

Chinmaya Smrithi



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

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To forget oneself totally, one's mind should keep awake at every moment. A mind that has forgotten the past and the future, that is awake to the now, to the present, expresses the highest concentration of intelligence. It is alert, it is watchful, it is inspired. The actions of a man who has such a mind are exceptionally creative and perfect. Verily, to forget oneself totally, is to be in perfection.

-Swami Chinmayananda

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Mahasamadhi Camp with Pujya Swami Tejomayananda

Sri Gopalakrishna

Many of you may know that our **Chinmaya Mission 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 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 US, and possibly some from abroad. Pujya Guruji (as Swami Tejomayananda is reverentially called) is the Worldwide Head of Chinmaya Mission. Guruji typically conducts only one or two 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 all over the world each year.

Preparations have begun. After months of extensive research, the Camp Committee has finalized the venue. **Rocky Gap Resort and Lodges**, a two-hour drive in Cumberland, Maryland (<http://www.rockygapresort.com>) is an award winning resort in a 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 1991 International Camp with Pujya Gurudev. It combines the best of quiet resort luxury as well as the calm serenity of mother nature. It offers abundant outdoor activities for our children and youth.

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

So what can you do?

We ask that you to block the dates **(Monday July 28-Sunday 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.

Annual Banquet
Chandrika Sriram

Our Annual Banquet is one of the popular major events of the Mission

This year's banquet is on

December 8, 2007

at the University of Maryland Marriott Conference Inn.

The Key Note Speaker by devotees demand is

Acharya Sumati Chaitanya

As you all know, she is a great speaker,
wonderful kawwali style bhajan singer.

Please mark your calendars now.

WE HAVE A SEPARATE PROGRAM FOR CHILDREN AND TEEN AGERS AGE 5 AND UP SO THAT PARENTS MAY ENJOY THE EVENING WITHOUT WORRYING ABOUT CHILD CARE. AS USUAL THE TALK WILL BE FOLLOWED BY AN ELEGANT SIT-DOWN DINNER.

WE ARE CERTAIN THAT WE CAN COUNT ON YOUR
CONTINUED FINANCIAL SUPPORT - TICKETS WILL BE SOLD
VERY SOON.

MEANWHILE PLEASE MARK YOUR CALENDER FOR

DECEMBER 8th 2007.

Please be sure to check out the website for latest
information on

Events, Calendar and Library/Publications

Bala Vihar Voices

Ganesha and the Mango

Lakshmi Pillai, 4th Grader

Bala Vihar, Springfield

One day in Kailasa, Shiva and Parvathi were happily spending time with their sons Muruga and Ganesha. Then sage Narada came by.

"Narayana Narayana"!

Sage Narada gave his respectful pranams to Shiva and Parvathi.

Shiva and Parvathi were very pleased to see Narada and gave him their blessings.

Narada was so happy that he gave one juicy mango to Shiva and Parvathi.

When Narada left Kailasa, Muruga and Ganesha thought they should both have the mango. Shiva said that Muruga and Ganesha had to share the mango. They said "I don't want to share it with him".

Then Shiva gave them a test. The test was who ever circles around the world 1st wins the mango.

Shiva said "On Your Mark Get Set Go".

Muruga went on his beautiful peacock and started to circle around the earth.

But Ganesha rode on his small little mouse and went around Shiva and Parvathi and said " You are my world ".

Shiva and Parvathi were so happy that they gave Ganesha the mango.

