihar children, children taking part in Geeta Chanting
Competition, parents of these children, Yuva Kendra members,
Chinmaya Mission members and their families)

IF YOU HAVE ANY UNIQUE TALENT (like what you see in various **TALENT** shows on **TV**) which is different and entertaining in any field which can be performed on stage then you will get a chance to perform at Shanmukhananda Hall on December 20th 2015, in the auspicious presence of Pujya Guruji and the rest of the Chinmaya Family at the Geeta Utsav program.

Auditions to be held in November and only the finalists will be chosen to perform on 20th December 2015.

All selected participants will be given mementos (conditions apply)
Please Contact: 9820994972 / 9167147921

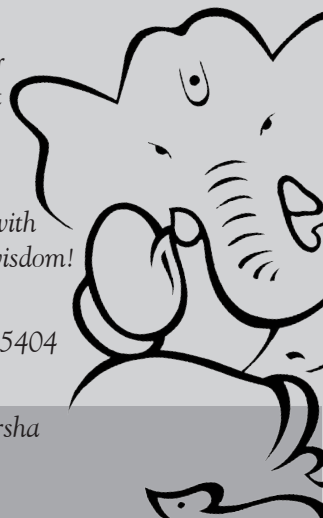
#Hangoutwithganesha

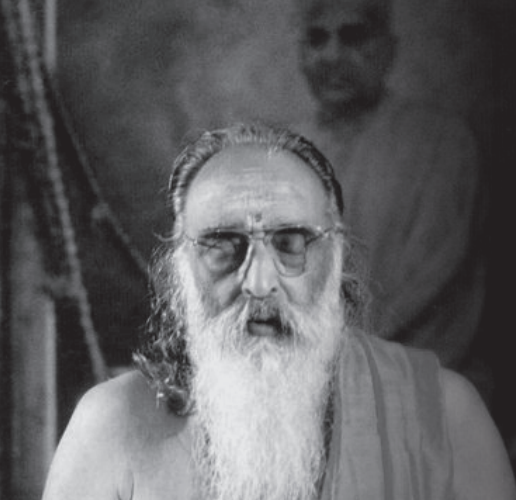
This Ganeshotsav we are coming together to offer a tribute to our **DEAR BAPPA** in **YOUR HOMES**. Let us get together to chant Ganapati Atharvashirsha, sing bhajans, watch a short video clip of Gurudev and do an aarti for Ganeshji.
The entire duration of the session will be 60 minutes.

We are waiting for your invitation for an inspiring session with Gurudev showering knowledge in the presence of the God of wisdom!

For booking of slots and further details, contact:
Vatsal Sharma - 9167374169 • Ankita Siraswar - 9594895404
Aravind Raghavan - 9619030879

Those interested in learning to chant Ganapati Atharvashirsha can join us every Sunday from 11.00 am to 1.00 pm outside Swadhyaya Kaksha, Powai Ashram.





42 Chinmaya Sadhanas

Chinmaya Mission Mumbai
Invites you to participate in

42 Chinmaya Sadhanas

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

**Launching on 3rd August -
Chinmaya Aradhana Day/Sadhana Day**

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

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

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

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

Objective:

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

Method:

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

31 Aug - 6 Sept	Eat only Sattvik food this whole week, in a cheerful mood	Sattvik Diet	Body
7-13 Sept	Chant Gurustotram daily after bath.	Gurustotram	Speech
14-20 Sept	Be grateful. Daily write 3 things that you are really grateful for	Gratitude	Mind
21-27 Sept	Listen to one video of Puja Gurudev on Youtube daily	Youtube Gnana-Yagna	Intellect

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

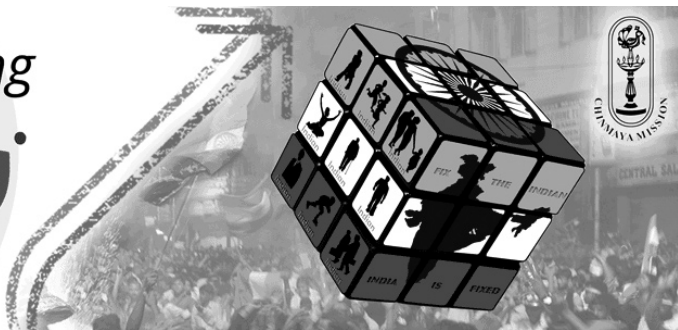
*You can perform the sadhana and if you like,
take a picture/selfie and post it on
facebook/twitter/instagram/google + /social media with the
#42chinmayasadhanas #CBCC100.*

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

*To know more about the sadhanas &
register for #42ChinmayaSadhanas,
log on to www.chinmayamissionmumbai.com*

Transforming INDIANS to Transform INDIA

A Chinmaya Mission Initiative



2nd July 2015, *Emotional Transformation and Intellectual Transformation.*

Trainer Ananya Goenka in total 4 session, 2 of each module Emotional and Intellectual at Yusuf Mehar Ali Vidyalyaya and NM Joshi lower parel.

On the same day trainer Milind Sanghvi delivered an amazing workshop on Intellectual Transformation for 130 students of HVB Global Academy.

trainer Tapan Parikh on Patriotic Transformation was conducted for 100 students of NM Joshi school Andheri.

On the same day trainer Shruti Somani with Shaman Aggarwal took session for a small group of students.

Trainer Aravind on the other hand took Intellectual Transformation for a small group at a society/Charitable trust in borivali.

3rd July 2015, *Emotional Transformation.*

Trainer Sandhya Rajesh Conducted Session on Emotional Transformation for about 100+ students of PradnyaBodhini High School.

6th July 2015, *Emotional Transformation.*

Trainer Chitra Vishwanathan conducted a very impactful session on Emotional Transformation for Swami Vivekananda Polytechnic students.

4th July 2015, *Intellectual Transformation and Patriotic Transformation.*

Two back to back session by

A dynamic session by a small group of chyks on emotional transformation was taken for about 400 students of Gyana Sarita High School , Mulund.

7th July 2015,
Emotional Transformation.

Trainer Jahnvee Joshi and Aparna Raman conducted a very lively and interactive session at Swami Vivekananda Polytechnic college at chembur.

8th July 2015,
Emotional Transformation.

Two back-to-back sessions by trainer Pooja Gupta on Emotional Transformation was taken at MVM Junior College, Andheri.

On the other hand trainer Abha Shroff conducted Emotional Transformation for students of Army Public School.

9th July 2015,
Universal Transformation and Emotional Transformation.

Trainer Anjali Dalal conducted an inspiring session on Universal Transformation for Bal Vihar Sevikas.

Also, trainers Sandhya Surve and Pooja Gupta conducted two back to back sessions on Emotional Transformation at St. Xaviers college, Vile Parle East.

10th July 2015,
Emotional Transformation and Spiritual Transformation

Trainer Chitra Vishwanathan conducted a follow up session at Swami Vivekananda Polytechnic College, Chembur.

Trainer Sujata Kelkar conducted a very impactful session for the time group people.

11th July 2015,
Emotional Transformation, Intellectual Transformation and Physical Transformation.

Trainer Ankita Siraswar and Aravind Raghavan conducted two back to back sessions on Emotional Transformation at Thakur college, Kandivali.

On the same day two sessions, one at NGO Vidya and the second for a mixed group on Emotional and Intellectual Transformation was conducted by trainer Abha Shroff.

Also at Dr. Babasaheb Ambedkar Municipal Secondary School, two Physical Transformation sessions were conducted by trainer Tapan Parikh.

12th July 2015,
Emotional Transformation and Intellectual Transformation.

Two continuous session on the above was taken by trainer Ananya Goenka.

(continued on page 40)

On the occasion of the Birth Centenary of
Swami Chinmayananda (1916-2016)

Chinmaya Mission Mumbai

welcomes you to

“I Transform. India Transforms.”

A Leadership Conclave

along with

Swami Tejomayananda, Global Head, Chinmaya Mission

Shri. Devendra Fadnavis, Chief Minister of Maharashtra

Shri. Kumarmangalam Birla, Chairman, Aditya Birla Group

Dr. Swati Piramal, Vice Chairperson, Piramal Enterprises Limited

Amish, Author, Shiva Trilogy & Scion of Ikshvaku

Swami Swatmananda, Acharya, Chinmaya Mission Mumbai

on Saturday, 19th Dec 2015 • 9.00 am to 1.00 pm

Venue: Sri Shanmukhananda Chandrasekarendra Saraswathi
Auditorium, Sion

About The Conclave

The event is aimed at empowering individuals with inner strength, higher vision and spirit of service, enabling a national transformation. The programme is based on the vision - “You change and the world around you will change.”

Swami Chinmayananda was one of the pioneers who brought the knowledge of Vedanta and the Bhagavad Geeta to the corporate world for maximizing efficiency, success and happiness. Continuing his work, Chinmaya Mission Mumbai is looking to empower individuals through its corporate workshops to excel @ work and in life.

