

Chinmaya Smrithi



A Bi-Monthly Newsletter of the Chinmaya Mission Washington Regional Center

Volume 17, Number 3 -- July 2, 2007

By Improving Yourself, Improve the World!

-Swami Chinmayananda



Frederick Chapter Bala Vihar Children performing Seva

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Mahasamadhi Camp with Pujya Swami Tejomayananda *Sri Gopalakrishna*

Many of you know that our Washington DC Center was awarded the unique opportunity to host the Mahasamadhi Camp for Year 2008. The dates for this camp are **July 28th to August 3rd, 2008**.

What many may not know is the significance of this Camp. It is a Family Camp for 6 days with Swami Tejomayananda and many other Acharyas. It will offer a wonderful set of activities for the children as well as delightful, divine satsang for the adults. There will be attendees from across the USA, and possibly some from abroad. Pujya Guruji (as Swami Tejomayananda is called reverentially) is the World wide head of Chinmaya Mission. He typically conducts only a couple of Family Camps in the US each year. August 3rd of each year is also remembered by Chinmaya family all over the world as the day our Gurudev Swami Chinmayananda attained Mahasamadhi (the day he left this physical body and attained Samadhi/oneness with the Cosmic Consciousness). Hosting a Family camp with Guruji during this period is a unique opportunity offered to only one center yearly all over the world. To many, it is the equivalent of an International Camp.

Preparations have begun in earnest. After months of diligent research, the Camp Committee has finalized the venue. **RockyGap Resort and Lodges** in Cumberland, Maryland (<http://www.rockygapresort.com>) is an award winning beautiful location, next to the Rocky Gap State Park and with hills and a lake surrounding it. The location is very close to Frostburg where CMWRC hosted the 1990 International Camp with Pujya Gurudev. It combines the best of quiet resort luxury as well as the calm serenity of mother nature. It offers abundance outdoor activities for our children.

Swami Dheerananda ji, Vilasini ji and several others have visited the site and are extremely happy with the facility, the surrounding ambiance and the goodwill of the resort staff. We have received Pujya Guruji's blessings to go forward.

We ask that you to block the dates (July 28-Aug 3, 2008) on your calendar for this unique event. More details will follow - so keep a sharp watch. Plan for it as you would for an exciting vacation. We assure you that you will not be disappointed.

Upcoming Events ***Around the Washington Regional Center*** ***Further Details at www.chinmayadc.org, events link***

Silver Spring MD	Youth Camp July 2-6 Summer Camp July 23 – August 17 MahaSamadhi Day August 3rd
Richmond VA	Summer Camp July 23 – August 17

2008-2009 Bala Vihar Session Begins September 8th & 9th, 2007
Language Sessions Begin September 15th & 16th, 2007
Annual Banquet, December 9th, 2007

What's New in the Library

Further Details at www.chinmayadc.org, Publications link

These recordings are now available at Chinmayam.

You may like to mail your check in favor of "CMWRC" to 'Chinmaya Mission, 46 Norwood Road, Silver Spring, MD 20905' for ordering these CDs/DVDs.

Jnana Yagna and Camp by Swami Ishwarananda, Acharya, Southern CA (April 9-15, 2007)

Amrita Bindu Upanishad: *This Upanishad emphasizes that 'mind alone is the cause of bondage and liberation'. It also gives simple guidelines to all seekers about the ways and means to purify the mind, method of contemplation and meditation. At the end, it declares, 'the realized one should discard the text just as one who wants the grain discards the husk!'* **Audio: 1 CD, 7 MP3 Tracks, 6.5 Hrs, \$10**

Bhagavad Gita Chapter 9: *Raja Yoga teaches that to understand ourselves and the world around is to know the secret of happy living. He who is capable of tuning himself to the whole becomes free from all the limitations of finite existence. Unravel the science of Self-Perfection.* **Audio: 1 CD, 14 MP3 Tracks, 10.6 Hrs, \$10**