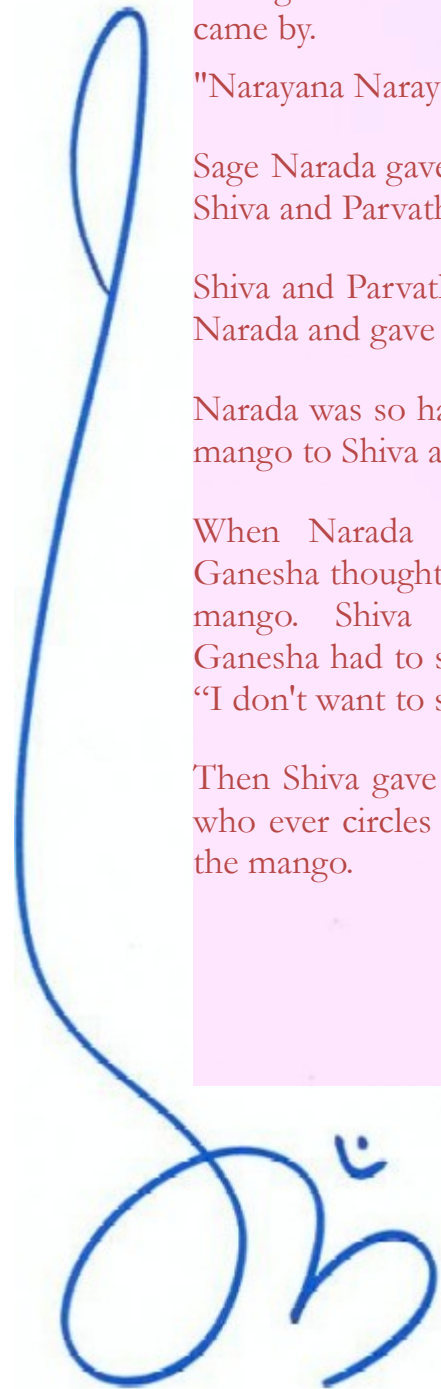
Muruga was so mad that he took of all his necklaces and bracelets and went to the forest, leaving his parents and his brother.

Mythology says Muruga went to Palani, in Tamilnadu, South India.

Friends, I have been to Palani to see Lord Muruga. It is a very beautiful temple on a hill.

Hari Om!

End.



Performing Arts Annual Day

Vishnupriya Krishnan
Bala Vihar – Tapovanam, Silver Spring

***Brahmany-adhaya karmani sangam tyaktva karoti yah
lipyate na sa papena padma patram ivambhasa.***

*He who does actions, offering them to Brahman,
abandoning attachment, is not tainted by sin,
just as a lotus leaf remains unaffected by the water on it. Gita (V-10)*

On June 2, 2007, Chinmaya Mission Washington Regional Center celebrated its 6th Performing Arts Annual Showcase with a wide variety of performances, creative offerings to the Lord. After Vandana Aunty's warm welcome to all the attending families, Latha Aunty and Laxmi Aunty, who teach Carnatic music to young aspiring singers, gave a beautiful rendition of "Sharanu Siddhi Vinayaka" as the Invocation.

The main program opened with a lovely Punjabi Bhangra dance entitled 'Let Us Learn to Dance' that eight children participated in. The participants were Karan Luthria, Vivek Mehta, Sahiti Nadimpalli, Asha Kunchakarra, Isha Darbari, Roja Kambhampati, Rupa Kambhampati, and Ayushna Kavathekar. Parents did a wonderful job of putting together the traditional costumes for the dance, and the talented youth teachers Komal Dilawari and Divya Puri choreographed the piece.

Next, Laxmi Aunty's student, Jyothsna Rao, from the Level I Carnatic music program, graced us with a few bhajans in praise of Ganesha, Devi, and Narayana. Rohan Prasad, who also accompanied the violin performances, joined them on the tabla.

This was my first year as a youth teacher. I had two students in my class, Abir Muhuri and Pranusha Kareddy, and enjoyed teaching very much, as I found them both to be extremely motivated. Abir and Pranusha made great progress. They played an English folk song each and then concluded with Siva Pancaksara Stotram, a bhajan Swamiji had taught at summer camp last year.

Chaya Riggs, Shreya Tandri, and Anjali Mahadevia then sang a few compositions of Sri Purandara Dasa and Sri Tyagaraja. This year they studied with Latha Aunty, who is a highly accomplished singer herself. These students participated in the Level II Carnatic music program, which is slightly more advanced.

Next, I performed an unaccompanied excerpt from a Mozart violin concerto, one of my favorite pieces. My friend Nina Beri and I played Vandana ke in swaron mein (another summer camp Bhajan), Pirates of the Caribbean theme music (a favorite of the children), and Om Jai Jagadeesha Hare. We really enjoyed putting together and practicing the songs and bhajans. We were accompanied by Rohan Prasad on the tabla, who showed his mastery of the instrument even as an accompanist.