Pujya Gurudev Swami Chinmayanandaji’s powerful videos, books and commentary on The Bhagavad Geeta continue to inspire millions even today. His teachings transform our vision to discover the true purpose of our lives, help us to build strong character, develop our competence to think holistically & innovatively thus enabling us to discover and realize our potential in all the roles that we perform.

Who should Participate

- Corporate Organizations
- Entrepreneurs & Professionals
 - Business Leaders
- Leaders in Government
- Management Students, Deans & Faculty
- Concerned Citizens from all walks of life

What will it Include

- Ways to contribute towards a Transformed India
 - Enhancement of your Spiritual Quotient
- Insights on Personal Transformation & Leadership
 - Panel Discussion
- Personal Transformation Kit

How to Participate

Prior registration is required.

Minimum suggested donation per person :

	Upto 12 th Oct	After 12 th Oct
Ground Floor (Front)	Rs 3000/-	Rs 3500/-
Ground Floor (Back)	Rs 1500/-	Rs 2000/-
Students - Rs 500/- and Rs 300/- per person (Valid ID required)		

Corporates and Associations registering 10 persons
can avail of a 10% discount

Cheque to be drawn in favour of "**Chinmaya Seva Trust**" and
sent to "Chinmaya Sagar, F-3 Panchsheel, 'C' Road,
Churchgate, Mumbai - 400020"

To Register contact: Shaman - +91 81082 74222,
Abha - +91 98211 41024, Shilpa - +91 84248 23158

Register online: google link will be provided

Our Motto

"Maximum Happiness to Maximum People for Maximum Time"

(continued from page 37)

On the other hand, trainer Aravind Raghavan took an excellent session at a charitable trust in Borivali.

**13th July 2015,
Emotional Transformation**

Two continuous sessions on Emotional Transformation was conducted by trainer Ananya Goenka for Swami Vivekananda polytechnic college.

**15th July 2015,
Emotional Transformation and
Intellectual Transformation**

Trainer Ananya Goenka conducted two sessions on Emotional and Intellectual Transformation for Swami Vivekananda polytechnic college as a follow up of the previous sessions conducted there.

On the same day trainer Milind Sanghvi conducted 2 Intellectual Transformation for Army Public School students of std 8th and 9th.

Also trainers Pooja and Rakesh Gupta conducted sessions for teachers of MVM Junior College, Vile Parle.

**18th July 2015,
Emotional transformation**

Trainer Aparna Raman conducted Emotional Transformation for BPCL society members.

**20th July 2015,
Emotional Transformation**

Trainer Sriram Shankar conducted another inspiring session on Emotional Transformation for the students of Gurunanak Mission High School.

**21st July 2015,
Emotional Transformation**

Trainer Geetha Raghavan conducted a very inspiring and interactive session for the students of Orion School, Vile Parle.

Trainer Aparna Raman conducted 2 Emotional Transformation for students of HVB Global Academy which went on very well.

**22nd July 2015,
Emotional Transformation**

An inspiring session was conducted by trainer Sandhya Rajesh on Emotional Transformation for the first year degree students of LJNJ Womens college.

23rd July 2015,

Emotional Transformation

Emotional Transformation session was conducted for the pre-primary, primary and secondary standard teachers of Bangur Nagar Vidya Bhavan by trainers Geetha Raghavan and Ankita Siraswar.

Trainer Aravind Raghavan conducted Intellectual Transformation session for first year diploma dergee holders of L&T institute.

Trainer Aparna Raman continued to inspire the kids of Pauda High School at Mankhurd.

A session on emotional Transformation was conducted by Abha Shroff at HVB Global Academy.

24th July 2015,

Cultural Transformation

Trainers Mathanghi and Tapan conducted 2 power-pact sessions on Cultural Transformation at Gurunanak Mission School which was a continuation of the 7 levels that will be done for that school.

25th July 2015,

Emotional Transformation and Intellectual Transformation.

Trainer Geetha Raghavan conducted Emotional Transformation for students of Parle Tilak School.

Trainers Aravind, Tapan and Rakesh Gupta conducted two back to back session on Intellectual Transformation at Thakur College.

Tranier Vatsal Sharma conducted Emotional Transformational at Orion ICSE School.

27th July 2015,

Intellectual Transformation and Partiotic Transformation

Trainers Aravind Raghavan and Amar Shukla conducted two parallel sessions on Intellectual Transformation for the students of Gurunanak Mission High School.

Trainer Abin Sur conducted another impactful workshop on Partiotic Transformation as a continuation of the previous workshop at MVM Junior College, Vile Parle.

28th July 2015,

Partiotic Transformation

A session by trainer Mathanghi Raghavan on Partiotic Transformation was conducted at the Orion High School.

Trainer Chitra Vishwanathan conducted Emotional Transformation for students of VES College.

2 back-to-back sessions on Intellectual and Emotional Transformation was conducted by trainer Abha Shroff at HVB Global Academy.

**29th July 2015,
Cultural Transformation**

A very inspiring session by Geetha Raghavan and Sandhya Rajesh was taken at JhunJhunwala College.

**31th July 2015,
Spiritual Transformation**

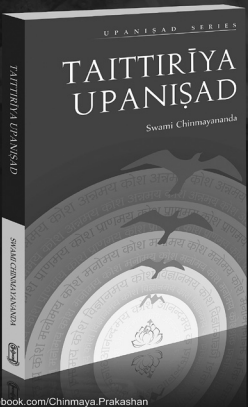
Two parallel session on Spiritual Transformation was conducted by Aravind and Sandhya for Gurunanak Mission high School. This was the 4th session conducted for that school.

*I Transform,
India Transforms!*

*You Transform,
India Transforms!*

*We Transform,
India Transforms!*

Vande Mataram!



UPANISAD SERIES
**TAITTIRĪYA
UPANIṢAD**
Swami Chinmayananda

**Knowledge
performs the
sacrifices
and it is the
real agent
of all the
physical
activities.**

facebook.com/ChinmayaPrakashan

www.chinmayamission.com/publications.php

DIVE DEEP

Regular Sessions **by Yuvaveer Mathangi Raghavan**

Vedic Chanting Class

Wednesday 3.00 pm to 4.00 pm • 17th June 2015

Venue: Chinmaya Sagar, Churchgate

Contact: Anjali - 9820068845

Bhajan Class for Chyks & Pre-Chyks

First Sunday of Every Month 10.30 am to 12.00 Noon

21st June 2015

Venue: Sandeepany Sadhanalaya, Powai

Contact: Aravind - 9619030879 • Tapan - 9920074776

Geeta Chanting Class - Chapter 15

Thursday 4.30 pm to 5.30 pm • 18th June 2015

Venue: Chinmaya Prakash, Lokhandwala

Contact: Swati - 9819904606

Geeta Chanting Class - Chapter 15

Wednesday 5.30 pm to 6.30 pm

17th June 2015

Venue: B-102, Panchmukhi, Panch Marg, Versova

Contact: Swati - 9819904606

Balavihar Class

Tuesday 7.00 pm to 8.00 pm • 16th June 2015

Venue: Chinmaya Prakash, Lokhandwala

Contact: Swati - 9819904606

Chinmaya Sagar Zone

(South Mumbai)

Chinmaya Uvacha a program to celebrate Guru Poornima and Sadhana Day in South Mumbai in the Centenary Year from 1st to 3rd Aug, @ Jai Hind College

Day 1 - Mind Management for Success

The Inauguration lamp was lit by Sw. Swatmananda, Smt. Rajashree Birla, (Chairperson, Chinmaya Anand Utsav Committee), Dr. Madhuri Sheth and Vinitaji Asrani.

Smt. Birla shared her experiences of her family's association with Pujya Gurudev, starting from her grandfather in law- Shri G D Birla and continuing until today.

Shri Anandbir Singh shared wonderful memories of Gurudev and how He influences his life even today. His memories and anecdotes were filled with

immense respect, reverence and humour.

The bhajans by the CHYKs were wonderfully received; they played the musical instruments themselves and sang beautifully.

Pujya Gurudev's video '*How to Win*' was shown keeping in mind the day's topic.

Two Prasad Pustikas - '*How To Win*' by Gurudev; Success and '*The Higher Way*' by Swami Swatmananda were distributed which he released just for this celebration.

Day 2 - Spirit of Service

Children from 5 BalaVihar Classes sang bhajans, followed by anecdotes about Pujya Gurudev by Shri Jagdeesh Moorjani, Trustee, CCMT and Tara Cultural Trust, and Shri Vivek Krishnani, Vice President, Chinmaya Mission, Mumbai.

Gurudev's video on '*Service Above Self*' was packed with the strong message of selfless service which happens only at the altar of love.