Maneesha Panchakam: *This beautiful treatise of 5 verses on the 4 maha-vakyas was composed by Adi Shankaracharya. As Acharya Shankara was on his way to the shrine of Kasi Vishwanatha after taking a holy bath in the Ganges, he encountered an untouchable who stood in front of him with 4 dogs. Acharya asked him to move away from the path, to which the untouchable replied: 'What has to go from what? Matter from matter or Atman from Atman?' Stunned by this reply, Acharya realized that the one who stood in front of him was none other than Lord Shiva Himself! This treatise lucidly covers the import of the four maha-vakyas in which Acharya declares the greatness of the Brahma-vidya and the one who has realized is a sad-guru, irrespective of his caste, color or creed!* **Audio: 1 CD, 4 MP3 Tracks, 5.5 Hrs, \$10.00** **Video: A set of 4 DVDs - \$20**

Spiritual Camps by Dr. K. Sadananda

Advaita Makarananda, May 26-27, 2007: *This text by Sri Lakshmidhara Kavi is one of the most beautiful texts on Vedanta sastra. The poet in this short treatise of just 28 verses has brought out the nectar of Upanishad mantras. He establishes through reason and logic the identity of individual self with the universal self. He tries to remove the doubts that arise in our minds regarding the nature of Reality. This text is a must for a serious student of Vedanta.* **Audio: 1 CD, 15 MP3 Tracks, 12 Hrs, \$10**

Upadesa Saara, May 2003: *This text by Sri Ramana Maharishi needs no introduction to most Vedantic students. It epitomizes the essence of the Advaita Vedanta (Upanishad saara implies the essence of the Upanishads) in simple Sanskrit, set to a lilting meter that lingers in the memory.* **Audio: 1 CD, 8 MP3 Tracks, 11 Hrs, \$10**

In Addition.....

Mandukya Upanishad	by Dr. K. Sadananda
Kena Upanishad	by Swami Ishwarananda
Bhagavad Gita Chapter 8	by Swami Ishwarananda
Isavasya Upanishad	by Swami Ishwarananda
Aitareya Upanishad	by Brni. Sumati Chaitanya
Srimad Bhagavatam - Mukti Skandha	by Brni. Sumati Chaitanya
Manah Sodhanam	by Brni. Sumati Chaitanya

