

Chinmaya Smrithi



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

Volume 26, Number 1, January 28, 2016



Chinmayam (Silver Spring MD) Gruha Pravesam Ceremony

BIRTH CENTENARY YEAR OF SRI GURUDEV, SWAMI CHINMAYANANDA

Calendar and Upcoming Events

Upcoming Events

- Saturday/Sunday March 6 – Maha Shivaratri celebrated during common time
- Monday March 7 - Maha Shivaratri observed
- Saturday, April 9 - Geeta Chanting Competition at Chinmayam (Silver Spring MD) and Chinmaya Somnath (Chantilly VA)
- Sunday April 10 – Geeta Chanting at Frederick (Urbana MD)
- Friday April 15 – Sri Rama Navami
- Saturday/Sunday April 15-16 – Sri Rama Navami celebrated during Common Time
- Thursday April 21- Hanuman Jayanti celebration

Study Groups

- Please contact Sri Kishore Bala ji by email at kishorebk@hotmail.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 2016, are due by March 1, 2016
- 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

Washington DC – Chantilly VA Chapter website www.chinmayasomnath.org

Washington DC – Frederick MD Chapter website www.chinmayafrederick.org

Washington DC – Richmond VA Chapter 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)



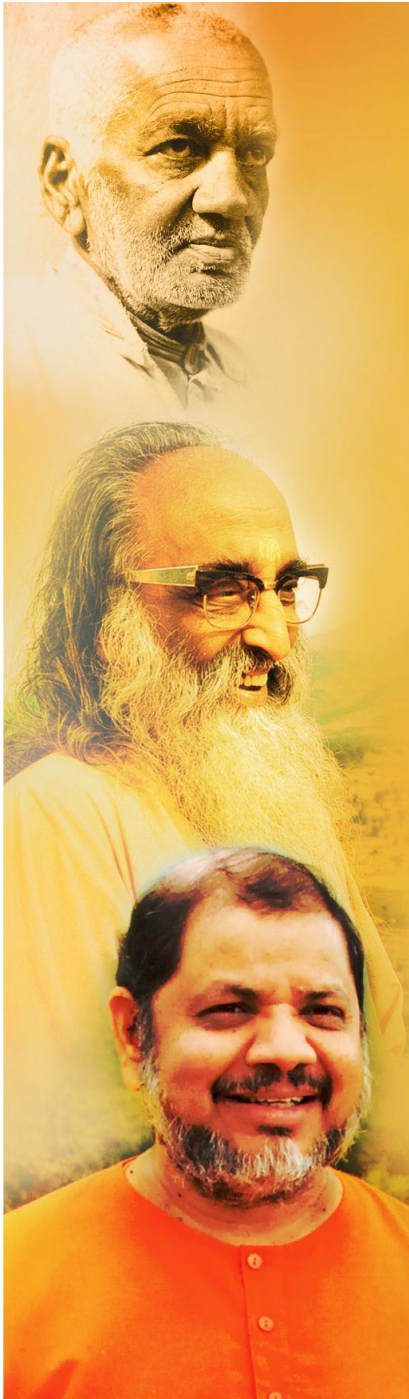
Advisers: Sri Raju Chidambaram, Acharya Vilasiniji, Pujya Swami Dheeranandaji.

Sitaram Kowtha, Deepika Allana, Krisnan Allampallam

BV students – Nishant Carr, Siri Neerchal, Ananya Krishnan, Priya Tandon, Megha Karthikeyan, Usha Konduri, Thara Konduri, & Vishnu Dharmaraj,

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

Pujya Guruji Swami Tejomayananda Awarded Padma Bhushan



To
Chinmaya Mission Centres and Acharyas

Hari Om!

I am delighted to share the news that today the Government of India has officially communicated that ***Pujya Guruji Swami Tejomayanandaji has been conferred the Padma Bhushan award.***

The Padma Bhushan award is one of the most prestigious civilian National awards in India, recognising the recipients' distinguished service of high order to the nation.


It is befitting that in the birth centenary year (2015-2016) of Pujya Gurudev Swami Chinmayanandaji, His devoted disciple is being recognised through the conferring of this award. It is indeed recognition of the work of the entire organisation.

It is an occasion of great joy for the Chinmaya family as well as an opportunity to rededicate and resolve to take forward Pujya Gurudev's work and message to more and more people.

Pujya Guruji's message of dedication follows in the next email.

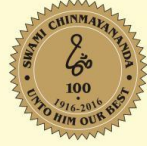
In His Service,

Manisha Khemlani
Chief Operating Officer
Central Chinmaya Mission Trust





SWAMI TEJOMAYANANDA



25th January 2016

Chinmaya Mission Centres & Acharyas Worldwide

Dear All,

Hari Om!

Greetings from Chinmaya Vibhooti!

I thank the Government of India for bestowing on me
the honour of Padma Bhushan.

In all humility I dedicate this Padma Bhushan award to
my beloved mother, respected father, revered Gurudev
Swami Chinmayanandaji, and the most worshipful God
with whose grace and blessings alone this prestigious
national recognition has been conferred on me.

I thank all my well-wishers who have been sending
messages of congratulations to me with great love and
regard.

With Prem & Om,

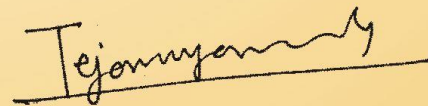


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News

Swamiji's Health

Swamiji has recovered steadily from his back surgery (surgery in November 2015) and started taking classes in mid-December. His schedule picked up pace since then as he conducted Geeta Jnana Yajna and conducted all three sessions at Chinmaya Somnath during 1st weekend in 2016. He has recently resumed all of his activities.

Annual Fund Raiser

The annual fund raiser program was held on December 5, 2015 at Chinmaya Somnath. The main event was a keynote speech by Dr. Fred Allan Wolf, a Quantum Physicist, popularly known as Dr. Quantum. He gave a talk on 'Yoga of Time Travel'. Children 8th grade and above joined adults in listening to the keynote. After the talk, many children and adults engaged Dr. Wolf with many questions. Over 400 tickets were sold and over \$100,000 were raised that day towards CMWRC capital projects. The sevaks decorated the altar and the hall beautifully, the whole event was well organized and all attendees were treated to delicious meals. In terms of energy, enthusiast, attendance and fund-raising, this was one of the most successful AFR events in recent time. (See pictures in the following pages)

Geeta and Tapovan Jayanti

Geeta and Tapovan Jayanti were observed locally at all three chapters in December. New this year was the chanting of Sri Tapovan Aarati. At Chinmayam, Bala Vihar children in Chinmayam Class presented brief talks on their favorite verses from Geeta. Also,

at Chinmayam, Swami Sivananda birthday was observed.

Diwali Holiday in Howard County Maryland Schools

As a result of a petition drive organized by "Dharma Ambassadors" – a group of Chinmaya Mission members working with greater community in Washington DC area to enhance awareness and understanding of Hinduism and Indian culture, Diwali was proposed as a school holiday in the county school calendar. In January, Howard County school system approved the Holiday.

A similar effort was undertaken in Montgomery County school system as well. That effort remains a work in progress.

Geeta Jnana Yajna and Donor Wall Unveiling

Pujya Swami Dheeranandaji conducted Geeta Jnana Yajna at Chinmaya Somnath December 26-29. The theme was 'Sthita Prajna Lakshana' from verses 54-72 from Chapter 2 of the Geeta. Despite holiday season, the yajna was well attended and nearly \$10,000 were offered in Guru Dakshina.

Before the start of the Yajna, Pujya Swamiji unveiled donor wall at Chinmaya Somnath. (See article by Arya and pictures in the following pages).

New Year Day Puja

New Year Day 2016 was welcomed with Vishnu Sahasranama, Mahalakshmi Ashtottara Satanaamavali, Guru Stotram and Sri Chinmaya Ashtottara Sata Naamavali /Paduka Puja at Chinmaya Somnath and Chinmayam. (See pictures and articles).

Hindu Declaration of Climate Change

Guruji has approved for CCMT and CMW to sign the below Hindu Declaration on Climate Change that has been crafted by The Bhumi Project and HAF for international release. SriVani Ganti, one of our active CHYKs who works for HAF led the CM initiative.

Donation Drive for Chennai Flood Disaster Relief

December: CMWRC joined donation drive to aid Chennai Flood Disaster Relief working through Chinmaya West and Chinmaya Mission Chennai. Many of our members contributed to the aid effort.

Care Package for our Soldiers

November/December: Capt Pratima Dhar, Hindu Chaplain, US Army, and member of CMWRC conducted a care package drive to express support to our deployed soldiers. Books, Snacks, Hygiene items were collected.

Upanishad Ganga Activity in Frederick

Arvind and Medha Bhagwat started conducting Upanishad Ganga watching and discussion as family activity in Frederick Chapter. The activity is well received by the families. Everyone watches together and then Medhaji holds discussion with children while Arvindji moderates discussion in a separate room with adults. Parents are surprised how engaged their children were. One parent observed, "... kids had great time in discussing the four quotes with you, Medha ji. Aravind ji, you really made our wandering adult minds to stay in the PRESENT ..."

Shraddhanjali

Sri Deepak Chadha, a long time and an all-around sevak who served CMWRC tirelessly and unselfishly, passed away in November. A memorial service was held at Chinmayam on December 12, and was attended by more than 100 family and friends.

Please see the eulogy in the following pages.

Announcements and Flyers

Announcements

- ❖ Chinmaya Mahima – Theme for celebration of Sri Gurudev’s 100th Birthday. Please join, participate, support and most importantly celebrate the birth centennial. All are invited to participate in one or more of the following. Some are underway, some are in planning and some are being drawn up.
 - CMWRC Family – children, youth, adults and friends are invited to submit essays, reflections, recollections, photographs, art-work to join in the celebration of life, teachings and glory of Swami Chinmayananda. A special souvenir will be published on May 8th 2016
 - Swamiji Chinmaya Mahima Maala
 - Attend Swamiji’s session
 - Listen to his audio discourse on one or more of the 108 Names of Gurudev and write your own summary of it
 - Gurudev Gita Discourses integrated into Adult Sessions at Chinmaya Somnath
 - Bala Vihar activities integrating glory of Gurudev
 - Geeta Chanting
 - All verses of Geeta are being recited
 - Every Wednesday at Chinmaya Somnath
 - Soon – “Ghar Ghar mein Geeta” in Maryland
 - 2016 Geeta Chanting Competition – Sthita Prajna Lakshana (Ch 2 Vs 54-72)
 - Chinmaya Mahima Musical Performance
 - 108 Guru Paduka Puja
 - Chinmaya Likhita Japa
 - Jyothi Yatra
- ❖ Chinmaya Mahima Souvenir (to be published May 8) – articles due February 15, 2016
- ❖ Chinmaya Mahima Musical Announcement

Auditions will be held in the month of February. Please read the following information carefully and [fill out the entry form](#). We have to receive the filled form by **Feb 5 2016** for your child to be considered for the auditions.

Chapters	Chinmayam, MD	Chinmaya Somnath, VA	Frederick, MD	CHYK
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Audition Dates	Sat Feb 6: 12-2pm Sun Feb 7; 12-2pm	Sat Feb 13: 11:45am-12:45pm Sun Feb 14: 11:00am-12:00pm Sat Feb 20: 11:45am-12:45pm Sun Feb 21: 11:00am-12:00pm		
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Contact Person	Shobha Ramachandran Rekha Parameswaran	Shivalingam Vanam		
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❖ Contact MahimaMusical@chinmayadc.org

❖ 2016 Geeta Chanting Competition Registration is now open. Visit <http://geetachanting.cmwrc.org> for more information, registration and practice materials.

❖ Donate Generously and support activities and growth of Chinmaya Mission

- Donation Website

- <http://chinmayasomnath.cmwrc.org/fundraising.html>

- Amazon Smile

- Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Chinmaya Mission Washington Regional Center** whenever you shop on AmazonSmile.