The program ended with Swamiji



making a detailed presentation on the forthcoming **Chinmaya Pradeep** project - an elaborate outdoor exhibition of Gurudev's life, the Master's journey and His teachings - which has been undertaken in the centenary year.

Two Prasad Pustikas were again released specially for the occasion- 'Service Above Self' by Pujya Gurudev and '#Karmayoga Matters' by Swami Swatmananda.

Day 3 - Meditation

The final session of Chinmaya Uvacha was held on Pujya Gurudev's Mahasamadhi Day- i.e Sadhana Day. Brni. Nidhiji and Shri Mukul Patel were also in attendance.

Dr. Madhuri Sheth and Smt. Vinita Asrani regaled us with heartwarming stories of their experiences with Gurudev.

Gurudev's video clip from Chapter 6 of the Geeta on Meditation was shown, which even had a part wherein He asks everyone to practice sitting in correct posture, without moving. This was done by all attendees.

Sw. Swatmananda launched the #42 Chinmaya Sadhanas in South Mumbai, inspiring

members to sign up as our tribute to Pujya Gurudev.

Swamiji then conducted a 15 minute session of guided meditation.

Varshaji Dalal conducted the Paduka Puja, the yajmans for which were Shri and Smt. Anandbir Singh and Smt. Aditi and Namrata Agarwalla.

The Aarti Yajmans were Smt. Neelam Mani and Smt. Meenal Roopchand.

The two Prasad Pustikas that were distributed in the Guru Dakshina ceremony were 'Meditation-Why&How?' by Pujya Gurudev and 'Sandals' Splendor : Significance of Guru Padukas' by Swami Swatmananda. Both were released for the first time for the Birth Centenary Year.

**Ghar Ghar Mein Geeta 30th
July 2015 @ Chinmaya Sagar**

Participants : 35

Topic : Maya and Moha Maya

Summary of Talk -

- Maya in colloquial usage means samsara, so the whole world is considered maya. Maya works in two ways- it veils and it projects.
- When we identify with

this samsara, we are always miserable. As Gurudev said "A samsari is called so because he is some-what sorry! And why is he some-what sorry? Because he holds on to someone's sari!"

- Maya is the power which makes the Changeless appears as ever-changing samsara. For example, in the dream world there is no waker, but the waker himself becomes the dreamer - that is how maya functions.

- Maya veils the Lord and projects Him as the ever-changing samsara.

Absolute Truth (Brahman) + Maya = Ishwara (the creator, sustainer & destroyer)

- As long as we think of ourselves as the body (jeeva), to us duality is real.
- Maya functions through the combination of the three gunas - Sattva, Rajas and Tamas. Sattvaguna manifests as qualities like calmness and fortitude; Rajas is by greed, ambition, attachment and restlessness, while Tamas is laziness, procrastination and ignorance. The entire Samsara is a combination of these 3 gunas in different combinations.

- With reference to Maya-Tamoguna is the veiling power and rajoguna is the projecting power. Kamini, Kirti and Kaanchan are Maya.

- Mayamakesusfeelincomplete. The Absolute 'I' is Paripurna, 'I' the jeeva feels incomplete and searches in the world for objects that will give happiness i.e. make it feel complete. This Moha for objects is the cause for misery. All the characters in Mahabharata too were under this power of Moha, except Krishna and Vidhur. Moha is the cause of our destruction, as we do not realize our true nature to be Brahmananda and we are constantly searching for permanent happiness in the temporary world outside. This dependency on everything else is moha.

The Way Out

- Use the discriminative power of Sattvaguna. The vivekshakti to discriminate the Real from the unreal, the temporary from the permanent.
- Rise above the pairs of opposite and stop being bounced about by Rajoguna, as Krishna advises Arjuna.
- Bring more of Sattvaguna. Get

out of the restlessness of the Rajoguna and the lethargy of Tamoguna.

- Surrender! Maya is the Lord's shakti- we cannot cross it. We should surrender to the Lord to go beyond it. The fish that hug the fisherman's feet do not get caught in his net. Surrendering to the Lord, means accepting what comes to us without insistence.
- Renounce the ego, not the world: One cannot renounce the world as it does not belong to us. Go to sattva and then beyond it - that is going beyond Maya. Then we will have unconditional love, delivered with tireless service out of fulfillment.

The final effect of Maya as defined by Shri Tulsidas is the feeling of "*me and mine*" versus "*you and yours*".

Dr. Khushnuma Mansukhani

Ghar Ghar Mein Geeta hosted by Manju Gupta @ 29th July by Vibha Mittal

The programme started by an introduction to the Bhagwad Gita, starting with the background of Mahabharata. There was a lot of identification by the audience to the blind Dhritrashtra and voluntarily blindfolded Gandhari

to our blind and ignorant mind and voluntarily chosen to be blind intellect. Questions were asked on detachment versus love and imbibing knowledge oneself versus helping others with it. The session ended with singing of bhajans.

Ghar Ghar Mein Geeta on 27th July @ the residence of Smt. Nirmala Bhavnani, Bandra by Vinita Asani

The topic of the talk was "*Fortitude & Equanimity*" The talk was well received by all 20 participants and they all loved Gurudev's videos. One person showed an interest in joining a study class.

Ghar Ghar Mein Geeta on 29th July by Sw. Swatmanandaji and hosted by Mrs. Aditi Agarwalla & Mrs. Anjali Dalal's classes @ 11 Beachview, Chowpatty

Swamiji spoke on "What is Samsara and how to exit it", wherein he explained that samsara is not the world outside but our attachments, likes and dislikes in our own mind. He mentioned that one aspect of samsara is change and how we look for the changeless in the changing.

Another aspect of samsara is

our attachments and this can be overcome by observing “WOW” in our lives: With Or Without. Birth and Death is another aspect of samsara.

To overcome Samsara we need to follow five steps:

1. Detachment from dependance on results i.e. Prasad Buddhi.
2. Detachment by doing our obligatory duties i.e. Niyata Karma.
3. Detachment by Dedication i.e. Yagna Bhavna
4. Detachment by Dharma and increasing Sattva.
5. Detachment by devotion to the Lord/Self-Bhakti.

These will help us in understanding the true nature of samsara.

Mrs. Anjali Dalal

Ghar Ghar Mein Geeta by Dr. Madhuri Sheth on 14th July at Industrial Assurance Bldg. and hosted by Swati Shetye

Madhuri Amma spoke on Equanimity and about how we carry negative comments all the time but fail to remember the positive ones. We should not react to a situation because we might regret it later. Instead, take a few deep breaths and calm down. See a situation that troubles us from

the other person's perspective. Ask ourselves as to what can we do to be better and how can we change instead of always blaming the other party for our unsettled mind?

Amma also stressed on learning the technique of action, by pausing and using intellect to respond and not to react.

Ghar Ghar Mein Geeta on 28th July @ ABACA, Mahalaxmi by Sw. Swatmanandaji and hosted by Vinita Asranis Mahalaxmi and Worli class

Swamiji spoke on the topic ‘How to integrate the Principle of setting a high goal with Karma Yoga’ where he expounded upon the importance of doing actions while being deeply established in a higher goal - Yoga Sthala.

It is important to drop attachment towards ...

... the Result of the result i.e. the effect the result will have on me personally. It is a psychological attachment.

... the result itself - where my self-worth is dependent on the result

... the action - attachment to a specific way of doing the action

... the doership - a strong sense of self-importance.

Do the work for the sake of the work and love your work.

Ghar Ghar Mein Geeta on 16th July @ Walkeshwar by Br. Sandhya Chaitanya and hosted by Neeta Shah.

Participants: 23

The talk on *Equanimity* was shown and the Prasad Pustika on 'Values in Life' was distributed to all 23 participants.

Ghar Ghar Mein Geeta on 20th July @ Mt. Pleasant Road by Dr. Sujata Kelkar and hosted by Dr. Mahesh Lalwani

Dr. Sujata Kelkar gave an overview of 18 chapters of the Geeta to the 28 participants, along with a video screening on '*Equanimity*'.

Ghar Ghar Mein Geeta on 22nd July at Ashok Towers, Parel by Vinita Asrani and Dr. Sujata Kelkar and hosted by Shrikanta Taparia

A talk on '*Equanimity*' and '*How to Win*' was given and the videos were also shown. Among the 27 participants there were a few young adults who were impressed with the system and clarity in thinking.

Ghar Ghar Mein Geeta on 24th July 2015 @ Walkeshwar by

Dr. Sujata Kelkar and hosted by Dr. Chintamani Kelkar

The video on '*Equanimity*' was shown to all 19 participants.

Ghar Ghar Mein Geeta on 5th July at Panchsheel by Vinita Asrani

The programme was held after the completion of all the 18 chapters at her Monday afternoon class. Paduka Puja was also conducted by Smt. Sandhya Uberoi followed by a video viewing of Verse 78 of Chapter 18.