Bala Vihar Voices

Bala Vihar

Every Sunday Afternoon

Vibha Sastri

Bala Vihar, Session III, Silver Spring

Every Sunday afternoon

I get in the car

To go to Chinmayam

And attend Bala Vihar

There I see Swami Dheerananda

He is our Guruji

He knows a lot about Vedanta

Which he teaches sincerely

We start with Hanuman Chalisa

And say a verse from Vedanta

Then we pray to Lord Shiva

*And sing an aarthi to Swami
Chinmayananda*

We then say the pledge

And go back to our seats

We do some meditation

While crossing our feet

Swamiji then tells a story

Or leaves us with a question

For which he expects an answer

In the next session

He then asks us to go to class

While reminding us to stay quiet

*He says Maduram, Satyam, Shivam,
Sundaram, Tapovanam*

And last of all Chinmayam

*In the class I study with my
teachers*

*Their names are Karpagam and
Aruna*

*They teach us Alphabet Values
From A to Z*

*I have many friends in the class
Like Pranusha, Meenakshi, and
Ananya*

We all have fun

Studying things like Ramayana

We then come upstairs

To say good-bye

*Swamiji gives us a candy
Just for attending the class!*





Sri Venkateshwara

*Keshav Kowtha
Session II, Bala Vihar, Silver Spring*

Mind vs. Intellect

*Ajay Ravichandran
Bala Vihar – Chinmayam, Silver Spring*

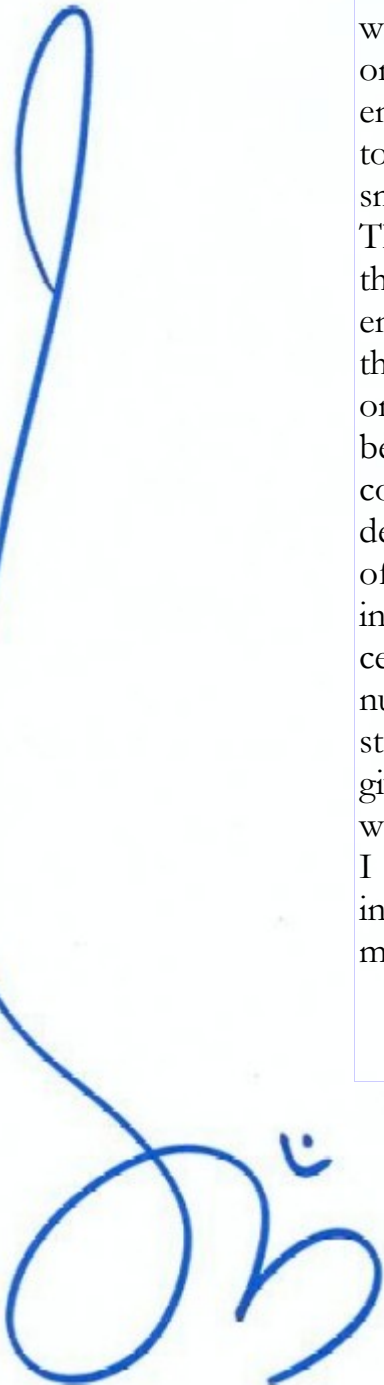
What normally happens when you eat food from a fast food restaurant, like McDonald's? Most people, at least those who aren't moved by the movie Supersize Me, would find themselves back in the restaurant for another round... and another one after that... and another one after *that*. The taste is an addiction, and the need for more grows. Similarly, when a person experiments with marijuana, he will probably enjoy the effects, and will continue to do more and more of it in spite of the long-term harm it brings. This is the human mind's vulnerability to addiction. If the mind finds pleasure in an activity, it feels that it can be stimulated more by increasing the intensity of the activity. Addiction corrupts the mind. The novel The Lord of the Flies, by William Golding, accurately emphasizes this important aspect of the human psyche. In the book, a group of boys get stranded on an island after they were forced to bail from their flight, and they end up developing a system of government. The boys elect a chief (a boy by the name of Ralph), and a group of pig hunters (which was initially a boy's choir). Eventually, the head hunter, Jack, wreaks havoc among the small population and forms his own tribe where he becomes the authoritative figure. He quickly assimilates everyone from the original tribe that Ralph led by means of intimidation, and causes the death of two boys. Although one could quickly place the blame for the events on Jack, the true blame lies with the corrupted mind of mankind, which is the root cause of the events that took place on the island..

Britain was once victim to this corruption of the mind. After establishing a strong economy of their own, they could not be happy with what they had accomplished. They continued to divide and conquer, colonizing various parts of the world, shedding blood when necessary and mistreating natives. The human mind is prone to temptation (this is especially emphasized by the story of Adam and Eve and the idea of Original Sin) and the idea that there is more power out here that can be claimed. This causes the mind's corruption, and this corruption leads to unfortunate events like the ones which occurred on the island in Golding's Lord of the Flies.

Hindu Vedanta (the Hindu philosophy) preaches that the mind is a collection of thoughts as emotions, and the intellect is a collection of thoughts as ideas or decisions. The mind cannot discriminate between what is right and wrong, what is good and bad; however, the intellect has the ability to do so. If the mind is not in synchronization with the intellect, then the ability of thinking is useless.

The mind's emotion when looking at a fire may be that it looks beautiful, but the intellect will make the decision not to touch the fire because it will burn oneself. In relation to the human mind, Jack, and the events in The Lord of the Flies, the mind's collection of emotions includes the desire for more than what one already has. In Jack's case, his intellect is overpowered by his emotions, and since his mind did not have the ability to discriminate, he nurtured the flow of desires in his mind. Thus, he did what he could to get power, even by means of intimidation and bloodshed. His intellect failed to guide in him what was right and what was wrong.