- Link: <https://smile.amazon.com/ch/52-1618964>



Chinmaya Mahima

Swami Chinmayananda Birth Centenary Celebrations

Chinmaya Mahima Maala - ongoing

- Pujya Swami Dheeranandaji at Chinmayam on Weekends - 108 Glorious Names of Sri Gurudev
- Talks by Members on glory of Sri Gurudev

Video Discourses - ongoing

- Acharyas at Chinmaya Somnath inserting Gurudev's talks on Gita into Adult Gita classes

Sampoorna Gita Chanting

- Every Wednesday at Chinmaya Somnath – ongoing – Contact Sri Gopalakrishna
- Ghar Ghar Mein Gita will start in January in Maryland at member homes – Contact Deepa Krishnan

108 Guru Paduka Puja

- Special May 8th 2016 event at Chinmayam – Individual/families are invited to sign up – Contact Meena Shankar
- Members encouraged to perform the puja at their homes also (guidance will be provided)

Chinmaya Likhita Japa

- Writing 'Om Chinmaya Sadgurave Namah' 108 times in a booklet. – Jan-Apr 2016. Submitted booklets placed at altar on May 8th as part of Paduka Puja; later stored underneath Sri Jagadeeshwara moorthi at Chinmayam – Contact Venkateswaran

On A Quest - Movie

- Screened: June – September: 6 Showings, Over a thousand movie goers
- On DVD Soon

Chinmaya Jyothi Yatra

- Details Forthcoming

Chinmaya Mahima Musical

- Interested children, youth and adults can sign up to participate in a special musical on the life of Sri Gurudev. Contact Shoba Ramachandran, Rekha Parameswaran and Nagaraj Neerchal
- Auditions – February 2016
- Performance - October 22 2016

Gita Jnana Yajna

- Pujya Swami Dheeranandaji Discourses on Chapter 2, Verses 54-72 – Sthita Prajna Lakshana – December 2015

Chinmaya Mahima Souvenir

- Everyone- child, youth and adult are invited to contribute thoughts, essays, poems, special moments with Sri Gurudev, artwork, photograph as an expression of love and gratitude to the Master. Contact Vandana Bapna and Mahesh Patil

Chinmaya Mahima Website

- Under Construction – ready in January 2016
- Browse the website for audio, video, photographs and links to many tributes to Sri Gurudev - Contact Mahesh Patil

Other

- Gita/Tapovan Jayanti
- "Rachana" style Competition at Chinmaya Somnath – theme Gurudev's life and teachings
- 2016 Geeta Chanting Competition
- Special Shloka Class and Bala Vihar activities
- Satsang with Gurudev

Chinmaya Mission® Washington Regional Center
www.cmwrc.org/chinmayamahima





2015-2016 marks 100 years of Pujya Gurudev's birth (Born May 8, 1916). This birth centennial is a precious opportunity to celebrate his story, reflect on his teachings & revel in his glory (*Chinmaya Mahima*) as well as to offer our gratitude for the priceless gift of Chinmaya Mission to all of us. Pujya Swamiji has selected '*Chinmaya Mahima*' as the theme of Pujya Gurudev's birth centenary celebrations.

Participation Guidelines: As a part of the celebrations, *Chinmaya Mahima* souvenir and *Chinmaya Mahima* website are being planned to include tributes and offerings by everyone—children, CHYK youth, adults; including acharyas, CMWRC founders, teachers, sevaks and Chinmaya friends. The submission can be in any choice of media including Essays, Poems, Reflections, Letters, Stories, Artwork, Photograph, Song, Audio or Video-clip.

We request teachers and parents to encourage the children by sharing Gurudev's stories, kindling their curiosity and inspiring them to participate. Members giving talks on Sri Gurudev during weekend sessions are encouraged to send their transcripts for inclusion in the souvenir.

Suggested Themes: Sri Gurudev's teachings through books, audio, video; His inspiring quotes; Gratitude for His many works and gifts such as our acharyas, study groups, Bala Vihar, CHYKs, platform for Seva etc.; His life and vision; Personal experiences and letters of Sri Gurudev; 108 names of Sri Gurudev

Publications: The reviewed entries will be published online on an ongoing basis throughout the year at *Chinmaya Mahima* souvenir website. Selected submissions from

the website will be published in print as the Birth Centenary Souvenir on May 8th, 2016.

We look forward to active participation by one and all to create a marvelous souvenir. The deadline for submission of entries is February 15, 2016. Please submit Each Entry along with the completed [Registration Form](#) by e-mailing to ChinmayaMahima@chinmayadc.org

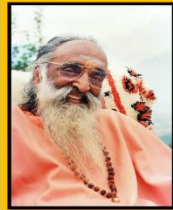
Thank you and Pranams

Contact: Vandana Bapna at ChinmayaMahima@chinmayadc.org

(On Behalf of Chinmaya Mahima Team)

Chinmaya Mahima Souvenir Registration Form	Example	Complete Your Entry as Example in Word
Entry Category CHOOSE ONE (Essay / Poem / Artwork / Photography / Audio-Video / Other)	Essay	
School Grade- KG to 12/Youth-CHYK/ Adult/ Founder/ Acharya	Grade 5	
Full Name	Vijay Ramaprakash	
E-mail Address	vijayr@gmail.com	
Phone Number	301-444-4444	
Chinmayam or CS or Frederick or Richmond or Salisbury or CMWRC friend	Chinmaya Somnath	
<p>E-mail one completed Registration form ALONG with one Submission and send to ChinmayaMahima@chinmayadc.org</p> <p>SUBMISSION CHECKLIST: One entry per Registration Form <input type="checkbox"/> ELECTRONIC SUBMISSION <input type="checkbox"/> REGISTRATION FORM <input type="checkbox"/> SENT EMAIL</p>		

Please send your questions to ChinmayaMahima@chinmayadc.org
Submission Deadline: February 15, 2016



Chinmaya Mission® Washington Regional Center

www.chinmayadc.org www.chinmayasomnath.org www.chinmayafrederick.org



2016 Geeta Chanting Competition

“Chant Geeta, Enchant Krishna, Celebrate Chinmaya”



EVERYONE IS INVITED

To participate in 2016 Chapter Competition

CHILD – YOUTH – ADULT

And even those afar can participate by Writing (Reflection)

Geeta Ch. 2- Sthitaprajna Lakshana- Verses 54-72

Chinmaya Mission Washington Regional Center is pleased to announce the 2016 Geeta Chanting Competition. The aim of Geeta Chanting is to encourage everyone to chant, study and live the essence of the Upanishadic knowledge that Sri Krishna imparted to Arjuna. It is particularly poignant in 2016 as Chinmaya Mission world-wide celebrates the birth centenary Pujya Gurudev, Swami Chinmayananda, on May 8 2016. Swami Chinmayananda is synonymous with Geeta Jnana Yajna. He carried the message of the Geeta to kindle the knowledge of the Self in millions world-wide!

2016 CHAPTER COMPETITION PARTICIPATION CATEGORIES

Dates and Locations:

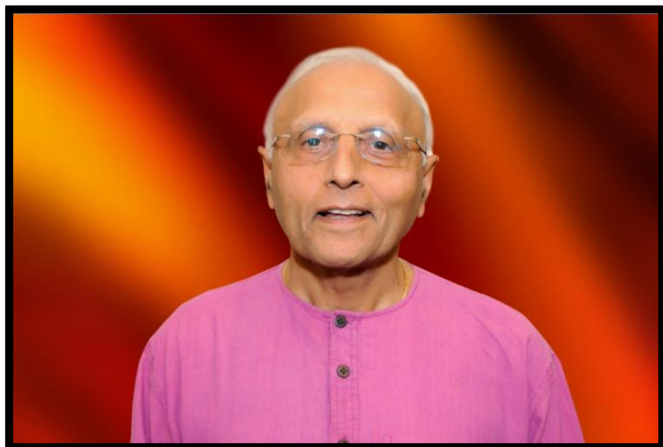
- Chinmayam (Silver Spring MD)
 - April 9th 2016
- Chinmaya Somnath (Chantilly, VA)
 - April 9th 2016
- Chinmaya Frederick (Urbana, MD)
 - April 10th 2016

- Memory
- Memory & Comprehension
- Reading
- Reading & Comprehension
- Writing (Reflection)

<http://geetachanting.cmwrc.org>

For information, registration, and practice materials

Eulogy to Sri Deepak Chadha



Editor's Note: Sri Deepak Chadha took on many roles to serve Chinmaya Mission Washington Regional Center at the Chinmayam facility at Silver Spring, Maryland. For over twenty years, he was a Bala Vihar teacher, Bala Vihar Coordinator, a mentor, a guide, a leader, a friend, a trouble-shooter, a counselor and an advisor to many. He left his body on Friday, November 20, 2015. Upon hearing of the loss of Deepakji, many words of sorrow, admiration and gratitude poured in. The following is an offering of heartfelt gratitude to the one who showed us how to serve in a selfless dedicated manner, how to conduct ourselves everyday with equanimity, how to live our worldly lives, and how to stay firm on the path of spirituality.

Pujya Swami Dheerananda

Deepakji is the 'Light of selfless dedicated service'. That Divine Light shall now shine through his Chinmaya Family Members.

Acharya Anant Sarma, President, CMWRC

Hari Om!

I am deeply saddened to hear the sad news. I had the good fortune to be associated with Deepakji for over two decades with the mission. He was a tireless, dedicated, selfless, mild mannered worker. He will be missed!

Om Shanti!

Acharya Visalini Balakrishnan, Trustee, CMWRC

Hari Om and Jai Gurudev,

Hearing everyone's appreciation for Deepakji is like a soothing balm to the sadness. He deserves all these words and so many more. I hope that these words can be shared with Shashiji and his family.

Deepakji has been offering service to Sanatana Dharma through Chinmaya Mission since before 1999. He loved teaching the Bala Vihar classes and interacting with the children, and later he served as Bala Vihar Coordinator with great dedication and wisdom. When handling any of the myriad issues that arose, he showed always good counsel, commonsense, kindness, and broad vision. He has truly been practicing nishkama karma all these years. He had a lightness about him, seeing the best in everyone and not a hint of worry or tension in his mind.

Deepakji was a very creative person, ready to undertake new projects and inspire us to think on a grand scale. Just last year he offered to contact Bala Vihar alumna families and he called many families to reach out to them. This is only one of several projects he initiated. My favorite project he proposed did not fructify, but was a marvelous idea to erect a signboard on the front lawn and rotate sayings of Gurudev throughout the year.

Last year I met Deepakji at another Chinmaya family member's memorial service. He spoke kind words at the service. It is amazing that he called me shortly after and said that he realized how we often say things after one's death, but not before, and he did

not wish to miss a chance to say some kind words to me. His kindness in reaching out to people was extremely touching.

Thank you Vandana for all your efforts to inform and collect and compile words for Deepakji's family. Hopefully all these words will provide some balm to Shashiji and others in their loss of such a wonderful family member. We know his soul has transcended and merged and is at great peace and will bless his family and Chinmaya family always.

With Love and Om.

Sri Vijay Kumar

The e-mail with the header "Sad News" was in fact a heartbreaking one, when I read Deepakji's demise. We use "Dedicated Sevak" most of the time and Deepakji was most deserving to that title.

I had several occasions to interact with him. Some to discuss few things and a couple of times to work on some tasks together. Hardly have I seen a person with such great patience. He did not jump into quick decisions, rather he took time and came up with best option.

The values which we learn in the classes, Deepakji lived those and showed us that those can be implemented. Until we practice they remain as words in the books. He was not only a BV teacher, but a teacher to other sevaks and colleagues.

The lessons he taught us, both verbal and through actions, will remain with the CMWRC members and sevaks for the rest of the life. He successfully passed the baton to us to continue our journey as a sevak, not only to say "our best to HIM" but to show it through our actions what it really means.

He who lives in the hearts of others, never dies.

May Lord give strength and courage to Shashi ji, and Sonia [and Rahul] during this difficult time.

Hari Om

Sri Anil Kishore

It is really hard to believe that Deepakji is no longer amongst us.

