

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

Volume 27, Number 2, March 30, 2017



Maha Shivaratri Celebrations at Chinmayam & Chinmaya Somnath

## **Calendar and Upcoming Events**

## **Upcoming Events**

- April 8/9 Spring Break No Classes at Chinmaya Somnath Chapter
- April 10 Hanuman Jayanti at Chinmayam
- April 15/16 Spring Break No Classes at Chinmayam and Frederick Chapters
- April 30 Adi Sankara Jayanti
- May 6-7-8 Celebrating Gurudev Jayanthi
- May 13 CM-LAP Fundraiser at Chinmayam
- May 20 Bala Vihar Graduation Tilak ceremony

- May 27 Memorial Day Weekend Spiritual Camp by Acharya Sadananda. Theme: How to be Always Happy
- June 26 July 21 Summer Camp at Chinmayam
- July 22-27 Jnana Yajna and Retreat with Mukhya Swami Swaroopananda
- July 31<sup>st</sup> Aug 11<sup>th</sup> Summer Camp at Frederick
- July 31<sup>st</sup> Aug 18<sup>th</sup> Summer camp at Chinmaya Somnath

## 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 <u>www.chinmayapublications.com</u> 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 May 2017, are due by April 30, 2017
- Email submissions to smrithi-editor@chinmayadc.org.
- Browse Past editions at http://cmwrc.chinmayadc.org/resources/smrithi-newsletter/

#### **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

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

# **Table of Contents**

	Calendar and Events Editorial Team, Contact Us
5 6 7 8 9 10 12 14 9 12 19 20 21 22 23 24	Eultonal really, contact os
NEWS	News & Tidbits
	Announcement & Flyers
٨	Acharya Anant Sarma – New Role and his Service to CMWRC
	Maha Shivaratri Art
	Bhavya Devarsu
	Reflections – A Balavihar Student
	Meghna Krishnan
	Reflections on Ageless Guru
	Shivanandam students, Chinmayam
	Reflections on Upanayanam
	Nikhil Thaker
	Reflections – Upadesha Sara and Maha Shivaratri
	Vijaya Nadimpalli
	Vedanta Series: Ishwara Darshan: Part 2
	Acharya Sadananda

## News

## Maha Shivaratri

Maha Shivaratri was celebrated across all three chapters. At Chinmayam, the festivities started at 5AM and went through midnight with Pujya Swamiji blowing the conch. At Chinmaya Somnath, the puja and bhajans went all night into wee hours of Saturday morning. At Frederick, the worshippers gathered together to celebrate during the Sunday session on February 26<sup>th</sup>.

## **Geeta Chanting Competition**

The annual Geeta chanting competition was conducted across the three chapters at Chinmayam (Silver Spring), Frederick and Chinmaya Somnath (Virginia) on the weekend of March 18<sup>th</sup>-19<sup>th</sup>. The event saw a lot of enthusiastic participation across the memory, reading, writing and comprehension categories. *The total participation across three chapters cross 500!* 

## Swami Bodhatmananda Visit

Swami Bodhatmananda (currently the Acharya for the two year residential Vedanta course at Sandeepany Sadhnalaya, Mumbai) visited the greater Washington DC region and gave discourses at three locations. Swamiji spoke about Amritabindu Upanishad at Chinmaya Somnath from March  $19^{th} - 22^{nd}$ , Lakshmana Geeta at Frederick on March  $23^{rd}-24^{th}$  and held a half-day minicamp on a portion of the Katopanishad at Chinmayam Silver Spring on March  $25^{th}$ .

Our Senior Vedanta Teacher, Sri Vijay Kumarji will be attending the next 2-year Acharya course under the tutelage of Swami Bodhatmananda, which starts in August. Also attending the two year Acharya course will be Arvind and Medha Bhagwat, who are longtime members, Bala Vihar teachers and dedicated sevaks.

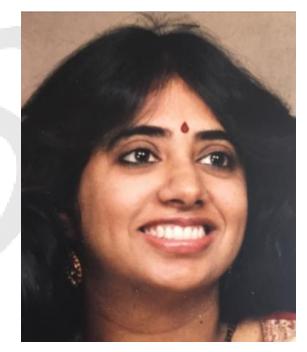
## Obituary – Dr. Pramila Rao

Dr. Pramila Rao passed away on February 24. She was a professor at Marymount University in Arlington. She was

one of the early speakers on the information sessions that were started at Chinmaya Mission for the benefit collegebound children and their parents. She was a strong proponent of empowerment through education. She was known in the community for her writing workshops, and her standardized test preparation classes for school-going children, aside from her support for organizations such as NSF in their quest to raise children's language abilities and confidence. In addition, she was particularly passionate about volunteering her time and resources to helping and supporting the visually impaired.

Dr. Pramila Rao and her family have been long-time Chinmaya Mission members in Virginia. She is survived by her husband, Simha Rao, and their three children, Aneesha, Arjun and Amita. Simha Rao has taught the Tapovanam class in Virginia Balavihar for more than ten years, where he was often involved with producing and facilitating children's performances for Annual Day or similar events.

Let us pray together to invoke the Divine Lord's Grace and Pujya Gurudev's blessings to give the family solace during this difficult situation.



# Maha Shivaratri Puja at Chinmayam

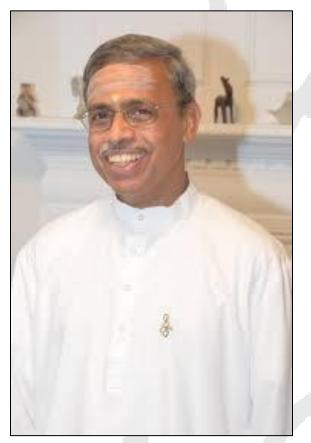


Madhulika Nallani led Lord Jagadeeswara Puja, guided by Pujya Swami Dheerananda

## Acharya Anant Sarma - New Role & His Service to CMWRC

Dear Chinmaya Family,

Acharya Anant Sarma or Anantji as we call him, has served CMWRC for many years in various capacities. He has now decided to devote his attention and energies to serve CMWRC and the greater Chinmaya Mission in the role of an Acharya.