I myself fail to understand why humankind cannot control their desires. A renowned learned man named Swami Chinmayananda made one of the many messages of Hindu philosophy simple through an equation which he called the "Happiness Equation": that is, the amount of happiness one has is the number of desires fulfilled over the number of desires entertained. Because the human mind is so corrupted and many times fails to work in synch with the intellect, the number of desires fulfilled is usually smaller in number when compared to the number of desires entertained. This is because, as mentioned earlier, the human mind always wants more than what it already has. So, when a desire is fulfilled, new desires are entertained. Thus, the denominator of the Happiness Equation is larger than the numerator. Thus, the amount of happiness will always be less than one, which means that the human mind will never attain full happiness because a full number is not reached. If desires are fulfilled, and we can control the surge of new desires, we will be able to at least have as many desires fulfilled as desires entertained, if not more. Therefore the numerator of the Happiness Equation will be more than the denominator, resulting in increased happiness. Then again, if we fulfill whatever desires we have and cease to entertain desires, then the denominator will be zero and the numerator will be any integer – this means happiness is infinite. If we all strive for happiness in this world, why do we submit to the human mind and give in to the emotions and desires we have? How can we have happiness if we continue to entertain more desires as soon as other desires are fulfilled? I believe that as soon as we control entertaining desires, unlike the intellectually weak Jack, we can let the intellect work in conjunction with the mind and increase our happiness.





Frederick Bala Vihar Children Perform Seva

Koman Nambiar

The Frederick Balavihar students produced and performed an hour long entertainment program for the residents of the Glade Valley Nursing & Rehabilitation Center in Walkersville, Maryland. The Center has residents with an average age of 83 years. Most of the residents are in wheelchairs and are in the assisted living mode.

This was an attempt to give back to the community we live in. Ms. An-Lorraine Hertzog the Activity Director of Adventist Healthcare responsible for this program for

the seniors had this to say; *"The program was very well received and I enjoyed looking at the pictures that Brenda took. It was a well thought out program and we look forward to the next time you can be with us. Please thank the Sunday School children for sharing their skills and talents with us. Also be sure to thank the adults that helped to plan and organize the program."*

The success of any program can be judged by the invitation to repeat the performance. From the comments above, we can conclude that this event was a great success!

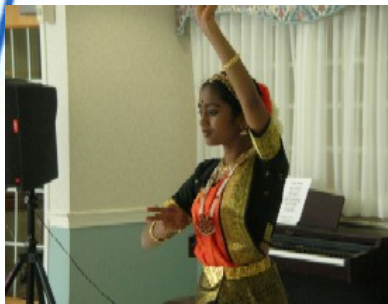
Program Details

The event started with a Kuchipudi dance by the Arora sisters Raveesha & Payal dedicated to Lord Ganesha. Malini Nambiar then had the audience swaying to the rhythm of a saxophone solo. This was followed by a Bharata Natyam dance by Danya Murali. Rohini Nambiar performed 3 numbers on the electronic piano- The Cool Cat Strut, Sonatina in C and The Winter Waltz. The Chainani brothers, Sanjay & Samir had the crowd swaying to the Hari Om song. The next song by Sanjay called "Rhimjhim" the sound of falling rain was a class act. It was about the sound of rain and the joy children feel

when it rains. This was followed by a Radha Krishna folk dance by Priya Shahani, Sanjay & Neil Chainani. A fast paced number well received by the audience. Anmol Tewari's piano recital was next followed by the grand finale, a folk dance with sticks (dandiya) done with grace & charm by the trio of Manisha Tewari, Suneethy Nambiar & Rohini Nambiar.

Many adults helped with the sound system and co-ordination but it must be mentioned that the bulk of the work & organizing was done by the Tapovanam students under the leadership of Samir Chainani.

CONGRATULATIONS TO ALL ON A JOB WELL DONE!



CMWRC Graduation Ceremony

May 2007

Chetana Neerchal, Bala Vihar Teacher

CMWRC held a special ceremony on the afternoon of May 19, 2007, to honor our Chinmayam senior students as they graduate from high school. It was a day of speeches and warm greetings, tinged by a faint sadness that the next time the graduates came back, we would receive them as alumni, not as students.