Deepakji was a good friend, a colleague, a teacher, a sevak and an inspiration. During the time I was the director for Chinmayam and Bala Vihar, he was always there for the Chinmayam team. His constant presence at all our meetings was a testimony of his devotion to the Mission. It was very obvious that if he was missing - it was usually because he was taking care of some other Bala Vihar related work behind the scenes.

Deepakji loved teaching and interacting with us. He had dedication and wisdom - ever ready to serve and inspire everyone by his actions and kind words.

In our interactions, I found that Deepakji always presented his ideas very clearly. His analysis would be well thought out and actually written on paper so that he could explain it to the rest of us. He was always willing to listen to the group and their responses. In the end, he would never hesitate taking over anything and everything that needed attention. Deepakji's primary focus was his selfless dedicated service to serve Gurudev and his children.

Deepakji has left a mark of appreciation for all those around him. There is certainly a lot to learn from a person so genuinely engaged in service to Him.

He has left a vacuum amongst us but he continues to be in our thoughts and his memories will be with us forever. May his soul rest in peace in the Lord's heavenly abode

Hari OM

Srimati Deepa Krishnan

Deepakji was my right hand when I served as BV lead, for all things Sat BV besides managing Chinmayam BV budget, binders, planning meeting logistics....the list is endless. I will REALLY miss him. I will always remember him as someone very fond of exercise and fitness and I admired that in him. He was a shining example of selfless devotion to God and Guru. It is sad news indeed.

Srimati Latha Kumar

Hari OM,

Deepak ji was a familiar face at the teachers training sessions that I attended when I was a Bala Vihar teacher and coordinator from Springfield Virginia Bala Vihar group and later from Chinmayam Somnath. He always made me and the other teachers from Virginia feel welcome with his warm inclusive smile and gentle humor which I am sure his students loved about him. With his long experience as teacher of Tapovanam and Chinmayam Bala Vihar classes, he always had a lot of advice and useful tips on teaching and presentation methods that we found very useful. And most all his kindness and compassion were what I will always remember about him. Deepakji, I will miss you when I visit Chinmayam.

May his soul rest in peace.

Ms Maureen McIver

Dear Swamiji and friends,

Hari Om!

I send my sincere condolences at the passing of our beloved Deepak Chadha. I just received the news, and seeing his picture brought such a warmth to my heart, as he had that effect of bringing gracious happiness wherever he went.

He was ever a dedicated Sevak to our Pujya Gurudev.

I wish his family and our larger Chinmaya family, solace at this time of loss.

With Prem and Om

Sri Bhima Sastri

Hari Om

My November 21, 2015 Saturday morning was a bright sunny day until I opened my Email. My day darkened as I read the Email from a Westvaco colleague about the sad demise of my friend, mentor, and colleague Deepak Chadha

I first got to know Deepak when I joined Westvaco Research in Laurel, MD in 1991. He was the kind of person who touched anyone he met in such a positive way that one had to go back to him - like a moth to a light. A hard working person - he always asked people around him to cultivate good habits and was fond of quoting Gurudev as he talked about rajasik and tamasik qualities we all have.

He was an inspiration for me these past 25 years and he is the reason why I joined Chinmayam. Whenever we met in his office to discuss work it would end up as sessions that were longer than I planned as we would go off into discussing what we heard Swamiji say the past week.

He was really proud of his two children - Sonia and Rahul. I still remember vividly how he came over to share the news that Sonia would be going to my alma-mater RPI in Troy, NY and keeping me abreast of what she was doing after that.

I daresay that if I know a thing or two about finances and stocks and retirement accounts- it was all due to him. He started a investment club at our research center and went on to teach many of us novices about why we should invest and how to it the right way! Deepak was a financial guru and there are many of us who owe a lot to him for what he taught us. I often would kid him that he should go consult for Legg Mason after retirement!

Whenever I would go to Laurel I never missed an opportunity to spend an afternoon or an evening with him and Sashi and get his sage advice on different aspects of life.

He was an inspiration to many Bala Vihar kids and families at Chinmayam. He was truly a wonderful person and he will be missed!!

May his soul rest in peace.

Sri Sanjay and Srimati Vandana Bapna

Deepakji was always proactive and full of ideas and suggestions for ongoing improvement. He readily shared personal experiences, stories and jokes and tied them with Vedantic philosophy in any setting. His love of sports and fitness was well known. He was our children's teacher. Our children said that no way he was in his seventies. His energy and demeanor were of those in the fifties. Deepakji joined in the merriment as we laughed heartily when Shashiji, his wife, teased him for keeping her perpetually on the wait from his seva trips or fitness trips. A tremendous loss to everyone who has come in contact with him. Deepakiji, ever cheerful, ever willing to go out of the way to help anyone and everyone - We will all miss your presence, wisdom and encouragement to all.

Sri Amit Mukherjee

Deepakji was a kindred soul. Always a father figure to me personally and Vanaja, he was always a picture of elegance and selfless devotion. In spite of his senior stature, he would always inquire about us teachers' mental comfort and spiritual growth. Always sharing personal experiences, I felt a sense of deep calm whenever he was in the room, be it Teachers meetings or personal one on one support. A heart filled with warmth for everyone, I am sure he will be deeply missed. It was really a privilege knowing him and he will forever live in our hearts.

Srimati Aziza Meer

Deepakbhai,

I'm sure you can hear and see us because the soul is not bound by body. In your freedom now and the joy of the other world, you are still with us.

Every week during the years we shared as co-teachers is very special to me. I look back with fondness and always speak with joy and from my heart when i speak of you. We shared a beautiful space as co-teachers and sister and brother. You were always warm and caring, never did I have a minute of complaint when we worked together. Your smile is registered in my vision and your sweet gestures of warmth in my soul.

Deepakbhai, my heart connects with you where you are, and although I have not been in touch with you I have always connected when I thought of you. Now I know you hear my fond feelings and feel the special space we still share.

Deep love and fond wishes

Srimati Rekha Boray

As I listened to everyone who spoke about Deepakji at his funeral, I felt much honored to have known him and to have taught Bala Vihar with him. He was indeed a noble person with a sweet smile which had a calming effect on all. We taught 'Vibhisheena Gita', to Shivanandam kids - 6th and 7th graders. One instance that stands out in my memory is when I took the responsibility of having the children build the chariot as the class project. Little did I realize how difficult the task would be. Deepakji with his calm voice and pleasant manner kept the children motivated and encouraged them to complete the project which they did and a good job too. He was a great coteacher, a mentor and a good friend who will always be remembered fondly.

Mrs. and Mr. Harriet and Larry Bachman

We have been fortunate to know the Chadha family for about 30 years. First we knew them because our sons were schoolmates and played together, then we were connected through a book club with Shashi. This relationship later extended to numerous social gatherings with Deepak and Shashi and the two of us, visiting each other's home, in relaxed and friendly settings. Later we began to attend yoga classes with Deepak and learned about the breadth of his knowledge on this subject and his willingness to share it, which was valued by all, including our yoga teachers.

We were always impressed with Deepak's down to earth approach to life, laughing and joking, while it was always clear that he was positive, smart, knowledgeable, and caring. Conversations included discussions of religion between a Hindu family and Jewish and Catholic families, as well as discussions of political and social issues in which he was energetically committed, in word and deed.

We feel grateful to have known Deepak and to continue to have the rest of the Chadha family in our life.

Srimati Sudikhsa Nimishe

Hari Om,

Deepak ji will always be remembered by me as an energetic and dedicated sevak who worked silently, often times behind the scenes to get things done smoothly. For the past so many years we at Balavihar had come to rely heavily on Deepakji's efficiency for creating BV binders, printing handouts, managing binder inserts and so on.

I remember that one of the first members who contacted me after I took over the new role [as Bala Vihar Director at Chinmayam] was Deepak ji and we had a long discussion where he gave me very valuable inputs and suggestions. Other thing I remember is that during our Teacher's planning meeting in August when I found myself suddenly managing it all alone I requested him not to leave saying, "You too are leaving me?" For which he replied reassuringly, "Okay I will stay". I will always have a fond memory of that support that he gave me that day.

I feel lucky to have known Deepakji and to witness his spirituality evident in the way he worked. He truly was an inspiration.

Hari Om

Srimati and Sri Shalini and Rajiv Mahajan

Hari Om Rahul

We are saddened to learn the demise of your beloved father. Words may fail to express our sorrow at the death of your dear father. We are with you in

this tough time. Surely, he has left a void no one can fill but we are sure you'll be able to shoulder it with trust and God's grace. We did not have an opportunity to meet your Dad personally but we heard several good things about him including his selfless dedicated services to the community.

In the present situation, we have nothing to offer but solace, we pray to God to bestow you all the energies, peace of mind, and strength to smoothen your life. I know it's hard to get over it, but with time you'll overcome it. Please accept our heartfelt condolences at this trialing and difficult time and I request you to pass these sentiments on to your family. You are always in our prayers, and if there is anywhere, we can assist, please let us know.

Srimati Jaya and Sri Kodanate Lakshmanan

Hari Om

Jayashri and I are shocked to hear this tragic news. When we heard in early September about Deepakji's illness, little did we expect that he would not be back in the session as usual within a few weeks.

Shri Deepakji led by example and has inspired many Sevaks over the years. His tireless Seva and enthusiasm will truly be missed. Whether it was putting together BV binders, interacting with and making the junior most BV teachers comfortable and answering their questions or making sure that chalks were available in every classroom, he was always ready to help out.

As regular attendees of the Saturday session can attest to, Deepakji was among the first to always volunteer to speak whenever Swamiji offered an opportunity. He had a unique style of bringing up anecdotes from his personal life and relating it back to Vedantic teachings. In fact I was looking forward to hearing him speak on Chinmaya Mahima this year.

We pray to the Almighty to give peace to the departed soul and strength to the family in this time.

Srimati Chetana and Sri Nagaraj Neerchal

Hari Om.

I had a chance to participate in a number of study group sessions with Deepakji. His thoughtful presence will be missed.

Sincere condolences

Sri Vythi Nilakanthan

Hari Om,

What a great loss. I will always remember deepak ji as a man of dedication, ever ready to serve and inspiring everyone around by his actions and kind words. I will never forget the 4 years of association in the Sat session with deepak ji and also the 1 year when we both attended the Satsang on Upadesa Saram. He would always and openly share his personal experiences to bring a easier understanding to vedantic teachings. I always looked forward for his association on Saturdays and in various events. He will be terribly missed.

Vardhini and me sincerely pray to god and gurudev to bring peace to his soul and family.

Hari Om.

Srimati Bhaggi Emani

Hari Om,

I am still in shock to hear about Deepakji, He was coordinator with me for about six years in Saturday

sessions. He was a wonderful person to work with.
May his soul rest in peace.

Srimati Meena Sankar and Sri Sankar Parmesh

Hari OM!

We are just shocked to hear the sad news. Deepak ji was a rare selfless dedicated member of our mission. Our community lost a great member and now he is at peace with the almighty.

Srimati Darsana and Sri JR Rao

Hari Om!

Deepakji's cheerful demeanor, childlike enthusiasm and tireless spirit will continue to live in our memories. Our condolences to the bereaved family.

Srimati Srilakshmi Karri

I am still in shock. I have known him as my son's BV teacher and then as a coordinator and remember him always with a peaceful smile on his face.

It is indeed a big loss to all of us and to this moment I was thinking he will come back in good health and I can handover all his tasks back!. It is still hard to believe for most of us.

I pray to the God to give strength to his family and peace to his soul.

Hari Om!

Srimati Radha and Sri Sitaram Kowtha

Hari Om!

Deepak ji was not only a BV teacher for our children, he was also a co-passenger as we traveled daily to attend Tulsi Mahotsav conducted by Pujya Guruji, Swami Tejomayananda. During the long drives, especially on the way to Herndon, Virginia from Columbia in rush hour, we had plenty of time to talk about many things. Our discussions always came back to Vedanta. On our return trip we would discuss Guruji's pravachans. It was satsang on wheels with him on board! A very warm, pleasant and calm personality.