Pujya Guruji Swami Tejomayananda sent Acharya Anant Sarma to be the resident Acharya of Virginia chapters upon completion of Vedanta Course in 2007. In that capacity Anantji initially took charge of the Dulles Chapter and led the efforts to establish a new facility in Virginia. These efforts came to fruition with the inauguration of Chinmaya Somnath in 2014. The Dulles and Springfield chapters were integrated into today's Chinmaya Somnath chapter.

Anantji has been directing and overseeing various activities in Virginia to include Bala Vihar, study groups, children summer camp, and organizing yajnas and camps for adults. Ensuring that Chinmaya Somnath facility was structured to be able to operate a preschool, Anantji led and directed efforts to prepare the groundwork to establish one. A Chinmaya Blossom team is now in place and rearing to begin operations later this year. Furthermore, Anantji has been conducting regular classes for the Salisbury (Maryland) chapter.

Under Anantji's tutelage, Sudhita Kasturi has taken leadership role for the children summer camp, Muktha Thyagarajan for the Bala Vihar and Suresh Ramakrishnan for the overall operations of Chinmaya Somnath. Kiran Gupta has been recruited to run Chinmaya Blossoms and Gomathi Nagaraj has been appointed as the chairperson of the Executive Board of Chinmaya Blossoms.

With Acharyas Rahulji and Priyaji joining Chinmaya Somnath two years ago, and now serving as lead Acharyas at Chinmaya Somnath, Anantji will be devoting his energy to the work of CMWRC and the greater Chinmaya Mission. Anantji plans to move to Delaware in May and expressed his desire to transfer his overall responsibility of Chinmaya Somnath to the various individuals as stated above. He will continue to serve the Salisbury chapter. He also plans to take the Vanaprastha class and Vedanta Dhara class in Chinmaya Somnath monthly.

Anantji has also been associated with Chinmaya International Foundation [CIF] since 2003. With guidance and blessings of Pujya Swami Advayananda, Resident Acharya at CIF, and Pujya Guruji, Anantji will be devoting more of his time to promote CIF and Chinmaya Vishwavidyapeeth (Chinmaya University in the fields of Sanskrit, Indic wisdom and Performing Arts).

Please join me in expressing our gratitude to Anantji for helping realize our vision of a facility in Virginia, his willingness to lead CMWRC during a difficult period as President, and his continued service as an Acharya of CMWRC and wish him the very best in his contributions to CIF and Chinmaya Vishwavidhyapeeth.

Hari Om! Hari Om! Unto Sri Gurudev! Swami Dheerananda

## **Announcements and Flyers**



Chinmaya Mission® Washington Regional Center 46 Norwood Road, Silver Spring, MD 20905



# A Musical Celebration Of The Great Saints Of India



Lakshmi Chandrashekar Vocalist and M.A., Stanford University Chinmaya Seva Center, Singapore Ashwin Krishnan Subramanian A student of Oscar-winner A. R. Rahman, CMWRC BV Graduate

Accompanied by Sanchit Malhotra (CM, Alpharetta) and Sagar Laud (CM, Allentown)

# Saturday May 13, 2017

5 pm to 7 pm followed by Dinner Chinmayam 46 Norwood Road, Silver Spring, MD 20905

Our goal is to raise \$500,000 plus for Chinmaya Mission Land Acquisition Project

# **Sponsorship Levels**

\$1000 and above per seat - 50 seats available \$2000 and above per seat - 200 seats available \$5000 and above per seat- 20 seats available

Please request your friends and families to join you in raising funds.

Contact: Uday Nanavaty, Gomathi Nagaraj and Shiva Vanam

with your sponsorship information or questions at cmlapfr@chinmayadc.org

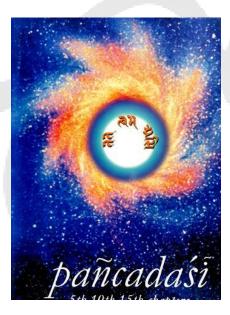
# Memorial Day Weekend Spiritual Camp by Acharya Sadananda



Saturday, May 27, 2017 at Chinmayam, 46 Norwood Road, Silver Spring MD

# Theme: How to be always Happy

Text: Panchadashi – Brahmande AtmaanandaH



March 2017



## Attend Chinmaya Aradhana Family Camp at Chicago

## Website Link: http://www.mychinmaya.org/msc/index.php?id=home

## **Inspirational Satsangs with Acharyas**



Association with sages leads one to liberation. Such association should therefore be cherished. Along with the practice of self enquiry, such association is more potent than any other spiritual discipline. - Bhagwan Ramana Maharishi

At this camp you will find an inspiring array of spiritual teachers who are easily approachable and very welcoming to anyone who comes to them for spiritual guidance or even just a friendly chat. Each Acharya is unique and every one of them is deeply knowledgeable and extremely endearing. On each day of the camp there will be small group sessions with several different Acharyas on various topics such as parenting, householder life, managing stress, managing wealth, etc. This would be an ideal forum to get all those questions in your mind clarified and listen to their valuable views and advice in a personalized setting.

#### Swami Shantananda (Princeton, NJ)



Swami Shantananda is the Acharya of Chinmaya Mission New Jersey, and senior-most Acharya in the United States. His talks are infused with humor and wonderful insights into life and people. Swamiji will be

conducting Guided Meditation from verses of Nirvanashatkam. He will also be conducting other special workshops (Adult Study Groups, Balavihar Teachers Training, Graceful Aging for Seniors and Devi Group)

#### Swami Ishwarananda (Los Angeles, CA)



Swami Ishwarananda is the resident Acharya of Chinmaya Mission Los Angeles. He is known for his dynamic speaking style and immense depth of knowledge.

#### Swami Sharanananda (Chicago, IL)



Swami Sharanananda is the resident Acharya of Chinmaya Mission Chicago. His joyful exuberance and enthusiasm is contagious and uplifting to all that come in contact with him. He will be conducting Yoga and youth camp.

# Chinmaya Mission Washington Regional Center

# JNANA YAJNA

# July 22- 27, 2017

Chinmaya Somnath Auditorium

4350 Blue Spring Dr. Chantilly, VA 20151

# Gayatri Mantra &

Chapter 4, Bhagavad Geeta

by

# MUKHYA SWAMI SWAROOPANANDA Global Head, Chinmaya Mission Worldwide

Chinmaya Smrithi – Bi-Monthly News Magazine of Chinmaya Mission Washington Regional Center

SUMMER CAMP

This year's theme:

SWAMI VIVEKANANDA ARISE! AWAKE!