Swami Dheeranandaji's and Acharya Vilasiniji's messages to the seniors aptly led to the significance of *japa* in their life. Anil Kishore, Director of Bala Vihar, invited the graduates to come, one by one, and receive tilak and blessings from Swamiji and Acharya Vilasiniji. The speeches by the graduates were touching and sweet in their thankfulness for their Mission experience and hope for future. The graduates were presented with a *japa* mala, certificate and a beautiful souvenir which is also available online. Alumni Rekha Kambhampati and Vineet Bhagwat, previously valedictorians at their respective high schools, delivered their messages to this year's graduates with precision, humor and grace. Several other alumni also attended making the event a Graduation and Alumni Day!! The colorful photo session, elegant yellow, orange and white decorations in Chinmayam and Kailas Niwas, tasty snacks, snazzy ice cream sundaes and waffle cones, packed reception where the Mission members and graduates greeted

Acharya Vilasiniji and wished Swamiji a "Happy Birthday" were an eloquent testimony to the spirit of joy and sacrifice of numerous volunteers. The day was made extra special by the precious help from many Bala Vihar students!

To enjoy the pictures and souvenir celebrating our graduates, go to www.chinmayadc.org and click on **Graduation 2007!**

Our Graduates:

Avishek Panth

Meghana Narayan

Prashanth Arkalgud Rao

Anjali Parekh

Neha Sharma

Rohit Gopal

Kalyani Vellanki

Prabash Saxena

Vishal Piratla

Deepa Jonnagadla

Bhiksha Recipe

Meera Ravichandran

Cream of Cauliflower Soup

Ingredients:

1 head of Cauliflower (washed & separated into florets)	1 jalapeño pepper (cut into two)
1 onion (sliced)	1 inch piece of ginger
1 cup of milk	1 cup fresh green peas/fresh black eye peas – <i>Optional</i>
1 Tbsp. all purpose flour	A sprig of parsley/mint for garnishing
2 tsp. cooking oil (rice bran or grape seed)	

Method:

Thinly slice a few floret heads to yield half a cup of floret grains and set aside. Bring the rest of the cauliflower florets to boil in three cups of water. Add desired salt and set aside until it cools. Separate the florets from the water; save the water.

Add a teaspoon of oil in a sauce pan. Sauté onion to transparency, add ginger and pepper. Set aside. Next, blend the cooked florets with water used in boiling. Add the sautéed onions

Heat a teaspoon of oil in a pan. Add a tablespoon of all purpose flour and as soon as it turns golden brown, add the pureed mixture while stirring constantly. Next, add a cup of milk and let it simmer for a few minutes. Garnish with the floret grains and a sprig of parsley/ mint. Serve hot and enjoy!

Note:

- *Grape seed or rice bran oil is heart healthy with a soft nutty flavor*
- *Soup will be creamy white in color*
- *For Variations:*
 1. *Add fresh green peas/ black eye peas (available at Health food stores)*
 2. *Add thinly sliced celery sticks*

Member Musings

Tree of Life

*Anjali Kumar,
Bala Vihar and Yoga Teacher*

*The rise of the Divine Sun is not a horizon
Of indescribable pinks, blues and yellows.*

*The rise of new life is the momentous flash of new source that
changes activity and thought.*

*But first we must die.
Alongside the death of our expectation of entourages,
Of doing and loving,
Of even salvation,
Including the expectation that our love will pave our path to Him*

*Dropping sublime expectation is death.
Even the loftiest in our mind must die
As we live as the feather that
Has not yet touched the earth.
We do not physically die
But the mind dies and
Awakes to the divine sun, our Eternal Source,
God.*

*The brightness of the Divine Sun commits everything.
Decisions and wills are executed
Not rationalized or thought out.*

*Our godly source moves our being
Through history's chess matches.*

*The dead cannot fathom such a life.
The seeking cannot comprehend submission because of the last
barricade,
Even the first born cannot fully embrace eternal life
Until the second death.*



Manikandan

Kamala Harihara Aiyar



The King of Pandalam went hunting accompanied by his entourage. Deep in the forest they found a crying infant who had a gold chain and small bell around his neck. There was nobody around. Since the royal couple was childless, they adopted him as a gift from God. The baby was named Manikandan – the one with a bell around the neck.

Manikandan excelled in all of the education required of a Prince. He often strayed to the nearby jungle. He was fearless. The servants who went in search often found him playing with wild animals as if they were domestic pets! Though intrigued, the King dismissed it as a fearless youngster's play. Otherwise, Manikandan was as normal as any child.

