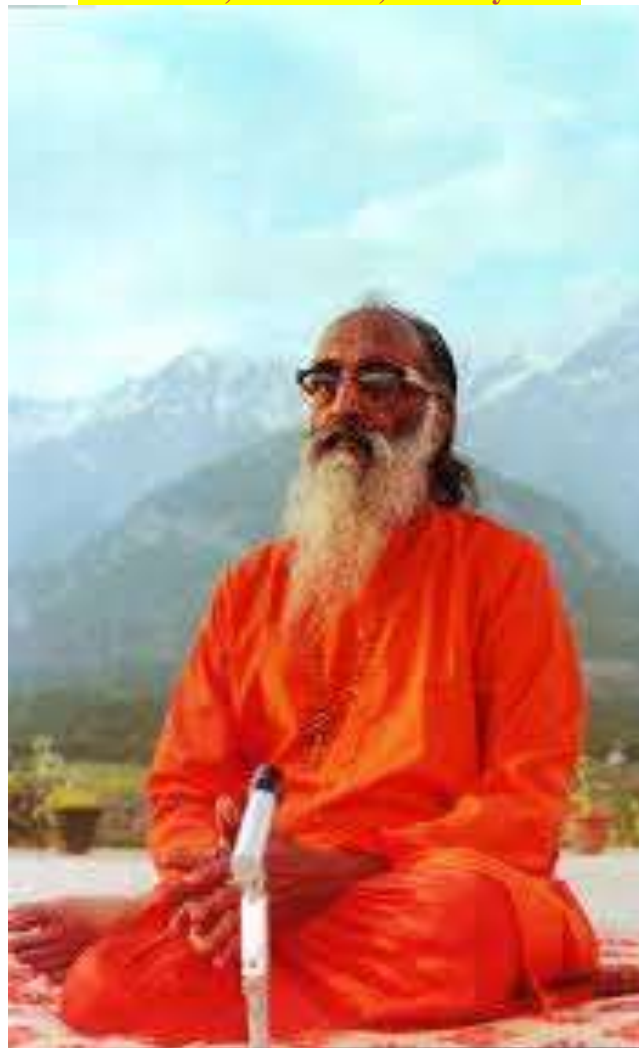


Chinmaya Smrithi



A Bi-Monthly News Magazine of the Chinmaya Mission Washington Regional Center (CMWRC)

Volume 29, Number 1, January 2019



Our humble pranams to Pujya Gurudev

Foreword: Swamiji's Message



Editor's Note: [Our beloved resident Swamiji, Swami Dheerananda gave an inspiring message on the occasion of New Year. Please find below the summary of the message].

Swami Dheerananda inspired the Chinmaya family with his message of the importance of continuous learning and staying humble in life.

There was a painter who would paint every evening and go to the marketplace to sell his painting. Even after many years of painting, he was able to always sell his paintings only for \$500. Each day, his son would watch his father paint and ask him about the price at which he sold his painting. As the years rolled by, his hands started getting unsteady and he felt that it was time to start training his son who had shown some interest in learning the skill. He taught his son painting and the son went to the market and sold his first painting for \$100. He was disappointed at the low price but when he came home, his father was very happy. He congratulated his son on his successful start and offered to teach him more advanced skills. The son was eager to learn more and was able to sell his second painting for \$200. He was still disappointed, but his father kept encouraging him and offered to teach him to take him to the next level. After a few weeks, the son was finally able to sell his painting for \$700. He was extremely happy but when he came home, his father seemed to be a bit worried rather than overjoyed. His father told him that he could teach him some more skills to help him become even a better painter, but the son was proud of his success and responded "What more can I learn from you? All your life, you were able to sell your paintings only for \$500 and I just sold my painting for \$700. Surely, there is nothing more you can teach me

now". The father shook his head sadly and told his son "My dear son, please listen to me. I remember that when I was learning from my father, I also stopped learning when I sold my painting for \$500 when he used to sell for only \$300. When I told him that there was nothing more for me to learn from him, he merely said that I would learn from life. My experience has indeed taught me that I made a big mistake by refusing to learn from him as soon as I was able to sell for slightly higher price. All my life, I have never been able to sell my painting for more than \$500 since I stopped improving. My son, please do not repeat the same mistake".

This simple story powerfully illustrates the importance of being humble and continuously learning in life. Swamiji reminded the audience that experience is not only the best teacher in life but also a very patient teacher. If we do not learn from our mistakes, experience will let us repeat the same mistakes until we learn from our mistakes. If one lets our ego bloat and stops learning, that is an indication of the beginning of ignorance.

Swamiji expressed a wish that all the members would absorb this message and continue to attend the mission even after their children graduate from Balavihar. Chinmaya Mission is a non-stop learning college of Knowledge. The members should continue to learn until they are able to realize the One underlying principle that is the cause in all the effects. He wished the members a fruitful year ahead.

News & Tidbits

Gita Jnana Yagna

Swami Dheeranandaji conducted a 4 day Jnana Yagna based on Chapter 12 “Bhakti Yoga” from December 27 to December 30th at Chinmaya Somnath. The talks were well attended. In his inimitable style, Swamiji explained complex concepts in simple language. Drawing from day to day examples in order to help people relate to the ideas expounded in Chapter 12, Swamiji brought out the various steps required to attain true Bhakti and the qualities of a true Bhakta as explained by Lord Krishna to Arjuna. Swamiji's talks are available at https://www.youtube.com/watch?v=y_epdWAGw-4

for the Chinmaya family members who could not attend it in person.

New Years' Day

New Years' Day was ushered in with Vishnu Sahasranamavali and Pooja at both Chinmayam Somnath and Chinmayam.

Arpanam

Please refer to the CMWRC website to learn more about this exciting new program. It offers the Chinmayam family an opportunity to donate at various levels on an on-going basis to support the current and future growth of CMWRC. Inspired by Gurudev's message that true loving is not in passive taking but in dynamic giving, the program is expected to help the mission pay down its debt while also positioning it for future growth to continue to spread the spiritual message of Vedanta.