> Conducted by Swami Dheerananda ji

> > with Acharyas

For rising 1st to 8th graders as of September 1st, 2017 Chinmayam, Silver Spring MD

June 26<sup>th</sup> – July 21<sup>st</sup> , 2017

Chinmaya Frederick, MD

July 31<sup>st</sup> - August 11<sup>th</sup> , 2017

Chinmaya Somnath, Chantilly, VA

July 31<sup>st</sup> – August 18<sup>th</sup>, 2017

# Registration will open sometime between mid Jan to mid Feb, 2017

Check website for information http://cmwrc.chinmayadc.org/summercamp



# TARA CULTURAL TRUST SANDEEPANY SADHANALAYA, POWAI



Organizes

# NAISHKARMYASIDDHI Part - I CAMP (In English)

# Starting on Auspicious Guru Poornima Day on 9th July 2017 And Culminating with Shiva Sahasranama Archana on 23rd July 2017

Timing: 7:00 am to 8:00 am 4:30 pm to 5:30 pm

At Saraswati Nilaya, Sandeepany Sadhanalaya, Powai, Mumbai By Pujya Swami Bodhatmanandaji

## **Camp Highlights**

- Vedic Chanting
- Easy Sanskrit Lessons
- Stotrams
- Satsang with Acharyas
- Visit to Chinmaya Pradeep



For more details & registration contact Email Id <u>tct@chinmavamission.com</u> or Phone No: - +91-022-28570368/2427/5805. Tara Cultural Trust, Sandeepany Sadhanalaya, Chinmaya Mission, Saki Vihar Road, Powai, Mumbai 400072.

# Subscribe to Inspiring Chinmaya Mission Magazines

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

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

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

**Tapovan Prasad Subscription Instructions:** 

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

Please consider Other Chinmaya Magazines for your subscriptions:

- <u>Bala Vihar magazine</u> for children, parents and Bala Vihar teachers. subscription link: <u>http://www.chinmayamission.com/balvihar-subscription-overseas/#.WE\_LYvkrJhE</u>
- Chinmaya Udghosh magazine for youth appropriate for 13-30 year olds subscription
  link: <u>http://www.chinmayamission.com/our-magazines/chinmaya-udghosh/#.WE\_MBPkrJhE</u>

Sevak raining Causes In English at Chinmaya Vibhooti Vision Centre, Kolwan By Swami Tejomayananda & supporting acharyas & faculty 11<sup>th</sup> to 14<sup>th</sup> May, 2017 Camp for Bala Vihar Sevaks & Sevikas 18<sup>th</sup> to 21<sup>st</sup> May, 2017 Camp for Chinmaya Yuva Kendra Sevaks & Sevikas 25<sup>th</sup> to 28<sup>th</sup> May, 2017 Camp for Study Group & Vanaprastha Sevaks & Sevikas



**"Service in this world is the highest prayer."** Pujya Gurudev Swami Chinmayananda

Each camp will begin at 4.30 PM on the starting day, and conclude by lunch time on the concluding day (three nights)

Suggested Donation: Rs 2100/- per person per camp

Inquire for details on twin-sharing & single occupancy non-AC rooms & AC or Non-AC cottages





# Registrations to:

cvswagat@chinmayamission.com / +91-9689891959 Chinmaya Vibhooti, Post Kolwan, Taluka Mulshi, District Pune 412108

# **Om Namah Shivaya**

Art by Bhavya Devarsu



# **Reflections by a Balavihar student**

## Meghna Krishnan

[Meghna is a Bala Vihar student at Chinmayam, attending Shivanandam class 7<sup>th</sup>-8<sup>th</sup> grade) on Sunday mornings. Here are her reflections on a question from Pujya Swamiji to Bala Vihar children ("I am privileged ....., etc.)]

## I am privileged.

I would like to think of myself as humble. Though I know in many situations I am not. I know that I am privileged. I am privileged with having a loving and supportive family, wonderful friends, excellent education, extra-curricular activities, ability to attend Chinmaya Mission and learn about Hinduism and much more. I am never able to imagine how it would be without my privileges. Although I have been told what it is like for people who live in unfortunate circumstances, it is difficult for me to reflect on what their day to day activities are. All I can say is that I am very grateful and very fortunate to have these many privileges.

## I wonder what it is like to be independent.

I am always curious to see how people live on their own. Supporting themselves, and doing everything without any help. Everything I do somehow is connected with something my parents have done. When I go to dance class, it is only because my parents have paid money so that I can have a good time, and fulfill my hobby. When I go to my friend's house, it is only because my parents have taken time out of their busy lives to take me to my friend's house so that I can enjoy myself. If I were to become independent at this very moment in time, I would struggle very much. I have a lot to learn until that happens. Until then, all I can do is wonder what it is like to be independent.

## I hear people working

Whenever I get back from school I know that I have work to do. On a normal school day, I will have world studies homework that will be due after a long period of time as well as science. Then I will have a math packet to complete along with a Spanish worksheet. Not to mention that I have to practice dance and my choir music. Of course, I tend not to do all of this in one day. And I know I am the person in the house with the least amount of work to do. Amma comes home from a long day at work and cooks dinner for us to enjoy. Sometimes Appa or Amma has to drive us to an activity. It is non-stop. Even for me, I always have something to do. There is never a day where I can just not do anything. I am not saying this because I would like a day like this. It is merely a fact. Everyone's lives are busy. People have things to do.

## I see goodness in everyone.

Although some people are extremely rude, or disrespectful. I know that they still have good inside them. Though this is never my first thought. My first reaction will include anger and disgust. Once I calm down I think about it differently. When I reflect on my day before falling asleep, I sometimes think about the bad things that happened during that day. I know that my best friend may be rude to one person, so that person will think my friend is a rude person. Though my friend is never rude to me. I only see good in her. Just like the people who are rude to me, I know that they are people with feelings.