Komal Dilawari and Divya Puri, youth teachers of Bhangra dance, once again displayed their dazzling talents for choreography and danced to a mix of songs selected and coordinated by them. After this performance, Priti Aunty's dance students did a Gujarati dance of Garba Raas entitled 'Welcoming the New Bride.' The costumes were again exquisite and the children coordinated very well. The participants were Sahiti Nadimpalli, Asha Kunchakarra, Ayushna Kavathekar, Isha Darbari, Roja Kambhampati, Rupa Kambhampati, and Purvi Nanavaty.

These stunning performances were concluded by a dance superbly choreographed by Urvi Aunty. Seven aunts participated in this Gujarati Dandiya Raas entitled 'Gopis of Vrindavan.' The participants were Dr. Urvi Mehta, Chandrika Sriram, Deepika Darbari, Devayani Kavathekar, Devayani Rawat, Geeta Luthria, Priti Mehta, and Vandana Bapna. It seemed as if the dance transported us to Vrindavan where Krishna danced with the Gopis.

Acharya Vilasiniji, the Director of our Bala Vihar program and a wonderful teacher, said that she was extremely happy to see students having such a zest for learning and performing—displaying various facets of Indian culture. The teachers were called out and recognized one by one. Arati was then done as Usha Aunty and a few other members of her Bhajan class sang the 'All-Deity Arati.'

Our beloved Swamiji then gave us the message that the teachers were successfully passing on the knowledge of their various arts, and at the same time, it was enjoyable to the children. He expressed his joy at seeing the youth perform as they carried on the rich cultural and spiritual traditions of India while honing their talents.

A vote of thanks was given. Vandana Aunty likened the day to a wedding of 'Joy' to "Performing Arts". Then, the Shanthi Paath and Brahmarpanam were chanted and everyone went to Kailas Niwas to partake of delicious refreshments after a grand, successful day.

The day was filled with a myriad of talents and was thoroughly enjoyed by everyone. Thanks to all those who participated, supported, and attended!



Frederick Chapter Seva

Devi Ramaseshan

The Frederick Rescue Mission is a recovery residence for people suffering from substance abuse. They also operate a soup kitchen for the community and assist individual families with basic needs. This organization is supported by various charitable organizations in the area.

Chinmaya Mission Frederick has begun to assist the Volunteer coordinator, Ms. Helen Kim with some of their needs. A recent article in the Frederick NewsPost indicated that their food supply was depleted.

Keeping Gurudev's message in

mind: **"He, whose life is constantly dedicated to the service of others, is a true life-member of the Chinmaya Mission"**

The members of the Fredrick chapter organized a food drive at short notice.

Lots of enthusiasm was shown by the member families. They were very generous in their donations. Neatly packed items were delivered to The Rescue Mission. We plan to do more seva in the coming year, catering to the needs of the Frederick community

Top: Frederick Chapter members delivering food supplies, seen here with some residents and Ms. Kim the Volunteer coordinator.

began with the steel bars being cut away. Doors that once kept men locked away were removed. Remnants of the old jail remain today. Nubs of the cut away bars, thick concrete walls, catwalks, and the massive brick wall enclosing the exercise yard are but shadows of the past in the light of what is and is to come. The building was appropriately named the Beacon House.

Bottom: The building dates back to 1875. In 1986, the Mission's ministry expanded with the purchase of the old Frederick County Jail building at 419 West South Street. The process of transforming the jail into a home



CONGRATULATIONS TO ALL ON A JOB WELL DONE!