Ghar Ghar Mein Geeta on 6th July, @ Carmichael Road by Dr. Sujata Kelkar and hosted by Smt. Rama Tantia

Dr. Sujata Kelkar started off by speaking on the different roles that Lord Krishna takes in the first six chapters of the Geeta; eg. moving from being the saarathi (charioteer) to guide/teacher in the next chapter.

She also conducted the puja, and Vishnu Sahasranamavalli Archana. The session ended with everyone chanting the 15th chapter of the Geeta.

Ghar Ghar Mein Geeta on 13th July by Dr. Sujata Kelkar and hosted by Smt. Meenakshi Saraf.

The hostess invited many friends who are not Mission members. Dr. Kelkar started with an introduction to the Bhagwad Geeta and its relevance in today's world. She also explained how the 18 chapters explain the statement Tat Tvam Asi in the 3 sections of 6 chapters each.

Videos of Pujya Gurudev explaining the 3 paths of Karma, Bhakti and Gyan Yoga were shown. As there was an interest in understanding the meaning of Devotion, she showed His video explaining the difference between love and devotion. Everyone enjoyed watching the video thoroughly. The session ended with performance of Geeta Aarti.

Meditation & Life (Sessions 1-4) by Sw. Swatmananda @ INT, Babulnath

Meditation is the effortless awareness of our own divinity. It is the subtlest stage of spirituality also called the "fourth" state of Consciousness. The main aim of meditation is self knowledge i.e. to make us realise that we are not the BMI and to discover our true self. The acronym of Meditation is "Mind Engaged in Deep Inquiry and Total Awareness Transcending Its Own Nature".

The 10 steps of contemplation (the main aspect in meditation):

1. Preparation and Posture

We must integrate the BMI through selfless work, moderation in food, speech, recreation and spiritual practice and renunciation of fancies, single pointedness, and introspection - introspect daily, detect diligently, negate ruthlessly and substitute our thoughts wisely.

2. Auto Suggestion - it is a way of reconditioning the mind with intent and good will. Suggest mind to be steady and still for next 20 minutes while being Alert, Awake and Quiet.

3. Present Moment Awareness - it is non judgemental awareness of simple happenings around us. Keep the mind in the NOW and focus on any one stimulus.

4. Relaxation - "Let Go" of negative energy and stress in the body by the process of THOUGHT MASSAGE. A LIGHT BATH is to imagine a ray of bright light flooding our entire body and carrying away all stress and strain.

5. Breath Observation or Pranavikshana - pranic energy is the fuel we use for

every action in life. Breath is the medium through which we take in subtler Prana and it reveals the attitude of the mind. Regular fasting increases Pranic energy while over indulgence destroys Pranic energy.

Three things required are Concentration of mind (achieved through focus); Purity of mind (achieved through karmayog or upasana) & Single pointedness.

6. Invocation of our own guru or Ishta Devata. The form and ideals of the chosen one goes into our subconscious mind.

7. Concentration - Choose your MPG - My Personal God - and build a relationship with your MPG Choose a name or mantra. Visualise the white light.

Follow the principle of one form one mantra

Mantras are beneficial at the physical, mental, intellectual and spiritual level.

Concentration and power is brought about by using the name + form + sound.

Thoughts are reduced and one is ready for contemplation.

Workshop on 'Fear and Anger Management' by Dr. Abha Shroff on 8th August @ Ramanaraian Ruia College, Matunga

An amazing workshop on was held for the Mindfulness department of the College.

Some important points were -

- a. 'let anger be issue based and not person based'.
- b. fears are nothing but False Emotions that Appear Real
- c. the only way to overcome fear is to actually face them and
- d. being fearless does not merely mean absence of fear but is the ability to face them courageously.

*Sujata Murali &
Sucheta Talwar*

A new class for Junior CHYKs based on the Hanuman Chalisa

Age Group 12-15 yrs at Marine Drive

On Sunday - 3.30 to 4.30 pm

For Registrations Contact : 9820131623



Sessions by Swami Swatmananda

Wise & Otherwise

Talks on Geeta Ch. 3 - Karma Yoga

Geeta Power

Weekly Study of Geeta Verse-by-Verse

1st, 17th, 24th Sept 2015 (Thurs)

1st, 8th, 29th Oct 2015 (Thurs)

5th, 19th, 26th Nov 2015 (Thurs) • 12.30 pm to 1.30 pm

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

Contact: 9820185255

Geeta In Practice

Monthly Sessions-Vision of Geeta in Power Capsules

Topic : Bhakt, Bhakti & Bhagawan, Chapter 12

22nd 23rd, 24th Sept 2015 (Tues - Thurs)

13th, 14th, 15th Oct (Tues - Thurs)

17th, 18th, 19th Nov 2015 (Tues - Thurs) • 7.15 pm to 8.15 pm

Venue: Chinmaya Nursery, Kemps Corner, behind Hotel Shalimar

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

Shishuvihar Class for Children

Age: 3-5 yrs

By Roma Sanghavi

5.00 pm to 6.00 pm every Friday

Venue: 24 Gulistan, 2nd floor, Carmichael Road,
(Rd parallel to Peddar rd), Mumbai - 400 026.

Contact: 9820297889

Chinmaya Mahima Zone

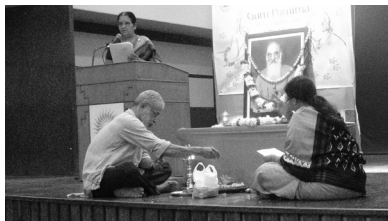
(Mahim to Dadar and Sion to Parel)

**Gurudev's divine presence
at Mahima's Guru Purnima
celebration @ ...**

... SIES School Hall

Zonal President, Smt. Mangala Panchapakesan ensured the smooth conduct of the event with able assistance from several active mission members of the area. The event was well attended with about 75 people including the area's Balavihar children and their parents.

Senior Chinmaya Mission member, Shri Parindra Kadakia, in his address, encouraged the children to chant well in the Gita-chanting competition, which they were preparing for and some of them chanted Bhagawad Gita chapter 15. He also spoke about the importance of staying attuned with the Gita and the importance of Guru Purnima.



Paduka Puja was performed by

Jaishree and Varad Rao. Short clippings of Gurudev's videos were shown on a big projection screen, much to the enjoyment of the children, who were very amused with the clipping of Gurudev telling the Balavihar children a story, in his inimitable style! One could actually feel Gurudev's divine presence.

... Wadala Geeta Class

The Wadala Geeta Class conducted by Br. Yukt Chaitanya at Dosti Acres also celebrated Guru Purnima.





Jnana Yagna by Swami Advaitananda

Morning Lectures on **Drg Drsya Viveka** *in English*

8th to 12th September 2015
(Tuesday to Saturday)

7.00 am. to 8.00 am

Venue: Mysore Association, 383, Bhaudaji Road,
Matunga (East), Mumbai - 400 019.



Evening Lectures on **Geeta Jnana Yagna Ch. XIV** *in Hindi*

7th to 12th September 2015
(Monday to Saturday)

7.00 pm. to 8.30 pm.

Venue: SIES High School Hall,
KA Subramaniam Road,
Near Kings Circle Station,
Matunga (East), Mumbai - 400019.



Chinmaya Swaranjali Classes

Every Sunday 3.00 to 4.30 pm

Venue: Chinmaya Mahima, Opp. Paradise Talkies, Mahim (W).

Contact: Poornima 9833563430 / Vivek Bhat 9819553720

Talks Series on Bhagawad Geeta

Chapter 2 (Sankhya Yoga)

by Br. Yukt Chaitanya

every Wednesday 5.30 - 7.00 pm.

Venue: Erica, 1st Floor, Dosti Acre, Wadala (E),

Contact : Smt. Shaila Namjoshi 9867649116

Geeta Chanting Class

for beginners by Sri. H. P. Ishwar

Every Monday and Thursday • 11.00 am - 12.00 noon

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

Contact: Smt. Vinita Acharya on 9821020403

Area-wise schedule for Geetathon in the Mahima Zone. Please contact your area incharge to get a session organised at your home

Area	Date	In-Charge	Number
Ashok Towers	17 th Sept to 26 th Sept	Radhika Balakrishnan	9820927802
Dosti Acres 6 th Oct	27 th Sept to Shanker	Sunita	9930297647
Matunga	7 th Oct to 16 th Oct	Bhavna Sarawal	9833188196
Sion	17 th Oct to 26 th Oct	Bhuvana C.	9920744979
Mahim/ Shivaji Park	27 th Oct to 5 th Nov	Br. Yukt Chaitanya	9820000444
Wadala	6 th Nov to 15 th Nov	Chandrika Vora	9820548988
Prabhadevi	16 th Nov to 25 th Nov	Sunita Shanker	9930297647

Chinmaya Jayam Zone

(Bandra, Khar, Santacruz, Vile Parle)

A TITI workshop on Emotional Transformation by Sw. Swatmananda @ Khar Gymkhana on 27th July



The entire workshop was thoroughly enjoyed by the participants most of them who were new to the Mission. The two-hour workshop was followed by question answers session.