## I want people to be kind.

I understand how many people want this. It is very generic. But for some reason, people my age, in middle school are not kind; we judge one another based on their looks and behavior. We never take the chance to think about that person's feelings and experiences. I hope over time, people can realize that being kind is a strength not a weakness. Being kind helps you make friends. Being kind is something that will make you happy.

## I feel <u>happy.</u>

A simple feeling is happiness. When you feel happy, you feel good. When you are happy you are not sad. It is a state where you are willing to try new things and take chances. When I am happy I trust people more, and I

smile. Being happy is something that is difficult to explain. It is something you can only experience.

## I touch Jay's soft fur.

Jay is our dog, and we all love him very much. He is my younger brother, and he brings me much joy. Whenever I feel stress, I stroke his silky fur, and it calms me. He never does anything intentionally to hurt anyone. He has no need to. He is always there as a friend. I love him very much.

## I worry I will not be able to make an impact on the world.

There is global warming and climate change. There are wars and controversies. I fear and worry that with all of these problems, I will not be able to help decrease these gigantic issues. Making a change is very difficult. You have to put in a lot of hard work, effort, and time. Sometimes things don't go as planned. Making a change in the world is not something only one person can do. Many people have to help contribute to a single result. Sometimes there will be different opinions on how to approach something. I think in the future, it will be difficult to make a change for a better world.

## I dream that all people can live a healthy life.

Many people are not able to eat a proper meal every day, or have a good education or good job. I dream that people can have a way to sustain a happy and content lifestyle. Like I said before, I know that I am privileged. Just because i know this, it does not give a valid reason for me to not help others who do not have as much exposure to privileges as I do. I dream that slowly, people around the world can have a proper life. In my World Studies class, we are having a fundraiser to help people in Haiti. This has moved me to start thinking about people who are not able to live a healthy life. I dream for this to change. I dream for people to succeed and thrive at something that they enjoy.

## I try to make people happy.

I love watching people smile and laugh. When people are full of joy, I am happy. I like it when people find me funny. When I make someone laugh, it is as if I am contributing to their effort in having a good day. As I said before, happiness is an emotion that does not come easily. Though, when it does come, it is not easy to push it away. Making people happy is something I love to do, and something I will continue to do. Making people happy is like filling a balloon with air. At one instance the balloon is deflated and has no purpose. At another, it is filled with air and floats around. Just like that, at one instance a person can have a blank emotion, just feeling fine about everything that is happening in their environment. Then, almost instantly they can be filled with joy and happiness. They have a new perspective. I love having the ability to make people come to that state of happiness.

## I hope that people can help one another.

People tend to be very egotistical or self- centered and they only care about themselves. When they have a mindset such as this, they never even consider how other people could use help. It is very easy to help others. Only when you choose to take the time we can start to help one another. Some people are not able to recognize that other people may need help, or that they have many things other people do not. When people are able to realize this, they will be able to help others. For example, is there is a girl, and she goes to a very good school and receives excellent education. She has a supporting family and is very grateful for everything she has. Being grateful is the first step. The next is for this girl to help others. The next step is for this girl to attain humility. Once she does that, she can help others who are not able to have everything she has. She can help by volunteering in organizations who help people, and even though she may only be helping a few people. If more people follow this example. It can change the world greatly.

## I say positive remarks.

Positive remarks can help life a person's self-esteem. When someone has a good self-esteem, they are able to accomplish many things because they have confidence. Just a few words, just one phrase can cause one person to have a change in their mind set. Just a single phrase can change someone's thinking from, "I am stupid" to "I should ask for help". Again, this may lead to happiness. When people say these optimistic phrases to one another, people will continue to say different things to boost each other's self-esteem. They will pass on their happiness, and people will be happy. It is a cycle that is never ending. It is a cycle that I hope will never end. I say positive remarks so that people can be happy. I say positive remarks so that they can pass it on, and the happiness of people in the environment which I am in grows.

# Swami Chinmayananda – Ageless Guru

# Reflections by Shivandam Students, Chinmayam

Swami Chinmayananda, also known as "The Ageless Guru," was the embodiment of courage. He demonstrated this attribute several times in his life. Courage was the value that gave Swami Chinmayananda the strength to persist in his quest for knowledge and righteousness. Throughout his excursions, Swami Chinmayananda (previously known as Balan) encountered everything from the vile slums of India, to the beauty of the pristine Himalayas. Balan's courageous began with his drive to flush the British from India, to preserve our intricate culture and independence. With his career in journalism and a strong pursuance of righteousness, Balan then ignorantly set out to expose all swamis. However, Balan realized how much he did not know. Consequently, he started a new chapter of life, a quest for knowledge that his courage carried him through.

Arguably Balan's most superficial displays of courage occurred during his time as a freedom fighter. Britain was leeching and ransacking India's wealth. This prompted many enraged rebels to fight for India's independence. As a freedom fighter Balan put his life on the line countless times. Balan's unrelenting courage made him an idol for others to follow. Inspiring many other Indians to fight for their country's independence. Balan even worked under the British to gather intelligence. This must have taken immense courage to do work for your enemy, and also risk capture.

Balan's strong willed mind for his duty and a cause evolved into a fruitless endeavor to expose the swamis and rishis of India. Balan truly believed that they were as much at fault as the British for the decline of India. His skepticism brought him to Swami Sivananda's ashram. Nevertheless, soon Balan was overwhelmed with Sivananda's love and Vedanta teachings. Instead of trying to expose the ashram like what he planned, Balan confronted his inner ideas and thoughts. Through curiosity and a desire for clarity the young journalist was initiated into the sannyasa order on February 25th, 1949. Balan was now Swami Chinmayananda Saraswati. To fundamentally question the Sadhus of India that so many people held sacred must have taken massive courage. Additionally, to admit that his whole journalistic purpose was unjust and to become initiated was an even greater act of courage.

Swami Chinmayananda still was curious, so Sivananda guided the young initiate to the Vedanta

master Swami Tapovanam. Accepting all of Swami Tapovanam's strict rules and conditions Balan experienced a period of grueling study. At its conclusion, Balan was a changed man and wanted to share his passion of knowledge with lay people. Even though everyone doubted him, even the esteemed Swami Tapovanam, Swami Chinmayananda shared his knowledge and established the great Chinmaya Mission.

