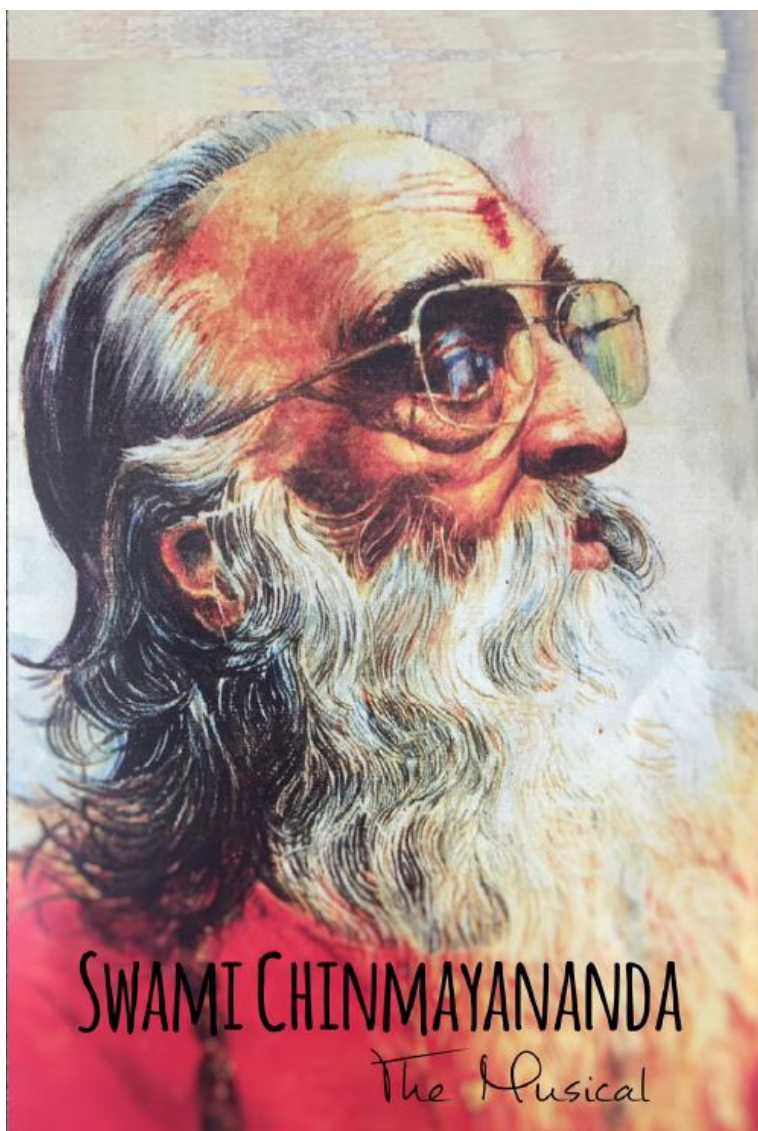


Chinmaya Smrithi



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

Volume 26, Number 6, November 26, 2016



BIRTH CENTENARY YEAR OF SRI GURUDEV, SWAMI CHINMAYANANDA

Calendar and Upcoming Events

Upcoming Events

- Sat Dec 3 – Annual Fundraiser, Keynote Speech by Swami Iswarananda, Silver Spring MD
- Sat Dec 10 – Geeta Jayanti and Tapovan Jayanti
- Tue Dec 27- Fri Dec 30 - Geeta Jnana Yajna by Pujya Swami Dheeranandaji, Chapter 3, verses 1-21: Karma Yoga, The Art of Action
- Sun Jan 1 2017, New Year Puja at Chinmaya Somnath and at Chinmayam
- Fri Feb 24, 2017, Maha Shivaratri. Celebrated locally at all chapters on Friday and weekend.
- Sat/Sun Mar 18/19 – 2017 Geeta Chanting Competition, locally at all chapters
- Sun Mar 19 – Sun Mar 26 – Swami Bodhatmanandaji visits CMWRC

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 – January 2017, are due by December 31, 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
Chinmayam Chapter – Silver Spring MD website <http://chinmayam.chinmayadc.org/chinmayam-chapter/>
Chinmaya Somnath Chapter – Chantilly VA website www.chinmayasomnath.org
Chinmaya Frederick Chapter – Urbana MD website <http://www.frederick.cmwrc.org/>
Chinmaya Richmond Chapter – Richmond VA website www.chinmayarichmond.org
CMWRC – Washington Regional Center www.chinmayadc.org

Please Note

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

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

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

Sitaram Kowtha, Kodanate Lakshmanan,

BV students – Nishant Carr, Siri Neerchal, Ananya Krishnan, Usha Konduri, Thara Konduri, Dakshesh Nimishe, Varsha Krishnan, Himavarsha Yerraguntla, Bhavya Devarsu and Bhuvan Devarsu

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

Table of Contents

	Calendar and Events Editorial Team, Contact Us
NEWS	News Summary
	<i>From the Desk of the President</i>
	Announcement & Flyers
	<i>Mom Will Be There</i> Anouskha Sankar
	<i>Malhotra Talk</i> Roma Venkateswaran
	<i>2016 Summer Camp News from Chinmaya Somnath</i> Sudhita Kasturi
	<i>2016 Summer Camp Curriculum – Chinmaya Somnath</i> Various Authors
	<i>2016 JCHYK Retreat at Chinmaya Somnath</i> Aarushi Vasudev
	<i>2016 CHYK Retreat at Washington DC – Chinmayam</i> Vinay Mallikarjun
	<i>Rangoli (Kolam) – Art Project at 2016 Divya Shakti Retreat</i> Devyani Kavathekar
	<i>Swami Chinmayananda, The Musical</i> A Grand CMWRC Family Performance and Photos
	<i>Vedanta Series: Bhakti to Prapatti: Part 3 of 3</i> Acharya Sadananda

News

Obituary – Dr. Mamidanna Seshagiri Rao, founder member, CMWRC

Dr. Mamidanna Seshagiri Rao 06/21/1931-01/10/2016

He was a devout Chinmaya Mission member for over thirty years. He saw Gurudev for the first time in 1967 in India. He was one of the founders of CMWRC back in the 1980's. He was among those who went house hunting for a suitable location for Washington regional center, and agreed upon the place. When Kailas Niwas was being renovated for mission use, Swami Dheeranandaji stayed in his house. First and foremost, though he was a teacher. Besides being a Professor at Howard University-College Of Medicine from 1976-2012 he was one of the teachers of the first Balavihar ever held for the Maryland, DC, and Virginia area in 1984. He passed away suddenly on his way to the hospital in Bangalore, India. He was 84 years old.



He is survived by his wife Jayasheela and two daughters-Sree & Veena Rao. Sree was also a Balavihar teacher for some time.

New President and Leadership Changes at CMWRC

Sri Anil Kishore has been appointed as the new President of CMWRC. Succeeding Acharya Anantji, who served in the role of the President for two years, and had steered the center through challenging times and significant growth. Our hearty welcome to Anilji and heartfelt gratitude to Acharya Ananti for his service and leadership.

Other leadership changes include addition of Sri Srikumar Gopalakrishna and Sri Humcha Hariprakasha to the Board of Trustees. Hariji takes the place of Srimati Sukanya Sathyanarayana, to represent Frederick Chapter at the board. Srimati Muktha Thyagarajan has been appointed to the Executive Committee to represent Bala Vihar.

The composition of CMWRC Board of Trustees as of Oct 26, 2016:

- Swami Tejomayananda, Permanent Trustee
- Swami Dheerananda, CMWRC Resident Acharya
- Anil Kishore, President
- Sitaram Kowtha, Secretary
- Prakash Soman, Treasurer
- Acharya Vilasini Balakrishnan
- Sethuraman Balan
- Jay Sriram, Joint Treasurer
- Srikumar Gopalakrishna, Joint Secretary
- Humcha Hariprakasha, Frederick Chapter

The CMWRC Executive Committee composition as of Oct 26, 2016:

- Anil Kishore, President
- Sitaram Kowtha, Secretary
- Prakash Soman, Treasurer
- Sri Gopalakrishna (Ad Hoc Member)
- Raja Kirkire (Director, Chinmayam Chapter)
- Suresh Ramakrishnan (Director, Chinmaya Somnath Chapter)
- Shivalingam Vanam (Director, Frederick Chapter)
- Muktha Thayagarajan (Director, Chinmaya Somnath Bala Vihar)

Trichur Brother Concert at Chinmaya Somnath

Trichur Brothers Carnatic music program was held at Chinmaya Somnath on Saturday, September, 2016. The program was very well organized and spectacular. Acharya Anantji and Acharya Priya ji and Vijay Kumar ji attended program along with over 250 attendees. More than 60% were non mission members, many from MD, and senior patrons of the DC community. Events such as this serve to increase awareness of the mission in the community. The artists are very devotional youngsters and sang for almost 3.5 hrs. The artists had visited the previous day and prayed at the shrine ahead of their performance.

Jnana Yajna by Swamini Vimalananda at Chinmayam

“More Mantras for Success” was the theme of Jnana Yajna conducted by Swamini Vimalanandaji, October 5th and 6th at Chinmayam. There were over a hundred attendees as Swamini Amma drew from the Gita to inspire the audience.

Acharya Vivekji Spiritual Workshop at U-MD

Acharya Vivekji conducted spiritual workshop at University of Maryland, College Park, on October 6th. The theme of the workshop was “Investing in Balance”. Around 25 students participated.

2016 Divya Shakti Retreat at Laurel MD

Led by Swamini Vimalananda, Acharya Vilasini and Acharya Vivek, the Divya Shakti Retreat of 2016 (October 7-9) concluded successfully. There were over 160 attendees from across US and Canada. The retreat was held at Homewood Suites in Laurel Maryland. This was a unique event in that it was led by three Acharyas and it attracted almost twice as many Devis. CMWRC may offer to host the retreat again in three years.

CHYK Performance – ‘Sundarakanda’

On October 9, CHYK members performed vocal rendering of Sundara Kanda from Ramayana. Composed in Telugu

by late Sri Rama Rao, Krishna Bhamidipati, supported by Swetha Narasimhan on Violin, Vinay Mallikarjun on Tabla and Ajay Ravichandran on Mrudangam, sang in multiple ragas, bringing out the subtle emotions, atmospheric and energy associated with each happening in Hanuman’s quest to find Seeta in Lanka and his triumphant return.

This was a farewell performance for Chyks going to Trinidad for 2-year Vedanta course. The video is posted on youtube at: <https://youtu.be/l2fdbJvBn4E>

Swami Chinmayananda – The Musical

A musical on the life of Swami Chinmayananda, with the script derived from one developed by Chyk West in 2015, was performed on Oct 22nd at Chinmaya Somnath auditorium. Produced by Acharya Priyaji and Acharya Rahulji, the performance drew from children, youth and adults from all three chapters of CMWRC. The tickets were sold out well in advance. The audience gave a standing ovation to the performers, directors and producers for a thrilling, heart-rendering performance. Please see the program and pictures in this edition.