Swamiji explained that peace stood for ...

... Pause whenever there are strong emotions within

you, think before you react,

... Educate your Emotions by first watching your emotions and thereafter dealing with them

... Appreciate the good in all humans and if you have been able to see the good in those who have hurt you, give yourself a pat as you have learnt to handle the situations as you have shifted your mind towards positivity without reacting strongly.

... Care and Compassion for those who are not lucky as you instead of criticizing them

... Evolve by adapting yourself to all kind of Situations

All devotees who attended the programme took the initiative in the interactive programme and were thoroughly enjoying the activities given to them.

Guru Purnima was celebrated at Garden Crest

Guru Purnima was celebrated by performing a Guru Paduka Puja by Swamini Krishnapriyanandaji, then followed by Bhajans along with Balavihar children.



Chinmaya Mission
organises



NIDIDHYASAN

A Spiritual Camp in Hindi

by Swamini Krishnapriyananda



Dates: 26th - 30th November, 2015 (Wed to Sun)

Venue: Sarsolidham Kudal, near Sindhudurg, Maharashtra

Camp donation Rs. 4000/- only per head

Inauguration of Camp on 26th November, 2015 at 5 pm
to be concluded on 30th November, 2015 by noon

Railway Ticket booking by delegate

Cheque be made in favour of 'Central Chinmaya Mission Trust'

Camp Co-ordinator - Meena Ruparel (9223413586, 9833923586)

Camp Acharya - Swamini Krishnapriyanandaji (9322406135)

Email - chinmayajayam@gmail.com

Chinmaya Prakash Zone

(Andheri & Juhu)

Guru Poornima Celebrations

Around 50 Balavihar Children of Juhu area classes along with their mothers celebrated Guru Poornima on Thursday 30th July.

Stories of Poojya Gurudev were told to the children, after which they did a child friendly havan while the 108 names of Poojya Gurudev were chanted by the sevikas.

They were also made to sit quietly for some time after doing Japa on 'OM Chinmaya Sadgurave Namah'.



2 special talks on “Making a Difference” @ Chinmaya Prakash Zone by Brni. Nidhi Chaitanya

Around 40-50 people attended the sessions. One was meant

for the corporates specially, and the other was meant for all the devotees, house holders, sevaks etc.

A briefing of Chinmaya Pradeep was done to make all aware of the massive project coming up. The other ongoing projects were also explained to everyone. People left feeling inspired to know and serve more.

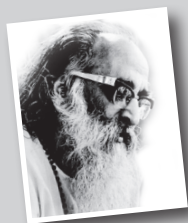
Chinmaya Sadhana Intensive

As a token of gratitude on the occasion of Guru Poornima and Maha Samadhi Day of Pujya Gurudev, the Vedanta Sevaks and Sevikas of Chinmaya Prakash got together and offered a tribute on August 8th.

Almost 90 people attended this Sadhana Intensive session, where different types of Sadhana were done for over 3 hours.

The evening started with invocations and various chantings to make the mind quiet. This was followed by 6 short talks on quotes of Poojya Gurudev illustrated with anecdotes from His life, by the sevaks and sevikas.

Paduka Pooja and 108 times Japa was also done, and the atmosphere was very divine and vibrating with peace and calmness. After Aarti and prasad distribution, people left feeling very inspired and looking forward for more such events.



Sri Sankara TV
Regular TV Telecast of

Talks on the Holy Geeta

by Pujya Gurudev Swami Chinmayananda

Bhagavad Geeta - Chapter 3

starting from August

Monday to Thursday 10.00 to 10.30 p.m

Sri Sankara TV is available on DTH services
(Tata Sky-832, Airtel-688, Videocon-698, Big TV-829,
Dish TV-907, Sun Direct-704, DD Plus-196)

on subscription basis and

for the Cable please contact your local Cable Operator.

Blessed Self

Hari Om

For Programs / Classes / Courses in Andheri, Versova,
Juhu, Lokhandwala, please contact us at:

Chinmaya Priyam

Monday to Friday - 12.00 pm to 6.00 pm

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

Email : chinmayaprakash.juhu@gmail.com

Contact: 2611 2358

Contact Person: Mamta Shah

OR

Chinmaya Prakash

Monday to Friday - 4.00 pm to 6.00 pm

Venue : 401, Jupiter-A Wing, 4th Cross Lane,
Lokhandwala Complex, Andheri West

Email : chinmayaprakash.andheri@gmail.com

Contact: 2631 9452

Contact Persons : Meena Shah • Lata Jaiswal • Lalitha Sunoj
Asha Dalal • Jalaja Venugopal

Zone Mobile Numbers: 8424001011 • 9819904606

Contact Persons: Mamta Shah • Swati Chitalia



The tragedy of human history is decreasing
happiness in the midst of increasing comfort.

- Swami Chinmayananda

Chinmaya Bhakti Zone

(Goregaon to Bhayandar)



Sessions by
Swami Nirbhayananda

Kaivalya Upanishd

For Spiritual Seekers

Every Thursday
6th, 20th Aug. 2015,

6.30 pm to 7.30 pm

Venue : 001/I-Wing, Ekta Bhoomi Garden, Next to Honda Centre,
Rajendra Nagar, Borivli (E), Mumbai - 400 066

New Balvihar Session

Every Sunday @ 4.30 pm

Venue : 2A/5, Kesley Co-op Hsg. Soc. Ltd, Ram Nagar,
Borivili (W), Mumbai - 400 092.

Contact : Smt. Radha Nair - 9969368339

Shree Ganesha Pooja

with Ganapathi Atharvashirsha Chanting

20th Sept 2015 (Sunday) from 4.00 pm to 5.00 pm

Venue: Chinmaya Bhakti, I-1, Ekta Bhoomi Gardens,
Rajendra Ngr., Borivali(E).

All are Invited

Jagadeeshwara Zone

(Powai)



**Shiv Sahastranama Archana
on 19th July, @ Jagadeeshwara
Temple, Powai.**

Sw. Bodhatmananda, the resident Acharya of the Vedanta Course, addressed the devotees and told all as to why should one perform the Shiv Sahastranama Archana.

Mukhya Yajaman worshiped the Big Shivlinga followed by Aarati. Each participant did Shiv Archana for their own respective Linga offering chandan, flowers, Belpatta and Akshata along with chanting the Sahatranam.

After the Archana the devotees sought Gurudev's grace by visiting Gurudev's Kutia.

Kaivalya Upanishad

Sevak : Acharya M. L. P. Rao

every Sunday from 10.30 to 11.30 am

Venue: Geetha Mandir, Powai Ashram.

All are invited to attend. Entry Free

Cordially invites you to Celebrate

Shree Ganesh Chaturthi & First Anniversary of 16th Vedanta Course

Pujya Swami Tejomayanandaji

(Head of Chinmaya Mission Worldwide)

on Thursday 17th September, 2015

Programme

- 06.00 to 8.30 am - Ganapati Atharvashirsha
Sahasravartan with Abhisheka at
Shree Jagadeeshwara Temple.
- 08.45 am - Breakfast
- 11.00 am - Presentation of Vedanta Course at
Saraswati Nilayam
- 12.30 pm - Lunch Prasad

Venue : Jagadeeshwara Temple, Sandeepany Sadhanalaya, Powai

Mrs. Tara Sarup
(Managing Trustee)

Swami Bodhatmananda
(Resident Acharya)

Kolhapur Chinmaya Ashram

invites you for

Bhagwat Saptah Camp (in Marathi)

by **Swamini Mangalananda**

22nd November to 29th November 2015

Camp Donation : Rs. 2500 /-

Contact : Swami Atmadevananda - 96230 74457

E-mail : atmadev@gmail.com



Chembur - Ghatkopar Zone

**Guru Purnima Celebrations ...
... on 31st July @ the residence
of Sri Rajsekhar**



The function started with Guru Paduka Puja performed by Sri & Smt Venkataramanan. This was followed up with Bhajans, Guru Paduka stothram and Guru Stothram by the Devi group and concluded by distribution of Prasad.

**... on 1st August at Saraswati
Vidyalay Chembur.**

The programme was organized by the Bhagwad Geeta study group. The function started with Guru Paduka Puja along with Guru Paduka Stothram and concluded with Bhajans and distribution of Prasad. The study group members felicitated Mr. Prasad Deole in appreciation of his outstanding service in imparting knowledge of the scriptures to the seekers for over a decade.