CMWRC Volunteer Appreciation Day

July 2007

Chetana Neerchal

Bala Vihar Teacher & Bala Vihar Graduation Coordinator

The confetti of orange petals scattered by Geeta Chandran, on the Chinmayam stage, at the end of her dance recital were symbolic of her performance that evening – bright, delicate and utterly beautiful. Geeta Chandran, 2007 Padma Shri award winner for Art, graced Chinmayam stage on July 21. The occasion was to appreciate the seva spirit of numerous volunteers. Clad in saffron and gold, Geeta's dance was touching in its simple spiritual grandeur, celebrating various Hindu deities. Radha's love for Krishna, Shiva's austere mystery, Devi's power and beauty expressed by Geeta, in Bharatanatyam's ancient art form, wafted amid dinner conversation, as Mission members gathered around stalls serving fresh dosas and chat. A lovely midsummer evening, complete with a crescent moon, slowly joined by stars in a twilight blue sky.



Avocado

Nirmala Limaye

Mum ...yummy! Nice taste. That was my first experience of tasting guacamole salad made from avocado. I had just arrived in the U.S. I decided to make the salad myself. Here I was in the grocery store searching for avocado. How does it look? Or feel? I had no idea. A fellow shopper pointed to the avocado. I bought 2 and came home, and started cutting it with the knife. It was hard like wood! That's not what it is supposed to be! I threw the whole thing in trash bin. My curiosity did not stop when I mentioned to my friend about it. "You bought an unripe one so, if you kept it for some it would have ripened."

I went back to the store and bought a ripe one which had brown skin and soft feel.

I began to cut it. It was soft, but to my surprise, it was so messy to remove the skin and take the seed out. Frustrated, I left the kitchen and turned on the food channel.

To my surprise, the chef was demonstrating the art of cutting –guess what! An avocado! One smooth cut in the middle of it, he twisted the two halves and sure enough, the clean seed popped out. The next move, he placed a blunt knife under the skin, separated the pulp from it, inverted it on a plate and voila! The pulp came out nice and clean. My pleasure had no bounds. I learned the art of cutting an avocado!

The rest is history. I added lemon juice, salt, tomatoes, grated cheese, a sprinkle of pepper and coriander.

While enjoying the salad I started thinking that acquiring Gyanam is like that too.

You get first the sweet taste of it when attending the Gynana-yagnya and then you start to find the means to get correct knowledge from Swamiji who guides you to the books and scriptures. That alone is not enough. If it does not taste the same then, you attend lectures, ask questions. Contemplate on the answers (sadhana)

Avocado is the Gnana ,It has to be studied by proper guidance,(cutting it properly) then doing it yourself (sadhana again) Then add cheese of Bhakti, tomato of shraddha, salt of dhruti, pepper of yoga a little sprinkle of coriander of ritual.

We get a highly enjoyable dish of knowledge that you want to make again and again and taste the nectar of Ambrosia

River Ganga, Global Warming, and Dharma

Suchitra Balachandran - Bala Vihar Teacher

The River Ganga is the ultimate symbol of all things spiritual in Hinduism. Starting her life-giving journey in the glaciers of the Himalayas, she makes her way across the northern Indian plains, marking our holy cities as she flows: Rishikesh, Haridwar, Allahabad, Banaras, and finally joining the mighty Brahmaputra River, empties into the Bay of Bengal in the Indian Ocean. It is not difficult to fathom why this perennial river, fed by monsoons and snow-melt is held in so much reverence; water is the main necessity for all life and the ultimate Hindu philosophy views all life as God.

On Sunday, June 17, 2007, the Washington Post reported that the Gangotri glacier was melting, and by 2030 the Ganga would become a seasonal river fed by monsoon rains alone. No longer would her icy waters embrace the weary pilgrims who came up from the hot Indian plains to Haridwar in May, as we did that summer of 1970 from my grandparents' home in Delhi. The Ganga would run dry in April and May, and wait for the monsoon to arrive. Unimaginable, but true!

The cause of the receding Himalayan glaciers is of course now obvious to us; we human beings are burning excessive amounts of carbon-based fuels, resulting in the release of carbon-dioxide, which in turn traps sunlight and causes the earth to warm and the glaciers to melt. While the changing global climate was not news to me, when put into the context of the future of the Ganga, it gave me pause to stop and reflect.