Nearly 450 tickets were sold. Nearly 120 participants and dozens of volunteers made this event possible. There is no measure to quantify the emotions that was created by this program.

Deepavali Celebrations

Diwali Mela

CMWRC was the hosting temple member (of the 16 United Hindu Jain temples, UHJT, of greater Washington DC) for the 2016 Diwali Mela, held on 1st October at ER High School in Greebelt MD. The mela attracted over a thousand attendees. CMWRC organized Lakshmi Puja, provided water and tea, and had a book-stall.

At Chinmayam Chapter

Upwards of 150-200 children and adults, joined by Pujya Swami Dheeranandaji and Acharya Vilasiniji, attended Deepavali celebration at Chinmayam on Sunday October 30.

The program started with invocation and bhajans and followed by cultural program. The highlight of the evening was demonstration of how Deepavali is celebrated in different parts of India. The Marathi delegation won the hearts of audience with descriptions, role-acting and dancing with a song 'thumch ghar, humcha ghar' playing in the background.

Swamiji's inspiring Deepavali message was followed by sumptuous dinner.

Elsewhere, at Chinmaya Somnath and Frederick Chapters, Lakshmi Puja was performed to mark Deepavali.

"Chinmaya Blossoms" Preschool

A new preschool is taking shape at Chinmaya Somnath facility. Guided by Acharya Anant Sarma, a team comprised of Prakash Soman, Gomathi Nagaraj Kiran Gupta, Suresh Ramakrishnan, Muktha Thyagarajan and Sudhita Kasturi, have been quietly working behind the scenes to establish a new program offering in Northern Virginia. Gomathi Nagaraj will serve as the Chairperson of the Executive Board of Directors of Chinmaya Blossoms and the Kiran Gupta will be the Director of the preschool. There will more news on this in the coming weeks.

Karthika Pournami Rudrabhishekam

Typically, Mondays in the month of Karthika are special for devotees of Lord Shiva. This year, Monday, November 14, coincided with Karthika month, but it was also a full moon day, and as the world learned, it was a Super full moon day – the moon had not been as close to the Earth since 1948.

At Chinmaya Somnath, the special day was observed with Rudrabhishekam and Rudram chanting in the evening, with over 85 children and adults in attendance, despite it being a work day.



Upon Assuming the role of President, CMWRC

HARI OM

I am humbled by the Board's decision to appoint me as the President of this spiritual *sanstha*. I know that these shoes are not easy to fill but I also know that I am privileged to work with sevaks of unmatched determination and with their force anything is possible. We joined the Mission in 1993 and have seen the strength that we all have amongst us.

As president my strength comes from two of my most adorable mentors - Swamiji and Vilasiniji. It is their never ending support, trust and confidence in me that has always been an inspiration. It is also the strong foundation they have laid down for our Center. As Bala Vihar director I grew personally, spiritually and professionally under their guidance. I couldn't even dream of taking this responsibility without their blessings. In this opportunity, I see myself privileged to be closer to my gurus, to learn more from them, and serve them and their spiritual quest in fulfilling Gurudev's dreams.

As president my strength comes from the numerous sevaks who actually make things happen - we stand recognized in every way for the quality of what we offer - whether it is the commitment, the punctuality, the spiritual nourishing of our children, the discourses we offer or simply the camps and retreats we host. The experience we provide to the community is priceless because of our sevaks. Their seva and their caliber is unmatched. Sometimes as spectators, we only see how smooth the Mission operates but in the background it is always amazing how every event weaves itself into a perfect production. It is our sevaks who work tirelessly to make it happen. Many times their seva goes on without much publicity and commotion, they exemplify selfless dedicated service at its best. Our sevaks are caring people who go above and beyond the needs of the Mission - I made some of my best friends here and I could never do without their company or their support.

I seek more of you who have so much to offer but have not volunteered to come forward. It does not have to be long hours but just want you can give. Remember, the Mission is all about you and our children. We can only take big strides when we stand together hand in hand to serve Him and prepare our Mission for the needs of our tomorrow.

As I was on a fact finding mission to take this role or not, I approached Balanji for guidance. He represents us as

our senior most sevak, and a true mentor. He arranged for a conference call with Anantji and our conversation clearly showed the dedication and efforts of Balanji and Anantji. They have brought us a wealth of experience. They too have laid the foundation of a strong CMWRC and I am thankful for their assurance to be my resource any time I need their assistance in the coming months.

Last but not the least, the personal strength and motivation comes from my family - my wife Rita and my children Nikhil, Priyanka and Nandini who when asked didn't even question the role or the details. They said "go for it". I felt how true Gurudev's Bala Vihar prepares our youth for seva, Nikhil and Nandini are both products of Chinmayam Bala Vihar.

Over the past three years, I worked with CHYK-DC members and I found the strength of Gurudev's spiritual strength already at work. Our youth bring so much energy, determination and devotion in their hard work that we can say with certainty - our tomorrow is in good hands. This is our strength building a future for CMWRC

Thanks to our Chinmaya family for supporting the Mission. I thank Gurudev for his grace and blessings in making me choose this path. I see us continue to be strong and unique in building our cultural and religious heritage and building on the strong foundations laid by our spiritual masters. I look forward to continued contributions from everyone in any form to make us stronger.

Please join hands with me in leading this Mission to new heights, one that we and our children will cherish for many years to come

I quote one of my favorite verses from *Gurustotram*

चिन्मयं व्यापि यत्सर्वं त्रैलोक्यं सचराचरम् ।

तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥ ५ ॥

cinmayam vyāpi yatsarvam trailokyam sacarācaram ।
tatpadam darśitam yena tasmai śrīgurave namaḥ ॥ 5 ॥

Salutations to that teacher who showed me (by teaching) the One to be known, who is but Awareness and who is the pervader of all three worlds comprising the sentient and insentient.



May His Grace and Blessings be with us always!!

Hari OM.

Anil Kishore.

[Anilji can be reached at President@chinmayadc.org]

Announcements and Flyers



Chinmaya Mission® Washington Regional Center
invites you to




2016 Annual Fund Raiser

**MINDFUL WORK
AND
MINDLESS MEDITATION**
by Swami Ishwarananda

**Saturday, December 3rd, 2016
4 to 9 PM**

**Veteran's Plaza
1 Veterans Place,
Silver Spring, MD, 20910**

GPS device address: 8525 Fenton Street, Silver Spring, MD 20910



Swami Ishwarananda, Resident Acharya, Chinmaya Mission, Los Angeles
Having been inspired by Param Pujya Swami Chinmayananda, and with the guidance of Swami Brahmananda, he left his field of software consultancy and joined Sandeepany Sadhanalaya in Mumbai in 1991 for Brahmachari training. He has been serving as an Acharya in many capacities since 1993 and became resident Acharya at Chinmaya Mission, Los Angeles in 2005. Swamiji is very popular with youth and adults alike. He is a dynamic speaker and has given talks on Vedanta, stress management, management techniques and other such related fields.

Program	Tickets *
4:00 PM - Arrival and Refreshment	Adult (18+): \$50
5:00 PM - Invocation	Separate program for children
5:20 PM - Introduction	Child (4-17): \$20
5:30 PM - Keynote Address	Limited seats available
6:30 PM - Q & A	Early registration is encouraged
6:50 PM - Fund Raising Appeal	
7:20 PM - Guru Dakshina and Dinner	

For questions, please contact AFR@chinmayadc.org
*** Please buy your tickets online on chinmayadc.org website**

Chinmaya Mission Washington Regional Center® (CMWRC®) is a non-profit Tax-Exempt organization under IRC 501(c)(3) of the Internal Revenue Code. Our Federal Tax ID is: 52-1618964. CMWRC programs encompass a wide range of spiritual, educational, and charitable activities.



Chinmaya Mission®
Washington Regional Center
www.chinmayadc.org



2017 Geeta Chanting Competition

“Chant Geeta, Enchant Krishna, Celebrate Chinmaya”



EVERYONE IS INVITED

To participate in the competition

CHILD – YOUTH – ADULT

Geeta Chapter 3: Verses 1-21
Karma Yoga: The Art of Action

Chinmaya Mission Washington Regional Center(CMWRC) is pleased to announce the 2017 Geeta Chanting Competition. The aim of Geeta Chanting is to inspire everyone to chant, study and live the essence of the Upanishadic knowledge that Sri Krishna divulged to Arjuna. We encourage you to chant these verses that explains action and liberation. 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! So “Chant Geeta, Enchant Krishna, Celebrate Chinmaya!”

2017 CHAPTER COMPETITION

Dates and Locations:

- Chinmayam (Silver Spring MD)
 - March 18th 2017 1:00- 5:00 PM
- Chinmaya Somnath (Chantilly, VA)
 - March 18th 2017 12:00-4:00 PM
- Chinmaya Frederick (Urbana, MD)
 - March 19th 2017 1:00-2:30 PM

PARTICIPATION CATEGORIES

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

Go to <http://cmwrc.chinmayadc.org/geetachanting>

for information about the competition, registration and for audio & visual practice materials.



CHINMAYA MISSION® WASHINGTON REGIONAL CENTER

Kailas Niwas, 46 Norwood Road, Silver Spring, MD 20905
<http://www.chinmayadc.org>
<http://www.chinmayasomnath.org>



CELEBRATING CHINMAYA BIRTH CENTENARY

BHAGAVAD GITA

JNANA YAJNA

(Continuing Series of Free Discourses)

GITA CHAPTER 3

VERSES 1-21

(Karma Yoga)

(The Art of Action)

By **Swami Dheerananda**

(Resident Acharya, Chinmaya Mission Washington Regional Center)

7:00 P.M. to 8:30 P.M.
Dec 27-Dec 30, 2016

@

CHINMAYA SOMNATH

4350 Blue Spring Drive
Chantilly, VA 20151



Swami Dheerananda has been serving the Washington DC area since 1989 when **Pujya Gurudev Swami Chinmayananda** placed him as Resident Acharya for the Washington DC Metro area. **Swamiji** is the architect behind Chinmaya Mission's very popular **Bala Vihar, Geeta Chanting and Summer Camps** for children.

Activities for kids ages 4+ are planned during the Discourses



VISHNU SAHASRA NAMAVALI, LAKSHMI PUJA & GURU PADUKA PUJA

will be celebrated at the same location on

Sunday, January 1, 2017

(10:00 AM - 12:00 Noon)

WE INVITE YOU TO SPONSOR THE YAJNA & SUPPORT CAPITAL PROJECTS

For Information or to Sponsor the Yajna please send email to yajna@chinmayasomnath.org

DIRECTIONS: From Beltway- Rt. 495 take I-66 W to Route 50 West and continue past Route 28 overpass. Travel 2 miles, and turn left on Pleasant Valley Road. Turn right on Blue Spring Drive. Chinmaya Somnath is on your left.