It was a shock for us too to hear that he passed away. He is in a good place with Sri Gurudev.

Srimati Vanaja Jaligam and Sri Amit Mukherjee

Hari Om!

Deepakji was a kindred soul. Always a father figure to me personally and Vanaja, he was always a picture of elegance and selfless devotion. In spite of his senior stature, he would always inquire about us teacher's mental comfort and spiritual growth. Always sharing personal experiences, I felt a sense of deep calm whenever he was in the room, be it Teachers meetings or personal one on one support. A heart filled with warmth for everyone, I am sure he will be deeply missed. It was really a privilege knowing him and he will forever live in our hearts.

-Amit

I will always remember Deepakji as a person who was always smiling and was at peace. He always blessed us and our kids; hugged us, kissed our foreheads like a granddad and guided us how to walk our best as teachers. I have never seen Deepakji in distress or frustration and wondered how he attains that

disposition. There was an occasion where Deepakji was ready as a backup speaker for a special event- for which I was one of the organizers, but unfortunately did not get a chance. Deepakji may not be among us as today, but his exemplary selfless service, calm demeanor, his effortless talks, guidance to teachers and their well-being will always be with us in our memories and as an inspiration. Seeing your picture makes us feel you are still with us.

Hari Om!

-Vanaja

will be always alive in our memory and with your inspiration we will try our best to do better service to the community.

Anita Kulkarni (co-Bala Vihar Coordinator)

Salutation to the soul that reached Gurudev

Let the Deepa (lamp) of selfless dedicated service lit by Deepakiji guide us in our own path of service. He lived a life true to our pledge "Giving more than what we take". I worked with Deepakji for few years as Bal Vihar coordinator and is very inspired by his willingness to take new tasks and following through any tasks he took. There were quite a few tasks we took him for granted to do. We never had to worry about Bal Vihar binders, getting a count and making sure they were ready by open house. He would be very busy in July August getting ready for Teachers planning meeting. From getting pens, name tags, sign up sheets you name it he will get it done. He would always attend the coordinators meeting and ready with his valuable advise and ready to pick up any new tasks. I distinctly remember in a meeting we talked about some people staying outside during Swamiji's lectures. None of us wanted to take this task of finding out why. He readily took it upon himself and followed through and reported back.

We dearly missed him this year during the planning meeting and I heard quite a few asking where is Deepakji. Deepakji we will miss you. You

Swamiji's Common Time Messages: Inspiration for the New Year

Usha Konduri

The New Year has once again brought us the hope of new beginnings and fresh starts. It feels like just yesterday I was writing the same thing for Chinmaya Smrithi around this time last year. A lot has changed since then but also a lot hasn't. Every year, we set aside at least one goal for ourselves to work upon during the new year, no matter how minuscule. The truth of the matter is, most of us probably didn't achieve any of our New Year's resolutions last year, as Forbes asserts that just 8% of people achieve their New Year's resolutions.

Swamiji has been continually providing us with more inspiration throughout all of last year, so let's refresh ourselves. Right after Thanksgiving, Swamiji reminded us that we should wish ourselves and others around us Happy Thanksliving every day. This way, we live life appreciatively and contented with whatever comes our way. Living life with a positive outlook will help us achieve our New Year's resolutions more effectively.

A story Swamiji recently told us symbolizes another method by which we can enjoy our lives and practice Thanksliving. The story is about a family who visits India. The grandparents of a boy and a girl are overjoyed by the family's visit. The grandfather is very attached to his watch and continuously wears it and looks it, which the grandchildren notice. They ask him, "Tata, why are you so fond of this watch?" to which he responds, "This watch has been watching many generations in this family; it's an heirloom. One day, I have to give it to your dad, so I'm treasuring all of my moments with it until I part from it."

One day, the grandchildren observed their grandfather was agitated and asked him the reason for his discontentedness. He upsettingly told him

that he had lost his watch in the barn. He followed this statement with, "Those who find it wins an award!" All the kids and grandchildren looked everywhere in the barn upon hearing this, but gave up after a while. Only the boy and the girl remained, determined to help their grandpa. They searched for about twenty more minutes when they appeared out of the barn with the watch in hand!

Their grandpa was pleasantly surprised and overjoyed that they had found it and was very curious as to how they had tackled the task. Their initial response was—"Tata, we go to Chinmaya Mission," as if that was the most obvious answer.

Their grandpa didn't understand though—"But how?"—he persisted. They then explained, "We listened for the watch! Every time we go to Chinmaya Mission, we meditate on Lord Shiva. From Chinmaya Mission we learned that when we are silent we learn a lot more than one would expect. That's how we heard the ticking of the watch which we were able to locate by following the sound."

Just like the adoring children, we must remember to take a minute in our busy lives to slow down and take a moment to reflect upon what we have. The clock symbolizes our lives ticking away with each moment, while we are in a frantic search for something we can't find and cannot achieve unless we follow the example of the grandchildren in this story by just focusing on the moment at hand. The children didn't give up when their attempt to find the watch failed at the beginning. Just like that, we must persist with our New Year's resolutions even if they haven't been achieved or maintained in the past. Here's to a fantastic 2016!

Annual Fund Raiser

In Pictures







Donor Wall Unveiling – December 26 2016



Geeta Jnana Yajna and New Year Day Puja at Chinmaya Somnath

Arya Kalathil, 7th Grade



I attended the four day Bhagavad Gita Jnana Yajna with my parents at Chinmaya Somnath. Every day, we started the yajna with Gita Dhyanam and the recitation of Verses 54 through 72 from Chapter 2. Pujya Swami Dheerananda Ji gave the talks in very simple language filled with humor. Many points Swamiji discussed were very useful for our day to day living. I took note of some very important points Swamiji discussed. Here are a few key points:

- Real happiness is the total destruction of sorrow.
- Bhavana is feeling-ful thinking, where the head and heart glide together. Learn to bring your joyful mind to your vigorously working hands.
- Choose the work where the society benefits, and the head, heart, and hand are engaged.
- The satvic mind is quiet, alert, and vigilant. These qualities balance each other.
- Dream is non-apprehension of reality and misapprehension of plurality.
- God + Selfish Desires = Human. So, Human - Selfish Desires = God!
- Consciousness + Object = Thoughts

Swamiji explained the importance of sense control. Swamiji quoted a verse from Vivekachoodamani, illustrating the fate of animals because of their attachment to one sense. The deer is attached to its sense of sound. When music is playing, it perks its ears up and silently listens. The hunter would then shoot the deer, as it was distracted. An elephant is attached to its sense of touch. If a female elephant is placed on the other side of a v-shaped ditch, the male will run towards her, and instead get caught in the narrow ditch. Then the hunter will kill the elephant, while it is stuck. Moths are attached to their sense of sight. The moth will fly towards the fire or lamp, attracted by the light. Then it will burn and die, because of the heat. The fish is attached to its sense of taste. When it senses food, it bites the worm and the hook. The fisherman then kills it, since the hook is deep in its mouth. The bee is attached to its sense of smell. It flies into the lotus when it smells the fragrance, but when it closes at night, the bee will be stuck inside. The bee dies, for it is trapped inside the lotus. Swamiji then asked us, Man is attached to all five senses. What will happen to us? I really enjoyed the meaningful talks.





The New Year's Puja was held on January 1st at Chinmaya Somnath. We participated in the Ganesha Puja, Vishnu Sahasra Namavali Puja, Mahalakshmi Ashtottara-Shata Namavali Puja, and the Chinmaya Ashtottara-Shata Namavali Puja. Vijay Kumar Ji gave a New Year's message about the value of time. Then, Pujya Swami Dheerananda Ji gave a beautiful message to us all. He told us a very significant story. The story was about three children: Bharat(5 years), Manisha(6 years), and Ishan(7 years). Bharat ran to Dad when he got home. They all begged him to play with them. Dad was tired, but he had an idea.

"Ok, let us play hide and seek! You all count, and I will hide." said Dad.

"No! We will hide first!"

"Ok. I will count till 100."

So Dad counted and the three children ran and hid. Dad saw little feet wiggling from under the curtain.

"I found you!"

Dad saw Bharat looking at the couch. Dad found Manisha, and both looked at the closet. Dad opened the closet, and found Ishan.

"Ok, my turn. Bharat, you count." said Dad.

"No, I want to!"

"All three of you turn around and let Bharat count."

Dad took all his things and left the room. Bharat was

only 5, and he counted very slowly. When he was done counting, they looked all around. But they were not able to find Dad! Finally, Ishan got them all in a huddle.

"Listen. I have Dad's cell number. We will call Dad, and when we hear his ringtone, we will find him! "

Bharat went to the basement, Manisha stayed at the main floor, and Ishan went to the 2nd floor. Ishan whispered, "Manisha, you dial. You are the fastest."

The number was: 426-722-5744

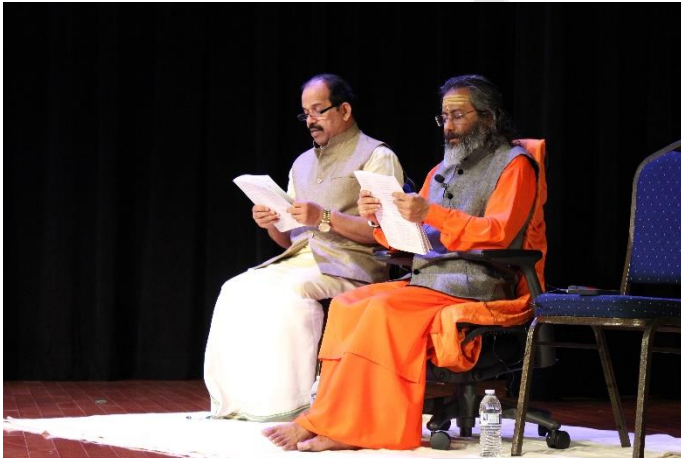
They heard ringing from the attic! They all went up and found Dad there.

Bharat, Manisha, and Ishan are BMI: Body, mind, and intellect. Swamiji told us that to call God, this is the number. He told us we should figure out what this number really means.

See if you can figure it out! Figured it out?? Turn to the last page of this newsletter to check your answer.

New Year Day 2016 at Chinmaya Somnath:





New Year Day 2016: Puja and Celebration at Chinmayam

Vinay Mallikarjun

Hari Om,

This past New Year's Day, members of the CMWRC congregation gathered at Chinmayam to celebrate the commencement of 2016! The program was vibrant and calming, and instilled a deep sense of peace and joy within all those who attended. The program was graced and elevated by the presence of Acharya Rahulji and Acharya Priyaji of Chinmaya Somnath.



Sri Vishnu Sahasranama Parayanam and Guru Paduka Puja

The program commenced with Sri Vishnu Sahasranama Parayanam led beautifully by Shivanandam class Bala Vihar child, Anagha Shastry. It was followed by Guru Paduka Puja led by Dr. Gopal Gopinath. The Puja was a serene experience, encouraging all members to guide their thoughts in the direction of Gurudev as we begin this New Year. As part of the Puja, the Chinmaya Ashtottara Namavalli (108 Divine name of Gurudev) were chanted, filling the Chinmayam hall with the Divine reverberations of Gurudev's name.



Acharya Rahulji's Message



Acharya Rahulji's message started with the presentation of a Sanskrit Subhashitam, which roughly translated to "The adornment of a person is a person's form. The real charm to a person is having virtues. The charm of having virtues is having knowledge. The charm of having this Knowledge is forgiveness"

Rahulji went on to elaborate on this Subhashitam:

- We are blessed to have this body, mind, and intellect—thanks to it there is nothing that we cannot do.
- We must cultivate the virtues of honesty, self-control, and non-violence—we must strive to be better people, and free ourselves from anger, jealousy and greed.
- The goal of life is not to be a good person. Being a good person is the prerequisite for achieving the final goal of Moksha, which can only be attained through the most special kind of knowledge, knowledge of Brahman.
- To err is human, to forgive is divine. If we can't forgive others and ourselves when mistakes are made, then we do not have true knowledge of the Self. When we can see ourselves in others and others in ourselves, forgiveness comes naturally.