**Pujya Gurudev's Mahasamadhi
Day Celebrations on 3rd Aug.**

A function was organized at the Centre. The celebration started with chanting of Guru Stothram after which the devotees spoke about the importance of Guru. All the devotees having benefitted immensely through various Study Groups, expressed their gratitude for the knowledge that Gurudev imparted through his discourses and books. The function culminated with Gurudev's Aarati, Shanti Path and distribution of Prasad.



**Presentation of "Self
Unfoldment" by study group
members of the study class**

The day of 25th July unfolded quite differently for the teachers

of S P Doshi SNTD college, Ghatkopar (W). They were on the other side of the table as they had to present their learning's from the book 'Self Unfoldment' before their Principal and their teacher.

The teaching faculty of the college has been attending a study class on the text 'Self Unfoldment' every Monday for nearly 4 years. Shri Prasad Deole was conducting and facilitating the class.

Bramhachari Ved Chaitanya had kindly agreed to listen to the presentations and also guide them about the key take away from each lesson. While talking on the three values Satyam, Ahimsa and Bramhacharya, he advised that Satyam is at the intellectual level, ahimsa is at the mental level and bramhacharya is at the physical level. To further

clarify he gave an example of a mother giving a slap to her child for his betterment. He said it may appear to be an act of violence but at the mental level, she is not causing any harm and has his well being in mind so it will still be considered as ahimsa.

The teachers beautifully unfolded and explained various concepts from the text in a form of power point presentation.

Vedji congratulated the faculty members and their Sevak Shri Prasadji for successfully completing the text.



Ghar Ghar Me Geeta/Sampoorna Geeta Parayan organized during the month

No.	Category	Host	Day	Sevak
1.	Sampoorna Geeta Parayan	Sharada Murthy	2 nd August	P. B. Someshwar
2.	Ghar Ghar Me Geeta	Sujata Natrajan	2 nd August	Prasad Deole
3.	Ghar Ghar Me Geeta	Prasad Deole	8 th August	Prasad Deole
4.	Ghar Ghar Me Geeta	Chitra Prem	8 th August	Murali Krishnan
5.	Ghar Ghar Me Geeta	C.S. Dinesh	8 th August	Shyamala Venugopal
6.	Sampoorna Geeta Parayan	Sanjith & N. Rao	8 th August	P. B. Someshwar
7.	Sampoorna Geeta Parayan	Lakshmi Mani	9 th August	P. B. Someshwar
8.	Ghar Ghar Me Geeta	Lakshmi Krishnan	12 th August	Viraj Sadekar
9.	Ghar Ghar Me Geeta	Rajsekhar	15 th August	C.S. Dinesh



Bhagawat Saptah by Swami Advaitananda

Shrimad Bhagawat Saptah

in Hindi

By Puja Swami Advaitananda
(Acharya, Chinmaya Vibhooti, Kolwan, Maharashtra)

24th October to 31st October 2015

Shrimad Bhagawat is a series of lively interactive sessions between enlightened spiritual masters and great seekers of knowledge. It deals with the theme of understanding human life in its completeness and totality. This satsangh presents a unique opportunity to listen in great detail to the Mahapurana, to be covered during the satsangh.

Special Opportunity to be a Mukhya Yajaman : Rs 50,000
(This opportunity is rare and blessed. In particular, this can be dedicated to the welfare of ancestors)

Utsav Yajaman per Occasion : Rs 21,000
*(Shri Rama Janma / Shri Krishna Janma
Rukmani – Krishna Vivah)*

Sankalpa Yajmaan : Rs 11,000

Prasad Yajmaan : Rs 5,000

Venue : Krushal Towers, M. G. Road,
Next to Shopper Stop, Chembur (West), Mumbai - 400 089.

*For Further Details, Contact : Prasad Deole - 98211 87608
Rajasekhar - 98201 31416*



Jnana Yagna by Swami Advaitananda

Bal Vikas Sangh, Chembur
jointly organizes a

Geeta Gnana Yagna *in Marathi by*

Param Pujya Swami Advaitanandaji
(Acharya, Chinmaya Vibhooti, Kolvan, Maharashtra)

Geeta Chapter IV

From 7th to 11th October • 6.45 to 8.45 pm

Shree Ganesha Atharva Sheersha

From 8th to 11th October • 7.00 to 8.00 am

Venue: Bal Vikas Sangh Hall, Adj. to Gandhi Maidan,
Chembur (East), Mumbai - 400 071.

Contact : Prasad Deole - 9821187608 • Nitin Karadkar - 9892054370

New Classes Started Balavihar class

Every Tuesday at 5.00 pm

Sevika : Smt. Indira Someshwar

Venue: 1301, Tulsi Majestic, Plot No. - 7, Postal Colony,
Chembur (East), Mumbai - 400 071

Contact : 9820019676

Learning Bhagwad Geeta Chanting class

Every Thursday between 4.00 and 5.00 pm

Sevak: P. B. Someshwar

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

Contact: 9820118913

Chinmaya Prerana Zone

(Navi Mumbai)

Guru Poornima Celebrations

An Ode to Our Gurudev

*How'd you resist a
Master like Gurudev?
How'd you hold back all
your laughs and smiles?*

*The subtle dance of eyes
The body's rocking sway
The stroke of the long beard
And the flowing words' play.*

*The booming sonorous voice
Shoulders shaking with mirth
Life's greatest truths unravelled
Through humour never in dearth.*

*How'd you resist a
Master like Gurudev?
How'd you hold back all
your laughs and smiles?*

Attempting to capture the million dimensions and facets of our beloved Pujya Gurudev in mere words is like holding

a candle to the sun. So when Br Ved Chaitanyaji announced that this year's Guru Poornima celebrations were to be in the spirit of 'Unto Him Our Best', the members of the various study groups were caught in a quandary.

What followed was frenzied frenetic activity.

The evening of July 31st saw nervous excitement amongst the speakers and the atmosphere was electric. After the invocation, in the presence of Br. Girijamma and Br. Ved Chaitanyaji, representatives of each study group presented their tributes to Gurudev. The presentations were in an electric mix of English, Hindi and Marathi. While some spoke about His interesting childhood and teenage years and how He began his study of Vedanta as a skeptic. Others spoke about His irrepressible urge and untiring efforts to revive the Indian culture and make people aware of the scriptures which had been distorted and lost. Some members marvelled at His interpretation of the ancient texts in a contemporary context





and how He showed people a new way of spirituality and all this in His inimitable style i.e. rib-tickling humour and melting compassion.

Gurudev was described as the embodiment of the 7 qualities mentioned in the Narada Bhakti Sutra:

- discrimination
- freedom from desire
- hours of practice of meditation
- habit of doing good to others
- purity in thoughts
- cheerfulness
- absence of excessiveness in anything

Gurudev was gratefully remembered as being responsible for reviving and for kindling interest in the Bhagavad Gita through his Geeta Gnana Yagnas. He demystified the

Bhagavad Gita, and introduced it as a practical handbook of instruction on how best we can re-organize our inner ways of thinking, feeling and acting in our everyday life.

Br. Vedji addressed the gathering after the presentations. He reminded us that the whole purpose of this undertaking was to go through His teachings so that one day the teachings would go through us!

The event ended with Guru Paduka Pooja and Mahaprasad.

Spiritual Trip to Alandi and Dehu

A two-day trip to Alandi and Dehu was organized by Chinmaya Prerana, Kharghar on 15th and 16th August 2015.

On 15th August after celebrating the Independence Day we left Chinmaya Prerana at 1.30 pm. Two buses were arranged for 75 people of all ages from kids to elders. Soon bhajans, devotional songs, laughter filled the bus.

We reached Alandi, a pilgrimage place of the 13th century of Sant Dnyaneshwar at around 6.00 pm. There was a long queue to visit the Sanjeevan Samadhi Mandir. The serenity of the

place was mesmerizing. Sant Dnyaneshwar of Nath tradition wrote “DNYANESHWARI” a commentary on Bhagavad-Geeta in Marathi. He was also the founder of the Warkari movement.

Then we had wonderful interaction with Milind Tilak ji, who has enacted as Samarth Ramdas Swami in light and sound shows. He explained the importance of the place. Savita Amma sang the 1st Abhang of Haripath beautifully.

After the snacks we reached Chinmaya Mauli Ashram, Pune at around 9.00 pm, where Sw. Siddheshanandaji, and youth camp participants welcomed us wholeheartedly.



We had a sumptuous dinner served by them with love and care. Satsang with Swamiji was an enriching experience.

The relationship between the Nature and human beings and

how to be unconditional in our life was highlighted. The unique feature in the Ashram was Pujya Gurudev’s Moziac, a life size photo assembled by a computer using 4800 individual photos of devotees. We retired to our allotted rooms.