Mom is there for You

Anoushka Sankar

Bala Vihar Student, Shivam Class (3rd Grade)

Once upon a time there lived a brother and a sister. The big brother always bragged about how many friends he had, but the little sister was humble and said she only had a few friends, so one day when the brother said "Amma I'm going to meet my friends then he walked out of the house then the sister went to see her friends and her friend's house was past the junkyard but when the girl came to the junkyard she found her brother there and realized that he was lying to his mother so that his mother wouldn't go and deal with that because boys feel embarrassed when the mother does something for the boys, when she got home she found her brother in his room pretending to text his friends, and then she said, "I know you are lying so that Amma will not interfere" the boy looked panicked then said "of course I have friends". Then the sister looked at him and said, you know she will help you now go ahead and tell her" then the brother went and told the mom about this so the mom helped him. So the moral of the story is that your mother will always be there for you. Even if she is no longer with you, she will be in your thought and she will help through the way.

[Editor's Note: This is a story from Anoushka's imagination].

Rajiv Malhotra Talk at Chinmayam

Roma Venkateswaran,

Bala Vihar Student, Chinmayam Class (12th Grader)

On September 24th, Rajiv Malhotra, devout Hindu and famous author, visited Chinmaya Mission Silver Spring and spoke to the adults and the high school students. His talk was formatted as a series of answers to 12 questions that had been asked by members of the Mission.

The first four questions concerned the metaphysical and intellectual aspects of Hinduism. First, he talked about the importance of not abandoning one's duties and doing without a sense of doership in response to a question concerning how to be Hindu while also engaging actively with the world. Next, he talked about the concepts about involution versus evolution, which he discussed in his book *Indra's Net*. He said that science and religion do not contradict, as the divinity in us is involution, while the physical development is evolution. Third, he answered a question asking if Shankara had rejected yoga because he said we are all already liberated. Mr. Malhotra responded that it is important to work to attain moksha because a cognitive shift is necessary to realize that every person is already liberated. Finally, he discussed how the written scriptures of Hinduism helped the religion survive for longer than many other non-Abrahamic religions.

The next two questions had to do with Hinduism's past. The first asked if the caste system was similar to the segregation of peoples in Rwanda that caused genocide. Mr. Malhotra described that varna, different occupations, and jati, community, existed everywhere, but that the British brought in ideas of Social Darwinism that turned varna and jati into the caste system. Hinduism itself does not promote segregation and hierarchy of castes. The second question asked if Hinduism has changed with time. Mr. Malhotra referenced his novel *Indra's Net* to explain that while elements within the "net" of Hinduism may be evolving, the architecture of the religion stays the same.

The next three questions dealt with how to defend Hinduism from those who may attack it. Mr. Malhotra stressed the importance of everyone, from youth to the elderly, to educate themselves about Hinduism and be unafraid to respond to misinterpretations of the religion. It is not hard to find positive things that Hinduism and Hindus do, like the Chinmaya Organization for Rural Development (CORD) that helps rural communities in India.

The final three questions dealt with the importance of our culture and the negatives of appropriation. Mr. Malhotra discussed how it is important for Hinduism to be taught in all its complexities to avoid people picking and choosing parts that they want to keep for themselves and ignoring other parts. He said that appropriation is harmful because the individual elements that may be appropriated may be misinterpreted, distorted, taken out of context, or stolen without giving credit to their original source. That is why Hindus should work to stop appropriation. He added that Sanskrit is especially important because it is a live language that is sacred and liberating, and the sounds in Sanskrit mantras are important in their poetic and aural qualities as well as their meanings.

Mr. Malhotra answered all the questions thoroughly and appropriately. His talk was interesting and engaging. You can read more about the topics he discussed in his many books, including *Indra's Net*, *The Battle for Sanskrit*, *Academic Hinduphobia*, *Breaking India*, and more.

[Editors' note: Rajiv Malhotra may be reached at www.RajivMalhotra.com or on Facebook at [RajivMalhotra.official](https://www.facebook.com/RajivMalhotra.official)]

2016 Chinmaya Somnath Summer Camp News

Summer Camp Team



HARI OM HAPPENINGS

Chinmaya Somnath Summer Camp, Issue 1

WEEK 1: AT A GLANCE

The 2016 Chinmaya Mission Summer Camp has kicked off and week 1 has been a blast! We welcomed Swami Dheeranandaji and Brahmachari Avinashji to Chinmaya Somnath and it will be a blessing to have them at camp for the next few weeks. Everything we have planned for our wonderful campers has been going well, and we are confident it will continue. Our campers are learning and having fun with different activities like chanting, theme classes and hopping game with Swamiji, and Kreedha and theme classes with Br. Avinashji. They also have yoga, indoor games, athletics, art, dance and theme classes with our awesome team of volunteer teachers. Our youth volunteers planned something extra special this week for our campers to teach them about aeronautics. We built rockets using common household items such as matchsticks and aluminum foil through a trial and error process. Although this endeavor ran into some challenges the kids learned persistence in the face of obstacles.



First day at camp - Assembly with Swamiji

FRIDAY SPOTLIGHT

We ended the week with a special Havan with Swamiji along with four different acts of seva. The children worked on cleaning the dining room, making sure the furniture and space was a sanitary area to eat. The shoe room was also cleaned to prepare for the following week's accumulation of camper, volunteer and teacher footwear. Lastly, the windows were dusted and the plants were watered, finishing up the seva for this week with the creation of a peaceful space for the following weeks to come. We later went to Ocean Dunes waterpark where the campers and youth volunteers enjoyed playing on the slides to conclude a fun first week at camp.



Trip to Ocean Dunes Waterpark

HARI OM HAPPENINGS

FULL HOUSE

This year at Chinmaya Somnath, we are trying to provide a new environment for learning by separating all campers, regardless of age, into 4 teams-- Sama, Dama, Uparama, and Titiksa. By associating with kids of all ages, the children are exposed to a simulation of the real world by mingling with various types of people. Various house activities include making japa malas, kreeda with Avinashji, athletics, and a house dance. These activities include a balance of physical, social, academic, and spiritual aspects of life providing the children with a well-rounded experience at camp.



Campers sit in their house groups during assembly.

THESE ARE A FEW OF OUR FAVORITE CAMP THINGS....



Art Class



Athletics



Hopping game with Swamiji



Yoga



Aeronautics



Chinmaya Somnath
4350 Blue Spring Dr, Chantilly, VA 20151
Summer camp Landline Phone - (703) - 635 - 3665
E-mail address - summercamp@chinmayasomnath.org
Newsletter Staff: Manu, Adithi & Madhurya

We're on the Web!
See us at:
chinmayasomnath.cmwr.org



HARI OM HAPPENINGS

Chinmaya Somnath Summer Camp, Issue 2

WEEK 2: AT A GLANCE

Our second week at summer camp was filled with new opportunities and surprises. The campers enjoyed a myriad of activities and classes, forming lasting friendships with the members of their age group as well as interacting with campers of all ages during the afternoon house activities. Morning assembly sessions allowed campers to continue chanting and learn verses of the Bhagavad Gita, as well as bhajans such as Chinmaya Mahima. The youth-volunteer-organized class for this week was creative writing, and campers worked on pieces centered on a common theme of "magic."



Group 5 performs Surya Namaskar during yoga.



Campers design their own magical creatures in a descriptive writing assignment for the creative writing class.



During Kreedha with Avinashji, the campers line up for a game of Rama, Ravan, Raja.

FRIDAY SPOTLIGHT

This week ended with a carnival featuring a variety of games and attractions for the campers to enjoy. The carnival included stations for popcorn, cotton candy, and water, as well as games such as Plinko, Ring Toss, and Angry Bird Toss. In addition to winning prizes at these games, campers played on the inflatable water slide and obstacle course. After the carnival games, the groups gathered in the auditorium for a screening of "On a Quest," a movie based on the life and times of Pujya Gurudev Swami Chinmayananda. Overall, it was an exciting and enlightening day spent both indoors and outdoors.



Activities included a water slide and a photo booth.

HARI OM HAPPENINGS

CELEBRATING CHINMAYA ARADHANA DAY

On Aug. 3, Pujya Gurudev Swami Chinmayananda attained Mahasamadhi. To honor his life and legacy, the camp participated in a Mahasamadhi Puja under the guidance of Swami Dheeranandaji and Br. Avinashji. Campers chanted the names of Swami Chinmayananda using japa malas and prostrated before his padukas for blessings.



Pujya Gurudev Swami Chinmayananda's padukas set in front of the altar during the puja.



Campers prostrate before the padukas

TEACHER FEATURE

"If you could describe camp in one word, it would be..."



Br. Avinashji – Theme, Group 5
"Uplifting."



Jayashriji- Theme, Group 1
"Awesome."

Stay tuned for
more teachers
featured in next
week's issue.



Sudikshaji – Theme, Group 4
"Sattvik."



Ramani Amma – Theme, Group 3
"Well-Organized."



Chinmaya Somnath
4350 Blue Spring Dr, Chantilly, VA 20151
Summer camp Landline Phone - (703) - 635 - 3665
E-mail address - summercamp@chinmayasomnath.org
Newsletter Staff: Manu, Adithi & Madhurya

We're on the Web!
See us at:
chinmayasomnath.cmwr.org



HARI OM HAPPENINGS

Chinmaya Somnath Summer Camp, Issue 3

WEEK 3: AT A GLANCE

Week 3 at camp was a home run- From Br. Avinashiji's Kreedas games to bhajans and stories, the kids really enjoyed learning about our theme for this year, Gurudev. This week the kids finished learning this year's Bhagavad Gita, chapter 3 versus 1-21. The kids are also staying fit with all the physical education classes like yoga, athletics, and dance. The youth volunteer's class this week was chemistry where the campers learned about density through an experiment about making a lava lamp. Everyone is really having fun in camp so far, so please look forward to our annual day next Friday!



Group 1 practicing their dance for annual day



Group 5 in Kreedas with Avinashiji



Chemistry class with the youth volunteers

FRIDAY SPOTLIGHT

Our last "Fun Friday" was an indoor field day, which was a friendly competition between each of our 4 "houses" or "teams": śama, dama, uparama, and titikṣa. The campers wore shirts with their team colors and participated in each of the activities, such as a sponge race, 3-legged race, limbo, sack race, and relay. After the field day, they enjoyed pizza and cake, in honor of Lord Sri Krishna's birthday, Janmashtami. Swamiji organized a special hopping game where each team chose their four best hoppers and runners to participate. After the game was finished, campers enjoyed a Krishna "rock" concert arranged by Acharya Rahul Ji and Priya Ji.

There were lots of bhajans and the children danced with their special "flashing" rings. The day ended with all the children playing with their dandiya.



Rock Concert

HARI OM HAPPENINGS

TEACHERS

We are sad to say goodbye to Brahmachari Avinashji, as he left to go back to Trinidad this Wednesday. Br. Avinashji was the theme teacher for group 5 this week and was also in charge of Kreedha for all campers. We look forward to next year when he returns to our annual summer camp.



THESE ARE A FEW OF OUR FAVORITE CAMP THINGS....