Rahulji concluded by noting that the pursuits of leisure, material wealth, and secular knowledge are all lower forms of success. True success is in being able to forgive and Love others readily and unconditionally, and this brings true Freedom.

New Year's Resolutions

All Balavihar students and CHYKs were invited to briefly share their New Year's resolutions with all in attendance. Many inspiring resolutions were shared, such as resolutions to give up laziness, procrastination, and eating unhealthily. Other resolutions to attain peace and happiness were shared as well. It is always inspiring to see the profound resolutions that our youngest Balavihar students share every year!



My NEW YEAR'S resolution: I want to be a better student; I want to be a better student by listening to the teacher instructions, not to talk while somebody else is talking and to stay calm and quiet all the time.

– Pranav Boreddy, Shivam, Sunday PM

Jeopardy on Sri Gurudev's Life

After the resolutions, a special game of Jeopardy coordinated by Chetana and Nagaraj Neerchal, and conducted by our CHYKs Nirav, Srikanth, and Keshav, the theme of Jeopardy was Gurudev's life. The participants consisted of children, CHYKs, and adults alike, and the game itself was very informative, fun, and a truly fitting way to enter the year of Sri Gurudev's birth centenary.



1	2	3	4
500	500	500	400
400	500	400	300
400	300	300	200
400	300	200	100
300	200	100	100
100			
100			
2200	1800	1500	1100

Acharya Priyaji's Message

Acharya Priyaji's message started with asking us all to take a few moments of silence to center ourselves and calm our minds.



Priyaji highlighted first that the greatest contradiction in our lives is that we look for permanent happiness in the impermanent external world. Even though we have heard this message countless times from many Acharyas and texts, we still ignore it and keep turning to the impermanent world for happiness instead of looking within ourselves for what we seek.

Priyaji noted that this contradiction originates at the thought level, as our thoughts right now are scattered, disorganized and confused. Priyaji noted that we must change the quality, quantity, and direction of our thoughts. Priyaji then presented

three methods as prescribed by Gurudev for how to change the quality of our thoughts and our mind:

1. To improve the quality of thoughts, Gurudev prescribes Bhakti Yoga. Starting our days with prayer is starting our days with Divinity, and we will come to see that Divinity in every moment of our day. This Divinity will permeate each of our thoughts, making every moment Divine.
2. To reduce the quantity of thoughts, Gurudev prescribes Karma Yoga. Practicing Karma Yoga requires us to live in the present moment, as it is only when we are fully engaged in the present that we are not distracted by the regrets of the past and anxieties of the future which will naturally reduce the quantity of thoughts in our mind.
3. To change the direction of thoughts, Gurudev prescribes Jnana Yoga. We should contemplate on the Scriptures every day, as they guide us to look inwards to the permanent Happiness that lies within each and every one of us.

Priyaji implored us to start applying the knowledge that permanent Happiness lies within us, and together we all made a pledge to pray, live in the present, and look inwards each and every day.

After Priyaji's message, all the members offered their pranams, flowers and gurudakshina to Sri Gurudev's padukas while the CHYKs extended the joy in the air with their melodious bhajans. The New Year's program concluded with Maha Prasad.

For me, it is always uplifting beyond words to spend the first day of the New Year at Chinmayam with the Chinmaya Mission family that exudes love and positivity. The auspicious beginning to this year serves as a reminder that every moment in this coming year (and for the rest of our lives) should be dedicated to the pursuit of knowledge, quietening our minds, and Liberation.





See more pictures (courtesy of Sri Niraj Mehta) at:

<http://pictures.chinmayadc.org/NewYear2016-at-Chinmayam/index.html>

See Videos (courtesy of Sri Rajiv Mahajan)

Acharya Rahulji's message:

<https://youtu.be/tJ7-2X5Hq2g>

Acharya Priyaji's message:

<https://youtu.be/5S8fvBGACzE>

Children sharing their New Year resolutions:

<https://youtu.be/2dDDPpmmkkg>

Poems: Rama by Sundaram Class (Sunday AM at Chinmayam)

Submitted by Mangala Rao

Class Assignment: Write a poem about Rama. It can be of any length and in any form (haiku, pastoral, ballad, limerick, free verse, shaped verse i.e. poetry in the shape of the topic about which the poem is written, in this case poetry in the shape of Rama or his bow, acrostic poetry, etc.). Use your imagination and be creative.

Righteous

Admirable

Mature

Active

- Aashrith Nujella

* * *

Respectful

Amiable

Magnificent

Admirable

- Anusha Krishnan

* * *

Title of the Poem: Rama Obeys His Elders

Rama went to the forest willingly when he was told to

Not once did he argue,

Not once did he show anger

He did not plead for mercy at Kaikeyi's feet,

Rather he agreed and left at once

Rama obeys his elders.

Rama went with Sage Vishwamitra willingly when he was asked to

Not once did he argue,

Not once did he show fear

He agreed to his father's commands and left

Rama obeys his elders.

Rama stayed in the forest willingly even Bharata pleaded for him to come back

Not once did he falter in his decision,

Not once did he agree

He kept his word and followed what Kaikeyi had wanted

Rama obeys his elders.

- Anushka Poddar

* * *

(Haiku Poem)

Rama is so strong
He lifted and broke the bow
owned by Lord Shiva

Rama is a God
He is one of Lord Vishnu's
ten incarnations

Rama is so brave
He went into the forest
to kill Tataka

Rama is focused
He went with sage Vishwamitra
Away willingly
- Arnav poddar

* * *

A fearless hero
Kind and loyal protector
Represents true joy
Full of strength and confidence
Never defeated
- Avani Ambardekar

* * *

Ravana's killer

Ayodhya's ruler

Motivated by love and devotion

Always a symbol of celebration

- Avi Shekhar

* * *

The people shed so many tears
When Rama left for fourteen years
Fourteen years in a forest deep
Where he and Sita used to sleep

Until Ravana spoiled his life
By stealing Sita for a wife
He took her in his chariot high
Over the sea and across the sky

The monkey king called Hanuman
Helped King Rama with a plan
He built a bridge across the sea
So Rama could set Sita free

Then, in a battle, fierce and long
Rama showed how he was strong
Ravana killed, Sita saved
Rama was so bold and brave

On his return to Ayodhya city
The people made his journey pretty
By lighting lamps along his way

And so it was until this day

That diva lamps, like guiding lights

Remind us all that good is right

And from the dark of ignorant ways

Grants knowledge for our future days

Responsible

Atttractive

Majestic

Ambitious

- Bhasuri Yerasi

* * *

Rama king of Ayodhya

Abandoned to live in the forest

Married to Sita

Avatar of Vishnu

- Dhilan Vibhakar

* * *

Rama is in you Rama is

Rama can help you Rama can

Rama has qualities of every sort

Rama is very alert

So when you are in need, whom do you ask?

Rama of course he is your savior at last

- Divya Shastri

* * *

Respects everyone

Always ready to help

Makes you feel protected

Always makes you feel safe

- Keshav Sriram

* * *

Righteous

Always follows the right path

Master of devotion

Alert

- Krish Wahi

* * *

Rama is the son of Dasharatha and a God we trust,
We will always think of Lord Rama as our
protector,

Rama is brave and strong and will always help out,
He is loyal and everyone loves him,

He would always respect people and was kind,

And we will always pray to him for good thoughts
in our life.

- Sanjay Umashankar

* * *

Ruler of Ayodhya

Arrow and Bow

Married sita

A son of Dasharatha

- Sumitra Rajagopal

* * *

R- Rusty nope

A- happy person

M- Make people happy

A- devoted man

- Yashvardhan Sankar

* * *



Sri Raama Raama Raameti Rame Raame Manorame |
Sahasra-Naama Tat-Tulyam Raama-Naama Varaanane ||

-famous sloka, submitted by Suraj Arvind

*Lord Siva answered Mother Parvathi's question,
"Chanting of the name Sri Rama and reveling in its glory,
is equivalent to chanting the thousand names of Lord Vishnu."*

Chinmayam Class Summaries

Text: Self Unfoldment by Swami Chinmayananda

Submitted by Sunday AM Bala Vihar Teachers, Chinmayam Chapter

Ch 2. Happiness/Ch 3. Religion

Alisha Desai

October 18, 2015

This week, we reviewed Chapter 2- the happiness equation in the class. We learned about long term sources of happiness such as getting into a good college for a good education) and short term sources of happiness (eating, or getting a good grade on a test. In an activity, such as volunteering or making sandwiches for the hungry, makes one feel happy after. Technological advances have increased comforts and it makes our daily life easier (like cars for long distance traveling, or air conditioners for hot weather).

In the modern day today, happiness is often associated with tangible objects. However, happiness is a state of mind, and is extremely important in what one does. Happiness is like a light bulb as the on/off switch is inside every person. Most people think that switch is located outside of them, that is, outside factors make them happy, but this happiness switch is really controlled by us from the inside. Therefore, the answer to the question, "Where do you find happiness?" is that one finds happiness within themselves and in their mind. In Hinduism, it is believed that we are born happy, our true inner self is happy, and we should not have to look for happiness, as nothing should take away one's happiness.

The class participated in an activity in groups describing what happiness is to them and how it affects their lives. Few groups said that happiness was a state of mind that you control, which guides you.

The Geeta is a scripture that guides us how to live, and helps to explain who we are. Happiness brightens our life, and guides on how to live joyously. The class reviewed the meaning of religion, how it is a moral guide to life, and why it matters in our world today.

Ch 3. Religion

Dakshesh Nimishe

October 25, 2015

The first thing we did was go over a small portion of the Hanuman Chalisa. The specific line "Bhoot pisach nikat nahi ave" means "when you are disturbed by ghosts and goblins". The next line continues this idea by saying "Mahavir jab naam sunave!" which means "By chanting Hanuman's name!" The CHYKs did this in order to empower themselves to remove the low tendencies and false values from within them. So, it is encouraged we must cheer this specific line out for this reason.

For class, we started by watching a 10-minute long video of Gurudev. In it, he stated that the Germans made a big mistake about Hinduism. They labeled it as a way of life as opposed to a religion. Gurudev disagreed to this, saying that no religion is not a way of life. For example, specific religions require fasting or going to your religious place once a week. Those all count as ways of life. Religion is useless without a way of life. Gurudev then went on to say that religions must change over time to fit the needs of the society. If they do not do this, the religion may start to fade away. A religion must grow to add to the demands of society.

Next, we read Chapter 3 of our book, titled Religion. We read about "The Innate Perfection". No successful person, be it a teacher, engineer, or astronaut, can be successful without this innate perfection. Then, we talked a little bit about dharma. Dharma is your conduct or basic nature. Vikas explained that dharma was "The essence of something, such that without this essence the thing wouldn't exist." The dharma of all humans is to be happy. Whether we know it or not, we are chasing happiness.

We later applied happiness to jobs. You shouldn't let others make your future choices for you. Do what you love, or what you believe your dharma is. For example, if you spend a year in medical school aspiring to be a doctor, yet halfway through you realize it's not for you, don't finish your degree. Otherwise, you just wasted your time. You have the tools to be happy, but it's all in your mind if you want to be happy or not. However, it's important not to be lazy your whole life. You should still work hard to achieve your goals, but try achieving your own goals. Don't let anyone tell you to go into a field you aren't interested in.

Finally, we talked about how religion is not really a way of life, but an art of living. Those who use religion well can master life. For example, in the Gita, Arjuna was very strong and able-bodied to fight a lot of different people. However, he lacked the courage to fight his family members. He was too scared. It was only when Krishna told him how to live life when he had the ability to fight. For Arjuna, religion helped him live life and do his duty.

Ch 3. Religion/Ch 4. Balance

Nishant Carr

November 01, 2015

After opening prayers, we wrapped up Chapter 3 on Religion with the second level of study questions on page 21.