Meanwhile, the Queen had a baby boy. There was much joy and celebrations. The royal children grew up to be healthy, handsome and intelligent youths. Then one day the King announced his intention to make Manikandan the Crown Prince. The Chief Minister of the Royal Court disapproved the choice of an orphan as the successor to the throne. So, together with the connivance of the Queen, the Chief Minister hatched a plan to get rid of Manikandan so that the Queen's own biological son could become 'Yuvaraja'. The ingenious Minister's plan also included the royal physician who was roped in to help execute this scheme. The schemers knew it was impossible to turn the King to change his mind against Manikandan.

Suddenly, the Queen developed a terrible headache that persisted for days. The royal physician's treatments proved futile. The King was depressed. He announced rich rewards for any one who could cure the Queen. Then the royal doctor suggested that the only antidote for this malignant headache was the administration of Tiger's milk. One application and the Queen's recovery would be instant, he firmly stated. The King was aghast. Yet, he offered rich rewards for anyone who would agree to undertake this stupendous task. Who wants to be eaten alive by a tiger-mom while attempting to catch and milk her?

Nobody came forward. The Queen's illness was worsening every moment. Sensing the impasse, Manikandan offered to go. The King refused permission at first. However, Manikandan convinced him that his mother's treatment couldn't be delayed anymore. Unaware of the treachery, the King reluctantly let Manikandan go. The Queen was elated. Can any one come back alive after confronting a tiger- mom, let alone milk her!

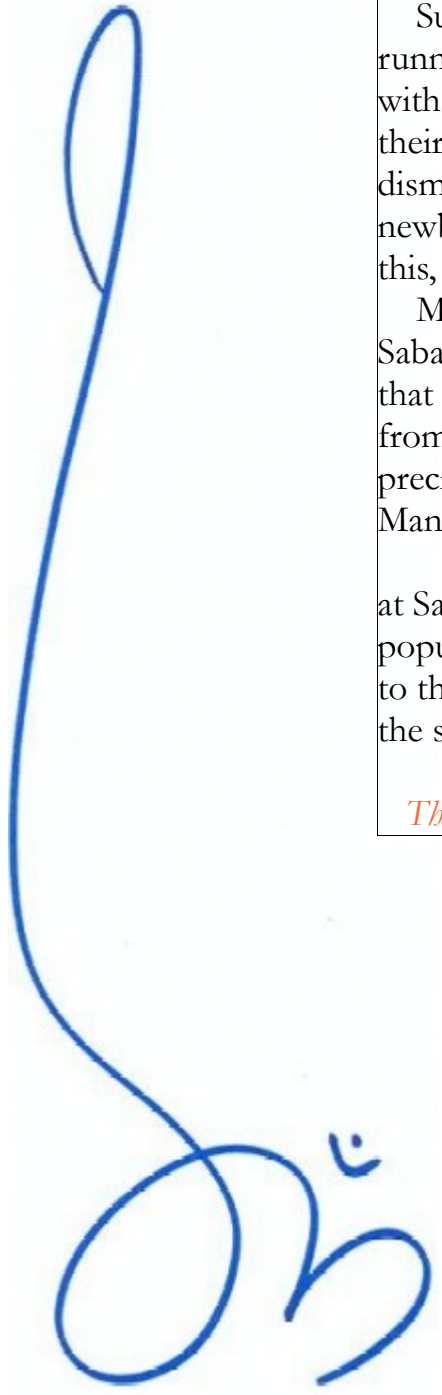
The King feared for his beloved son's safety. Manikandan assured him that he would be all right and departed alone, refusing the customary imperial retinue. A couple of days lapsed. There was no sign of Manikandan or the much-awaited remedy. The Queen and the Chief Minister were planning their next move. The next step was to ensure that her own son would become the Crown Prince.

Suddenly there was a commotion outside the palace gates. People were running helter- skelter. Manikandan was nearing the palace astride a tiger along with a pride of big and small cats! People fled in terror. The royal couple and their servants froze in fear. Ordering the tigers to halt, Manikandan dismounted, bowed, and spoke "Oh King! I have brought a tiger with her newborn cubs. The royal physician can milk her to treat the Queen." Hearing this, the Queen promptly fainted.