Kids eating afternoon snack outdoors



Kids playing dandiya at Friday's rock concert



Field day games



Group 4 learning Vedic math with Sumanth bhaiya



Chinmaya Somnath
4350 Blue Spring Dr, Chantilly, VA 20151
Summer camp Landline Phone - (703) - 635 - 3665 E-mail address - summercamp@chinmayasomnath.org
Newsletter Staff: Manu, Adithi & Madhurya

We're on the Web!
See us at:
chinmayasomnath.cmwrc.org



HARI OM HAPPENINGS

Chinmaya Somnath Summer Camp, Issue 4

WEEK 4: AT A GLANCE

With the grace of Pujya Gurudev and the blessings of Swami Dheeranandaji and our Acharyas, the final week of the Chinmaya Somnath annual summer camp is complete and we are reluctant to let the kids go. The beginning of the week was filled with activities that progressed from the previous weeks. Group 5 had a special class where they learned to make Chinese noodles. Towards the end of the week, the kids rehearsed for the finale on Friday. The youth volunteers' class this week was theater, where the kids played theater games and learned the different processes that actors go through.



Theatre with youth volunteers



Chanting led by Swamiji



Keep Smiling at Chinmaya Somnath Summer Camp

FRIDAY SPOTLIGHT

The kids spent their Friday practicing their stage performances, eating yummy food, and putting on their beautiful Indian clothes. Our finale went very smoothly and according to plan. All the kids and staff worked really hard to put the show together for the parents. The kids chanted and danced to all items that had been learned throughout the whole summer camp.



HARI OM HAPPENINGS

WRAP-UP

Overall, this year's Chinmaya Mission Summer Camp has been a blast! From chanting with Swamiji to PE with Coach K, the children learned a variety of things such as how to chant the Bhagavad Gita and how to stay healthy. It was a joy to see the kids have fun and interact with one another while they embark on their spiritual quest. We all hope that the children will attend summer camp next year, so that they can stay connected with the Chinmaya family.



THANK YOU AND GOODBYE....



Chinmaya Somnath
4350 Blue Spring Dr, Chantilly, VA 20151
Summer camp Landline Phone - (703) - 635 - 3665
E-mail address - summercamp@chinmayasomnath.org
Newsletter Staff: Manu, Adithi & Madhurya

We're on the Web!
See us at:
chinmayasomnath.cmwrc.org

2016 Children Summer Camp at Chinmaya Somnath

Summer Camp Team



HARI OM HAPPENINGS

Chinmaya Somnath Summer Camp 2016 - Curriculum

Group 1&2 Theme

The summer camp theme this year was “Gurudev”. Hence, all the activities, games, bhajans and stories in class were centered on Puja Gurudev.

Every day, we sang a bhajan or a song, played a game and either ended class with a chapter from the life story of Gurudev or a narration of a story and game.

The first week involved discussions on different kinds of Man - Plant-man, Animal man, Man-Man & God-man and their characteristics (as told by Gurudev himself). During the second week, the children were briefed about Pancha Koshas and the childhood of Gurudev. In the third week, Gurudev’s freedom fight, close shave with death, and his spiritual journey that led to Chinmaya Mission were discussed. During the last week of the camp, we conducted a quiz on “Gurudev’s life” - Recap (Monday), Childhood & studies (Tuesday) and Spiritual quest & start of Mission (Wednesday).

The songs/bhajans learned in the Theme classes are “Hari Om Gurudev Hari om”, “Annamayya Annamayya”- Pancha Koshas song, “Om guru Om Guru” and “Jaya Guru Omkara Jaya Jaya”. The class played several games like duck duck goose, freeze dance, swami says and hang man modified to suit the theme. The stories narrated involved not only the life of Gurudev but also some experiences/incidents that involved Gurudev (told by Swamiji to the teachers). Some stories were value based to teach them about Honesty, Value of Discipline and right use of Strength.

Overall, we had so much fun with the younger campers and are grateful to you all for trusting us with them at such impressionable age.

With Prem and Om,

Jayashri and Vandana

Group 4&5 theme

This year we were given 21 names of Shri Gurudev to plan our theme lessons. My goal was to not only introduce the names, but to instill in the children the values associated with them - such when learning Jitendriyaya namah, they would not only learn about one who controls the senses, but also why it needs to be controlled and in what situation should this value be invoked. I took help from Gurudev's stories, parables, Swamiji's teachings such as why it is important to have a healthy body, pure mind, and brilliant intellect, especially in that order. We also played team games, quote scramble, problem solving skits and such. Children were very receptive of these teachings. At the end of the camp they wrote letters to Swamiji reflecting on the camp.

It is always a wonderful learning opportunity to work with all children for which I am thankful to Swamiji and Gurudev's loving grace.

Pranams,

Sudiksha Nimishe

Group 3, 4&5 Theme

Group 3

It was a pleasure to handle these kids and be in charge of this group.

Since the theme of the camp was Swami Chinmayananda, the life of Gurudev was narrated and discussed using the text Chinmaya Mahima Stotram as the base, supplemented with some anecdotes. In every class, a few of the 21 names of Swamiji were chanted, the meaning

explained and a few anecdotes were used to explain the meaning.

Lots of storytelling took place and the children seemed to have enjoyed them.

The other highlight was that the students were exposed to the spirit of SEVA through singing and discussing the meaning of Hari Seva Song- Camp song in Hindi.

Besides this, Guruvandana - a Sanskrit hymn was taught and the children have learnt to sing the same well in addition to a Bhajan on Devi and a Bhajan on Krishna.

A couple of days had exercises and games to reinforce the theme of the camp.

Lastly small videos were shown to make them understand the following.

1. Water conservation.
2. Harmful effects of drinking Coke and Pepsi.
3. Art work -Drawing sketches on Ganesha- based on creativity
4. Cheer group dance to encourage students to pursue any hobby they like with passion.

Groups 4 and 5

Since the classes handled were theme and Bhajans

- 1.Under Bhajans Guruvandana and Hari Seva camp song were taught.
- 2.Under theme, aspects of Seva such as what is Seva, who is to be served, what should be the attitude while serving and what we gain out of Seva/ Service were discussed in detail.

I consider it as the grace of Gurudev to have got this opportunity to serve him through CMWRC Summer camps.

In the service of the Lord

With prem and Om

Ramani Thyagarajan

Arts Classes

Here is a summary of what we did in our Art Class at Summer Camp.

In keeping with the theme of 108 Names of Gurudev:

Week 1 - Udhara Hrudayaya – Big Hearted One

Group 1, 2 and 3 decorated heart Cut-outs with creative designs and Zentangle patterns, and named the qualities radiating from a Big Heart.

Group 4 and 5 made Heart Mozaics of different colors and named the qualities within.

Week 2 - Anushasana Priyaya – Disciplined One

Kids in Group 1 -5 cut out either a key shape or a house shape and listed the qualities that are key to a disciplined life.

Week 3 - Sama Buddhaye and Santhushtaya – Balanced and Contented One

The younger kids Groups 1 and 2 painted on one side of a folded paper and opened it out to get a uniform, balanced pattern.

Groups 3 – 5 kids learnt how to draw simple Rangoli patterns and decorate it with vivid colors.

Week 4 - Karuna Saagara – Compassionate One

The younger kids in Group 1 and 2 did a project on Ocean of Compassion – coloring in waves using pastel and paint.

The older kids in Group 3 -5 made a Community Collage based on the theme Vasudhaiva Kutumbam. Kids cut and pasted colorful houses and trees on black card stock paper.

We discussed the qualities of being a good neighbor and citizen and how to love the world as one big family.

All had a blast – kids sitting together in groups of four, chatting while sharing ideas and supplies.

Amita and myself enjoyed working with the kids. We are grateful to Seema Naik for her guidance in forming lesson plans.

I was happy to help out with the Photo Tree Project. Thank you for the opportunity.

With Prem and Om,

Vanita Venugopal

Hari Om!

It has been a pleasure working with your children on Art Projects at the Summer Camp. Please encourage your kids to talk about and complete their projects or recreate new ones at home.

Let them practice doodling and drawing Zentangle patterns and designs. Let them cut and paste colorful collages. They would benefit with extra practice in cutting. Encourage them to recollect and contemplate on the Keys to a Disciplined Life, the concepts of a Big Heart, A Balanced Mind and on Being a Good Citizen and Good Neighbor. Let them try out more complicated Rangoli patterns and also practice neat, cursive handwriting.

Art is growing in importance for the development of the brain and personality of the whole child.

With Love and Best Wishes,

Vanita Venugopal

House Dance

Hari Om,

It has been my pleasure working with your children for four weeks and teaching them some meaningful dance moves on Gurustotram. This year's theme was "Gurudev" and my responsibility was to teach them dance on Gurudev's song, and have them all perform on stage together at the same time, it was a challenge for me to come up with an idea where kids from all four houses would perform a song on Gurudev and dance on stage at the same time. Fortunately, with Gurudev's blessings, dedication and support from all the wonderful kids, we were able to portray the Gurustotram dance on stage. Kudos to all the kids, they learnt the dance separately as an individual house on one of the shlokas from Gurustotram once a week, practiced, co-ordinated and performed together with other houses at the end of the month, and they did it, I am so proud of them. Thank you parents for letting me teach dance to your kids. It was fun being with them and knowing them, together we did some meaningful Gurustotram dance as well as little bit of fun dance as a treat in the end, which they called "freeze dance". I am sure they know Gurustotram and the meaning of Shloka by now through learning dance, just have them practice at home whenever possible so they won't forget.

Best wishes to all the kids for upcoming school year, enjoy and thrive.....

With Prem and Om,

Nikita Shah

Dance Class

Hari Om Families!

In Dance class, each group learned a fun and upbeat dance that was performed beautifully at our Annual Day show. This year 'The Dab' (a popularly known dance step) was the signature move that all the kids loved to do, so we decided to imbed a Dab in each group dance. The kids had fun looking for the Dabs in the other group dances and cheering for them when they saw them. They enjoyed learning and practicing their routines through a variety of games, that included Fast Dance and Slow Dance (where the song was either sped up or slowed down), Trick Dance (where I would stand at the front of the room and show them the steps, while occasionally showing them the wrong steps to see who copies the wrong steps and who knows the right steps and isn't distracted. I'm happy to say many children were not fooled by Lucky Didi!). Finally on occasion, we would play Freeze Dance, (a camp favorite), where the children got to express themselves freely through dance, and movement while the music played (dancing however they felt like dancing), and had to freeze completely when the music stopped. As usual, our kids seemed to really enjoy dance class, and it showed in their joy on stage during the annual day performances! I had a great time with each and every child, and am so grateful to have been their dance teacher this year.

Sincerely,

Lakshmi K. Ravipati

Vedic Math

Class Outline

Each class consisted of 3 components: 1) a story about math from ancient India, 2) a mental math shortcut that falls under traditional vedic math, and 3) a math puzzle that encourages out-of-the box thinking.