The first question was "What do you think is the nature of 'unrest' that human beings feel when they strive for something more than material life?" First we discussed a couple examples of non-material objects, such as Education, which betters you as a person, but is not in itself a material object. This evolved into a discussion about cheating, and how when one takes the easy and wrong way out of a situation, it does not better you in any way, and leads to a sense of guilt. It would be better if one were to fail an exam rather than to cheat, because you would be a better person. This is the goal of religion - to help guide you to become the best you can be.

The second question was "How can the nature of our thinking determine our destiny?" For this discussion, we mainly focused on how our attitude can affect the outcome of an event. For example, if we have a bad attitude when we begin a task, there is a higher chance of failure, and we are less likely to learn from that failure. If we have a positive attitude, we can learn from our failures. If we have equanimity of the mind, we can avoid peaks and valleys in our life.

The third question was "explain how knowledge is our secret strength in transforming or lives". For this prompt, we discussed how the more knowledge one has, the more questions one can ask. For example, people say college is really about learning how to learn, how to ask questions. This knowledge unlocks a whole lifetime of learning.

Following these, we briefly went over the "For your reflection" section on page 22:

- The art of spiritual living is subtler than all other arts, more demanding than all known sciences, more precise than literature, more adventurous

than space-walking. (Swami Chinmayananda, We Must, page 56)

- The more we move toward Him, the Infinite and the Omnipotent dwelling ever in our hearts, the more we shall realize that we have unlimited resources. We must.
- The more we add to our self-confidence, the more we bring out our courage, the more we discover new efficiencies in us, the more we get sustained by faith in ourselves. We Must. (Swami Chinmayananda, We Must, pages 18-19)

Next we had an activity. We divided the class into two teams for a relay race. The goal of the race is to carry a ping-pong ball on a spoon across the room and back without dropping the ball. If the ball is dropped, the person must pick it up and continue. After the race, which was almost a tie, we discussed why we tried our hardest to win. Were we scared to drop the ball because our team would lose, or because of a fear of humiliation? Why did we want our team to win? Did we want our team to win, or did we want ourselves to win, as part of a team?

Following this, we began chapter four on Balance. The chapter talks about how, today, "we live in considerable comfort. Yet we feel ever-increasing stress in life and little lasting happiness" (23). Our discussion centered on our standard of living, and how once we have experienced a higher standard, it is increasingly difficult to go back to a lower standard.

We concluded with our closing prayers.

Ch 4. Balance

Bharathi Aravindan

November 08, 2015

We began the class by having a recap of last class and discussing the standard of living vs. the standard of life.

It was established that standards of living are materialistic things that may improve short term happiness, such as the number of cars, houses, clothes, etc. one has. The standard of life is how one lives their life/what they expect and the morals they establish for themselves. An ideal standard of life will lead to peace within ourselves and allow for spiritual growth. A balance between our standard of life and living is creating a balance between spiritual and material needs which will lead to happiness.

We then read pages 24 to 26 in the book which discussed suppression and sublimation. After discussing it with the class, it was established that suppression is simply pushing "symptoms" down rather than eradicating it which is called sublimation. Expanding on what happened last class, it was determined that sublimation is good for inner growth and a better standard of life, leading to happiness because it allows for the adaptation of positive values.

Also, the paths of pleasant and good were discussed. Although the path of pleasant results in immediate content, it can result in negative effects in the long run. The path of good is the exact opposite. Although it may start off as unpleasant, it will benefit you in the long run.

After discussing what was read, the class was then split into four groups to think of real life examples of the two paths, "Path of Pleasant" and "Path of Good" which were then shared by every member of every group.

Hindi Paathshala: Desh (Nation)

Submitted by Anil Kishore



Our class (Hindi, Session II, AM) translated and discussed the attached poem. After the discussion, the students were asked what to write and the following are the responses.

This poem showed me the real meaning of a nation. I realized that a nation is not what materials are in it. It might not mean that a lot of work is done to a nation. It is definitely not about how rich the people in the nation are. A nation is a place that has love. Where there is love, that is a nation. We as a nation need to have love.

- Abhived Pulapaka

Having read the poem "Desh," I understood that the most important component of a nation is love. Without love, there is no compassion or kindness, and as such no bonds between citizens will form. A nation based on love will prosper and succeed, for it is not solely preoccupied by material goals. It will give citizens the freedom to make choices regarding religion, values, and ideals. A nation's worth is NOT characterized by its wealth, villages, or successful advancements; it is characterized by the quality of the treatment of people and the bonds between the citizens of the nation.

~Anuhya Pulapaka

To me, this poem describes what all should be in any nation. It is important because a nation should include everything, such as villages, towns, cities, a government, etc. In addition, there should also be feelings and emotions, such as love and hope. Justice and positivity should be prevalent throughout a nation, and the intentions shouldn't deviate away from justice.

~Rohit Harpanhalli

In the poem "Desh" (nation), the author is trying to convey that a nation should not be thought of by any materialistic characteristics, but how the people think of their nation is what makes it up. A nation is not just made up of cities, an army or a government. But it is made up by good people going around boldly and people being proud of their religion and language. What matters in a nation is people making the dream into a truth. In order for this to happen every individual has to improve themselves which then will improve the nation. Therefore people coming together to make their nation greater is what makes a country.

~Anika Darbari

देश रचनाकार: शेरजंग गर्ग



ग्राम, नगर या कुछ लोगों का काम नहीं होता है देश
संसद, सड़कों, आयोगों का नाम नहीं होता है देश
देश नहीं होता है केवल सीमाओं से घिरा मकान
देश नहीं होता है कोई सजी हुई ऊँची दूकान
देश नहीं क्लब जिसमें बैठ करते रहें सदा हम मौज
देश नहीं केवल बंदूकें, देश नहीं होता है फौज
जहाँ प्रेम के दीपक जलते वहीं हुआ करता है देश
जहाँ इरादे नहीं बदलते वहीं हुआ करता है देश
सज्जन सीना ताने चलते वहीं हुआ करता है देश
हर दिल में अरमान मचलते वहीं हुआ करता है देश
वही होता जो सचमुच आगे बढ़ता कदम-कदम
धर्म, जाति, भाषाएँ जिसका ऊँचा रखती हैं परचम
पहले हम खुद को पहचाने फिर पहचानें अपना देश
एक दमकता सत्य बनेगा, नहीं रहेगा सपना देश

- शेरजंग गर्ग

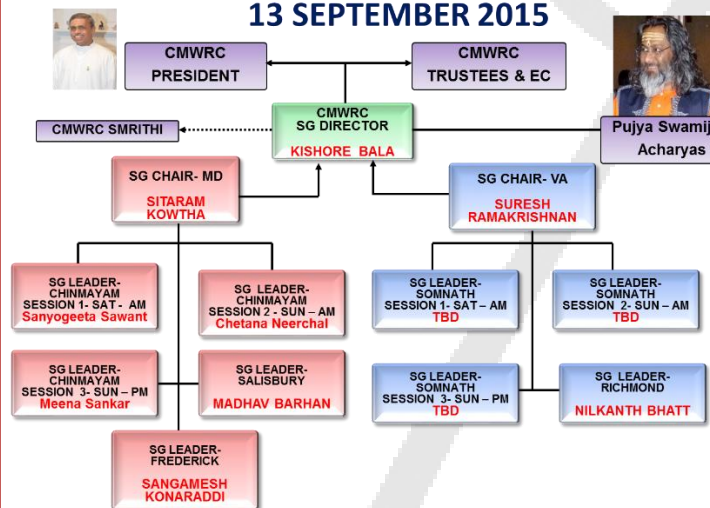
CMWRC Vedanta Study Groups

Kishore Bala

New Study Group Coordination Structure

With Sri Vijay Kumarji taking up many duties across Virginia and Maryland, a new study group structure is now in place. The charts below provide the structure and guidelines.

CMWRC STUDY GROUP STRUCTURE 13 SEPTEMBER 2015



Study Group Director/Area-Char Responsibilities

The following are some of the responsibilities of the SG Director. MD and VA Chairpersons will assist the Director to accomplish these tasks

1. Identify a coordinator for each study group. (This could be the moderator of the group or host)
2. Follow up on the existing study groups.
3. Communicate with the Teacher/Coordinator/Host
4. What text is currently being taken, Number of attendees
5. Is anyone working in the group to enhance the numbers, the marketing piece...
6. Inviting special speakers, Acharyas, when they are available.
7. Tracking members, or follow up those who show less frequently or totally stopped coming.
8. Identify the reasons, and see if other members can assist him in any way, Eg.. providing ride...
9. Inviting parents or in-laws when they are visiting from India
10. Enquire possibilities of all the members getting together once a month. Social, Potluck..This may be with or without regular class or Vedanta discussion. Invite non-attending members to this event.
11. Research and find out fertile lands for starting new study group. Ask questions to members, which area he live in, how many Indians live in that area etc.
12. Track and update the listing for posting on the web
13. Identify new Teacher/Coordinators and Coach/Train them
14. Assist to coordinate the "Sadhana Day" (Aug 3- Every Year) at Chinmayam/Somnath. This is a 3-4 weeks task prior to Aug-3.

Mandatory/Optional Items for Study Groups

- Potluck: Optional Not a must, based on members choice
- BMI chart: Optional; Suggested when new members are present
- Gurudev's Picture; Optional. However, Suggest we keep one if you have one
- Lord's Picture or Idol: Mandatory- A must in one part of the room
- Lamp: Optional. If you have one, fine- but not mandatory
- Sloka assignment: A must. Can skip few classes in the beginning with new members
- Opening and closing Prayers: Distribute copy to all. Coordinator responsibility
- Pledge: Mandatory- A must. Distribute copies to all: Coordinator responsibility

- List of attendees: Maintain the list and communicate: Coordinator responsibility
- CM Announcements: Coordinator responsibility
- Membership: See latest guidance from CMWRC Secretary
- Non CM related announcements: Optional
- Marketing: Every study group member responsibility. Coordinator coach members
- Special visits: Coordinator make arrangement for Acharya visits once or twice a year
- End of chapter potluck, picnic, birthdays: Optional- Members choice



Nauka yita bhyam.....



Guru Bhakthi da bhyam.....



MARYLAND CLASSES WITH BAL VIHAR

No.	NAME OF CENTER	DAY	TIME	TEXT	LOCATION	HOST PHONE	ACHARYA	E-MAIL ADDRESS	PHONE #
1	Chinmayam	Every Saturday	10:30 - 12:00 N	Bhagavad Gita	Chinmayam- K. Lakshmanan	240.695.3302	Swami Dheerananda	swami.dheerananda@gmail.com	301.384.1204
2	Chinmayam	Every Sunday	10:30 - 12:00 N	Bhagavad Gita	Chinmayam- Mehul Mehta	301.351.1552	Swami Dheerananda	swami.dheerananda@gmail.com	301.384.1204
3	Chinmayam	Every Sunday	1:30 - 3:00 PM	Bhagavad Gita	Chinmayam- Srikanth Nallani	202.492.4930	Swami Dheerananda	swami.dheerananda@gmail.com	301.384.1204
4	Frederick	Every Sunday	02:30 - 03:30 PM	Bhagavad Gita	Urbana MS- Shiva Vanam	301.874.5796	Vijay Kumar	vijaykumar@rocketmail.com	571.276.7828

MARYLAND VEDANTA CLASSES BY ACHARYAS

No.	LOCATION	DAY	TIME	TEXT	HOST	HOST PHONE	ACHARYA	E-MAIL ADDRESS	PHONE #
1	Kailas Niwas	Every Thursday	7:45 - 9:15 PM	Taitareeya Upanishad	Kailas Niwas- Raja Kirkire	240.938.6024	Swami Dheerananda	swami.dheerananda@gmail.com	301.384.1204
2	Salisbury	2nd & 4th Saturday	10:00 - 1:30 PM	Advaita Makaranda	Madhav & Saroja Barhan	410.219.3242	Acharya Anantji	anant_sarma@hotmail.com	703.574.3854