Manikandan said, "Father, I'm leaving for my new abode at the sacred Sabari Hills. Mother has betrayed us. My hatred towards women is so severe that I will be a bachelor forever. You will build a Temple for me in Sabarimalai from where I will bless my faithful followers. No woman shall ever enter my precinct. Father you're welcome to visit me in my shrine." So saying, Manikandan left for Sabari Hills.

Even today, the descendants of Pandalam Royal family visit this temple at Sabarimalai in January every year. They pay their obeisance to Manikandan popularly known as Lord Ayyappah. Crores of pilgrims make their annual trek to this popular jungle shrine. Even today, women are prohibited from entering the sancto sanctum of Ayyapah's temple.

This is reproduced from the author's book "Bouquet Garni" –a medley of short stories



An Experiential and Spiritual Journey of a Dancer

Anandi Ramachandran, Ph.D.

An Indian by birth, as a child and teenager I grew up in Sri-Lanka, the pearl of the Indian Ocean, the Serendipity shaped like the teardrop of God, I have been a



8 year old Anandi performing at the civic reception hosted by the Mayor of Colombo for the Chinese Prime Minister Chou-En-Lai in 1956

Classical Bharatanatyam dancer since I was eight years old. My dance career has spanned more than five decades of my life. Growing up in a progressive and extended family my parents and grandparents were established scholars in law and the fine arts. My performances were showcased at an early age before world dignitaries like the Chinese Prime Minister Chou-En-Lai, UN Secretary General U Thant, and Indian Prime Minister Jawaharlal Nehru. I was trained in other dance disciplines like Ballet, Spanish, Kathakali and Kathak during my childhood. But it was in Classical Bharatanatyam that I received the most intense training over the years.

My mother, Kamala Harihara Aiyar had a great passion for dance in her childhood. But my orthodox maternal grandmother, a stickler for ancient rules and norms, could not comprehend Dance as a divine art. “Girls should never entertain the idea of dancing where one’s legs and arms are lifted in public”. She loathed my mother’s ambition to learn, let alone perform dance as absolutely scandalous. It was a definite “NO, NO!” Thus, she succeeded in smothering my mother’s desire to dance. Smarting under disappointment, she never gave up her thirst for dance and finally gave fulfillment through me! o quote Kamala “When Anandi was born, I put my plan to action. The rest is history. Anandi continues to dance even today”.

I continued my dance career after my marriage when I relocated to India. In 1989, we moved our residence to Virginia USA. I danced in ecstasy to the music of my life, totally in love with my 22-year partnership. In July 1992, the life that I cherished and loved shattered to pieces when the love of my life succumbed to an airplane crash.

When the tragic news was conveyed, being in a state of shock I looked at my “Gungurus” (bells) and said to myself I would never dance again. They will never ring again on stage.

That decision was short lived I went through a mystical experience. My seventh chakra (located in the crown of my head) opened. I received the amazing grace from the universe, I continued to dance to heal myself at all levels holistically. To a great extent, my dance filled the vacuum created by the untimely loss of my soul mate.

From that moment I embarked on an inward journey that spanned a period of 10 years. A journey to discover and find life’s purpose and my true self included. “The direction will come,” said Chidvilasananada Gurumayi of Ganeshpurt, Mumbai who bestowed upon me the “Shaktipad”. “Take the



mantle and go out to the world as Anadamayi 11” -Guruji Chitra Bhanu (Mumbai India). And the revelation happened in 2003. The mystical experience that set the stage for my passion, vision and mission to take dancing to a healing level. I was performing with my group the Megha Shakti Dancers, at the Annual Cherry Blossom Festival held in Washington D.C.