It is worth considering how we got to this stage. The developed countries have been, through their energy-consuming lifestyles, setting the stage for this catastrophe for the past 100 years and accelerating towards the end for the past 50. The large homes with the demand for heating and cooling, an automobile for each adult, sprawling developments which result in many miles of commute from home to work, endless and ever increasing numbers of products and consumables which are bought and discarded with gay abandon, all led to the climate change we now face. And the worldwide promotion of this lifestyle, advocated by the haves and eagerly embraced by those who desire the same, accelerates us towards the climate change precipice.

As Al Gore said in the movie "An Inconvenient Truth", when faced with the prospect of climate change, it is possible to cross directly from disbelief to despair. It is easy to say "this problem is too huge for me to tackle" or "what possible difference could I make by reducing my energy consumption?"

There is only one response to these questions: it is our duty to live a dharmic life. It matters not whether all others do, or if no one else does. We are each entitled to take from nature that which we need to sustain ourselves, and in defining that need we must understand its consequences. To guide us in our definition, it is worthwhile keeping in mind the phrase "Ishavasyam Idgam Sarvam", which translates to "everything is clothed in the Lord". As we view the world around us, ensure that this entitlement is given to all living creatures in this world. Each and every action we take under this paradigm will serve to raise our awareness and lead us on the path to sustainability and right living.

Lakshman Rekha

Kamala Harihara Aiyar



Rama was to be crowned King of Ayodhya. The jealous Kaikeyi, King Dasharatha's favorite consort, reminded him to fulfill two promises he had given her earlier. Unaware of the impending calamity, Dasharatha agreed. Kaikeyi demanded Rama be exiled to the forest for fourteen years and her own son Bharata be crowned as monarch. Relinquishing his rights to the throne, Rama conceded and went to the forest. Broken-hearted, Dasharatha died. Rama's wife Sita and his brother Lakshmana accompanied him in exile.

After walking for several days, they reached Panchavati near River Godavari. The dutiful and versatile Lakshmana constructed a thatched cottage in which the couple could live. Rama's birth as a human being was to protect the ascetics from the marauding *Rakshasas* (demons). Rama, Sita and Lakshmana were enjoying their life in the jungle.

One day a golden spotted deer strutted before Rama's cottage. Sita was attracted by his unusual brilliance. She had a great desire to have it as a pet to play with. She requested Rama to capture it. Lakshmana suspected that this was not real, but a phony deer. Suspecting this to be the work of a mischievous fiend, he advised Rama against pursuit of the animal. Sita wouldn't listen and cajoled Rama to catch it. Happy to please his wife, Rama set off after the deer urging Lakshmana to guard Sita while he was away. When Rama was close enough, the deer would dart off. It was teasing Rama. This was a ruse to lure Rama away from the hut. Tired of this game, Rama shot the animal with his arrow. The deer cried in the voice of Rama, "Ah! Sita, Ah! Lakshmana," and died at once. The fake deer was indeed Maricha, the uncle of Ravana, the King of Lanka.

Sita and Lakshmana heard the cries. Sita feared that her husband was in danger. She urged Lakshmana to go to Rama's aid. Lakshmana knew that no harm could befall his brother. Efforts by him to calm her were futile. Unable to bear her sorrow and insinuation of his desire to possess her, Lakshmana left to help Rama. Before leaving, he drew a circle around the cottage with his bow. He said, "I'm sure Rama is unharmed. Yet I'm going because of your alarm. Destiny will take its course. Let Dharma protect you. Please stay within this circle. Don't venture out under any circumstances." So saying, Lakshmana left. This outline drawn by Lakshmana is known as **Lakshman Rekha**.

Ravana came, disguised as a mendicant seeking food. Sita was inside and Ravana outside. The energy discharged from Lakshman Rekha was so intense that Ravana couldn't breach it to go inside. Hindu norms say it's improper to transact anything while the parties are stationed on either side of a line. Both must be on the same side. Ravana cited scriptures and tempted Sita to step out of the 'Lakshman Rekha'. When she did, Ravana kidnapped Sita and took her to Lanka.

Editor's Note: Sita had to cross Lakshman Rekha to do her duty, realizing the danger in doing so. What would have happened if Sita had not crossed the Lakshman Rekha?