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Calendar and Upcoming Events

Upcoming Events

- Feb 2nd: Devotionally Cinematic – A Bhajan Sandhya presented by Deeti and Krushanu Majmundar at Chinmayam, Silver Spring.
- March 4th: Maha Shivaratri celebration at Chinmayam, Silver Spring, MD and Chinmaya Somnath, Chantilly, VA.
- May 4th: Chinmaya Jayanti celebrations at Chinmayam, Silver Spring.
- July 29th to August 4th: Discourses on Shri Krishna Leela by Swami Swaroopananda during the 26th Chinmaya Mahasamadhi Camp at Pittsburgh PA.
- March 23rd – 24th: Annual Gita Chanting competition will be held at all the local chapters. Please visit the Gita chanting webpage for further details.
- April 20 -21st: An interactive workshop by Swami Ishwarananda at Chinmayam, Silver Spring based on his book “The Life of I”. See flyer for more details around registration.
- April 26 – 27th: Shishu Vihar training camp for Sevaks and Sevikas conducted by Swamini Supriyananda at Chinmaya Somnath.
- March 16th – Thyagaraja and Purandaradasa Aradhana at Urbana Middle School, Ijamsville.

Study Groups

- Please contact Sri Ravi Ravichandran ji by email at ravi5211@yahoo.com , if you are interested in forming or learning more about study groups.

Bookstore/Library

- Browse Books, CDs, DVDs, etc. online at www.chinmayapublications.com Contact Sevak to order (Vijay Singh at Chinmayam, Subbarao Kari at Chinmaya Somnath and Bijay Dash at Frederick)

Next Edition of Chinmaya Smrithi

- Articles for the next regular bi-monthly edition – March 2019, are due by February, 2019
- Email submissions to smrithi-editor@chinmayadc.org.
- Browse Past editions at www.chinmayadc.org/Smrithi/Smrithi.htm

Useful Links:

Central Chinmaya Mission Trust www.chinmayamission.com
Chinmaya Mission West www.chinmayamission.org
Chinmaya International Foundation, E-Vedanta Courses www.chinfo.org
Chinmayam Chapter – Silver Spring MD website <http://chinmayam.chinmayadc.org/chinmayam-chapter/>
Chinmaya Somnath Chapter – Chantilly VA website www.chinmayasomnath.org
Chinmaya Frederick Chapter – Urbana MD website <http://www.frederick.cmwrc.org/>
Chinmaya Richmond Chapter – Richmond VA website www.chinmayarichmond.org
CMWRC – Washington Regional Center www.chinmayadc.org

Please Note

The opinions expressed here are those of the authors and do not necessarily represent the official views of Chinmaya Mission or CMWRC

Editorial Staff: (smrithi-editor@chinmayadc.org)

Editor: K.A. Lakshmanan

Advisers: Sri Raju Chidambaram, Acharya Vilasiniji, Pujya Swami Dheeranandaji. Sitaram Kowtha

BV students – Bhuvan Devarsu

Please contact us if you are interested in joining the editorial staff!

Bala Vihar

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'Children are not vessels to be filled, but lamps to be lit.'
- Pujya Swami Chinmayananda

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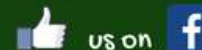
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Arpanam

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Whoever offers Me with devotion a leaf, a flower, a fruit, water,
that I accept, offered by the pure-minded with devotion
Geeta Chapter 9, Verse 26

True loving is not passive 'taking'
but a dynamic 'giving'
- Swami Chinmayananda

Pledge Today Generously



Patram (Leaf) - \$2700 and above



Pushpam (Flower) - \$5400 and above



Phalam (Fruit) - \$10,800 and above



Toyam (Water) - \$21,600 and above

**Grow Spiritually and Help Our Center
Expand to Serve More**

Follow us on Facebook!

Exciting news! We now have a Chinmayam Facebook page for our Silver Spring center where we can showcase our vibrant community, events and activities. **We request all members to "follow us" and "like us"** to receive important updates, information on events and special guests, photos of your children in Bala Vihar, quotes from our Gurudev, and more. Updates will be sent to your phone or email accounts. **Don't be left out - join now !**

Step 1: Login at Facebook.com (or join Facebook by creating your profile - it's free and easy)

Step 2: Search Chinmaya Mission DC

Step 3: Click on "Like" and "Follow"

Step 4: Click on "Invite Friends" and send the page to your friends, members and non-members.


**Publicity team needs volunteers who are active on social media! Please contact
Amita Jain, amitajain815@gmail.com**

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For more information, please contact: Raja Kirkire, rkkirkire@gmail.com,
Meena Sankar, meena17.sankar@gmail.com



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REGISTRATION FEE
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FAMILY \$50



Chinmayam, MD	Chinmaya Somnath, VA	Chinmaya Frederick, MD
MARCH 23 2019	MARCH 23 2019	MARCH 24 2019
1:00 - 5:00 PM	NOON - 4:00 PM	1:00 - 2:30 PM

Go to <http://cmwrc.chinmayadc.org/geetachanting> for information about the competition, registration and for audio and visual practice materials



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Sibling discount \$100

For rising 1st to 8th grades as of September 1, 2019

Questions: mdsummercamp@chinmayadc.org

Sri Adi Shankara's Vivekachoodamani Class by Pujya Swami Dheerananda

Attend Pujya Swamiji's class on Sri Adi Shankara's Vivekachoodamani!! In-person or via web!

Recording and Dial-in Information:

- The class will be live streamed via Zoom. Please use the information below to access the live stream video and/or audio.

Venue: Kailas Niwas

Day: Every Thursday, starting Oct 4, 2018

Time: 7:00-8:30 PM Eastern Standard Time (US and Canada)

Zoom Webinar ID: 872-939-557

To join via the Zoom client (for video and audio on PC/Mac/iOS/Android), please click the link below which will prompt to install necessary software automatically.

<https://zoom.us/j/872939557>

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To join via telephone:

US: +1 669 900 6833 or +1 646 558 8656

Webinar ID: 872-939-557

International numbers available [here](#)

- Class recordings can be found [here](#). Please do not rely on the recordings for missed lectures.

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Lead Sevaks: Kodumudi Venkateswaran and Ravi Ravichandran	Please contact for details: drveswaran@gmail.com



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- Shlokas & Bhajans • Fun Fridays •








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Registration (from April 1, 2019): \$1400
Sibling discount available
For rising 1st to 8th grades as of September 1, 2019
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Saturday, May 4th 2019
5:00 – 7:00 PM – Event Celebrations
7:00 – 8:00 PM – Dinner

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Maha Shivaratri at Chinmayam Monday, March 4, 2019

Program:

5:00-7:30am: Shiva Manasa Puja, morning
4:15-5:15 pm: Shiva Manasa Puja, evening
5:15-6:15 pm: Vedic Chanting - Sri Rudram
6:30-7:00 pm: Stotra Parayanam by Shloka Class
7:00-7:30 pm: Lord Jagadeeshwara Puja
7:40-8:30pm: Bhajans/Dance by BV Children
8:30-8:45 pm: Nirvana Shatakam
8:45-9:30 pm: Maha Prasad
9:30-10:15 pm: Dances/Bhajans on Lord Shiva
10:30-11:50 pm: Bhajans and Naama Japa
11:50-12:05am: Conch Blowing, Silence, Maha
Arati