Next morning after breakfast and Group Photo session, we reached Rasta Peth Ganapati Mandir. Gurudev gave his 1st talk & Jnana Yagna here in 1951 after returning from Uttara-Kashi.

We had a pleasant surprise awaiting us, in the form of Shri Naidu uncle. Naiduji, who had attended that 1st Yagna, narrated in detail how as a teenager he was drawn to Gurudev’s talks. We could actually visualize his experience. All the family members of Naiduji are great devotees of Gurudev who are following his teachings. A divine feeling filled our heart at the sangam of Ganapati Mandir, Naiduji and Jnana Yagna.

We visited our Acharya Br. Ved Chaitanyaji’s home, warmly welcomed by his family. Nearby we visited Bharath Mata Mandir where a talk was given by Narendraji who is the son of Naiduji. The thoughts, incidences and experiences

with Gurudev were shared by Narendraji and Parinbhai. The similarity between Gurudev and Swami Vivekananda was thought provoking.

Narendra Naiduji explained the great social services rendered by Baba Amte and his Anand Ashram, and also the great work being continued by his son Prakash Amte.

As a new comer to Chinmaya family, everything was an eye opener to me. I saw how the real Knowledge makes one humble. These great people are productive in their chosen field yet live a egoless, simple life. It is a mix of Karma yoga and Bhakti Yoga. This made me reflect on our life and how superficial life we are living.

From Bharath Mata Mandir, we left for Dehu, with our mind reflecting on what we had listened to since morning. Dehu is the birth place of 17th century Poet Sant Tukaram.

Sant Tukaram was a great devotee of Lord Vitthala and wrote devotional poems known as 'ABHANGAS'. We had Prasad at Gatha Mandir complex. Here all the 4000 Abhangas are carved on the walls. We visited Vitthal Rukmini mandir where

he wrote Abhangas, and the peepal tree where he ascended to Vaikunta. The main attraction of the Mandir is the Palkhi which is taken from Dehu to Pandarpur in the month Ashadh.

At Gatha Mandir, we were introduced to Prashant Bhawe, a poet, a devotee of the Lord who spoke passionately about Abhangas and Bhaja Govindam. His creativity is mind blowing. If we tell him a name, he immediately composes a poem using each alphabet in the name, in each line of his poetry.

Last stop was Chinmaya Jeevan, Khopoli. During the satsang with Swami Medhajanandaji. He asked for a donation in the form of Sadhana by reading a page of any text written by Gurudev, every day. This made me realize how Gurudev has chosen all these Gems to spread Vedantic knowledge.

These people whom we were fortunate enough to meet in these 2 days are living the knowledge given by Gurudev. My Ego and pride shattered by meeting and knowing them. I used to hear the Knowledge but how to follow naturally was the lesson I learnt from the Trip.

Our trip ended when we reached Kharghar at 10.30 pm. Our Acharya Vedji's intention that people should know about the culture of the land and meet these great yet simple people was fulfilled. He guided us at each place explaining about the place and history.

Our organizing team led by Mallyaji did a wonderful job with the arrangements so that we could have a beautiful, and Knowledgeable Trip.

What a Trip!

Sujaya Ramesh Murthy

School Talk - CKT Panvel

On August 1st, Br. Ved Chaitanyaji addressed around 300 students of grades 6 and 7 in Marathi on the topic of "*The Importance of Guru*". The program was organized by CKT Vidyalaya on the occasion of Gurupurnima.

Br. Vedji elaborated on the significance of Guru Purnima. He talked about the critical role a "Guru"- translated literally as "dispeller of darkness" plays in all our lives.

A Guru dispels the darkness of ignorance, inspires and leads the students on the path of knowledge. He also emphasized

about the qualities and traits a student should possess to make good use of the knowledge imparted by a Guru. The students found the session to be very purposeful. The principal was very much impressed and requested for more of such sessions.

Relay Yajna - Bhaja Govindam

Bhaja Govindam - a devotional song par excellence that contains the very essence of Vedanta was chosen as a topic for the Relay Yajna from 1st to 3rd August, by the Fundamental Vedanta Course students of Navi Mumbai, who had earlier attended a Sadhana camp in CIF in May.

In all, 8 speakers expounded the various verses contained in the hymn. The pearls-n-gems of wisdom contained in those verses were nicely revealed by the speakers. Br. Ved Chaitanyaji summarized the full text which was followed by Guru Paduka Pooja.



Celebrating The Birth Centenary Year of
Parama Puja Gurudev Swami Chinmayanandaji

ALL MAHARASHTRA & GOA CAMP

(in Hindi, English & Marathi)

MANISHA PANCHAKAM

(in Hindi)

by Pujya Guruji Swami Tejomayanandaji

23rd to 28th February 2016 (Tuesday to Sunday)

Sw. Advaitananda

Ramayana

(in Marathi)

Total 51 Acharyas of
Maharashtra and Goa



Sw. Swatmananda

Guru Paduka Stotram

(in English)

At Chinmaya Vibhooti,
Kolwan, Pune

Camp Donation Rs. 3,500

Opportunity to offer Bhiksha to 51 Acharyas & 1000 Devotees
Rs. 15,000 (Breakfast), Rs. 20,000 (Dinner), Rs. 25,000 (Lunch)
Guru Paduka Puja: Rs. 11,000. Aarati: Rs. 5,000
Yajaman for the Whole Camp: 5 Lakhs, Yajaman for One Day: 1 Lakh

For On-Line Bank Transfer: Bank: Indian Bank.

Branch: Camp. IFSC: IDIB000P087

A/c.Name: Chinmaya Mission Pune. A/c.No: 719594351.

Please convey details for receipt

Cheque to be made in favour of CHINMAYA MISSION PUNE

& send to: Chinmaya Maauli Ashram, Chinmaya Nagar,

Survey Number 16, Wadgaon Shinde Road, Lohagaon, Pune - 411047

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

cmpune@gmail.com +91-9975596394, +91-9881192859



Hari Om

SPIRITUAL SADHANA CAMP



in Hindi

At Chinmaya Ashram, Kolhapur (Maharashtra)

By



Pujya Swami Tejomayanandaji

From : 4th October to 9th October 2015

Text : **Narad Bhakti Sutra**

Camp –Donation : Rs. 3500/-

Salient features :

- 1.Kolhapur : famous holy abode of Mahalaxmi
- 2.Chinmaya Ashram : renowned for 85 feet tall Ganesh Statue
- 3.Pandharputra Yatra can be arranged

For Registration :

Deposit Camp-donation directly in
Chinmaya Seva Trust Maharashtra A/c in Bank of Baroda
(Branch: Nagaon 416122, Kolhapur).
A/c No : 11530 10000 2244 (RTGS : BARB 0 NAGAON)
and send personal details to Swami Atmadevananda
by SMS (96230 74457) or by e-mail to
atmadev@gmail.com

Sponsorship :

Full camp Expenses

Rs. 3,00, 000/-

Full Camp Bhiksha (Meals)

Rs. 1,00,000 /-

One day Bhiksha (Meals)

Rs. 20,000 /-

Seats Limited

Please Rush

In the Birth Centenary year of Param Puja Gurudev Swami Chinmayananda,
& Auspicious year of Nev-kalevar of Lord Jagannath.

We are organising

SADHANA CAMP In HINDI

by

P. Swamini Nishchalananda

(Mumbai)

at Jagannath Puri-Odisha

Venue : Hotel Nayak Plaza, Puri
Camp Dates : 19th to 23rd Nov 2015

Co-Acharyas : Brni. Pranoti Chaitanya-Ghaziabad
Br. Neeladri Chaitanya-Puri.

Texts:

a) Chatuhshloki Bhagawata • b) Srimad Bhagawad-Geeta Chap XIII • c) Kishkindha Kand of Ramcharit Manas.

Special Features

1) Guided Meditation 2) Shree Guru Paduka Puja (Daily)

Camp Donation:

Rs. 7500/- per person (three persons in a non ac room)

Rs. 8500/- per person (two persons in a non ac room)

This includes only lodging & boarding only during the camp. Camp donation is Non-refundable & Non-transferable.

Payments:

Payment by cash or DD in favour of "Central Chinmaya Mission Trust" payable at Mumbai. Please mention on Envelope "For Puri Camp" & send it to Mrs. Usha Nair, CCMT, Mumbai.

Please register your name by giving the information Full Name, Age, Address, E-mail id, Landline no., Mobile no. & also Emergency contact number with name.

For further details please contact Camp Co-ordinators.