Abhay Maloo

Swami Chinmayananda was a great modern sage who made a huge positive impact on the world and Hinduism. He not only spread the knowledge about Hinduism and its lessons to the world, but gave us his life lessons as well. He taught us to be kind to all, to respect everyone, and more importantly, to persevere. Swami Chinmayananda throughout his life has been persevering and never giving up on achieving his goal. His perseverance is what created Chinmaya Mission and without it a lot would have been different.

Chinmayananda persevered Swami all throughout his life, not only for Chinmaya Mission and Hinduism, but also for India's Freedom Struggle. He was against the British and how they treated India. Therefore, he sacrificed his college years to join the cause and fight for India. He would pass out pamphlets and encourage other students and people to join the cause. He was targeted by the British authorities and had to flee. This showed great perseverance as he had sacrificed his education to fight for his country and while he was doing so, he had to flee from Lucknow to Kashmir. Yet, he still stayed involved in the movement by learning information from his friend in Delhi and even collecting information about the British and giving it to the rebels inside a British Intelligence Communications Center. He then came back to Delhi and was arrested and put in a cell. The conditions he faced in prison were so bad that the prison had to throw him out as he was about to die, but he recovered thanks to a passerby who healed him and he went back to fighting the British. After facing all of this, he still decided to continue fighting in the revolution, which is extremely admirable.

Next, sometime after the Indian Revolution, Swami Chinmayananda was determined to learn more about the Hindu Culture so, he went to a renowned spiritual leader named Swami Shivananda. Shivananda showed Swami Chinmayananda the ways of Hinduism and even initiated him into sannyasa. Chinmayananda then walked a rigorous journey to all four central temples and the Himalayas where he would study intensely under Swami Tapovan Maharaj. He went through so much on his path of learning but he did not give up and take the easy path. He then went through a great deal of pain as he grew older. He had to keep up with his hectic schedule and had to run the Mission. This took up a great deal of strength, and as he grew older, he had less of it. This caused him to experience many difficulties and 3 major surgeries one of which was for when his arteries were blocked. Swami Chinmayananda did not retire from his work for he said that the only way he would die would be immersed in his work. He was so involved and persistent in his work that he only slept 3 hours a day. He persevered in doing his duty and accomplished a great deal for Chinmaya Mission and the world.

Although almost no one can compare to Swami Chinmayananda in how much he persevered in achieving his goal, I too persevere when I need to. If there is a test and it counts as a large part of my grade, I will study for it until I know I will do well. If I am playing tennis and I am losing, I will try my hardest in order to win the game. If there is a big paper, or science project that is due and I am racing the time to complete it, I will focus all of my attention on the task and finish it on time. I will persevere for even small things like trying to finish the hardest level in a video game, solving the Rubix cube or finishing a book on time for the due date. Just like Swami Chinmayananda, I persevere and strive to achieve my goals even when the obstacles are large. Through Gurudev's life and his legacy, it is clear to me that perseverance pays off.

Anirudh Nallani

"Ageless Guru" is a biography about Swami Chinmayananda and his life. In this book, it explains about his life and how Chinmaya Mission started. One of the traits that Swami Chinmayananda had which appealed to me was his fortitude. Fortitude means having courage during pain. Swami Chinmayananda did show this in many ways. I can also relate to this trait. In the book, he was very sick but he still traveled to educate others and speak. This shows fortitude because no matter how sick he was, he still completed his duties. I can also relate because when I'm doing my homework, even though I'm tired I still get it done. Another example of Swami Chinmayananda showing fortitude is that he only got 3 hours of sleep every night. This shows fortitude because he did a lot of work and put effort no matter what. I can relate when I stay up so I can finish all my work. This is how Swami Chinmayananda showed fortitude in the biography, "Ageless Guru."

Divya Vakkalanka

If I could pick a trait of Gurudev's, I would say that Gurudev was always persevering. I would try to be this trait of Gurudev's because it showed how Gurudev never gave up. Also Gurudev, when he was a young journalist who wanted to "expose the sadhus," went to Swami Shivananda's ashram in Rishikesh. He then realized that he wanted to leave the materialistic world and become a sannyasi, so he persevered to learn all the ancient Hindu scriptures. He wanted to learn even more, so he went all the way to the Himalayas where he met Swami Tapovan Maharaj. While he was there Swami Tapovanam had a condition; if he was unable to answer a question of his he would immediately be sent back home. Gurudev did not give up from that challenge, and he studied Vedanta and underwent a rigorous study of the scriptures from Swami Tapovanam and was able to become a good student and answer his questions. Another example of Gurudev of when he never gave up would be when all the Brahmins and learned scholars didn't think the Indian public should know the Hindu scriptures. They did not like how Gurudev was telling the Indian public all the scriptural knowledge, but Gurudev kept on teaching and spreading the knowledge. Some of these men even joined the talks of Gurudev and listened to them, which shows how Gurudev was also a persuasive person. I would try to be persevering just like Gurudev because it would make me feel confident in myself, and I would have the guts to be able to take risks just like Gurudev. Gurudev had to fund for the huge events he and sevaks worked hard to create and when he had to go to places where people might not appreciate his presence, still Gurudev went to these places to win them over. However, even though I cannot myself be able to do the grand actions of Gurudev, I can still try to do small things to be able to take these risks and succeed.

Rohan Kyasa

It has been said that Swami Chinmayananda walked 115 miles from Gangotri to Kedarnath, then

another 105 mile trek to Badrinath, where he stayed for several weeks to absorb the knowledge and the utter passion imparted by the sages in ochre robes. This event was one of the numerous events that sparked a spirit of perseverance in him, and this same spark has inspired countless people to do good deeds and have a positive outlook on life. When I watched the movie Quest and read the stories in Ageless Guru, I too was inspired by his intense desire to spread the correct definitions and paths of Hinduism to the world, which made him a prominent international figure. All because of his perseverance. I believe that if everyone had such a drive in them, then we could do anything. However, this is not the case with some people. Many people, including me, are very lazy people who do not have a drive to do anything physically and/or mentally. Gurudev's perseverance would have definitely inspired these people to do something great. Sometimes, I get passionate about things, and I too have this drive of confidence and I persist.