ॐ नमः शिवाय

**For more information, to offer help & to participate in the program,
please contact:** Andrea Beri (443) 472-0819





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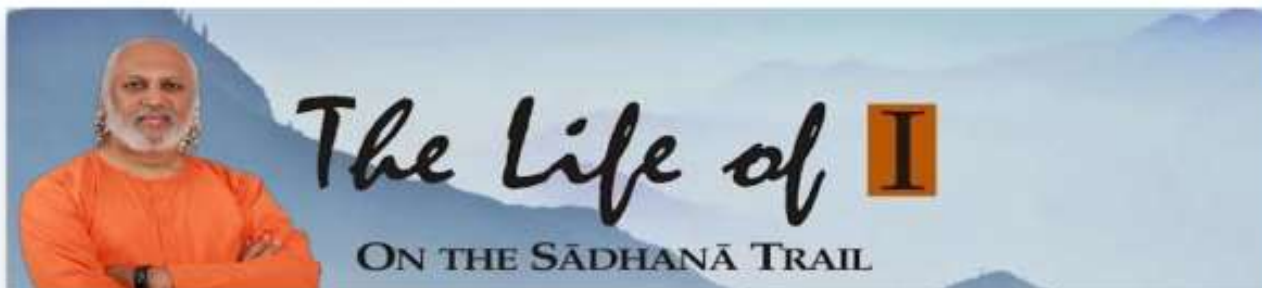


CHINMAYA MISSION WASHINGTON REGIONAL CENTER

Invites you to attend on April 20th 2019 and April 21st 2019,

An interactive workshop by Swami Ishwarananda

Author of the book



In the "Life of I - On the Sadhana Trail" the discovery of the Self is made through the story of an agnostic and his journey from skepticism to spirituality. The means to eternal happiness are described through Vedanta philosophy.

Swamiji reveals age-old truths, teachings and values, irrespective of faith, culture, time and place through a simple take on the complex sermons and teachings of seers in different eras. He conveys the value of dissolving the ego in a very intelligible way to today's busy professionals. The narrative is interspersed with relevant questions on the purpose and significance of love, wealth, work and God in human life.

Swami Ishwarananda is the Head Acharya of Chinmaya Mission, Los Angeles and one of the Directors of Chinmaya Mission West (CMW). An accomplished master of Vedantic philosophy, Swamiji explains the universality of spiritual teachings in an extremely simplified manner for seekers to implement the teachings in day-to-day living. He is a popular spiritual and management speaker in the US.

Swamiji is also a very discerning author providing deep scriptural imports in well-known books like Conscious Living, Silent Search, Mukunda Mala, Dew Drops, Pathways to Peace, Guru Stotram and The Life of I.

Title	"Life of I" workshop By Swami Ishwarananda (in 5 sessions)
Venue	Chinmayam, 46 Norwood Rd, Silver spring, MD 20905
When	Saturday 4/20: 9 AM to 6 PM, Sunday 4/21 9 AM to 3:00 PM
Registration	\$108 per person, if registered by March 17 th (\$150 after March 17th)
	Individual session registration: \$30 per session per person (based on availability)
Registration	Please visit www.chinmayadc.org for registration and additional information
Notes	Participants are encouraged to register for all 5 sessions. Reduced registration fee of \$54 for CHYKs.
	Full Registration includes textbook, yoga class on Sat & Sun & light meals after each session

Contacts

Nalini and Praveen Kumar: 202.744.5026	Pratima and Ramdas Jadhav	240.498.4194
Anita and Raj Kulkarni 301.300.1977	Deepa and Krishnan Seshadri	301.452.1856

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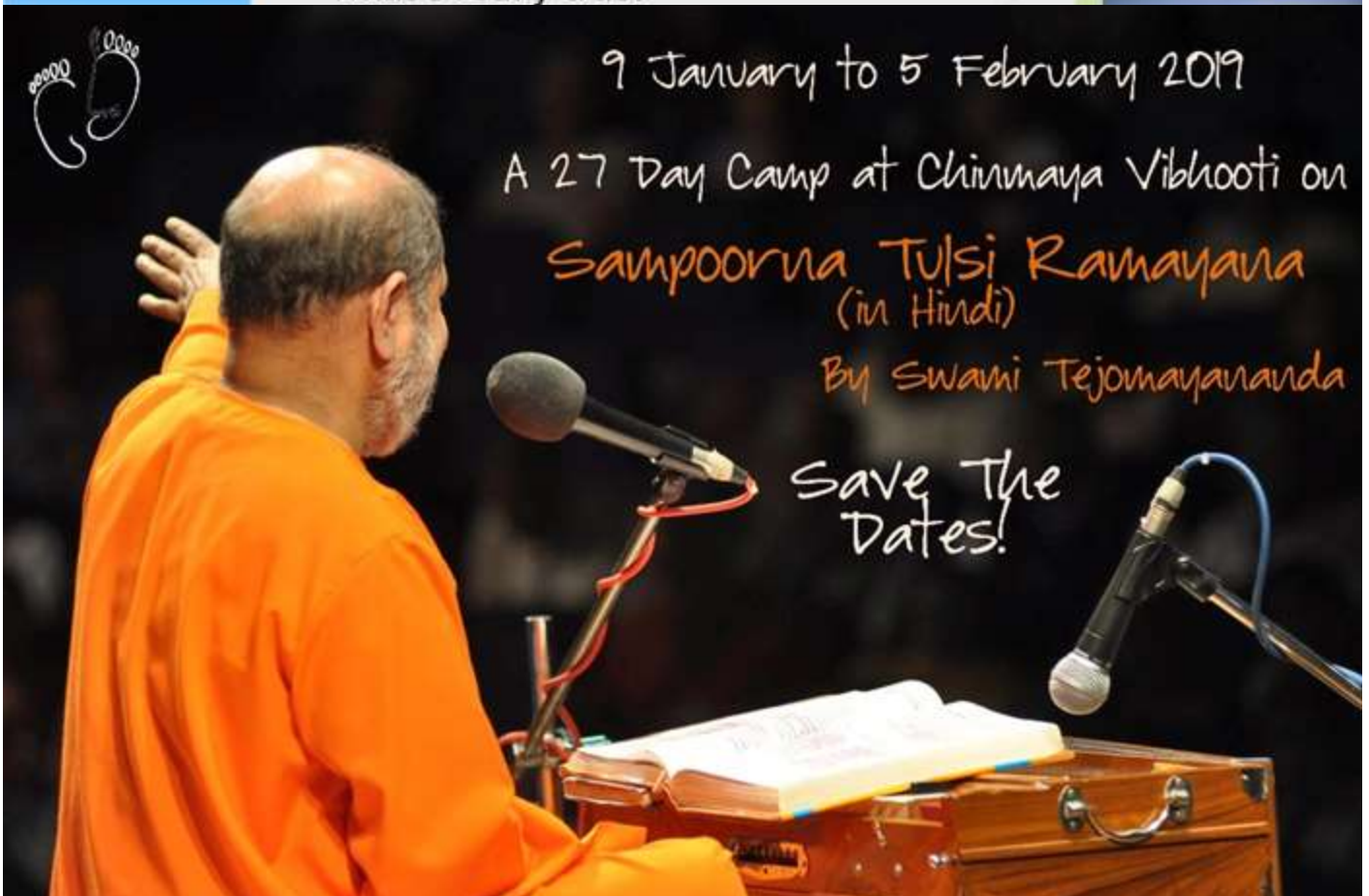
Info session: Sunday Feb 10 @ 12:00 pm