Week 1

I told the story about the invention of the game of chess in ancient India by a minister names Sessa. The king was so impressed by his invention that he told Sessa to ask for anything in return. Sessa simply asked for 1 grain of rice for the first square on the chessboard, 2 grains for the 2nd square, 4 grains for the 3rd space, and so on. The king, at hearing this couldn't stop laughing at this seemingly

simple request. When you do the math, the total that was requested equaled $20+21+22+23+24+\dots+262+263=264-1$. Piled up, this would be larger than Mount Everest.

Vedic Math Lesson:

To square any number that ends in 5, take the last digit and square it to get 25. Take the remaining digits as one number n and multiply it with $n+1$. Then take the result and append 25 to the end. For example, $105^2 \Rightarrow 10 \times 11 = 110$; $5 \times 5 = 25$; $\Rightarrow 11025$

Puzzle:

A brahmacharini was told by her guru to meditate for exactly 45 minutes. However, she was only given 2 hand-rolled incense sticks that each burn for exactly 1 hour. If all she is given are matches, how can she measure out exactly 45 minutes for her required meditation time?

Solution:

She first lights both ends of the first incense stick and one end of the second incense stick. Because both ends are burning at the same time, the first stick will be completely burnt in exactly 30 minutes. At this point in time, the second stick is burning from one end and is halfway done and should then be lit from the other side as well. This will cut the remaining time from 30 minutes to 15 minutes. Adding the time it took to burn the first stick, we get a total of $30 + 15 = 45$ minutes.

Ref: https://en.wikipedia.org/wiki/Wheat_and_chessboard_problem
[https://en.wikipedia.org/wiki/Sessa_\(chaturanga\)](https://en.wikipedia.org/wiki/Sessa_(chaturanga))
<https://www.chess.com/news/a-beautiful-story-of-chess-1078>

Week 2

I told the story of the ancient Indian mathematician Pingala. Pingala was famous for studying the structure of Sanskrit poetry or Chandas, including the Vedic meters. Common examples include Gayatri (3 verses of 8 syllables) and Anushtubh (4 verses of 8 syllables). We looked a few common shlokas to see that these patterns are present throughout the scriptures. If we break down Sanskrit to short (S) and long (L) syllables that take 1 and 2 beats respectively, we tried to see how to make various combinations of syllables to fit within a certain number of beats. Here are the possibilities for the first few beats:

1:	S		
2:	L	4:	LL
	SS		SSL
3:	SL		SLS
	LS		LSS
	SSS		SSSS

I first asked the kids to try and list out all the combinations for 4, 5, and 6 beats by brute force. After listing out the combinations, I asked them how many combinations they had come up with for each number of beats, with the answers below:

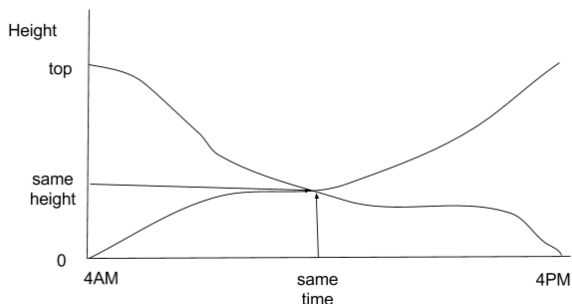
1, 2, 3, 5, 8, 13, 21, 34, 55... This pattern is famously known as the Fibonacci sequence as the next term is the sum of the previous 2.

Pingala however derived the same sequence over 1500 years earlier with one of the most concise, yet elegant proof ever: "Every sequence ends with either a short (S) or long (L) syllable." What he meant by that statement is that, if a sequence of n beats ends in a L, the remaining $n-2$ beats is satisfied by the previously solved combinations for $n-2$ beats and similarly, if a sequence of n beats ends in a S, the remaining $n-1$ beats is satisfied by the $n-1$ combination. This result gives us the famous recursive relation: $F_n = F_{n-1} + F_{n-2}$. So for the 4 beat solution above, I just took the 2 beat pattern and added an L to each and took the 3 beat pattern and added an S to each.

Puzzle:

A brahmachari is told by his Guru to go to the top of a mountain to meditate and then to come down the next morning, taking an equal time for the journey up and down. Show that there has to be a time at which he is at the exact same location as the exact same time on both days. To make things easier, let's say he starts his journey at 4AM and reaches the top at 4PM. The next morning, he also starts at 4AM and reaches the bottom at 4PM.

Solution:

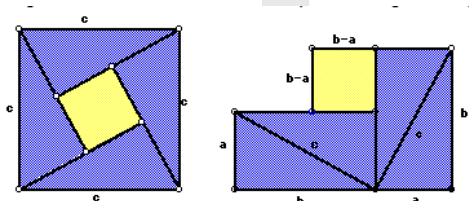


No matter how you draw the journey upwards, you will have to intersect that line on your way down. This intersection point is where you are at the same exact point at the same exact time. Another way to think of this question is to say that if the Guru sent another student on the same journey the previous day, they would be coming down the mountain as you would be going up. You will have to cross paths on your journeys, which would be analogous to the point described above.

Ref: <https://en.wikipedia.org/wiki/Pingala>
<https://www.youtube.com/watch?v=siFBqH-LaQQ>

Week 3:

We looked the math of one of the earliest known mathematicians of the Vedic era, Baudhayana, focusing on his work on the Pythagorean theorem. However, the particular proof we explored in class is the one attributed to Bhaskara II, as his proof is one of the most elegant ever discovered, since it



If you look at the first square, the area is clearly c^2 . The legs of the blue triangles are a for the short side and b for the long side. If we rearrange the same shapes as shown on the right we can see how it can also be two squares next to each other. The larger square has sides of length b and the shorter square has side lengths of a . The area is then $a^2 + b^2$. Since the two figures are only rearrangements of each other, $a^2 + b^2 = c^2$.

Vedic Math Lesson:

To find the square of a number that is close to 10, 100, 1000 take the following steps using the example as a guide.

94 x 94

1. Take the difference from the closest base:
 $(100 - 94) = 6$
2. Subtract that difference from the original number:
 $(94 - 6) = 88$
3. Multiply your result by the base:
 $(88 \times 100) = 8800$
4. Add the square of the difference:
 $8800 + 36 = 8836$

Puzzle:

<http://ed.ted.com/lessons/can-you-solve-the-bridge-riddle-alex-gendler>

Solution:

<http://www.bustle.com/articles/108293-can-you-solve-the-bridge-riddle-alex-gendlers-ted-ed-lesson-teaches-us-that-theres-more-to>

Ref:

<https://www.youtube.com/watch?v=1ul8g55dY>

A4

https://en.wikipedia.org/wiki/Baudhayana_sutras

Week 4:

In the final week, I split the older kids by houses to compete for both the quickest and most creative answers. For groups 1 and 2, they did hands-on math using legos.

Groups 1 and 2:

I brought in legos so to teach them a different way to conceptualize addition and multiplication. To find the answer for $4 + 6$, they simply found a size 4 lego piece and a size 6 lego piece and counted the total number of pegs on top. For multiplication, I had the kids arrange their assigned pieces in rectangles of a given size, such as 4×6 .

We then counted together the total number of pegs present to get 24. It was neat to see all the various ways the kids arranged their pieces to get to the rectangle, which we broke down by adding together the sizes of each of the components to also get to 24. I challenged the kids to create the largest possible rectangle with their pieces, which required some clever rearrangement to create a 13×8 rectangles, which they computed to have

an area of 104. For group 2, I also had them create layered structures so that they could calculate volume by multiplying the height, width and length. At the end of each class, I had the children create any structure they would like and share it with everyone else. Groups 3, 4, and 5:

I had the children explore various proofs without words by constructing various patterns with legos. The examples come from:

<http://ldecola.net/projects/legos/#proofs>

A team received points for being the first to construct the given pattern. Teams with the best explanation for the math behind the pattern received points as well.

We ended the class with a few more puzzles.

We ended the class with a few more puzzles.

Puzzle #1:

Your parent takes you to school and travels at 60 miles per hour. They also drop you back home but because of traffic, your average speed home is 40 miles per hour. What is your total average speed to and from school.

Solution #1:

Imagine that your school is 120 miles away. This would mean that you spend 2 hours on the way to school and 3 hours on the way back. The total distance travelled would 240 miles and the total time would be 5 hours for an average speed of: $240/5 = 48$ miles per hour. Remarkably, this answer is independent of the distance of the school!

Puzzle and Solution #2:

http://mathforum.org/mathimages/index.php/Rope_around_the_Earth

If anyone has any questions or comments about the materials presented at summer camp, please feel free to reach out to me at sumanth.ravipati@gmail.com. I would be glad to respond with clarification or supplemental material such as more hands-on math activities and brainteasers/puzzles. Thank you all for this amazing opportunity.

Hari Om!

Sumanth Ravipati

Cooking

The cooking class was a basic introduction to the culinary art for only the older kids of the camp. We learnt basic must-do's and don'ts in a kitchen along with knife

handling and cutting skills. We learnt about fundamentals of food borne illness, it's causes, effects and cautionary practices while handling food.

In the last week, we jumped into more hands on fun, cooking a Chinese noodle dish while learning the elementary principles of Chinese cooking.

During the course of their stay in the kitchen, the kids got comfortable with the surroundings and gained confidence in attempting (or helping their parents and adults) to cook.

Thanks for the opportunity.

Sincerely,

Kumar Iyer

Yoga

The following yoga practices were taught at Camp -

1. Breathing practices
2. Loosening practices
3. Dynamics
 - a. Forward & Backward bending
 - b. Side bending
 - c. Twisting
 - d. Skipping
 - e. Jogging
4. Suryanamaskaras - sequence of 12 postures

Asanas - Ardhakati Chakrasana

- Ardha Chakrasana
- a. Padahasthasana
- b. Trikonasana
- c. Veerabhadrasana with variations
- d. Vajrasana
- e. Padmasana
- f. Ardhamastyendrasana
- g. Parighasana
- h. Chakrasana
- i. Sarvangasana
- j. Pada Uttanasana

- k. Navakasana
- l. Dhanurasana
- m. Pavanamuktasana kriyas

5. Om Meditation

6. Games

Thank you for the opportunity to impart yoga classes to the kids.

Hari Om !

P V R Murty

Hari Om

I had the opportunity to teach Yoga to groups 1 and 2 in the first week of camp. Each group had 1-hour class for 2 days in the first week. The theme was introduction to Yoga and Pranayam. I introduced them to Hatha yoga style and part Vinyasa style of Yoga. Started the class with OM chanting and playing a memory game with their names. I introduced them to different standing, sitting and lying down postures. Both the groups were a pleasure to teach. They seemed very receptive and respectful. I encouraged them to practice Yoga at home with at least one family member every day. It is the best age to introduce Yoga and make it a part of their daily lives. I thank Chinmaya for the opportunity to be able to work with such adorable children.

Regards

Mamata Kamat

Sports

Our mission with the "Sports Segment" of the Chinmaya Mission camp over these 4 weeks is to reemphasize the importance of not only exercise, but living a healthy style. Your body is your temple and you have to take care of it, or it will eventually disappoint you, which no one wants experience or endure at any point in their life.