There are many stories of Gurudev that relate to his perseverance. After learning under the guidance of Swami Tapovanam Maharaj, Gurudev wanted to impart the knowledge to the world, even the non-Hindus. Swami Tapovanam Maharaj was very skeptical and advised he walk as a mendicant and see the hardships of life in a city. Gurudev "accepted the challenge" and dressed up as a mendicant. He did face many problems, but his perseverance and kind nature won over the people's hearts. Seeing this, Tapovanam Maharaj relented, and Gurudev set off to impart knowledge to the people of India. This is where his mission began, and it blossomed into a mission that attracted people from all corners of the Earth. Another such story is when Gurudev was a kid. At that time, his name was Balakrishnan Menon, and like any other kid, the long pujas that occurred in his house everyday bored him. This gave him an idea - he started memorizing Lord Shiva's physical features. He would look at the picture, close his eyes, and then try to remember the face of Lord Shiva. His perseverance with this activity led him to memorize Lord Shiva's appearance and every part of his body.

I, too, have stories of perseverance. One such event was when I was requested to defend a nearlyimpossible stance in a debate. There was a huge lack of evidence, but I had a lot of perseverance. I looked for flaws in my opponent's arguments, and rebutted with all of my energy. During those present circumstances, it was almost evident that I would fail, but I kept persevering. In the end, my opponent got tired and I actually won! I only wanted to defend the just side of the debate, and due to sheer perseverance, I did something good. It is nothing compared to Gurudev's great deeds, but it was a small event that reminded me of him.

In conclusion, one of Gurudev's great traits is his perseverance. It changed a world, and it taught that the best way of improvement was self-improvement. It relates to me as well as everyone else in this world because we have a drive. We just have to awaken it, like Gurudev did. Then, we can change the world, one step at a time.

Sanjana Das

Swami Chinmayananda was an extraordinary sage and loved by many. Swamiji was a man of many values but in my opinion, one of his most used qualities was Vidya, or in other words, true knowledge For example, once he was walking next to a wall and he saw someone had written the words, 'God is nowhere'. Instead of getting angry or writing something else he simply fixed the phrase to make it say, 'God is now here'. This shows how Swamiji has Vidya because he was able to transform a negative comment into a beautiful phrase. He used his knowledge and was able to transform something ugly into a beautiful thing. Another example of Swamiji using Vidya was when Swamiji said "Youth are not useless; they are used less". This phrase is well portrayed by twisting words to make another meaning. He was able to take a phrase that everyone was using and thinking, and he turned it into something that gave everyone a new perspective. These two examples show how Swamiji portrayed his intellect through words and twisting meanings of certain phrases.

It is also meaningful that he was given the name 'Chinmayananda'. The name 'Chinmaya' means true knowledge, which is the quality Swamiji had portrayed the most. Swamiji was well known for his worldwide talks and being able to communicate to all ages, young and old. This also shows that he uses his knowledge for good because if he's able to communicate to young and old people, that must mean his teaching was able to be understood by all ages. Also, considering that he was famous worldwide, many people were able to prove that his knowledge was truly an extraordinary thing. He was able to attract many people to his talks, even non-Hindus and he told them that the Vedanta was for everyone not just for Hindus. As Swamiji's life went on he became even more popular that he even went on tour. He visited places like Thailand, Hong Kong, Japan, Malaysia, United States, Mexico, Spain, United Kingdom, Belgium, the Netherlands, Sweden, Germany, Denmark, France, Switzerland, Italy, Greece, and Lebanon.

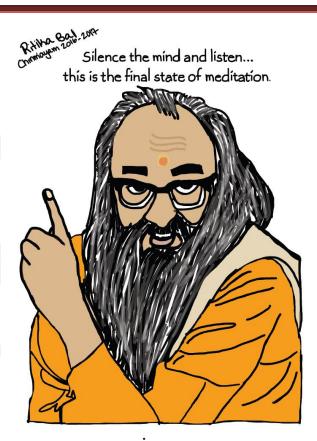
#### Chinmaya Smrithi – Bi-Monthly News Magazine of Chinmaya Mission Washington Regional Center

After Swamiji passed away on August 3rd, 1993, his spirit still lives on and does his legacy. He founded Chinmaya Mission, he established Chinmaya International Foundation, he created nursery schools, opened medical facilities, he authored 95 publications, and he created his teaching tool which was the BMI chart. He also received many honors such as, "Hindu of the Year" in 1992, in 1993; he was selected as "President of Hindu Religion", and on May 8th, 2015; Indian Prime Minister Narendra Modi had released a commemorative coin to mark his centenary. With all of the information stated here, you can clearly see that Swami Chinmayananda was truly an amazing sage whose legacy will live on for many years.

- Sanjana Umashankar

The great Swami Chinmayananda was a sage who was trustworthy, had spiritual strength, love, and did a lot of service. Swami Chinmayananda left a very strong print of who he was. Swami Chinmayananda was a very noble man, and helped many people. For example, as Balan, he was involved in the freedom struggles and was trying to help India with its struggles for freedom. As Swami Chinmayananda, he left many organizations as well as institutions. This caused Chinmayananda to have many followers. Another reason Swami Chinmayananda is noble is because he believed that God was everywhere. Swamiji once came across a message that said, " God is nowhere." Swami changed it by putting a comma in between "w" and "h." Swamiji changed the meaning of the message entirely. Now it read, "God is now, here." This proves that Swami Chinmayananda gave something to people, something for them to believe in. There is a reason to believe that Swami Chinmayananda used God for belief and hope, and this is something he also gave to his millions of followers. The final reason why Swami Chinmayananda was noble is because he wanted to revive the spiritual values and moral livings among is people. He dreamed of raising the pride of Indians. Sot, to live out his dream, Swami Chinmayananda inspired others to educate themselves on the power of believing in themselves as Indians. All in all, Swami Chinmayananda was a very noble man, and it is only fitting that following his footsteps is best. Swami Chinmayananda was and is a very important man, who shall be remembered in the hearts of every Indian.