Speaker: Ms. Nancy Wallace

Co-chair, Montgomery County Green Party

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Hari Om Chinmaya Family,

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Chinmaya University founded on the principles of Purity, Spirituality, Practicality and Innovation, our core mission is to blend the ancient and time-tested wisdom of India with present day knowledge fields. It is breaking new ground where necessary and adopting the merits of all that has come before, but always leaning towards the winds of innovation. Striking a careful balance between the old and new, the organization offers common streams of courses with unique electives and supplementary subjects, with an intent to mould the teenagers of today into well-rounded, responsible, value-grounded, young adults that contribute to the nation, and the world at large.

Learn more about Chinmaya University by clicking this [link](#).

Like Chinmaya Vishwavidyapeeth on [Facebook](#).

Attached are additional materials for your review and get insights into Chinmaya University:

1. [Swami Advayananda's presentation](#) about Chinmaya Vishwavidyapeeth's unique Vision & Inception (video)
2. [Chinmaya University - An appeal for support](#) (video)
3. [Chinmaya Shree: Bi-annual Newsletter of Chinmaya University](#) (PDF)

Chinmaya University looks forward to your **continued support and engagement** in the years to come. Please do not hesitate to contact me for any information or clarification.

In His Seva,
On behalf of Dr. AppaRao Mukkamala
Managing Trustee

Swami Advayananda's presentation : <https://www.youtube.com/watch?v=AO9ts04tSM8&feature=youtu.be>

Chinmaya University: An appeal for support: <https://www.youtube.com/watch?v=NADht0NBRxM>

Chinmaya Shree: Bi-Annual newsletter of Chinmaya University:

https://gallery.mailchimp.com/80619a985e5d6e34c2ba01298/files/a46d5eac-b4e8-44f6-94b1-9b553915eb57/CVV_Newsletter_Dec_2018_Volume_1_issue_1_Final.01.pdf

Learn more about Chinmaya University at: <http://www.cvv.ac.in/>

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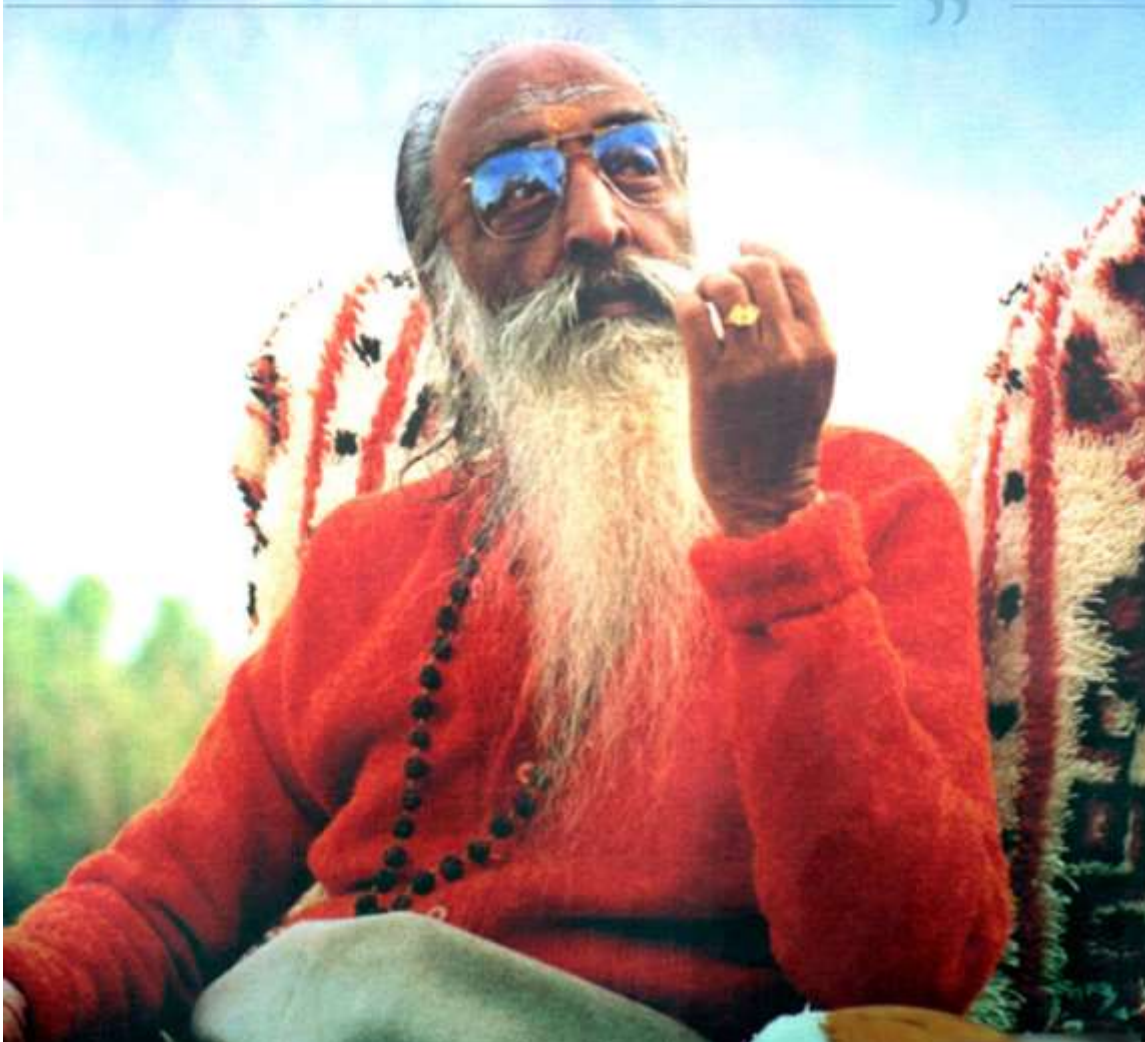
The present is a crucible in which
the past is smelted and the present is
recast into a more covetable and
beautiful mould.