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



Insights From A Trip To The Beach

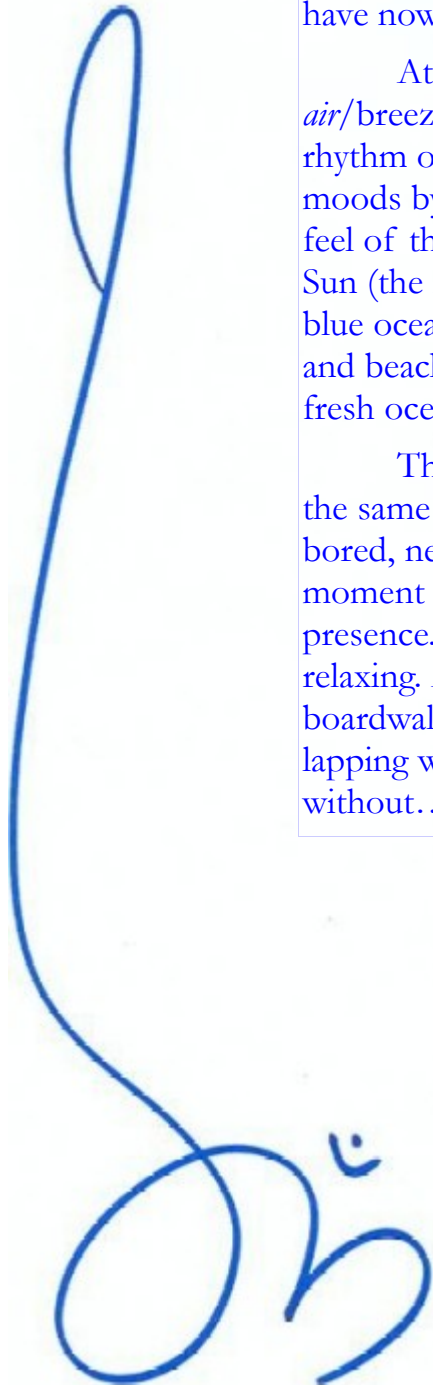
Vandana Bapna, Performing Arts Coordinator

When we first came to the United States, almost everyone talked about vacation/s to the beach. It seemed as though nothing else enticed them during the leisurely summer months. Coming from India, this was a puzzle.

Slowly but surely, this mass love for the beach started to rub in. Initially, out of plain curiosity and a sense of adventure, we started making trips to the beach. We have now joined the masses in our love for the ocean trips.

At the ocean, the five Panchamahabhootas (*earth/sand, water/ocean, fire/Sun, air/breeze and ether/sky*) unite gloriously. The five senses are bathed in the cosmic rhythm of this life by the ocean. The *sound* of the lapping waves in its different moods by the tide and the seagulls encircling the beach with their flaps, the *touch* and feel of the cool water, warm sun, soft sand and gentle breeze, the *sight* of the radiant Sun (the moon and stars at night) across the gorgeous sky reaching the shimmering blue ocean that is lined by the pliable sand beaches as well as the colorful umbrellas and beachwear dotted by joyful families and surfing youth, the *smell* of clean air and fresh ocean breeze and the *taste* of the salty mist along with the picnic meals.

The experience is purely exotic, a nature's gift for sure. The ocean has played the same role for millennia...as far as human history can be traced. It never got bored, never demanded, never expected, never reacted. The joy that it gives from moment to moment defeats any other form of manmade entertainment by its sheer presence. It can only inspire, refresh and energize while simultaneously soothing and relaxing. At dusk and night, when most are busy surfing the lights and sounds of the boardwalk, it is a perfect opportunity to go and sit quietly by the sound of the lapping waves on the cool soft sand. It is a great spot to reach the silence within and without...amidst the dance of the universal energies.



Above all, the ocean teaches you to graciously accept life's experiences as they come and go...just like riding its waves, both governed by the cosmic laws. In the waters by the beach, amidst the roaring waves, one quickly learns that resisting and fighting the force of the waves is futile. It only makes you stumble, fall down, get frustrated, and suffocated. The more one resists the waves, the more helpless one becomes, sounds like being a victim of circumstances? The trick to win is to ride along with the waves in its ups and downs. It is such an enjoyable, exhilarating and empowering experience. The ocean accepts all, rejects none, but reflects the attitudes and the laws of life.