Vaishnavi Chintagumpala



# **Reflections on Upanayanam**

Nikhil Thaker

# [Editor's Note: This is a continuing set of reflections, previously published in January 2017 edition.]

Religion is a huge part of many peoples' lives today. People have their own occasions, traditions, and ceremonies that they celebrate annually. Each occasion has it's own meaning, and represents a huge event or idea. I personally had my own occasion called Yagnopavit, which symbolizes the transition from childhood to adulthood. Yagnopavit, which is also called the sacred thread ceremony or Janoi, symbolizes many different aspects of Hindu culture. The main theme that I felt I learned was that it was the beginning of a new life, and another chapter of deeper and self-motivated education. I felt that it helped me understand that seeking knowledge is much more important than seeking material benefits. It also guided me into a life of responsibility and discipline. Most importantly however, children completed Yagnopavit before they would go to the forest to learn from their Guru. The detachment from the world, and attachment to the self is the main purpose of Yagnopavit.

My Yagnopavit began with me greeting guests, family and friends. We took pictures together and had a lot of fun before starting the religious aspect of the ceremony. Then, we started the Puja. The priest, my parents, and grandparents chanted many mantras to invoke lord Ganesh and pray for my well- being. Afterwards, my sisters and family members get to put yellow clay called "pithi" on me. This represents the relationship between family members, and that they should find a loving way to celebrate and make it special. Then, the priest conducted the sacred thread ceremony. This is the most important part of the festival, as it shows that I have been initiated into Sannyasi. A Sannyasi is somebody who renounces all material desires and objects, and seeks higher knowledge. The priest then took out a few objects: money, a book, and a mirror. This was a test to see if I knew what was really important in life. I chose the book, which showed that knowledge is the most important thing to attain in life.

The final part of Janoi is the most fun. I get chased by my uncles, and try to not get caught. This part of the festival shows that I must accept my duties after a final game. The occasion as a whole takes on a meaning of accepting your duties, and taking the next step of your life. By doing Janoi, I now have a better understanding of how I should lead the rest of my life.

There are a few requirements to participate in the Janoi festival. You must be eleven, thirteen, or fifteen years of age. You are not allowed to wear any casual clothing, as this is a huge rite of passage. You must wear nice Indian outfits, and change into different tops after every event. Because Janoi is regarded as one of the most important occasions in a Hindu boy's life, it has to be done to perfection. That way, the experience is most memorable.

I recommend Yagnopavit to other children, because it helps you understand that materialistic things are not important in life. What I learnt from my Yagnopavit is that to grow, one must be willing to seek knowledge. The most important things in life are to study and achieve success, and at the same time to seek divine knowledge and reach the self. I feel that Yagnopavit has greatly helped me with that and I hope that you find this helpful to make your decision about having your own Yagnopavit.



# Upadesha Sara and Maha Shivaratri – A Reflection

# The turning point in my life – Vijaya Nadimpalli

[Editor's Note: Vijayji attends Vedanata Study Group in Clarksville MD, where the group is studying Upadesha Sara by Bhagavan Ramana Maharishi. Before moving to Maryland, Vijayaji was an active member and Bala Vihar teacher at Chinmaya Mission, San Diego. Vijayaji reflected on the current Study Group discussions, her own previous introduction to Upadesha Sara by Swami Ishwarananada, CM-LA, and the timing of Maha Shivaratri.]

## Om Namah Shivayah

Life is a sequence of situations, where we must go beyond the mundane level to seek the meaning and goal of this human existence. We all go through different experiences in our life, to dig deep and find out "who am I"? and wanting to see that "light" at the end of the tunnel. We believe in "God", "The Almighty" and "The Supreme or Higher power" that guides us but to really experience those few seconds or minutes of pure bliss is a rare occurrence. It will happen, when we are ready and have that one and only desire for HIM. For this, we need to put in self-effort, study the scriptures, do our daily sadhana, contemplate and have that strong conviction and patience. It is a magnificent feeling that one should experience and cannot be written in words: about how when "GOD" enters our life there will be no worries or sorrow in our life.

I have been fortunate throughout my childhood having values instilled in me by my grandparents, parents, sisters and brother and extended family and friends. When we lived in India, we celebrated all the festivals, getting up early, pray, doing pooja but never understood why we did what we did. It's only after moving to the US, twenty plus years ago, that I got exposed to the knowledge of our ancient scriptures. We were blessed to be introduced to be part of Chinmaya Mission San Diego in 2001, children and I learnt to recite and memorize "Bhagavad Gita shlokas"; I attended Satsangs and Gita Yagnas to understand the meaning of these shlokas, learn to chant "Sree Vishnu Sahasranama Stotram", "Sree Lalitha

*Sahasranama* Stotram", and "*Rudram*-Namakam-Chamakam".

Although my spiritual journey began more than 15 years back, the real quest and thirst for it happened five years back. Every day, I tried to set aside particular time (usually early morning worked best for me so, my mind was alert and I enjoyed the quiet time before the daily chores began) 45 minutes to an hour. This included either listening or chanting Hanuman Chalisa, Rudram-Namakam-Chamakam, Sree Vishnu Sahasranama stotram and other shlokas or lectures on our scriptures. This gave me so much inner strength to overcome daily challenges. I felt when I could regularly do this, my mind was slowly being tuned without drifting into unnecessary thoughts. Even if it did for a few moments, I could catch myself and bring it back immediately. It was a real joyous experience to observe my own mind and control it during my Satsang time and throughout the day. Looking deeply at our own mind and our own life, we will begin to see what to do and what not to do to bring about a real change. It is one of the most effective ways to transform our anger, prejudices, and discrimination.

A life of prayer and contemplation can be filled with joy and happiness. I personally consider meditation as simple remembrance of God, or our "Ishtadevata", 'Rama', 'Krishna' 'Shiva' or 'Hanuman' whoever it may be, always as you function in the everyday world. Purity in everything is essential and that can be developed with dedicated practice and devotion. I have slowly learnt detaching from accomplishments, not giving any importance to them, just performing actions with the attitude of surrender to "GOD".

True unity of human beings can only come through the heart. Unity of the heart can only come by the recognition of the innermost self which is divine. When we see something negative, we do not have to comment even if we notice it. Like Lord Shiva was holding the poison in the throat, only if another person can understand then explain otherwise do not bother to comment or say anything, just remain silent. You also don't become bitter or make others become negative, only then we improve ourselves and become a better person.