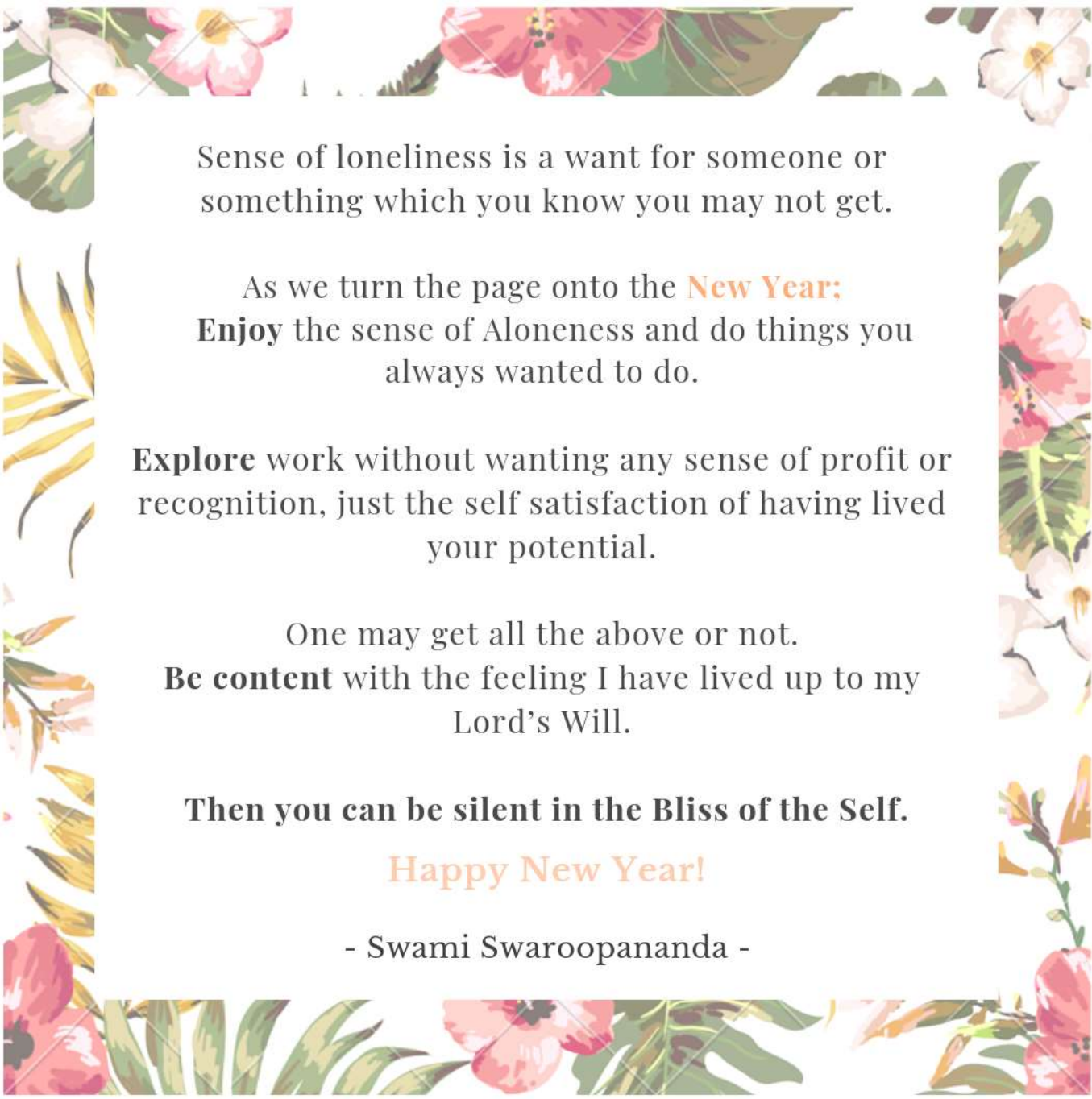
Those who strive thus, to recast the
present into a more beautiful future, to
such people alone the fresh year is truly

"A New Year".

- Swami Chinmayananda -

”





Sense of loneliness is a want for someone or something which you know you may not get.

As we turn the page onto the **New Year;**
Enjoy the sense of Aloneness and do things you
always wanted to do.

Explore work without wanting any sense of profit or
recognition, just the self satisfaction of having lived
your potential.

One may get all the above or not.
Be content with the feeling I have lived up to my
Lord's Will.

Then you can be silent in the Bliss of the Self.

Happy New Year!

- Swami Swaroopananda -

Subscribe to Inspiring Chinmaya Mission Magazines

Mananam Series of Books These are inviting and engaging series of books that go into depth into one selected spiritual theme per edition (Truth, Compassion, Education, Fear- face it, Science of Sciences, and so on) and bring perspectives on it from different thinkers, writers and traditions of the world. The recent editions of Mananam have focused on the life, teachings, inspiration and legacy of Sri Gurudev, in honor of his birth centenary.

Subscription: please write to editor@mananam.org. Current and past editions can be purchased at our bookstores.)

Tapovan Prasad Subscription (print version or E-version). Tapovan Prasad brings out each month - excerpts from teachings of Swami Tapovan Maharaj, Sri Gurudev, Swami Chinmayananda, Guruji, Swami Tejomayananda and CM acharyas. In addition, it captures the pulse of Chinmaya Mission world-wide with reports on happenings and upcoming events.

Tapovan Prasad Subscription Instructions:

1. Please go to www.tapovanprasad.com website
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3. Subscription - Overseas'
4. Choose the required subscription package and then Click on 'Add to Cart' and then 'Go to checkout'
5. Please provide username, password, email...details, etc...and proceed.
6. When you click on Axis Bank / CCAvenue payment gateway, enter details and complete the process. (Do revert in case of any problem)

Please consider Other Chinmaya Magazines for your subscriptions:

- Bala Vihar magazine for children, parents and Bala Vihar teachers. subscription link: http://www.chinmayamission.com/balvihar-subscription-overseas/#.WE_LYvkrJhE
- Chinmaya Udghosh - magazine for youth - appropriate for 13-30 year olds subscription link: http://www.chinmayamission.com/our-magazines/chinmaya-udghosh/#.WE_MBPrJhE

Jagadeeshwara Mandir Suvarna Mahotsava

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Dear All,

Hari Om! Salutations!