My business partner, Sherry Kistler (Coach Sherry), and I, make sure over these 4 weeks that re-install the values of exercise and staying fit, and how important it is to build on this foundation of exercise and health at a young age. The Millennial generation will be faced with much more hardship, due to their total life span being

ingratiated in with the evolution of technology. So much of their movement patterns, decision-making, and psycho-social awareness originates from a computer. The issue, (which is not going way), is that so much of today's challenges, whether physical or mental, can be taken care of without the essence of movement. This is where the ambiguity starts.

With the Chinmaya Somnath Summer Camp (CSSC), we not only attempt to instill some of these values, but we attempt to make it fun for the campers. We rollout our summer program by making the first 2 weeks totally dedicated to fitness testing and friendly competition, not only amongst each other, but within oneself. I want the campers to remember how well they performed on the variety of tests the prior summer, and look forward to improving their overall scores, as they engage in these activities. Tests the campers were tested in were for Speed-(50 yd dash), Endurance- (300 yd. run), Strength- (push-ups, sit-ups, plank, and broad jump) and Agility & Flexibility (15 yd. Ladder drill, Jump-rope, Lateral Jumps, and Trunk Flexibility). With these 4 categories, and 10 tests (Chinmaya Decathlon), we work to instill these values in them at an early age, so it can carry over to their adult years. After the tests were completed, we transitioned to a variety of exercise and sport. We even had a period, which we separated into Houses, and engaged in further team-building periods.

A typical day of sports consisted of performing a variety of stretches and calisthenics to warm the campers up before they partake in a given sport that was relegated for that particular day. An assortment of Jumping jacks, Hamstring, Quad, and Groin stretches were performed each day before the start.

We then transitioned to one of a variety of sports games, which included: Baseball, Kickball, Relay events, Basketball, and Dodgeball, among other non-traditional games, such as 4 squares, and Sharks and Minnows.

Although this was quite a very hot summer, (one of the hottest, the State of Virginia has ever had in its history), the campers were up for the various challenges that were presented in front of them in partaking in competition amongst their peers, despite the weather conditions. There were some days that the campers were not up for the challenge, and there were some days that the campers had several things on their minds, not wanting to compete, but that's where their peers jumped in, along with the youth volunteers, and my cohort and I, who were there to pick them up, as such in life, when you surround yourself with a strong network of Family, Colleagues, Friends, and religion.

My message to all of your parents is that you should encourage your children to partake in not only exercise but sport as well. It will draw parallels about different circumstances that your child will endure in life and when adversity is present. The question is, "How will your child respond to that adversity, when it does present itself?" One famous old adage says, "Life is 10% of what happens, and 90% of how you react and transition from that initial response."

On behalf of my partner, (Coach Sherry and I) we want to give Swamiji Dheerananda, Acharya Anantji, Sudhita Kasturi, Chandana Angara, and the entire Chinmaya Somnath congregation a special thank you for allowing us the opportunity to once again work with the children and youth volunteers during the 4-week Summer Camp. We love to assist in their continued growth and maturation into young adults as they continue to become positive assets to society.

Kind regards, Coach K.

Khalid McLeod, MS., Conditioning Specialist

International Presenter. CEO of KAMLIFE, LLC ©

JCHYK RETREAT – Washington DC 2016

Confidence in One's Self and One's Faith

Aarushi Vasudev

This summer, from August 22 to August 26, 62 JCHYKs from all over North America attended the annual JCHYK retreat at Chinmaya Somnath in Northern Virginia, a chapter of CMWRC. This retreat has been on going for the past 2 years and has been facilitated by Acharya Vivekji.

The theme of this year's camp was Confidence in One's Self and One's Faith. Under Vivekji's guidance, the students studied Vibhishana Gita.

During the course of the week JCHYK's listened to many discourses lead by Acharya Vivekji and Swami Dheerananadji, the residential Swami in the Washington region.

Each day, students participated in both philosophical sessions and practice sessions. They also had many opportunities to talk to Acharyaji and ask him any questions they had about the spiritual path or everyday life.



Halfway through the week, the students went on a field trip to a sports complex; they spent the day rock climbing, playing soccer and tree top climbing. The JCHYKs took part in many team-building games and by the end of the day they felt much closer to one another. They were very grateful to the CHYKs for coordinating the event and preparing fun activities for the camp.

During the retreat, the campers participated in daily sewa chores, sang bhajans and played team games outside with the CHYKs and Vivekji.

One afternoon, the girls played a fun game of Kabadi with Vivekji and the boys learnt Bharatnatyam from Vivekji's wife, Sheela didi.

The JCHYKs felt like they really benefited from the retreat and it was a great opportunity for self-development. Many look forward to returning next year!



CHYK Retreat 2016: From ordinary to extraordinary: Building Self-Esteem through Vedanta

Vinay Mallikarjun

Hari Om!

CHYK West DC recently conducted their 7th annual CHYK retreat from August 26-28, 2016 at the Chinmaya Mission Washington Regional Center (CMWRC) in Silver Spring, Maryland. The retreat was conducted under the guidance of Acharya Vivekji (Resident Acharya, Chinmaya Mission Niagara Falls) and was attended by 60 young adults from various regions within the USA and Canada. The theme of the retreat was “From Ordinary to

Extraordinary: Building Self-Esteem through Vedanta.”

The main element of the retreat was Vivekji’s discourses on Nirvana Shatkam, one of Adi Shankaracharya’s most popular texts. Through Vivekji’s illuminating discourses, attendees were repeatedly given potent insights into how seekers wrongly identify with that which is not their nature, and how to achieve real Self-Esteem: by re-identifying with their true nature (Existence-Awareness-Bliss).



Other activities for this retreat included guided contemplation, group discussions and skits, athletic activities, a movie workshop, and Club Sattva (an activity created by Vivekji where all participants must dance to Sattvic pop music while blindfolded). The attendees were also able to celebrate Janmashtami with the larger Chinmaya Mission congregation, leaving all attendees filled with devotion. The retreat activities were designed to encourage attendees to step out of their comfort zone without fear, and all attendees left the retreat filled with inspiration and confident that they could practice what they had learned.

The retreat was a resounding success, and CHYK West DC would like to express its gratitude to Vivekji, the retreat Sevaks, CMWRC, and all others who contributed to the retreat.



The retreat planning team with Acharya Vivekji

Divya Shakti Retreat – 2016: Kolam/Rangoli Project

Devyani Kavathekar



What is Kolam / Rangoli

- Indian women often begin their day and sometimes also end it by drawing intricate decorative designs called Kolam or Rangoli on the ground just outside the front door. It is an environmentally friendly art form as it is created using natural materials like rice flour and colored rock powder(kavi), haldi or kumkum etc.
- Rangoli is originated from two words Rang which means colors and Holi which means celebration. So Rangoli is an artistic celebration of colors.
- For important occasions and pujas, it is customary to soak raw rice, grind fine and draw kolam with it. When it becomes dry, it just sparkles invitingly. It is further embellished with vibrant colors
- Quite a number of Rangoli designs were inspired by shapes of flowers, coconut, Indian idols, nature etc.
- The patterns or designs range between geometric and mathematical line drawings around a matrix of dots to free form art work and closed shapes.

Significance of Kolam

- ❖ **Higher Purpose:** Decoration is not the main purpose of a Kolam.
 - The kolam is supposed to honor, Lakshmi Devi, the Hindu Goddess of wealth & prosperity & to invite her blessings into the home. It is the best artistic outlet for a woman to start the day auspiciously.
 - These repeating patterns or designs is a form of ancient Indian art passed down from generation

to generation for centuries, and symbolize the scientific and philosophical patterns innate to and infinite throughout the cosmos.

- The kolams are part of the cycle of creation and destruction. If the dots represent the obstacles in life and a woman can weave her way through them, her problem solving skills help her be successful in life.
- We can also interpret it in the modern context as a sign of welcome to all people who come to the house. They denote a prayer, “let there be happiness & cheerfulness when anybody steps into the house.” If there is an artistic design, nobody will dirty the place also! It is supposed to prevent undesirable elements from entering the house.
- Every morning at sunrise and again at sunset a new Kolam is created in a ceremonial gesture of beauty, gratitude and sacrifice. The daily practice of clearing and washing the entrance of each home or sidewalk and creating a beautiful Kolam for all to see is a like a form of Sadhana (spiritual practice).
- Light is a mystic significance of cosmic stillness available to you beneath all colors of emotions.

❖ The Design

- Maintain Symmetry in the design-
 - Worldwide in all religions symmetric designs are *symbol of prosperity, luck and growth*. It is same like yin and yang symbol, or swastika or Egyptian symbols where symmetry is important. Interestingly, like most of Indian temples, its center piece (garbha) always maintains symmetry.

- Symmetry of the Rangoli brings *undivided attention*. If you are entering a house, then you feel good to enter a house and if you are leaving a house then come you out in a good mood. Rangoli is subtle art of influencing you to stillness.
- Symmetry denotes universal balance or the Hindu aspect of Shiva-Shakti.⁷ A popular symbol painted in Malaysia and Singapore is the *sahasradala padmam* or “thousand-petalled lotus”, which symbolizes purity
- Completeness by design- Kolam designs mandate that the lines must be “completed” (cannot see the start or the finish of a line). This symbolically representing the True Infinite the Creator! It also represents symbolically to prevent evil spirits from entering the inside of the shapes, and thus are they prevented from entering the inside of the home.
- Journey of self-expression or creativity –
 - The symmetrical designs represent the symmetry of the inner cosmos connects to the outer order. It is believed that if one is in a disturbed state of mind one cannot create a kolam, so a sense of serenity is very essential during kolam execution.
 - Some of the kolams begin with a dot (Bindu) which is defined as the center of the universe and the kolam creation around it is likened to the journey of self-expression or creativity.
 - There is also the aspect of impermanence that each day the kolam of the previous day is cleaned away and a new one takes its place akin to the belief that Hindus have about the impermanence of the human body.

❖ Great Benefits of Kolam

• Universal

- Previously the kolam was drawn only with rice flour. This was done so that crows, squirrels, ants may all eat the rice flour from the kolam. This is supposed to be one of the “Pancha Maha Yagnas” which form the daily duties of a Hindu & is called “ Bhutha Yagna” which is intended to create in man, the spirit of sharing with all living beings.
- When the ladies practice more with the sikkal kolam it can be said that the ladies will be more capable of solving any type of problem that comes in their life.

• Environmental

- In olden days, the entrance to the house was usually a mud flooring. So water was sprinkled early in the morning so that the surface will not be eroded by the morning breeze and also to prevent dust from entering the house. Cowdung was mixed with water and sprinkled to act as a disinfectant.