In conclusion, go inside your heart, find the inner self, learn to live with it. Learn to listen to the voice that you call conscience, which is coming out of it. Obey it fearlessly. Learn to give, in the true confidence that giving brings more and more for you to give with LOVE. Remember, if thoughts are pure, the words will be pure and effective. Our capacity to make peace with others depends very much on our capacity to make peace with ourselves. When we have peace within, the barriers between ourselves and others are dissolved, and peace, love and understanding are possible.

Every breathe we take, there is the presence of that Paramatma. We are so fortunate and blessed to be able to have access to learn from the great Gurus at every stage of our life. I am so grateful and thankful to everyone, who has given me the courage and strength to pursue this path of SELF Inquiry & eternal journey.

My contemplative quote by Pujya Gurudev Swami Chinmayananda: "WHERE EGO ASSERTS, LORD VANISHES. WHEN EGO VANISHES, LORD ENTERS".

Om Sri Chinmaya Sadgurave namaha

Om namah shivaya! Om namah shivayah! Om namah shivayah!

# Iswara Darshanam -II

# Discussion of the 11<sup>th</sup> Chapter of Geeta – Acharya Sadanandaji

Krishna says in the 10<sup>th</sup> Chapter, whatever and wherever you find in this universe that which is glorious, exemplary and extremely bright, both in subtle and grosser fields; know that they are all part of My glory only. In the final analysis, the whole universe is supported by Me, and it cannot exist without My support. In the puruSha sUktam, it says all this universe of multitudes are just one fourth of my glory only, pAdOsya vishvA bhUtAni....Unlike the gold case, being infinite, the all-pervading Iswara is imperceptible, just as space is imperceptible, even though it pervades the whole universe. Iswara is even subtler than space, since even space is supported by Him. Hence He is beyond space and time.

Q. How do we know that he is beyond the space also, since everything is in space and there is no space where space is not there? Space itself is infinite and how can there be something beyond space, which is infinite. It is illogical.

Ans. Our own experience proves that there can be something beyond space. We when go to deep sleep state, we know we exist, and yet we swallow both space and time. We know we exist because we say we slept very well. That is, we were present as we prepared to sleep well. If we have any doubt about our own existence when we go to sleep, we will try our best not to sleep, since we do not want to cease to exist. Scriptures says existence itself is subtler than space.

Seeing Iswara in and through the names and forms is understanding Iswara, that requires (a) Veveka or discriminative intellect that can intellectually differentiate eternal from ephemeral, and (b) vairagya that can discard the unnecessary details about the superficial names and forms, (c) the faith in the teaching and the teacher who is pointing out this fact which is otherwise too subtle to grasp, and (d) motivation to seek as supported by the strong desire to recognize this absolute all-pervading truth. In essence, one needs the purity of the mind with sadhana chatuShTaya sampaati that involves above mentioned requirements. These in short can be grouped under four D's – Discrimination (Viveka), Dispassion (Vairagya), Discipline (shamaadi shtka sampatti), and Desire to get liberated (mumukshutvam).

The 11<sup>th</sup> chapter essentially points out that viswaruupa darshanam is not different from the Iswara Dashanam or God-realization or seeing God. They are not two separate entities. Currently I feel that Iswara is different from the world that I perceive and transact with. That is my current understanding. I am in triangular format or triad format (called tripuTi), with the notion that Jiiva- jagat and Iswara are three different entities. This is also what dvaita and vishiShTaadvaita teaches us – jiiva satyam, jagat satyam and paramaartha satyam. Hence, whenever I have problem, I run to the temple asking to the Lord to save me, since I have a strong feeling that God can be approached by prayers at the temple. God is a means for my happiness or for overcoming otherwise unsurmountable obstacles in the pursuit of my happiness. Krishna calls us arthArthi bhaktas as we run to God with begging bowl, or aartha bhaktas when we run to Him when we are desperate. This bhakti is not love for God but love for fulfilling our desires or getting over the problems at hand.

Vedanta teaches us that the absolute truth, Brahman, is pure sat-chit-ananda swaruupam, which we call it as Iswara. Scriptures say that He himself became many. Hence plurality that we see is nothing but God himself in many forms. Hence vishwa ruupa darshanam is not different from the Iswara darshanam, if I understand this simple fact that in and thought various forms the Lord alone is. The multitude of forms arises from that one source, sustained by it and goes back into it. In essence, Iswara, the material cause, kaaraNa, is not different from the products, kaaryam. To elucidate this point, scripture (Chandogya Up.) provided three examples – just as gold becoming many ornaments, mud becoming many mud pots, Iron becoming many iron tools. Iswara, in absolute sense, is beyond the cause-effect, i.e., kaaraNa-kaarya valakshanam. Since God has already become many forms, now I can only see God in and through many forms. Hence purity of the mind becomes essential factor to see God via the world, or Iswara darshanam or via viswaruupa darshanam. Scriptures also teaches that the seer I, in essence, is also not different from the Iswara, or the world that I see. Hence the absolute truth not only pervades the world of plurality but also seer and seen world of duality. Hence the misunderstanding that I am a seer that is different from this that I see, and that the two are different also has to be dropped with ultimate realization that there is only one that pervades the entire universe, from which this universe of plurality arises, sustains and go back into. That becomes the true Iswara darshanam, where non-duality is recognized in spite of apparent duality. That is the essence of advaita. In essence, I move from a triangular format (Jiiva-jagat-Iswara) to binary format (aatma and anaatma) to unitary format (aham brahmaasmi). This movement is not at physical level but at mental level with clear understanding of the fact; hence seeing the unity in diversity is the self-realization, god-realization or real viswaruupa darshanam. This is same as samatva darshanam, seeing oneness in all apparently divergent things and beings. Krishna mentioned earlier that the wise man sees that samatvam or oneness that pervades all, even though at transactional level he transacts with the differences.

vidyA vinaya sampannE brAhmaNE gavi hastini

shunichaiva svapAkEca panDitAH samadarshinaH| 5-18

A wise man sees oneness in the cultured scholar, cow, elephant, dog, or dog-eater, even though they appear to be drastically different at transactional level.

## To be continued