Thank you for your participation in this once-in-a-lifetime event – the Jagadeeshwara Mandir Suvarna Mahotsava at Powai, Mumbai in November! The Mahotsava was three days of energising and healing Pujas that culminated with Sahasra Kalash Abhishek of Lord Jagadeeshwara by Pujya Guruji, Swami Tejomayananda, Pujya Swami Swaroopananda, Global Head, Chinmaya Mission and many other Swamins, Brahmacharins and Chinmaya family members. For the success of this programme, our endeavour was to make available this unique opportunity to the maximum number of devotees of the Chinmaya family.

The huge congregation present were indeed blessed to have had the divine experience of performing the Kalash Abhisheka on Lord Jagadeeshwara. To capture some special moments for posterity, our team put in great efforts. As a result, you can see your photographs and re-live the special experiences of this unique programme. Click on the links below to view at leisure, select images of the event, and the Abhisheka being offered to the Lord. We have also put together a video giving us a glimpse of the three days celebrations. Please click on the YouTube link to enjoy the video.

We are extremely grateful for your contribution towards the Suvarna Mahotsava. This will go towards the Chinmaya Vishwavidyapeeth and will help to maintain both the Jagadeeshwara Mandir and Chinmaya Pradeep, the first outdoor experiential Vedantic park located on the premises of the Sandeepany Sadhanalaya, Powai.

Jagadeeshwara Mandir Suvarna Mahotsava Album (Google Photos) links:

1. <https://photos.app.goo.gl/hLLAcmoVdMMnKzzg8>
2. <https://photos.app.goo.gl/higpTxxNW8edLxaZ7>
3. <https://photos.app.goo.gl/fRDfQ2GnxiaRbJL96>
4. <https://photos.app.goo.gl/uZrKtc65WMtDopKbA>
5. <https://photos.app.goo.gl/411p1BMm61BCtiAC7>
6. <https://photos.app.goo.gl/h4BGGLyPj1ftzSQz8>
7. <https://photos.app.goo.gl/xopZCTnjM22dU3oV9>
8. <https://photos.app.goo.gl/fUFimBwt2iPFpLZW9>

Link for the video highlights of the Jagadeeshwara Mandir Suvarna Mahotsava:

<https://www.youtube.com/watch?v=HaPQF4jX2lw&feature=youtu.be>

Don't forget to click on the links above and share these rare memories with your loved ones.

With Prem and Om,

*Ever in His Service,
JMSM Seva Team*

The mathematics of Tat Tvam Asi

Dr. Anoop Kumar

Tat Tvam Asi, the Sanskrit equation that we may translate to “That Thou Art”, may be the greatest mathematical statement of the ancient philosophical texts of India, the Upanishads. Its power and profoundness are recognized in its subtle treatment of the concept of a boundary.

Tat indicates ultimate reality—a reality that has no boundaries whatsoever.

Tvam initially indicates you and I, individuals defined by many boundaries, whether it be the boundary of a physical body, the boundary of our thoughts and personalities, or the boundary of identity itself.

Asi indicates absolute equality.

We may write the same statement mathematically as $Tat = Tvam$. This necessarily appears as a contradiction to the individual mind, which asks,

How can boundlessness equal boundedness when boundlessness is itself the absence of any boundary?

The individual mind’s tendency is to re-write the equation as $Tat > Tvam$, since no matter how large a boundary we create around *Tvam*, *Tat* will always remain prior to and independent of *Tvam*. This represents the mindset of a seeker, which sees Reality or Truth as something different and bigger than her/himself.

In equating *Tat* and *Tvam*, the Upanishads are declaring the apparent difference between boundedness and boundlessness to be superficial. In other words, the equation $Tat = Tvam$ negates the independent reality of boundaries. As the individual mind meditates on *Tat* and *Tvam*, the mind expands and becomes subtler. It begins to recognize its complete dependence on *Tat*, which is prior to the experience of a bounded mind. The subtler the mind becomes, the more the truth of the equation is recognized.

When the bounded mind leaps from its previous understanding of *Tvam* as the bound individuality to a new recognition of *Tvam* as *Tat* itself, the great equation has served its purpose, and is replaced by the final mathematical equation *Aham Brahmasmi, I = Brahman*. In this equation, *I* no longer refers to boundedness but rather to *I-as-boundlessness*, and *Brahman* refers to ultimate reality.

Thus, *Tat Tvam Asi* represents a meditative process that results in a transformation of *Tvam*.

In this process, the negation of boundaries is not blind. The very fact that the words on this screen have distinct meaning is evidence that we can experience boundaries in our world. In fact, the world itself is the experience of a series of boundaries. $Tat = Tvam$ describes the emergence of this possibility with precision, revealing that the experience of any boundary is directly proportional to the experience of the individual *Tvam*. In other words, the more the individual-boundary is experienced, the more the mind is in a bounded state, and the more it reflects a world of boundaries and distinct things. Tinted sunglasses invariably reveal a tinted world.

This offers insights into mathematics because mathematics, like all systems of thought, begins with creating boundaries, since the individual mind reflects its bounded nature in the form of thought. The number 1, for example, has explicit boundaries that differentiate it from 0 and 2. This is precisely why the ancient philosophy of India is referred to Advaita, or non-duality. It is not oneness because oneness is a philosophy that embraces the boundary of all-in-one. Neither is it multiplicity because multiplicity embraces the boundaries of many. Rather, Advaita negates the *independent* reality of all boundaries, whether one or many, while recognizing that boundaries of many kinds can be superimposed and experienced, yielding many subsets of philosophies.

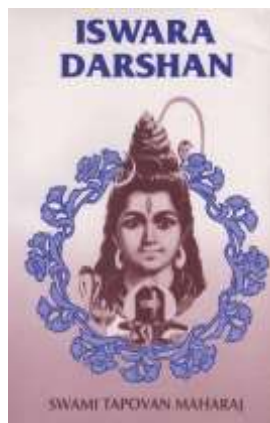
In the absence of recognizing the intimately personal and comprehensively universal significance of boundaries, it is not possible to understand the nature of the world beyond a certain level. This is why there is much argument today over the implications of quantum physics, which seems to describe the boundaries of fundamental *things* like particles as changing and fluid. Such findings are registering the state of a fluctuating mind, not an external, independent world.