Just like the ocean waves, if we can ride the experiences of BMI, the experience of joy would be visible in every moment. Joy is ever-present. The light of joy gets hidden by the clouds of our likes and dislikes... when we resist the waves of what life brings to us through its cosmic wisdom.

I urge everyone to make a trip to the beach and experience this firsthand. Even if you don't enter the waters, stand by the beach and observe. Watch those who resist and fight and lose the battle with ocean. They go back into the ocean even more frightened and fragile. And then, watch those who ride the waves or surf the waves. Take back the lesson of their joy, their courage and wisdom.



Ha.. ha.. I'm the Doer

Aziza Meer

What a joke!!!

I am all anxious and my heart pounds for every little thing because I'm doing this that or the other. If I do well, I'm still doing it and so I'm anxious. When compliments come to me, my mind anxiously flies to think of how good my action was and how very well I did it. If I don't do well, I'm still the one who did not do well and so I'm all the more anxious about it.


How do I give my poor heart a break from pounding? I'm waking up in the middle of the night, a bunch of times, thinking of what I did or didn't do. I know my friends who also do this anxiety routine, and they are moms and that's why they do it. One of them is a relatively new mom and she just started her anxiety routine. As children grow older, this habit gets stronger in moms and the anxiety starts to peak. My case is one that peaked. May be the next step is heart disease, sleepless nights, and may be high BP and whatever else—I'm at this point guessing the list, but soon I may be speaking from clear knowledge of real diseases I collected—if I don't watch myself. I find myself not breathing enough during the day. Just holding my breath and waiting to do or not do one thing or the other like my life depended on it.

I'm anxious for a solution to this anxiety. They say problem recognized is problem half solved. So I recognized the problem, and I then went to the temple asking God for a solution. Now, at the temple, before I asked Him anything, God asked me, "So how come I didn't see you for so long. Didn't you promise to see me sooner?" Yes, I distinctly remember the promise. Another pounding heart that screamed "you failed." But then I told Him, "God if you keep heaping me with responsibilities and children with fevers, colds, stomach aches and bosses with expectations... how can I possibly make it to you? I wanted to come, assigned time to make that trip, but you didn't give me a break from surprises to fill my day with. I was fulfilling my responsibilities and that's the most important form of prayer isn't it?" A long explanation and as I am giving this explanation the light is flickering in my mind. So it is God who heaped those responsibilities and circumstances that kept me from coming to the temple. Then who is that "I" who is achieving and failing day after the day, making my heart pound and stopping me from breathing my fill?

Vedanta, my friend, please give me the logic to practice the wisdom that God just gave me! I want to live in the present moment. And don't carry a baggage of "I did this" "I didn't do this" because "I" is not doing these.

When??

Aziza Meer



After three grueling weeks of work and stress	I longed to be home
I reached the rock bottom	I longed to be home
My mind felt weak	And a voice spoke to me
My body felt tired	From within
I wanted to be with my best friend	Said "keep your heart warm and open for me
Again	Let me reside in you"
But she is dead	Sometimes when people sit in front of you and speak
From Cancer	You still don't register what they said
And not long ago;	And their presence does not feel too real
I wanted to be with my mom	And their words fail to touch you
Eat the food she made	Sometimes, abstract voices,
Served hot after a long day's work	although abstract,
Be she is dead	Are very concrete
Not long ago;	And more concrete than a physical presence.
My soul longed for home	This voice is more real than reality
Home....Home....Home	Sitting in me
My soul longed for home	It is Me
My soul longed for home	A magnet strong enough
The sights and sounds of India will soothe me	No home, no family or friend
My sister's voice and her home will feel just fine	I need
But I'm here and my duties at this point are here	when on His presence
My in-laws, my parents for now, are far away	I can feed.
I longed to be home	

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
- Bala Vihar Teachers
- Volunteers
- Parents and Adult Members,
- Friends of Chinmaya mission

➤ 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 with 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.