MARYLAND STUDY GROUPS

No.	NAME OF GROUP	DAY	TIME	TEXT	LOCATION/ HOST	HOST PHONE	COORDINATOR	E-MAIL ADDRESS	PHONE #
2	Devi Niwas 1	Every Sunday	12:00 - 01:00 PM	Lalitha Sahasra Nama	Devi Niwas/Gopal Gopinath	240.994.4774	Gopal Gopinath	gopal_gopinath@yahoo.com	240.994.4774
3	Chinmayam 1	Every Sunday	09:00 - 9:45 AM	Aparokshanubhuti	Chinmayam/Chetana	301.384.5009	Chetana Neerchal	cneerchal@gmail.com	202.725.2668
4	Gaithersburg	Every Saturday	7:30 - 9:00 AM	Bhagavad Gita	Ravi & Meera Ravichandran	301.279.0434	DC Rao	dcraox@gmail.com	301.530.8961
5	Rockville 1	Every Monday	06:30 - 8:00 PM	Viveka Chudamani	DC Rao	301.530.8961	Sangamesh Konaraddi	sang.kona@gmail.com	301.874.5922
6	Frederick- Devi group	1st & 3rd Fridays	7:00 - 8:15 PM	Lalitha SN,Gita Ch 2	Rotating Location -Sukanya	301.694.5010	Dhanalakshmi Yelamanchi	dlyelamanchi@yahoo.com	301.663.3738
7	SBAT Temple/Urbana	Every Sunday	4:30 - 5:30 PM	Bhagavad Gita	Padmini Thotapally	301.503.3726	Vijay Kumar	vijaykumar@rocketmail.com	571.276.7828
8	Clarksville/Columbia	Every Saturday	09:30 - 10:30 AM	Upadesa Sara	Sitaram Kowtha	410.531.9923	Sitaram Kowtha	skowtha@verizon.net	410.531.9923
9	Rockville 2	Every Saturday	09:30 - 11:00 AM	Patanjali Yoga Sutra	DC Rao	301.530.8961	DC Rao	dcraox@gmail.com	301.530.8961
10	Chinmayam 2	Every Saturday	11:45 - 12:45 AM	Vishnu Sahasranama	Kodumudi Venkateswaran	301.762.5324	Kodumudi Venkateswaran	dveswaran@gmail.com	301.762.5324
11	Damascus	Every Thursday	10:30 - 12:00 Noon	Self Unfoldment	Shanti Sundar	301.213.3244	Jyothi Pamudurthi	pjyothireddy4@gmail.com	732.579.7608
12	Chinmayam 3	Every Sunday	12:00 - 1:00 PM	Essence of Spirituality	Arvind Bhagwat	301.318.6257	Meena Sankar	meenasankar17@gmail.com	301.476.9838
13	Frederick	Every Friday?	6:00 - 7:00 PM	Upanishad Ganga	Rotating/Arvind & Medha Bhagwat	301.318.7257	Ram Palaniappan	rpmalani@hotmail.com	301.275.4065
14	Salisbury	Every Thursday	6:00 - 7:00 PM	Upanishad Ganga	Madhav & Saroja Barhan	410.219.3242	Madhav & Saroja Barhan	barhanm@msn.com	410.219.3242
14	Frederick	Every Monday	7:00 - 8:30 PM	Rudram & Meditation	Karuna & Shiva Vanam	301.874.5796	Sankaran Nayar	smnayar@gmail.com	301.299.9450

VIRGINIA CLASSES WITH BAL VIHAR									
No.	NAME OF CENTER	DAY	TIME	TEXT	LOCATION	HOST PHONE	ACHARYA	E-MAIL ADDRESS	PHONE #
1	Chinmaya Somnath	Every Sunday	09:25 - 11:00 AM	Tattva Bodha	Chinmaya Somnath	571.921.4893	Acharya Anantji	anant_sarma@hotmail.com	703.574.3854
2	Chinmaya Somnath	Every Sunday	09:25 - 11:00 AM	Mukunda Mala	Chinmaya Somnath	571.921.4893	Acharya Pramila	pramila@cox.net	703.759.3954
3	Chinmaya Somnath	Every Sunday	09:25 - 11:00 AM	Bhagavad Gita	Chinmaya Somnath	571.921.4893	Acharya Rahulji	rahul.maini5@gmail.com	713.739.8415
4	Chinmaya Somnath	Every Sunday	12:00 - 1:30 PM	Bhagavad Gita	Chinmaya Somnath	571.921.4893	Acharya Priyaji	priyak1010@gmail.com	832.561.2933
5	Chinmaya Somnath	Every Saturday	09:50 - 11:30 AM	Bhagavad Gita	Chinmaya Somnath	571.921.4893	Vijay Kumar	vjaykumar@rocketmail.com	571.276.7828
6	Richmond	Every Sunday	10:00 - 11:30 AM	Bhagavad Gita	Vision Learning center	804.514.6007	Nilkanth Bhatt	nbhatt@nbjarch.com	804.514.0025

VIRGINIA VEDANTA CLASSES BY ACHARYAS									
No.	LOCATION	DAY	TIME	TEXT	CORD/HOST	HOST PHONE	ACHARYA	E-MAIL ADDRESS	PHONE #
1	Vienna 1	Every Saturday	08:00 - 10:30 AM	Mundaka Upanishad	Bishnu Poudel	703.759.3954	Acharya Pramila	pramila@cox.net	703.759.3954
2	Lessburgh	Every Thursday	07:20 - 8:00 PM	Kathopanishad	Ram Krishnan	703.729.4882	Acharya Anantji	anant_sarma@hotmail.com	703.574.3854
3	Herndon, VA (Devi Grp)	Every Wednesday	08:00 - 09:00 PM	Bhaja Govindam in Hindi	Vibha Kulkarni/ Seema Naik	703.953.2284	Acharya Priyaji	priyak1010@gmail.com	832.561.2933

VIRGINIA STUDY GROUPS									
No.	NAME OF GROUP	DAY	TIME	TEXT	LOCATION/HOST	HOST PHONE	COORDINATOR	E-MAIL ADDRESS	PHONE #
1	Falls Church	2nd and 4th Fridays	08:00 - 9:30 PM	Viveka Chudamani	Suresh & Nirmala Limaye	703.241.0529	Nirmala Limaye	slimaye@verizon.net	703.241.0529
2	Rajadhani Mandir	Every Sunday	04:45 - 6:00 PM	Bhagavad Gita	Rajdhani Mandir	703.542.7837	Neeti Gandhi	neetnil@gmail.com	510.552.8558
3	Chinmaya Somnath	Every Sunday	11:00 - 11:50 AM	Bhaja Govindam	Chinmaya Somnath	571.921.4893	Kishore Bala	kishorebk@hotmail.com	703.725.4091
4	Herndon	Every Friday	07:30 - 9:00 PM	Bhagavad Gita	Rotating Locn/ Kishan Gupta	703.707.0755	Kishan Gupta	kishang130@yahoo.com	703.707.0755
5	Vienna 1	Every Sunday	05:00 - 6:30 PM	Viveka Chudamani	Ram & Kamala Nagula	703.660.6734	Raju Chidambaram	aiyers@comcast.net	703.461.3785
6	Vienna 2	Every Sunday	05:00 - 6:30 PM	Bhagavad Gita	Rotating Location	703.589.8687	Karthik B	Karthikb@hotmail.com	703.589.8687
7	Chinmaya Somnath	Every Monday	07:20 - 08:00 PM	Vedic Chntg. Sri Rudram	Chinmaya Somnath	571.921.4893	Sri Gopalakrishna	sri_gopalakrishna@yahoo.com	703.327.8307
8	Chinmaya Somnath	Every Tuesday	07:20 - 08:00 PM	Devi Mahatmyam Para	Chinmaya Somnath	571.921.4893	Shyam Harohalli	sharohalli@verizon.net	703.222.5866
9	Chinmaya Somnath	Every Wednesday	07:20 - 08:00 PM	Sampoora Gita Chanting	Chinmaya Somnath	571.921.4893	Shyam Harohalli	sharohalli@verizon.net	703.222.5866
10	Chinmaya Somnath	Every Thursday	07:20 - 08:30 PM	Sri Rudram Class	Chinmaya Somnath	571.921.4893	Sri Gopalakrishna	sri_gopalakrishna@yahoo.com	703.327.8307
11	Chinmaya Somnath	Every Friday	07:20 - 08:00 PM	Lalitha Sahasra Nama	Chinmaya Somnath	571.921.4893	Sri Gopalakrishna	sri_gopalakrishna@yahoo.com	703.327.8307
12	Chinmaya Somnath	Every Saturday	06:20 - 07:00 PM	Vishnu Sahasra Nama	Chinmaya Somnath	571.921.4893	Shyam Harohalli	sharohalli@verizon.net	703.222.5866
13	Chinmaya Somnath	Every Sunday	06:30 - 8:00 PM	Meditation in Life	Chinmaya Somnath	571.921.4893	Mohan Kanumuru	mkanumuru@yahoo.com	703.462.4062
14	Chinmaya Somnath	Every Saturday	08:30 - 09:30 AM	Kindle Life	Chinmaya Somnath	571.921.4893	Satyanarayana Kommuri	skommuri@gmail.com	703.731.5448
15	Chinmaya Somnath	Every Saturday	09:30 - 11:00 AM	Sadhana Panchakam	Chinmaya Somnath	571.921.4893	Srihara Edara	srihari.edara@gmail.com	703.200.1027
16	Ashburn	Every Thursday	07:00 - 08:30 PM	Self Unfoldment	Anu Pajjur	571.921.4893	Anu Pajjur	apajjur@gmail.com	571.921.4893
17	Centreville	Every Sunday	06:00 - 7:15 PM	Self Unfoldment	Suresh Ramakrishnan	202.258.7777	Suresh Ramakrishnan	surram68@hotmail.com	202.258.7777
18	Alexandria	Every Friday	07:15 - 8:45 PM	Bhagavad Gita	Dr. Motilal Koul	703.799.4138	Vijay Kumar	vjaykumar@rocketmail.com	571.276.7828

Reflection: Bhaja Govindam Verse 31

Kalpana Panigrahi

[Editor's Note: Kalpanaji is member of a study group that recently concluded study of the text, Bhaja Govindam.]

गुरुचरणाम्बुज निर्भर भक्तः
संसारादचिराद्भव मुक्तः ।
सेन्द्रियमानस नियमादेवं
द्रक्ष्यसि निज हृदयस्थं देवम् ॥३१॥

O devotee of the lotus feet of the teacher! May you become liberated soon from the saṁsāra through the discipline of the sense organs and the mind. You will come to experience the Lord that dwells in your own heart.

Sri Shankracharya has provided numerous ways for awakening the student(s) in the verses leading up to this verse, and having done all that, now he is **blessing** the student(s) to get to his final destination- liberation from this Samsara (the world of change). It is important to remember that a student/devotee/Bhakta referred to here is one who controls and curbs the activities of one's own sense organs (*Indrayadi Pravrttim Siksayati Iti Sisya*). And as Shankaracharya is blessing, he is providing an additional simple yet powerful and most important path, **Devotion in Guru**, leading to the ultimate destination. He knows for sure that following this path, the rest will naturally fall in place.

In the first verse of Bhajagovindam the word "Bhaj" means "worship" and true "Bhaja" is a total subjective surrender in love and devotion. Thus the verse 31 in a way signifies Shankaracharya's devotion to his own guru, Govindacharya. **Bhaja Govindam!**

Here in this last verse Shankaracharya highlights the importance of devotion in "Guru" which is obligatory in the student's pursuit of accomplishing his goal. The student looks up to the guru with great admiration as he identifies with his knowledge, his beliefs, guidance and basically everything that he stands for. In this devotion to the guru the student has a sense of surrender (to him) out of love arising from the sublimation of his reverence and faith. Guru represents the knowledge, scriptures, and traditions. This devotion to the guru will make the progress happen on the spiritual path. It is believed that **devotion comes as a result of the grace of the Lord.**

Under the umbrella of the chosen guru, the student would march forward to get control over the sense organs and the mind with the help of intellect. **These efforts will culminate in gaining the ultimate knowledge.**

Shankaracharya uses the word **Achirat** which means "soon" and implies that it is feasible to get to the final destination. In other words he is encouraging the student to continue on his journey which otherwise is mostly considered unattainable by many. His blessing serves to invigorate the students to believe in the certainty of reaching the goal.