Thus, understanding the meaning of the mathematical equation *Tat Tvam Asi* not only delivers liberation from boundedness, it delivers insight into the mechanics of mathematics, physics, and the world itself.

Messages from an autobiography of a Mahatma -10 (Iswara Darshan)

Sitaram Kowtha

Editor's Note: In this series, selected excerpts from the book "Iswara Darshan" by Pujya Swami Tapovan Maharaj of Uttar Kashi, are provided by Sitaram Kowthaji to inspire the students of Vedanta to delve deeply into the glories of a mahatma who inspired our sadguru, Swami Chinmayananda.



Part 1 Chapter 10 – Preparation and Departure from Home

The Eternal Self

As a witness, the eternal Self, of the form of Jnana (Knowledge) dwells in this ephemeral and inert body. It is by the presence of this Self that senses like the eye, the ear and the mind are stimulated to action. Living things are able to inhale and exhale because of its presence. This Self is ever pure, ever knowing and ever free. It does nothing; it enjoys nothing; it has no desire; and it has no duties (actions) to perform. There is neither nescience (ignorance; unawareness), nor false attribution. It is not conditioned by the three states – waking, sleeping and dreaming. It is not subject to ups and downs of worldly life. It is one without a second, and of the nature of pure bliss. This Self is God that creates this world by means of illusion.

It is this Supreme Self that the heroic ones with their tranquil mind, sitting in calm solitudes, realize through dispassion and continued systematic effort, through deep meditation and concentration. All true aspirants should concentrate their minds upon the hidden and noble Self and continue their efforts unbroken like the flow of water.

Guidance to the Aspirants of the Eternal Self

To worthy aspirants, who approach them in the proper way, the spiritual guides, in their infinite mercy, impart instruction on the knowledge of the Truth and initiate them into spiritual exercises. But it is for the aspiring disciples themselves to follow those instructions and acquire the divine qualities by strenuous effort. Even the great saintly preceptors like Vasishtha could only guide their disciples.

It is only by the knowledge acquired by ceaseless personal effort can one put an end to 'samsara' and destroy its roots and branches, once and forever.

One may listen to noble precepts by the hundreds; may master great erudition in the Vedas and Vedanta; may acquire great skill in delivering lectures and discourses; may develop powers of the intellect and become adept in logical reasoning; and yet if that one still remains attached to sensuous pleasures and averse of worship and spiritual exercises, it will be impossible for that person to cure himself or herself of worldly sorrows.

Preparation

Subramania, who had long been aware of this truth, never idled away his time. He vigorously pushed forward with his spiritual practices. He worked harder to realize the Truth. Night and day he meditated long with great concentration on the Supreme Self. Worldly affairs interested him little. He continued to associate himself only with the pious and educated friends who had spiritual inclinations of their own. He gradually severed his ties with his relations. He ate only one a day and dispensed only with milk at night. Having brought sleep under control, he used to spend his nights sitting up in meditation. He undertook long fasts and indulged in spiritual exercises. His body started to shrivel like a sapless tree. Yet his endeavors never flagged.

Partly on account of such long and single-minded practices and partly on account of the great merit had acquired in previous lives, he was able to enter and enjoy 'Nirvikalpa Samadhi' – when all sense of the difference between meditator, meditation and object of meditation disappeared. He could fully realize 'Ayam Aham Asmi' (I am this Self). All intellectual doubts such as 'who is God?', 'what is the nature of a vision of God?', cleared away and he felt his life had fulfilled its purpose.

Subramania continued to visit temples or remote places. His travels took him to remote forests in Nilgiris, Udupi (home of Sri Madhvacharya and center for Vaishnava faith) and Mookambika temple.

At Palghat, many intellectuals versed in eastern and western thought would engage Subramania on spiritual discussion and seek clarifications, and at the same time test Subramania's mettle. Subramania would draw from scriptures to respond to their questions.

Departure from Home

Since his return from North India, three years thus slipped by. His younger brother, Sankara, graduated in law and set up practice. Sankara got married to an eligible girl who was good natured, rich and educated. It was for his sake that Subramania had resisted taking up Sannyasa and remained at home. Now that the purpose had been fulfilled, he no longer desired to postpone the acceptance of sannyasin way of life.

Secretly, he made all arrangements for the great departure. One day, he called his brother, who resembled Lakshmana in fraternal love and absolute obedience, to his side and said "On the next Krishna Ashtami Day, I wish to start for the famous Harihara temple on the banks of River Thungabhadra, near Sringeri mutt, in Mysore state (today, Karnataka). Please allow me to go."

On the Krishna Ashtami Day, Subramania joyously ate his meal with the children of the family and secretly set out to the nearest railway station, Olavakkode, accompanied only by his brother. He got into the train and the train started to move.

After thus spending thirty-three years of his life at home, he was leaving it for good. With tears in his eyes and a heart full of affection, his brother implored him to return without delay. Subramania was moved almost to tears. But he remained silent. His desire to become a sannyasin had its root in 'samskara' of previous lives. It had sprouted in due course, grown, and put forth tendrils and leaves and flowers, but it was only now that it had borne fruit.

To Be Continued

Iswara Darshanam - XIII

Discussion of the 11th Chapter of Gita – Acharya Sadanandaji

Arjuna is describing what he sees. His first emotion is wonder.

Here Arjuna uses the word *dlpta*, the implied meaning is *analaH* or fire that too blazing fire, *dlptahutAsha*. Fire is brilliant and also has radiating heat that burns everything in it, as well as things close by. The brilliant light of fire reveals everything that it illuminates. Fire also stands for speech (*vak indriyam*). We are familiar with the phrase “it is a fiery speech.” By communication via speech only the cognitive thoughts get revealed. Fire also consumes everything like time. Here Arjuna, as he describes later that the *viswaruupa Iswara* is seen swallowing everything that is coming close to its innumerable mouths. As per Vedanta *viswaruupa Iswara* is not only the *sRiShTi*, *sthithi kaara* or cause for creation and sustenance but also *laya kaara* – that involves destruction of everything that is created.

Iswara is not only consuming things as they are dying, but also those who that are on the path to dying. Krishna says at the start of the Gita teaching that – *gatAsUn agatAsUn cha, na anusochanti panDitAH* – the wise man does not grieve for those who are dead and for those who are dying. Death is nothing but change of state, like change of dress as Krishna emphasizes in the sloka – *vAsAmsi glrNani yathA vihAya*. The moment we are born we are heading towards death. From the point of *viswaruupa Iswara* we are in essence slowly approaching the fiery mouths of the *Iswara* at our pace determined by our *praarabda*. He is the *karma phala dAta* or giver of the results of our actions in the past. If one has vision of the total picture, then one can stand apart and watch the drama of life. If one has narrow vision, one only sees the frightening Lord punishing mercilessly even those who are innocent.