• Physical (BODY)

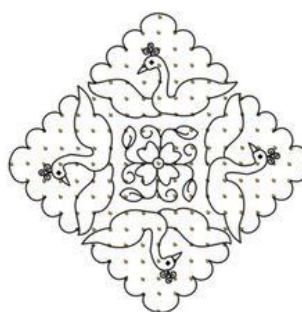
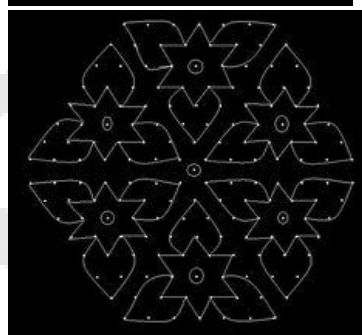
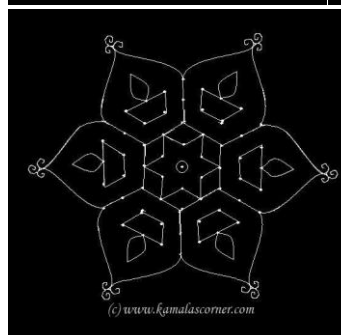
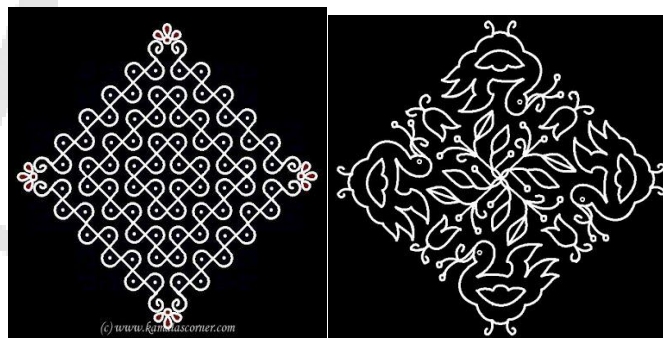
- Besides giving aesthetic beauty at the entrance, the kolam also provides a physical exercise for the women, early in the morning. The bending and drawing the kolam gives a good exercise to the waist and hips, thereby strengthening them and giving them flexibility. Physically, the woman has to bend at the waist and knees, stretching her hands, legs and upper torso out to draw the kolam.
- The ladies coming out to draw the kolam early in the morning had the benefit of ozone.

• Mental and Spiritual (Mind & Intellect)

- There are intricate kolams which are drawn with many dots. Completing them successfully needs a lot of concentration and patience. This gives a good training to our mind that whatever be the situations in life, we must learn to emerge out of them smoothly and tactfully.
- Creating the precise yet graceful geometric patterns of the Kolam focuses the mind and brings creativity and meaning into their life. It is considered a daily meditative yoga for the women
- Philosophically, the bending of the body symbolizes humility. Spiritually, the artist has to silently concentrate on her creation, as if meditating. The drawing also encourages creativity.
- The moment you pass thru Rangoli you are disconnected from the past and future. You are forced to remain in present.

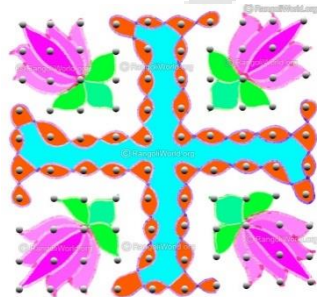
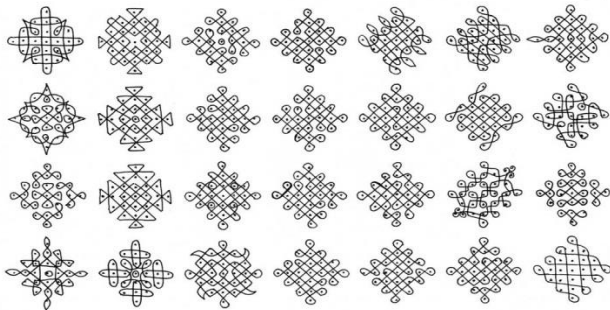
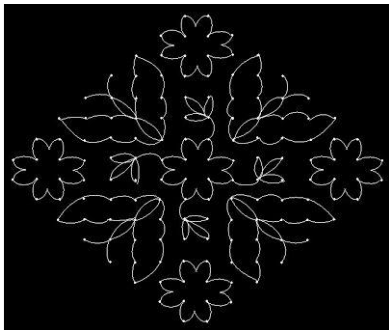
important prayers you offer in your daily life in Indian tradition. Sandhya-vandana (twilight zone prayer) was nothing but to remind that all colors lead to just one color and that is white color. Similarly, beneath all emotions, thoughts, feelings, reactions – there is deep stillness always available to you. That is the true nature of you.

Some Sample Designs



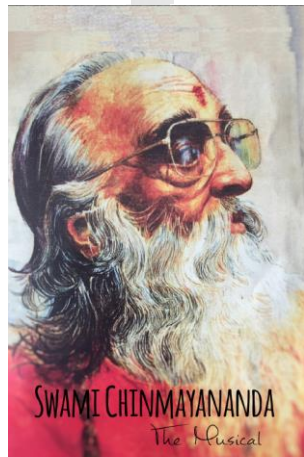
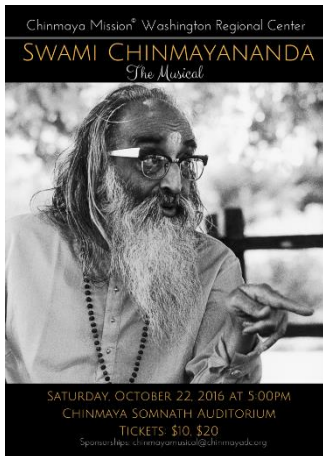
❖ The Modern Scientific Twist

- Mathematicians have been working on the various math concepts involved in Kolam drawing. The concepts range from symmetry at different levels to permutations and combinations to fractals.
- Due to their orderly and often highly symmetrical designs (see [Tessellation](#)), which frequently group into families, kolams are also expressive of mathematical ideas. In the last few decades, kolam figures have attracted the attention of computer scientists interested in describing images with picture languages. The three main classes of kolam recognized in computational research are the Finite Matrix Kolam, the Regular Matrix Kolam and the Context-free Regular Array Kolam
- You may recall your early lessons in physics that all colors originate from white light. That's why prayers to light or Sun god is one of the most



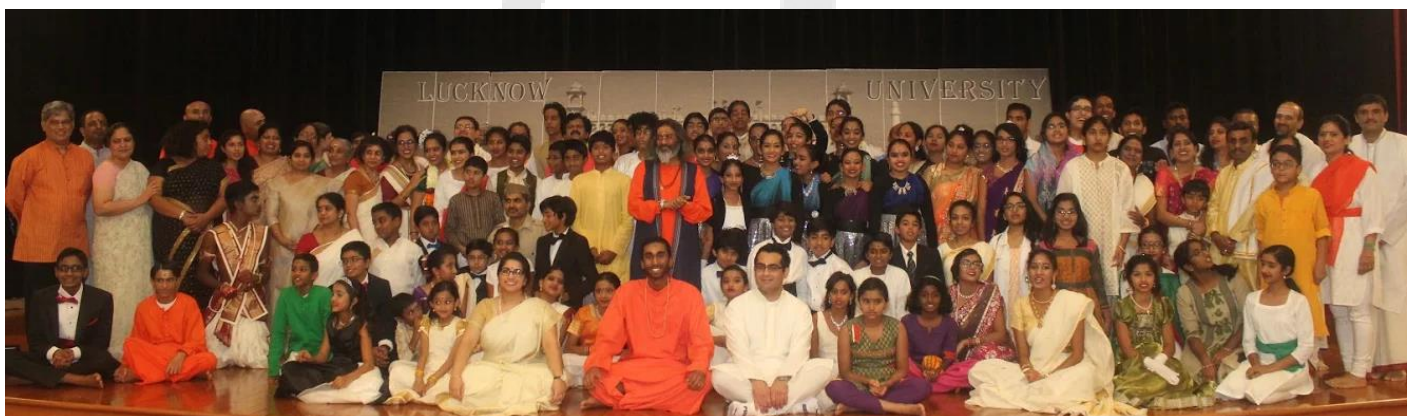
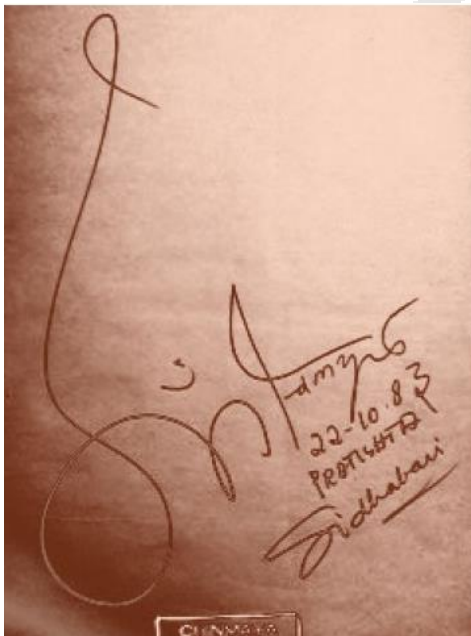
Chinmayananda – The Musical

October 22 2016



This play is dedicated to
Pujya Gurudev, Swami Chinmayananda,
who woke up the sleeping giant in us!

October 22, 2016
5:00pm
Chinmaya Somnath Auditorium



Synopsis

Scene 1

The Poothampalli house is blessed with the birth of a young boy, Balakrishna Menon. 'Balan will be a great man' says the well known Kerala Saint, Chattambi Swamikal.

Scene 2

Balan, a young school going fellow, is an atheist. He spends his days in mischief, playing pranks on teachers, getting his friend to do his homework. He's a free spirit, ready to take on the world.

Scene 3

Magnanimous saints come time and time again to serve humanity. Balan makes a visit to Ramana Maharishi's ashram as a part of his travels. His experience with the master changes his life, only he's too afraid to admit it.

Scene 4

Inspired by the freedom movement, Balan joins forces and strategically popularizes the cause through his writing.

Scene 5

Jailed by the British, Balan suffers for the sake of the nation. Starved and feeble, Balan is near death when he is miraculously saved by a Christian lady.

Synopsis

Scene 6

Balan's life as a journalist begins to blossom, leading him to mingling with the wealthy and posh members of society.

Scene 7

Setting out to expose the Sadhus, Balan finds himself at Swami Shivananda's ashram. There, he makes some surprising discoveries.

Scene 8

Life changing events cause Balan to rethink the purpose of his life. Who am I? What is the nature of this world?

Scene 9

Swami Chinmayananda embarks on a journey to study the scriptures under the guidance of Sri Swami Tapovanam.

Scene 10

Inspired by Mother Ganga, Swami Chinmayananda brings Vedanta to the masses.