Eventually, the realization that what one is looking for is not outside but has been all along within oneself -the Self!

God is none other than the life-principle that is in each of us.

Reflection: Bhaja Govindam

Radha Kowtha

Bhaja Govindam! Bhaja Govindam!

Centuries ago, Adi Sankaracharya and his disciples composed the meaningful and beautiful poem Bhaja Govindam. These great saints, who have crossed the ocean of samsara, wrote each verse with great love and compassion for those of us still immersed in the samsara. That's why they were able to address us as Mudhas. The love shown in the poem is similar to that love shown by parents towards their children.

I bow to the feet of these great saints.

As our study group completed our study of Bhaja Govindam with Gurudev's commentary, each person in the group was assigned the task of writing about their favorite verse. However, I struggled to choose only one verse. So, I attempted to summarize all of them.

With my limited understanding, I have classified the message of Bhaja Govindam into a few different categories. These are "Why should we seek Govinda," "How do we seek Govinda," "When and where should we seek Govinda," and "What do we gain by seeking Govinda."

"Why should we seek Govinda"

Here is why we should seek Govinda, the Truth, the Eternal.

- We waste our lives if we do not seek God. Without Atma Jnana, we torture ourselves with our own ups and downs, joys and sorrows, and honor and dishonor.
- We think our lives are permanent, but life is only temporary. Just as the water drop

sits on the lotus petal, ready to fall at any moment, so too is life. At any minute, it can end. Our lives are full of pain, disease, and conceit. We really get arrogant.

- We have false imaginations and false values, and we give them absurdly inflated value. We strive for their sakes and so we waste our energy and power.
- Bhaja Govindam elaborates with several examples on what we actually value
 - We value Secular Knowledge- We try to master different types of skills and inevitably get lost in the details. This type of knowledge does not help us, at the end of life.
 - We value Money and Women – We get so attached to these material possessions that we forget our true purpose of life. The outside world cares for us as long as we earn, but once we become old or we die, even our spouse stops caring.
 - We give importance to Desires - Even after enjoying all our life- as a child, a youth, a grown up, and in our old age- we still want more. Our desires won't end.

"How do we seek Govinda"

- By not getting too attached to our spouses, wealth and children (family).
- By leaving desires, anger, and greed.
- By taking no pride in our possessions and our youth.

- Pack our hearts with thoughts of God rather than with anxieties to acquire, hoard, or possess secular accomplishments or achievements.
- Live joyously in contentment and satisfaction with what we get 'as a result of our actions.'
- Purify our minds and intellects. Mind purification can be done through reflection. When reflecting, we should use 'pratipaksa-bhavana', which means 'to reflect ruthlessly'. This will break the cycle of negative thoughts, which consume a lot of energy. Instead, spend the conserved energy in seeking and serving Govinda.
- Seek Govinda through the company of the good. In one verse, Adi Sankaracharya describes the ladder of climbing. Through the company of the good, there arises non-attachment. Through non-attachment, there arises freedom from delusion. When there is freedom from delusion, there is the immutable Reality. On experiencing immutable Reality, there comes the state of 'liberated in life.'
- By becoming devoted to the Guru

awake (not be blind). It means purpose and thus becomes a quest.

"What do we gain by seeking Govinda"

- Happiness and peace.
- Whatever we do becomes beautiful.
- The sense of differences (plurality) is lifted and we gain oneness.
- The truth is realized and samsara is gone.
- We get blessings from our Gurus.

The blessings from our Gurus help us move forward in our quest to seek Govinda. Adi Sankaracharya assures us that we will reach our goal.

"When should we seek Govinda"

- "Here and Now"
- Every second of our lives.

"Where should we seek Govinda"

- Seek the Self everywhere. Upon reflecting on "Seek the Self everywhere," I felt the word 'seek' very fascinating. 'To Seek' means we have to look/search consciously with our minds and intellects. 'To Seek' indicates that we have to be

Who Slept Very Well?

Part 2 of 4 on the state of Deep Sleep

Acharya K. Sadananda

Part II

When I enter into a pitch dark room I cannot see the presence of any object there as it is too dark. I need the light to illumine the objects for me to see. In the pitch dark room, the existence or non-existence of any object cannot be established, as they may be there or may not be there. In essence their existence becomes indeterminate or anirvachanlyam. On the other hand, I can see that the room is pitch dark because of which I do not see the presence or absence of any object. Darkness envelops both known and the unknown. However, I do not need a light to see the darkness. In addition, I know that I am there even when the room is pitch dark. I do not need light to know I am there. I am Self-existent entity and therefore Self-revealing entity, and hence I do not need any pramANa to know that I am present in the dark room. It is similar to saying I do not need a light to see another light. Being a conscious-existent entity, I am also self-revealing entity or self-luminous entity or I am aprameyam, not an object of knowledge for which a pramANa is required. In addition my presence as self-luminous of self-conscious entity is required to illumine any other object - *tasya bhAsA sarvam idam vibhAti* – by that light of consciousness alone all objects gets revealed. Therefore the light of consciousness that I am can illumine the darkness also the light that oppose the darkness. Thus I am the light of lights since I light the lights and darkness too, *jyotiH jyotiH*. Therefore I say that I see it is pitch dark which is covering the existence as well the absence of all objects.

Ignorance is similar to darkness. When I say I do not know *gaagaabuubu*, there is ignorance of

gaabaabubu and also knowledge of that ignorance, since I know that I do not know. Hence in the pitch dark room – two things are known: one is my own presence or existence, and the second is the darkness that I can see because of which I do not see the presence of absence of any object. Similarly in the deep sleep states there are in a sense two things known: one is my own existence since I am self-existent and self-luminous entity, and the second is the ignorance which covers objective knowledge. Both these are expressed as I slept very well and I did not know anything. The objectifiable entities that are covered by ignorance include both internal and external perceptions. That is, the objects both outside where sense input is involved as well as objects from memory where there is no sense input. Thus, in deep sleep, we have the knowledge of my own existence, and the knowledge of the ignorance of every objectifiable entity, that includes even the BMI.

However, it also appears that while in deep-sleep state, I do not know that I exist. In the waking state and dream state, I have BMI which are needed instruments to express myself even about my own existence. The BMI do not prove my existence but are needed to prove my existence. Ahankaara or ego involves I identifying with the BMI as I am this, this and this, etc. Hence in the apparent absence of BMI there is no clear identification with the instruments for expression, and hence no expressible ahankaara in the deep sleep state. Thus notion that I am this is also not there since any - this - is not experienced due to apparent absence of all duality. Thus there is no ahankaara – I am this notion - and the associated mamakaara – this is mine – notion, since mind that

sees the duality as well as to express that seen duality is not in manifested form. Because of this there is no suffering in deep sleep state too. Absence of suffering due to the absence of perceptual duality is in a way the happiness or bliss experienced in deep sleep state. I am happy – in the deep state is not born out of object oriented happiness (*vishayAnada*) or born out of understanding that I am full and complete and therefore happy, since limitless or *anantatvam* is happiness itself. It is born out of knowledge of absence of everything or knowledge of the ignorance of everything including that of BMI. This aspect is very important to recognize that deep – sleep state is different from *turiyam* as elaborately discussed in *Mandukaya Upanishad*, since in this state there is only knowledge of complete ignorance of all dualities and not the knowledge that I am full and complete by myself, or '*aham brahmaasmi*' knowledge. To gain the knowledge that I am full by myself or *aham brahmAmi*, it is not the deep-sleep that I need but need the Vedanta teaching when the mind is awake! Hence scriptures say only with the mind one can know that I am the mind and I am the total that includes the mind too; *manasai vEdamAptavyam*, says *Kathopanishad*. This point is important and differs from the teachings of Sri Atmanandaji, based on his or Shree Ananda Wood's writings. Deep-sleep state differs from the *turiyam*, which pervades all the three states including the deep-sleep state. Analysis of sleep experience is required using the mind, since it is an experience of nothingness and it is not a state where one can understand that one is full by himself or '*aham brahmaasmi*'. This also points to the fact that understanding differs from experience, one has to understand the experience of fullness using the discriminative mind that is fully available for a disciplined mind in the waking state and not available in the dream and deep-sleep states.

We may also note that during the deep sleep state, there is no knowledge of space and time. During the dream state, the spatial and temporal frame-works exist, even though these may differ from the space-time scales in the waking state. Since the mind is folded in the deep sleep state, it is obvious that space and time also arise with the mind, which is present in the waking and dream states but not in the deep-sleep state. Since I exists there in the deep sleep state, in spite of the absence of time-space continuum, my existence is independent of the time-space continuum. Thus nature points out that the Advaita or non-duality state is beyond time and space continuum or the cause-effect duality. Time and space arise with the movement. Even though I move from waking to dream and deep sleep states, these movements are not in a particular space-time coordinate system, since even the reference frame-works themselves change from waking to dream states with each state has its own space-time reference. However, in deep sleep states, since there are no changes or movements within that state due to absence any particular knowledge, the deep sleep state transcends the time and space. In addition, I do not know when I enter into the dream and the deep-sleep states nor I know how long I dreamt or slept when I am in those states. Only the reference point comes with the waking state and from which reference only I can say I slept so long, etc., measured with respect to the waking state. Absence of space-time and thus all dualities result in the absence of all suffering and that is the happiness that I experience in the deep-sleep state. Ignorance is bliss, in that sense, since it covers knowledge of all dualities. Hence, everybody enjoys the deep-sleep state.

Thus we have three experiences in the deep-sleep state; 1. I exit since I say I slept very well, 2. I have the knowledge of homogeneous ignorance, since I say I did not know anything, and 3. I was happy or I did not experience the pains of BMI, since I am not conscious

of the BMI and thus any duality. Existence aspect comes from the Sat aspect of Brahman or the Self, knowledge aspect comes from the chit aspect of Brahman or the Self, and happiness comes from the ananda aspect of Brahman or the Self.

In addition, since I am able to recollect all these three experiences in the deep sleep state, there is an experience-experiencer yet the normal duality or triad that involves experiencer-experienced and experiencing is not there, since mind is folded. Fundamental question remains as who is the experiencer I that is recollecting these three experiences once awake, since the mind that is making the statement was not there during the deep sleep state. From the point of waker's mind, it appears to be a statement of inference since it was not there during deep sleep state. On the other hand, my experience in the deep-sleep is not of inferential type, but it is a solid experience without the apparent experiencer-experienced duality. It is like my wife left a plateful of LaDDu in my room and when she returned she found that plate is empty. Since no one else was there or entered into the room, she infers that I eat all that LaDDu. This is what I call as inferential eating due to circumstantial evidence. However, I must have eaten not because of inference but because I am full with LaDDu and therefore cannot eat anything else. The experience of deep-sleep state is solid experience and the recollection of that experience in the waking state by the mind is not based on inference but as a fact. This is everybody's experience.

Experiencer of the Deep-Sleep-State

The question remains - If the mind is not there, then who experiences these above three in the deep-sleep state and who recollects these experiences when one is awake, since the experiencer and the recollector have to be one and the same? These appear to be puzzling questions that need to be addressed. Who is going to provide the answer to

this – a sleeper or a waker? For this, scripture alone becomes a pramaana, or means of knowledge, since mind that uses logic cannot provide the answers, and whatever answers it provides can only be speculation at best. No objective tools can be used or valid to analyze the deep sleep state since all objective entities are absent in that state, other than ignorance. Hence objective scientists also have no tools available for investigation. These aspects have to be clear even when we are studying opinions of other philosophers such as Sri Atmanandaji, unless these opinions are shRiti based.

Answer to Question by Arya: "I Am Saakshi". The word Saakshi means witness.