Someone asked me recently how to account for the massive destructions of beings when natural calamities such as tsunamis or man-made calamities such as wars occur. There are two types of massive destructions. Krishna addresses, in fact the second one as many going to die in the great *MahabArata* war. The natural calamities are natural, and those who die at that time are due to their *praarabda*. As a rule, everyone gets what they deserve, even if we think looking at local events that we

do not deserve such harsh treatments. Since death is nothing but the subtle body leaving the gross body in search of an environment more conducive to exhaust a new set of *vAsanas*, these large-scale destructions are caused by mass exodus of the *jiivas* from their current environments. In the case of man-made massive destructions including those due to actions of terrorists, both *praarabda* and human free-will or *purushArtha* are involved. Since there are willful actions or inactions that are involved by those who have choice to do or not to do. Everyone has some choice to act for their actions/inactions. Those that do not have any choice in that action are undergoing the results due to *praarabda*. Krishna addresses these in this chapter.

The question is what the attitude of those bystanders should be when witnessing such horrific actions. Someone asked me recently what we should do – I cannot seem to help many people, particularly children, starving on the streets. If we have choice in doing something to help to aggravate the pain of the beings, then it becomes our duty to do so to the extent possible. Not doing when we can do something becomes inappropriate inaction to which we become accountable. The prayer of serenity comes to my mind which clearly states what should be our attitude. For things that are beyond our control, all we can do is pray for their welfare. Hence the prayers – *sarve janAH sukhino bhavantu* – may all be happy or – *kalEvarshatu parjanyaH* – let the rains come on time, etc. Prayers for the benefit of the totality are prayers to the *viswaruupa Iswara* only.

Jnaani also sees the world as it is with both positive and negative things happening. Knowledge does not change the *Iswara swaruupam* but only changes our attitude towards the *Iswara sarUpam*. That which is born must die – *jaatasyaHi dRivo mRityuH*. Arjuna starts seeing this dark side of the *Iswara swaruupam* and from wonderment, fear starts creeping into his mind.

From wonderment, Arjuna goes through intense fear as he starts seeing the destructive aspect involved in the *viswarUpa Iswara darshanam*. Lord is not only a creator and sustainer but also a destroyer. One must understand that it is a constructive destruction. Nothing in the world can be destroyed, as we understand the Law of Conservation in science. Only one thing transforms into another. The body that which is born of food or *annam*,

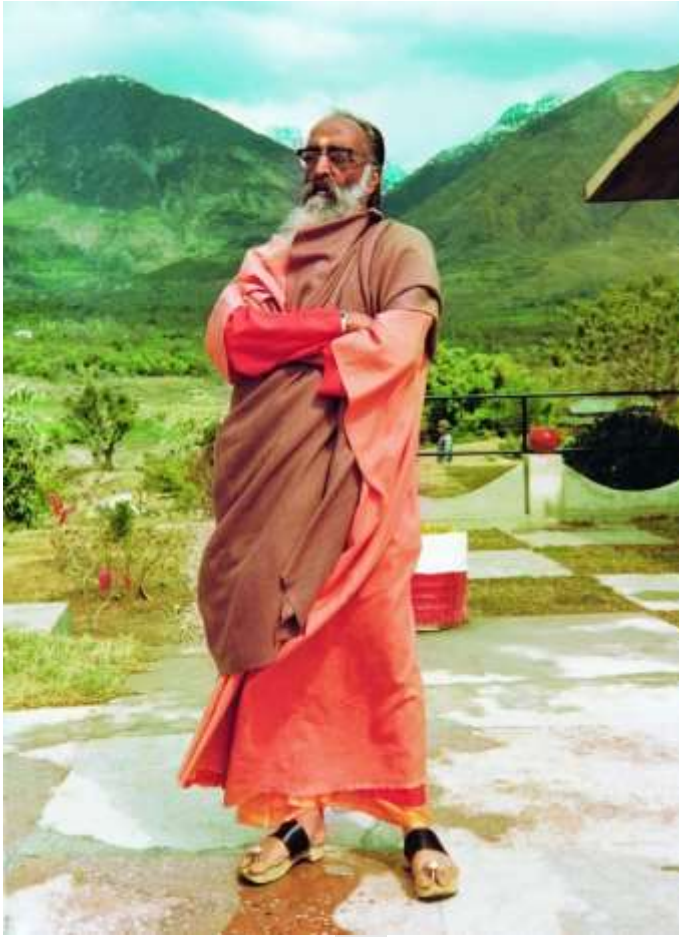
and sustained by food will go back to become food. According to Vedanta the gross body or sthUla sharIra merges with the virat swaruupa or cosmic body, which is nothing but what Arjuna is currently seeing as viswarUpa Iswara. For an ajnaani or the one who has not realized, the subtle body moves from this world to other worlds where it takes up an appropriate gross body conducive for that world or loka, to experience the next set of vaasanaas that are ready to be experienced. It is like in the dream world, where we need a dream body to experience the dream world. If appropriate body is there for functioning in that state, the experience of that world will continue. The Mandukya Up describes the dream body similar to the waker's body in the waking state, both with 19 windows to experience their corresponding external worlds, **ekOnavimshati mukhaH**.

Experience is different from the knowledge. A jnaani is one who understood that despite the experiences of the world of plurality recognizes that he is not in reality the experiencer. He understands all experiences belong to the prakRiti only – **prakRityaiva ca karmANi kriyamAnAni sarvaShaH**. When a jnaani drops his body, his subtle body is no more needed and therefore it merges with the total mind, which is Hiranyagarbha. Thus, there is no real destruction of anything, hence the statement of Krishna that says – that which exists can never cease to exist and that which is not existing can never come into existence – **nAsatO vidyatE bhAvO nAbhAvO vidyatE sataH**.

To be continued.

Gurudev Uvacha

Inspiring Quotes from Pujya Gurudev Chinmayananda



[Editor's Note: Continuing the series of inspiring quotes from Gurudev].

Expose yourself to aloneness. When a person is left alone, he starts thinking about higher reality - about death, life, soul, God and the mystery of all.

Every moment man has the freedom to start a new way of life

To live cheerfully and to fulfill your duties, in spite of all jolts in life, is the WAY to HIM!

One who knows how to give LOVE is a living God upon earth. To gain this mastery is the highest achievement in life.