The monuments formed the backdrop for this picture perfect day. The sun was gloriously shining to the point that my bare feet felt the heated stage. Suddenly I was engaged in a gigantic cosmic dance. The other dancers faded into nothingness. I was the dancer dancing in a state of meditation. I have been transformed through many a mystical experience. But none could match this; the dancer and the dancing become “one” with the music, the fully bloomed cherry trees and the participants witnessing the performance. I was the witness, witnessing my own performance. The dancer had jettisoned. I experienced an out of body experience that had no beginning or end. It was timeless, space less without any boundaries. A moment encapsulated in the “now”, the “present”. A space, a window of opportunity that was pure silence like the space between “the ticking of a clock”, between the notes in music, a state of “being” not “doing”, a “ah ha” experience, a “quantum leap” into the unknown, I experienced a state of bliss “Sat-Chit-Anand”.

I continue to practice Raja Yoga –a yogic way of life, evolving and transforming myself at any given point of time. A Sadhana is an experiential spiritual journey, not a destination. A path never traveled at all. The key to transformation is the paradigm shift in the mind that comes with the practice of yoga pranayam and meditation.

Final Page

Resources & Links

www.chinmayadc.org

www.chinmayadulles.org

www.chinmayamission.org

Submitting Your Articles

➤ Who can submit?

Acharyas, Visiting Acharyas, Speakers
Secretary

Coordinators (Balavihar, Chapter,
Session)

Bala Vihar students

Bala Vihar graduates

Teachers

Volunteers

Parents and Adult Members,

Friends of Chinmaya mission, etc.

➤ What can be submitted? What is allowed? What is not allowed?

You may submit articles that would be of general interest to the DC area Chinmaya Families. They must be related to the mission activities or may be on Vedanta. The essays and stories should be kept short to less than 500 words, so that we can keep the size of the newsletter reasonably small. However, at times compelling submissions may be allowed even if they exceed 1000

words.

Along with the submission, please provide the details

-Name of the Author

-Submitter's affiliation with the mission

-If applicable, to which Chapter does the author belong

-Bala Vihar session and class if applicable

-Title of the submission

➤ What are some of the possible topics?

World-Wide Mission news of interest to CMWRC

DC Center Events – brief write up on chapter activities (yagnas, etc.) or Balavihar activities (field trips, for example)

Yagnas and Events at other centers

Poems

Stories

Essays

Thoughts or Experience

Plays

-Bhiksha Recipes

-costume ideas for Bala Vihar plays

➤ **What format you may use?**

We prefer submission formatted in Microsoft Word, Open Office, or plain email text. For images, use JPEG, resized to no larger than 3 inches by 3 inches. (Open office is freely available at www.openoffice.org)

➤ **Where to submit content for the newsletter?**

Smrithi@chinmayadc.org.

Use "submission" in the subject line.

➤ **What is the deadline for submission?**

➤ **Send in your submissions early and often. The editorial committee will publish revised newsletter versions periodically. Your submission may be included in a revised edition for the current issue, or scheduled for the following issue.**

➤ **Who to contact for questions?**

Send your questions to smrithi@chinmayadc.org. Use "Question" in the subject line.

➤ **Once you submit, what happens?**

The Articles are reviewed and considered for inclusion in the newsletter. Goal is to include all submissions, but the editorial board has to ensure that the articles can be enjoyed by one and all, that they are appropriate, and consistent with the spirit and values of the Chinmaya Mission. Some articles may be

held for the next newsletter publication so as to keep the newsletter size down to a handful of pages.

➤ **How can Bala Vihar Students Help?**

Middle and High School level Balavihar students may help the editors with spelling and grammar check, organizing and formatting the newsletter, and improving the look and feel to make this an informative, spiritual, fun and attractive newsletter. Currently Harsha Neerchal and Srikanth Kowtha are supporting the editors. Those who volunteer and consistently support publication of the newsletter will be rewarded with a certificate during Bala Vihar graduation.

➤ **What is the editorial process?**

An editorial board consisting of Raju Chidambaram, Sitaram Kowtha, Acharyas and chapter coordinators will review the submissions, and approve final drafts of the newsletter before they are published on the website. In cases where the articles do not receive initial approval, the editors will work the authors to revise or improve submissions

➤ **Your Suggestions**

Please send your suggestions to smrithi@chinmayadc.org, with subject line 'suggestions'. We welcome your ideas, tips, corrections, to help us improve the quality, look and feel, and content.