- | | | |
|--|--|--|
| 1. Mrs. Prerna Shinde/ Usha Nair
Mobile no: 09892591238/9890067238
Central Chinmaya Mission Trust
Sandeepany Sadhanalaya
Saki Vihar road, Powai, Mumbai-72.
Ph no: 022-28572367/2857 5806 | 2. Smt. Pratibha Dadarkar
Dadar, Mumbai. Tel No: 022-24142301
(After 7pm only) | 3. Mr. S. K. Dixit
Malad (East) Mumbai.
Mobile no: 09869105775 Tel.: 022 28777129/40037117 |
|--|--|--|


Last Date for Registration : 30th September, 2015

- N. B.:** 1) Camp inauguration on 19th of November 2015 early morning. All campers to reach Puri by evening of 18th November 2015 and leave by 25th November 2015 night from Bhubaneswar.
- 2) How to Reach Puri :-
- Puri is 50 kms away from Bhubaneswar. Bhubaneswar can be reached by train or Air. Taxis are available from Bhubaneswar to Puri.
- 3) Pilgrimage & sight-seeing in and around Puri & Bhubaneswar will be organised at extra cost, (19th November to 25th November 2015).





For further details contact camp Co-ordinators.

Cent




Chinmaya International Foundation
Academia of Sanskrit Research and Indology





Invites you for

The International Conference on
The Contribution of Advaita Vedanta to Humanity
to commemorate the Birth Centenary Year (2015-2016)
of Gurudev Swami Chinmayananda



JIVA

JAGAT

ISHWARA

The three-day seminar will devote a day each to the three principles of Jiva, Jagat and Ishwara while also table and detail the life-long work and contributions of Gurudev Swami Chinmayananda.

Dates : November 18 - 21, 2015
Venue: Chinmaya Vibhooti, Post Kolwan,
 Taluka Mulshi, District Pune, Maharashtra 412108 INDIA

For Registration, contact: +91-484-2749685 / +91-484-2747104 / +91-98716 42447

E-mail: advaitaconference@chinfo.org • Register Online @ www.chinfo.org/advaitaconference • Website: www.chinfo.org



RETURNING TO SIMPLICITY

Transforming the stresses of daily life ~ at home and at work ~ into powerful exercises for personal growth

RUDITE J. EMIR

Who's doing the doing?







Know it from "Undoing"

INspired Living

www.chinmayamission.com/publications.php

facebook.com/Chinmaya.Prakashan



Chinmaya International Foundation
Academia of Sanskrit Research and Indology



Invites you for
The International Conference on
The Contribution of Advaita Vedanta to Humanity
to commemorate the Birth Centenary Year (2015-2016)
of Gurudev Swami Chinmayananda

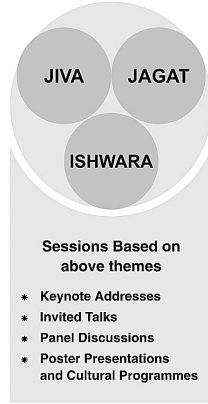


November 18-21, 2015 @ Chinmaya Vibhooti, Kolwan, Pune

Register Online @ www.chinfo.org/advaitaconference

SESSION TOPICS

- The Ideal Individual according to Advaita Vedanta
- Individual Transformation and Self-unfoldment
- Advaita Vedanta for a Fulfilling life
- Role of Vedanta in Sustaining Social Harmony and Human Relationships
- Exponents of Advaita Vedanta and their contribution-East and West
- The Excellence of the Advaita World-view
- Reorienting Education
- Nation building & Nourishing leaders through Advaita
- Vasudhaiva Kutumbakam - The entire world as one family
- Advaita Vedanta and the Philosophy of Science
- Saguna and Nirguna Brahma
- Concept of Jiva-Brahmaikya (Supreme Oneness)
- Swami Chinmayananda, the sage of Advaita and his contribution to humanity



EMINENT PARTICIPANTS INCLUDE

- * Dr. V Kutumba Sastry
- * Dr. Shashiprabha
- * Dr. K Ramasubramanian
- * Justice B N Srikrishna
- * Dr. K Sadananda (USA)
- * Dr. Arindam Chakrabarti (Hawaii)
- * Dr. Mani Dravid Sastrigal
- * Dr. A Raghuramaraju
- * Dr. D R Kaarthikeyan
- * Dr. Rajeev Sangal
- * Dr. Dharm Bhawuk (Hawaii)
- * Swami Tejomayanandaji and Senior Acharyas of Chinmaya Mission
- * Dr. Godabarisha Mishra
- * Dr. K Aravinda Rao
- * Dr. B Mahadevan
- * Dr. P Geervani
- * Dr. Annette Wilke (Germany)

PARTICIPATION FEES

College or University Students / Monks	₹500	University and Institutional Faculty	₹3,500
Research Scholars	₹1,500	Home Study Course Students / Others	₹4,000
Overseas Participants	US\$100		

Cheques / Drafts to be drawn in favour of '**Chinmaya International Foundation**' payable at Piravom or Ernakulam and sent to Conference Convenor, CIF, Adi Sankara Nilayam, Vellayanad Post, Ernakulam 682 313 Kerala, India.

For Further Details, contact : +91 - 484 - 2749685 / +91 - 98716 42447
E-mail: advaitaconference@chinfo.org

Our Page Sponsors

Kamani Oil Industries

Harasiddh Builders And Developers

Chinmaya Refrigeration

Citizen Hotel

Naath Industries Pvt. Ltd.

Om Tat Sat

Tulsidas Tehliram (India)

Advertisement Tariffs for one issue of Chinmaya Sandesh

Full Page : Rs. 3,000/- • Half Page : Rs. 2,000/-

Quarter Page :Rs. 1,000/- • Page Sponsorship - Rs. 1000 /-

Contact : 022 2288 4646 / 2281 4646

Har Ghar Mein Holy Geeta

A tribute unto Swami Chinmayananda.

An offering unto Bhagawad Geeta

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

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



8th May 2014 - 8th May 2016

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

To participate contact : 9320286048

Must Watch

Daily TV Telecast of

Talks on the Holy Geeta

by Puja Gurudev Swami Chinmayananda

Monday - Friday 7.30 am to 8.00 am

&

Talks on Vivekachoodamani

Saturday & Sunday 7.30 am to 8.00 am

on

भक्तिसागर

Bhakti Sagar TV Channel

(available on Cable TV Only and Not on DTH)

& now also on



Sri Sankara TV

Regular TV Telecast of

Talks on the Holy Geeta

by Puja Gurudev Swami Chinmayananda

Bhagavad Geeta - Chapter 3 starting from August

Monday to Thursday 10.00 to 10.30 p.m

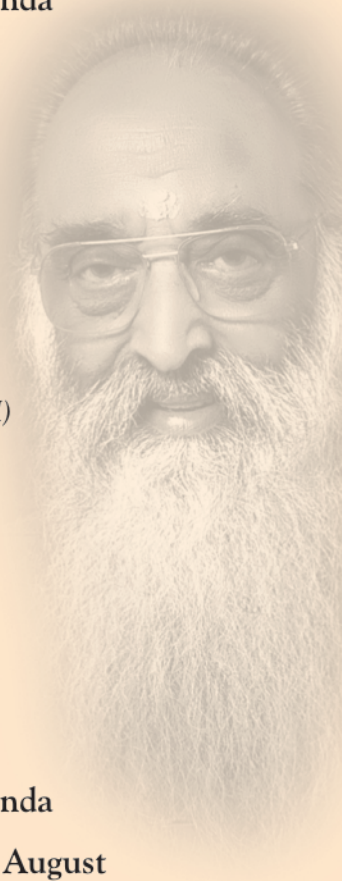
Sri Sankara TV is available on DTH services

(Tata Sky-832, Airtel-688, Videocon-698, Big TV-829, Dish

TV-907, Sun Direct-704, DD Plus-196)

on subscription basis and

for the Cable please contact your local Cable Operator.



Reg. No. MCS/102/2015-17
Licence to Post without Pre Payment No. MR/Tech/WPP-168/South/15
Date of Publication : 3rd of every month
Posted at Mumbai Patrika Channel Sorting Office,
Mumbai - 400 001 on 3rd & 4th September 2015
R.N.I. No. 20894/1972

CHINMAYA MISSION WELCOMES YOU TO A CHARITY CONCERT BY SHANKAR MAHADEVAN



DEDICATED TO SWAMI CHINMAYANANDA
SPIRIT OF INDIA
SUNDAY 13TH DECEMBER
chinmayamissionmumbai.com

INAUGURAL PROGRAM **5.30-6.30 PM**
SHANKAR MAHADEVAN CONCERT **6.30-9.00 PM**

SRI SHANMUKHANANDA CHANDRASEKARENDRA SARASWATHI AUDITORIUM

Donor passes available in:

₹500 | ₹750 | ₹1000 | ₹1500 | ₹2000
₹3000 | ₹5000 | ₹7000 | ₹10000

For donor passes, sponsorships and souvenir advertisements

Chinmaya Sagar : 022 22814646

Chinmaya Priyam : 022 26112853

+91 8108043204