Don't put the key to your happiness in someone else's pocket.
– Swami Chinmayananda

Best Wishes,
Shalini & Sunil Maini

Cast

Adhithya Shankar	Aditya Shiva Nallamala
Akhila Samavedam	Akshaya Balaji
Alagu Palaniappan	Ameya Sriram
Amit Mukherjee	Amogh Ardhapurkar
Amruta Sahu	Andrea Beri
Anish Babu	Ankita Somalwar
Anshul Kantawala	Anuhya Challagudla
Aparna Saravanan	Arya Paranganat
Ashutosh Somalwar	Ashwath Rashi
Ashwathi Menon	Avinash Beri
Avyay Potarlanka	B.K. Sathya
Balaji and Hamsa	Bindu Hariprakash
Dakshesh Nimishe	Devak Murali
DevaRajan Palaniappan	Divya Shastri
Emani Reddy	Ganapathy
Gayatri Thirumala	Gowri Potti
Harshini Parandapalli	Humcha Hariprakash
Ishani Kantawala	Ishani Tewari
Ishi Velapula	Jaishan Varatha rasa
Janaki Padmanabhan	Janaki Vaman
Kapil Kulkarni	Karthick Sankar
Karuna Vanam	Keshav Subramaniam
Krishnapriya	Lekhya Vanam
Logan Varatharasa	Mahesh Patil
Mahima Atmavilas	Mahit Vastavayi
Malavika Yama	Manisha Tewari
Manu Veeraraghavan	Manvi Nair
Meenakshi Vedhagiri	Neepe Kantawala
Nehal Thaker	Nidhi Chilukuri
Niharika Yallay	Nikhil Niranjana
Nikhil Thaker	Nimisha Panabakam
Nithin Tangirla	Paulomi Nanawaty
Pooja Nagabhyru	Pranav Nair
Pratima Karamcheti	Priti Mehta
Priya Logan	Priyanka Thaker
Raji Nimmagadda	Rajiv Joshi
Ram Palaniappan	Ramya Joshi

Cast

Ratheesh Nair	Ravikiran Kosaraju
Rhea Iyer	Rhea Sharma
Ria Deshmukh	Riya Patil
Rohan Mally	Rucha Somalwar
Sahaana Sriram	Sahaj Kasturi
Sanjeevani Mukherjee	Saravanan Parandapalli
Satya Velapula	Sharanya Deshpande
Shiva Vanam	Shivani Naik
Shoba Vengadasami	Shreeja Kikkiseti
Shreyas Chennamaraja	Shruti Chennamaraja
Sirisha Kolluru	Smriti Hariprakash
Sneha Rajaraman	Soumya Maturi
Srinath Iyer	Srinath Thirumala
Sudarshan Thyagarajan	Sudesh Nimishe
Sudha Bhat	Sudhish Chimaladinne
Sunanda Joshi	Suresh Tewari
Tanvi Bhat	Tanvi Bolaram
Tarun Golla	Vaishnavi Mukherjee
Vanaja Jaligam Mukherjee	Vani Thoppae
Vanshi Topiwala	Varun Rajan
Venkat Thoppae	Vijay Mahimtura
Vipula Thoppae	Vishnu Parangant
Vishwajit Murali	

The spirit of advaita is not to keep away from anything, but to keep in tune with everything. - Swami Chinmayananda

Best Wishes,
Neena & Jitender Kumar

Directors/Choreographers

Rekha Parameswaran
Sukanya Sathyanarayana
Chetana Neerchal

Pratima Karamcheti
Bindu Hariprakasha
Nagaraj Neerchal

Music Credit

All Tracks from 'On a Quest'- © Central Chinmaya Mission Trust (CCMT), Mumbai. Reproduced courtesy of CCMT
Yuva Rhythms - CHYK West

Supporting Crew

Ashish Deshmukh
Darshana Somalwar
Hitesh Topiwala
Krish
Lakshmi Madilla
Madhukiran Panabakam
Nehal Pania
Prakash Sahu
Raj Pajjur
Rani Nair
Seema Naik
Shobha Ramachandran
Kasturi
Supraj Yekkala
Vandana Agnihotri
Vibha Kulkarni
Vinod Mulkamala

Baba Padmanabhan
Gomathi Nagaraj
Kavitha Rangarajan
Kumar Iyer
Latha Krish
Meenakshi Vedhagiri
Omkar Kulkarni
Priya Deshmukh
Rajaram
Reena Thaker
Shivali Deshmukh
Shyam harohalli Srijay
Srini Adhi
Tina Mally
Venugopal
Vinod Kulkarni

and many more helping hands
who helped when needed....

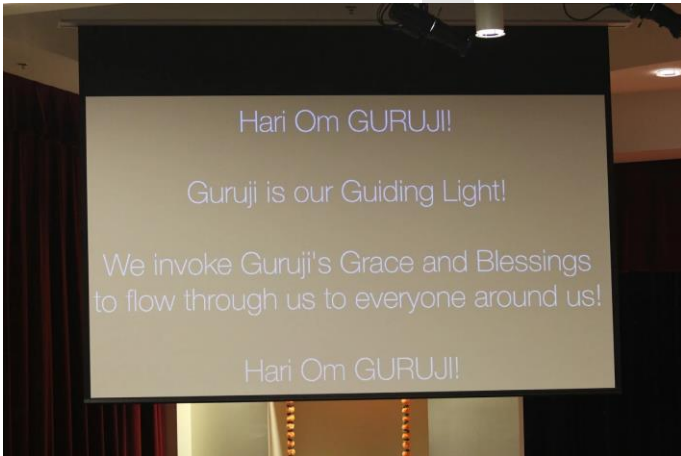
Executive Producers

Acharya Priya & Acharya Rahul









Discussion Topics: Advaita Vedanta

On Prayer: Bhakti to Prapatti

Acharya Sadananda

Question from a student of Advaita Vedanta:

Namaskaram Sada-ji,

I understand your guidelines in general. However, the word "Lord" is giving me some trouble as to how to interpret. You see Lord as the life-principle of living beings, and you want to see the Lord everywhere. We can perhaps also understand the Lord as the essence or nondual Consciousness-substratum of all dualistic perceptions.

What I understand in this view is that the Lord is understood impersonally, and not as the personal Being. If this is the case, what is the point of "praying" to the Lord when we do not regard Him as having a mind, knowing us personally, etc? To make prayer purposeful to our minds, don't we have to superimpose further personal connotations on the Lord, which makes the process seem hypocritical and unappealing?

How do we resolve this? What is the pramana by which you see more in this "Lord" than the typical scientist? The scientist may recognize substratum even, or natural laws or forces in operation, but not the personal dimension where our prayer will receive corresponding response from the Lord – except in the way our minds become conditioned by the process of praying itself.

Sadaji's Reply:

[Editor's Note: This is 3rd of a three-part reply. 1st part was published in July 2016 edition and 2nd part was published in September 2016 edition.]

Bhakti to Prapatti: III

Hence, the next level of sadhana requires knowledge of the nature of the Lord, of the world and of the self. For that one has to approach a teacher with an attitude of service— says Krishna – tat viddhi praNipaatena pari prashnenta sevayaa (Geeta 4-44), and learn by asking appropriate questions. Study of the scriptures becomes the essential means to know that which cannot be known

by any other way. Hence scriptures says, one has to do shravana and mananam of the scriptures, where the understanding of the Lord has to shift from creator to the creation itself since Vedanta says, He became many (prajaayeyeti . Ch. Up); therefore, He is expressing Himself as many. Shravana involves listening to scriptures from a competent teacher for a prolonged length of time, until the teaching is crystal clear. Mananam involves reflecting on the teaching until no more doubts are there. A competent teacher is one who himself studied for a prolonged length of time under his competent teacher – that a guru-parampara is emphasized. For a prepared mind shravana and manana are sufficient. However, for many whose minds are still left with lot of raaga-dweshas or likes and dislikes, the scripture emphasizes contemplation on the teaching until one abides in the knowledge or the knowledge becomes one with him.

3. Thus, in the evolution of the mind, one slowly shifts from eka ruupa Iswara to aneka ruupa Iswara to aruupa Iswara, that is to the third definition of the Lord - arUpa Iswara, where the Lord is understood as all-pervading and infinite, but expressing Himself as the world of plurality - Hence service to the Lord shifts from the temple, to the puja room, ultimately to the world at large - jagat ishadeehi uktasevan, says Bhagavan Ramana. Hence mind gets involved in only dhaarmic actions that benefit the world at large. These are called actions are called loka-kalyanam or that which benefits the world-at-large.

4. With the Vedanta shravana and manana, that is listening to the scriptures for a prolonged length of time under a competent teacher and reflecting on the teaching, clear understanding leads to the fact that Lord is not separate from me or the world, we move from jeeva-jagat-Iswaa triad to aatma – anaatma, dyad, vichaara or inquiry. For this, constant nidhidhyaasna or meditation of the absolute truth has to be done with the recognition that I am the substratum of the whole universe. The highest prayer is not for some Lord outside

but the very recognition of the self that I am as pure consciousness and existence that pervades all the names and forms. That itself becomes the highest saadhana . This is done by constant reflection, in terms of continuous study of the scriptures, discussions of the highest reality, teaching, writing, or even meditation quietly in a corner. In essence the mind should be constantly aware of the self that pervades the whole universe, and all names and forms are just vibhuti of the self itself. - aatmaityevopaaseeta - sarvam yadayamaatmaa (Bri. Up.) –Constant contemplation on the Self that I am – as I am the very substratum of the whole universe of names and forms, etc., are understood as facts, even if the mind occasionally takes a detour in its habitual likes and dislikes. The mind running to its habitual likes and dislikes becomes less and less as one abides in this knowledge of oneness that pervades the aatma- anaatma. The frequency of perturbation, the intensity of perturbation and the recovery time from perturbation decreases as one abides in the knowledge of the Self.

This is bhakti that leads to prapatti, where, either He alone is there or I alone am, as Krishna puts this in both forms – yo mam pasyati sarvatra, sarvanca mayi pasyati - one who sees ME everywhere and everything in ME or in just one sloka before– sarva bhuutastam aatmaanam, sarva bhuutanicha aatmani – one sees oneself in all and all in oneself – here seeing means understanding. I hope everybody sees this clearly!

Krishna says – this kind of bhakti ruupa jnaanam one gets when the mind matures from the notion that I am a limited being to, I am all in all. It may take many lives as Krishna says – bahuunaam janmanaamante jnaanavaan maam prapadyante, vaasudevaH sarvam iti sa mahaatmaa sudurlabhaH – By tuning the mind to the highest reality one slowly abides in Me, the absolute truth, and he is the wise person and such a person is very rare indeed and that state is attained after many lives of sadhana..

This constant reflection of the presence of the self in all or Lord in all (including in oneself) has to be done until the body drops. Bhakti culminates in prapatti where the ego gets completely surrendered without leaving any trace.

There are no short cuts here – Referring to Him only Krishna says – he is the greatest bhakta where the bhakti has culminated in the dissolution of deity-devotee duality into one. This forms the ultimate SharaNaagati or culmination of SharaNaagati or prapatti. Krishna calls him as PanditaaH – who has equanimity in the vision, and one who does not cry – gataasuuna agataa suumscha na anusochanti panDitaaH. Krishna starts Geetaopadesha with this statement.